



Standing on Shoulders: Indiana, Awards & Transformation

by Kate Vickery, Board Member

One of the reasons that I ran for the Wheatsville Board of Directors was to get connected with a food community in Austin. I have definitely found that, but this past weekend I discovered something even greater—being connected with a food community on a national scale. At the 54th Annual Consumer Cooperative Management Association (CCMA) Conference in Bloomington, IN, I had the distinct pleasure and privilege of learning from and with other members of the co-op community from all reaches of the United States. It was truly inspiring to be among thoughtful, brilliant leaders of co-ops who do our work with a capital “W.”

We are in the business of providing goods and services, yes, but by virtue of our economic model, we also create jobs, keep money local, keep people connected to their food sources, and create community. Perhaps most importantly, we contribute to a growing economic transformation that offers an alternative to the unchecked corporate-greed model that has wreaked so much environmental and economic havoc on our world. We are

part of a larger movement that is growing globally, nationally, and locally (I’m looking at you, Black Star Co-op!) and making communities more vibrant on every level. Seriously, people, that’s cool. And important.

One of the most exciting moments of the CCMA conference came on Friday night, when Wheatsville won the 2010 Howard Bowers Award for Cooperative Excellence. We were floored and giddy as Marilyn Scholl, former Wheatsville general manager, and Walden Swanson, a Wheatsville founder, presented the award celebrating our work over our long history and our successful renovation and outstanding growth in the past two years.

As our Board president, Rose Marie Klee, and GM, Dan Gillotte, went on stage to accept the award, I found myself feeling self-conscious and held back until Rose Marie and Dan waved to me and fellow new board members Lee Blaney and Theron Beadreau to join them on stage. As I accepted congratulations throughout the weekend, I continued to feel sheepish about taking credit for the work of Dan and others who have been working for many, many years to make Wheatsville what you see today.



Dan Gillotte accepts the award from Paul Hazen, CEO of the National Co-operative Business Association. Kate Vickery, Sharon Murphy and Theron Beadreau smile on.

photo by Dan Nordley

“Really,” I kept saying, “I don’t deserve the credit; I’ve only been on the board for 8 months.”

Eventually, after the 25th time I had shrugged off a congratulations from a fellow co-oper, the person I was talking with said, “We all stand on the shoulders of those who came before us. You’re part of the leadership team now, even if you’re new.” I was struck at that moment by the truth of this statement.

Wheatsville’s Board is ever-evolving, ever-changing, and ever-growing, but consistently shaping and leading the direction that Wheatsville will travel—directing the ship from the crow’s nest, if you will. We are more than individual directors with individual

skill sets—we are a thoughtful body of influence and intention. Each individual director contributes to the effort we are making to bring positive change to our community and local economy, but it is as an entity that we are effective. We all stand on the shoulders of those who came before us, and others—maybe YOU—will stand on ours.

Come join us in the crow’s nest. Run for the Board. Become part of the team and help steer the ship. The application packet for interested board members is available at: <http://www.wheatsville.coop/BODindex.html>. To run as a Board-endorsed candidate, we ask that you attend one board meeting and one Candidate Orientation session between now and August. The schedule is below; if you plan on attending any of these, please RSVP to [nominations\(at\)wheatsville.coop](mailto:nominations(at)wheatsville.coop). If you cannot make any of the orientation sessions listed, please let us know and we may be able to schedule another time to meet with you.

June 30, 6:00pm	(Wednesday)	Regular meeting of the Board of Directors
July 13, 6:00pm	(Tuesday)	Orientation for Prospective Board Candidates
July 17, 1:00pm	(Saturday)	Orientation for Prospective Board Candidates
July - TBD, 6:00pm	(Tuesday)	Regular meeting of the Board of Directors
August 1, 6:00 pm	(Sunday)	Deadline to submit your application
August 24, 6:00pm	(Tuesday)	Regular meeting of the Board of Directors

Our Board meeting dates are subject to change based on busy summer travels, so please check the website frequently to stay up to date or better yet, email

[nominations\(at\)wheatsville.coop](mailto:nominations(at)wheatsville.coop) so that WE can keep you posted!

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Wheatsville Owner Appreciation Days

Owners receive 10% off of any ONE shopping trip Saturday, July 10th- Sunday, July 18th!



We served over 120 cyclists at our Breakfast Station on Bike to Work Day on May 21st.

We got up at the crack of dawn to make breakfast for the awesome bike commuters of Austin. Our happy servers were Dana Tomlin, Deli Manager and Mariah Barrett, Deli Counter Manager.

We served Rockstar Bagels & Organic Valley cream cheese, Cascadian Fresh yogurt, apples, bananas, Borden orange juice, Clif bars, and Organic Valley Half & Half.



The folks from mmmpanadas brought their big red mobile kitchen and served mini breakfast empanadas.

Nuun representatives served Nuun electrolyte water. Our good friend Kenneth from Fontana Coffee Company brewed and served hot coffee and delicious iced coffee toddy.



2010 Cooperative Excellence Award Top 10

(as read by CCMA presenters Sharon Murphy, Marilyn Scholl and Waldon Swanson)

In recognition of a food co-op that has made significant progress in meeting the needs of members through growth in net sales and earnings, initiation of new and innovative programs, and expansion of member services. Here are the top 10 reasons the Wheatsville Co-op in Austin, Texas, deserves the 2010 Cooperative Excellence Award

- #10 In the first 10 years of Wheatsville's history, there were 10 General Managers, some of them were pretty good. In the next 10 years of Wheatsville's history, there were 10 more General Managers; some of them were pretty good. In the last 10 years, there has been one General Manager, and he is pretty good.
- #9 The Staff and Board at Wheatsville do their best, even with their slick store remodel, to help "Keep Austin Weird."
- #8 They aggressively and successfully market themselves as a cooperative in one of the most challenging and competitive markets for natural foods in the country (also known as the home of Whole Foods Market).
- #7 Wheatsville has trained its staff to sell what consumers want to buy instead of what they want to sell or eat themselves.
- #6 Their grand re-opening party featured a band that played on their rooftop with fireworks to boot! (and then the police had to break it up!)
- #5 Their popcorn tofu is legendary and was tagged in more search results than even the co-op itself.
- #4 In solidarity or perhaps as a strategic tactic, Wheatsville members have chosen to ignore the recession and their co-op's sales have grown double-digit the past four years.
- #3 Although it took them 34 years, they are NOT the last co-op to eliminate the surcharge for non-members.
- #2 Maybe now Dan will stop begging us...
- #1 And the number 1 reason why Wheatsville Co-op deserves the 2010 Cooperative Excellence Award is for their excellent relations with their members and staff, their excellent customer service, their truly excellent store operations, and their quest to always be better than they were yesterday.

Community Action Wednesdays

The group selected for July is the **EmanciPET** and the group for August is **Hospice Austin**



HOSPICE AUSTIN

Hospice Austin serves terminally ill and bereaved persons with integrity, compassion and respect. Services are designed to improve comfort, manage symptoms and provides important emotional and spiritual support to families and friends as they cope with caring for a loved one with an advanced illness, and grief after the loved one dies. www.hospiceaustin.org

EmanciPET advocates for and provides free and low-cost spay/neuter services as it is one of the most efficient and effective methods of reducing the homeless pet population. They provide services throughout the Central Texas area via both mobile and stationary clinics, and serve between 1,200 – 2,000 pets each month. They employ highly skilled veterinary surgeons and veterinary technicians, and their medical protocols exceed the highest standards in veterinary medicine today. www.emancipet.org

EMANCIPE+
awareness + action

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Photos by: Aldia Bluewillow and Ray Wilder except where otherwise noted or not known

Additional photos by Dan Nordley, Dan Gillotte, Bryan Butler, Thunderheart Bison

The Wheatsville Board of Directors usually meets at 6pm the fourth Tuesday of every month at 3105 Guadalupe (building North of store). Check http://wheatsville.coop/pop_bodagenda.html for details Members are encouraged to attend. Something that you would like discussed at the meeting? Contact General Manager Dan Gillotte at 478-2667 or gm@wheatsville.com

Wheatsville 2010 Board of Directors

Rose Marie Klee, president
Doug Addison Theron Beaudreau
Lee Blaney Kitten Holloway
Aditya Rustgi Steven Tomlinson
Kate Vickery

The purpose of Wheatsville is to create a self-reliant, self-empowering community of people that will grow and promote a transformation of society toward cooperation, justice, and nonexploitation.

The mission of Wheatsville is to serve a broad range of people by providing them goods and services, and by using efficient methods which avoid exploitation of the producer and the environment. The focus of this mission is to supply high-quality food and non-doctrinaire information about food to people in Austin, Texas.

We've Got Mail



On behalf of Austin's Yellow Bike Project Collective, thank you for Wheatsville Food Co-op's recent \$1,403.02 donation to Austin's Yellow Bike Project. We assure you that YBP is as pleased to accept this donation as Wheatsville Co-op is pleased to make it.

Wheatsville's generous donation will help YBP continue and expand its all-volunteer initiatives to put bicycles on the streets of Austin and Central Texas, operate our community bike shop, teach bike mechanics and maintenance, and engage in and support local bike advocacy. YBP values its relationship with Wheatsville Food Co-op and we will do what we can to nurture it.

Again, thank you for your recent donation. The Yellow Bike Project indeed looks forward to working with Wheatsville Food Co-op in doing good and helping make Austin the city we all love. Please visit our new shop if you have not already been there.

Sincerely,
Pete Wall, President
Les Case, Treasurer
Stacia Bowley, Secretary
Austin's Yellow Bike Project



CONGRATULATIONS!! (Let's Celebrate!) by Rose Marie Klee, President of the Board



There are so many exciting things going on right now that it is hard to decide where to begin!

You may have noticed a new adornment to our hospitality desk: the 2010 Howard Bowers Award for Cooperative Excellence! We were elated to be presented with this honor on June 11, at the 54th annual Consumer Cooperative Management Association Conference (CCMA) in Bloomington, Indiana. The award recognizes a food co-op that has made significant progress in meeting the needs of members through growth in net sales and earnings, initiation of new and innovative programs, and expansion of member services.

It was a special treat to have the award presented by two former Wheatsville GMs: Marilyn Scholl

and Walden Swanson (one of our founders and a 2008 inductee into the Cooperative Hall of Fame). They introduced the presentation with a top ten list, filled with humor and fond reminiscing, and gave the number one reason for presenting the 2010 Cooperative Excellence Award to Wheatsville as, "their excellent relations with their members and staff, their excellent customer service, their truly excellent store operations, and their quest to always be better than they were yesterday."

We are very proud to receive this distinction from our peers, the highest tribute to the amazing accomplishments of Dan Gillotte and his remarkable staff! And of course there is no such thing as Wheatsville success without all of you, our Owners, so CONGRATULATIONS!!!

If you look carefully at the backdrop of this photo you will notice one of the three co-op quilts shared by our community. Hopefully you also had an opportunity to view and appreciate our visiting quilt in the month

of May, as it hung above the hospitality desk for a few weeks. I was elated to host and display our quilt, a magnificent icon of the bond between co-ops! As our gaze wanders across every square (composed of co-op t-shirts), memories are evoked of the special relationship which each of our brethren co-ops has with the other. The quilts also have amazing and vibrant lives, traveling across



Lots of smiling at the CCMA awards banquet! L-R: Marilyn Scholl, Walden Swanson, Dan Gillotte, Rose Marie Klee, Theron Beaudreau, Lee Blaney, Kate Vickery, Sharon Murphy

photo by Dan Nerdeley of Triangle park, creative and Co-op Grocer

op movement) am very excited about another thing happening on the Austin co-op front: thanks to the inspired leadership of Kelsey Balcaitis at A+ Federal Credit Union, a new co-op 'think-tank' is born! Kelsey invited Dan and I to participate with their employees in a discussion of cooperative principles back in May, and naturally we invited our entire Board and Black Star to join us. It was great to come together across sectors to discuss how we interact with our respective memberships and reach out to the community at large. We are looking forward to developing a cohort of cooperative thinkers who will join us for a regular *Stamm Tisch*, and welcome all of our local co-ops and credit unions to join us. Please get in touch with me if you are interested in participating and don't hear from us first!

And, while *you are already* an integral part of our "quest to always be better than we were yesterday", if you are ready for more then I hope you might consider becoming a candidate for our Board of Directors! While love of our Wheatsville is reason enough to become interested in being on the Board, new Directors also discover the compelling movement that we call our own. It is truly exciting to discover how each of us can help move the ball forward when we collaborate to 'transform society toward cooperation, justice, and non-exploitation'.

One last bit of exciting news that I would like to share: our Director, Aditya Rustgi, and his wife Jennifer welcomed their beautiful baby girl into the world on May 25, 2010. Congratulations Adi and Jennifer, and welcome Anjai Ann!

Cooperative Values

- Self-help
- Self-responsibility
- Democracy
- Equality
- Equity
- Solidarity
- Honesty
- Openness
- Social responsibility
- Caring for others

Howard Bowers Fund Cooperative Excellence *Presented to* Wheatsville Co-op

Wheatsville Co-op has risen against the odds from languishing to sales growth and expansion, from an under-performing store to a regional powerhouse. Post-expansion sales have exceeded expectations, with sales growing 30% in 2006-7 and 2007-8 and tripling in 10 years, while project and staffing costs came in under budget. This happened in Austin, TX, which has a big market for natural foods.

Under the leadership of Dan Gillotte, Wheatsville Co-op is integrated into the community, supports local businesses, champions the local food movement, supports local organizations through monthly donations, help other stores open or expand, and is a source of guidance, information, and support to co-ops across the country.

June 11, 2010



The touring Co-op Quilt hanging around with Hospitality Clerk Stacy Lamy

photo by Dan Gillotte

the country each year within one of the three co-op corridors (east, central, west). They are held by the entire community rather than becoming the property of a single entity or location, and are auctioned off every year during the CCMA awards banquet. Proceeds from the auction benefit the Howard Bowers Fund for Consumer Cooperatives, whose purpose is to provide educational resources for the promotion and development of co-ops. Yet another example of cooperative creativity at work!

As the cooperative movement continues to grow, we are very excited to count down the months/weeks to the grand opening of our local sister, Black Star Co-op! If you love cooperation and/or a great pub, then I encourage you to become a member-owner of the world's first cooperatively-owned brew pub. Visit them at www.black-star.coop and at their new space (under construction) at the Crestview light rail station!

I (along with so many of our friends within the national co-

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Twitter — <http://twitter.com/wheatsville>

Facebook — The Wheatsville Page

Facebook— The Produce Dept

Popcorn Tofu Fan Page

Connect at www.wheatsville.coop

Localize It! by Dana Tomlin, Deli Manager

Man oh man, it's summer for real. I have to say that this is the best time to take advantage of your co-op's deli and use us to do your cooking. We have what you need to make a meal, add to a meal, or just have a quick snack.

The Food Bar is a quick and easy alternative to cooking at home. You can grab a cold salad, made just the way you want it, or get something hot to take home for dinner.

The meat department has great steaks and our own **fresh in-house-made sausages** that are perfect for grilling. Pair these up with a potato salad or try the Sumi salad (this is our General Manager's favorite deli-made dish) from the Deli's full service case. You can go even lighter by having an assortment of quick little bites. My favorite combo is a mixture of the **dolmas** and **Castelvetrano olives** from the Tiny Brinies Bar and fresh **Wateroak Farm Ricotta**. Another favorite is the **applewood smoked cheddar** paired with a good **mustard and smoked oysters**.

The backbone of the Deli's Grab-n-Go case is a great selection of take home foods from several local Austin companies. They are very dedicated to bringing our customers the best food around. These dedicated folks deliver as often as once a day in order to make sure that they are providing us with a wide selection of fresh sandwiches, wraps, packaged lunches, and even hand rolled dolmas. I would like to give some of these local vendors a shout out and thank them for their commitment to Wheatsville and good food!



Tom's Tabooley

Tom & Brigid Abdenour run their iconic Mediterranean deli right across the street from Wheatsville. They have supplied us with their popular, fresh and healthy cuisine for over 20 years. Brigid and Tom cater to Austin's health-conscious culture with their hand made wraps, hand rolled dolmas, tasty hummus

(now to be found in our Dairy cooler!), and tabouli. We make fresh pita sandwiches featuring their fresh falafel at the deli counter.

The Green Cart Wraps:

Jeff, the owner of Green Cart, started his business down on the drag, selling his wraps out of a mobile cart. We offer

four different kinds of brown rice based wraps: **the Saigon Lotus** Asian style veggie wrap containing nori, pickled ginger, cilantro, and other earthly delights; **the Aegean** mediterranean-style wrap with feta and kalamata olive salsa, fresh spinach, hummus, and

sun-dried tomatoes; **the Brahman** Indian-style wrap with curried hummus, roasted corn, sauteed onions, fresh spinach, julienned carrots, etc.; and **El Sol Rojo** mexican-style wrap with guacamole, hummus, black beans, carrots, and other delicacies.



Rose's Fresh Foods

Rose's recently purchased the Out To Lunch sandwich line. They offer a wide selection of quick and easy sandwiches. My all time favorite is the egg salad sandwich—it makes a very light and refreshing lunch.

Kala's Kuisine

Owner and founder Kala Uprety offers up a unique twist on traditional Nepali dishes by combining them with flavors from around the world. She offers a great selection of lunch plates (with fork included!), wraps, and pasta. Her three-packs of samosas with tamarind sauce are super—heat them up, remove



one of the corners and pour in some of the sauce—no dipping required.

mmpnanadas

mmpnanadas is a locally owned artisan empanada maker that focuses on fresh ingredients and unexpected flavor combinations. Kristin & Cody's empanadas are baked fresh and made from scratch using the freshest ingredients possible as well as the highest quality unbleached American flour. We offer 3 great varieties in our Deli full service case: sweet pineapple & cinnamon, savory spinach & mushroom, and a

breakfast empanada featuring eggs & veggie chorizo. Their big red truck can be seen at events all over town and they were a deeeelicious hit at Wheatsville's Bike to Work Day breakfast station on May 21st!



Agua Fresca by Merilee Kuchon, Kitchen Manager

Everyone has their favorite summer drinks...Margaritas, mojitos, Modelo! Topo Chico, kombucha, coconut water! Lemonade, iced tea, milkshake! Wheatsville has lots of ways to keep you cool and hydrated, with all sorts of intoxicatingly icy

beverages that can also keep you healthy, energized and filled up!

In addition to Grocery's multitude of grab'n'go sodas, juices and waters, and Beer & Wine's bubbly brews, your Wheatsville Co-op Deli has an abundance of house-made, refreshingly cool drinks to help you beat the heat this summer! We have an endless array of smoothies with tons of fruit and extras choices that run the gamut from healthy to hedonistic – it's up to you! Prefer your chilled refreshment in caffeinated form? Try our super-strong 24-hour cold-brewed Iced Coffee Toddy, milky sweet Thai Iced Coffee, simple organic Iced Black Tea, or iced versions of any of our many delicious espresso drinks! Want something else? Yes! We have Iced Yerba Mate and Hibiscus Mint Tea, too!

On hot summer days, sometimes nothing can beat a simple homemade, Mexican-style agua fresca – a sort of fruity water that can be enjoyed as is, or with the addition of a little tequila can become the basis for a lovely cocktail hour. What follows is a basic recipe for making your own agua fresca. Like with our Deli Counter's smoothies, the possibilities here are limitless!



Agua Fresca de Fruta:

- 2 cups cold water
- 1 cup ice
- 2 cups fruit*, cut into 1-inch pieces
- 1/4 cup sugar, or to taste – use less or none if your fruit is very sweet
- 1 tablespoon fresh lime juice, or to taste
- Shot of tequila, optional

*Fruit: good choices are honeydew, cantaloupe, mango (use 1 cup, about 1 small mango), pineapple with a few fresh basil leaves, watermelon, strawberries (halved) with a few fresh mint leaves, papaya, seedless red grapes (whole).

Directions: Put all ingredients in a blender and blend on high speed until completely smooth. Pour blended liquid through a fine sieve into a container, preferably a glass pitcher, pressing on solids to exude as much liquid as possible. Chill, and stir before serving. Makes about 5 cups, enough for 4 servings.



Sushi Express

Owner Li Ming's company makes sushi here at Wheatsville in part of our kitchen. She and her sushi chefs make fresh sushi throughout the entire day using

organic rice, cucumbers, carrots, baby spinach, spring mix, and tofu. Sushi makes a terrific lunch—perfect for the summertime!



Eat Raw For Summer!

by Mariah Barrett, Deli Counter Manager



Summer has sprung and it is hot outside! If you're anything like me, you will be turning on your oven as little as possible for the next four months. Here are a few easy flavorful raw recipes that we often make in the deli. Enjoy!

Lively Beets and Carrots

1 lb raw beets, peeled
1-1/4lb raw carrots
2 Tbs apple cider vinegar
1/2 Tbs raw agave nectar

Shred the beets and carrots and then toss with the vinegar and agave. Refrigerate.

Raw Tuscan Kale with Parmesan

2 bunches of Lacinato kale

Dressing:

1/3 cup of olive oil
1/3 cup of lemon juice
1/2 tsp ea. of sea salt, crushed red pepper, and black pepper
1/2 cup Parmesan cheese

Trim bottom 2 inches off kale stems and discard. Slice kale, including ribs, into 3/4-inch wide ribbons. Rinse kale in sink full of water and drain well in colander. Place kale in large bowl.

Blend dressing ingredients well because the cheese will make it really thick. Pour dressing over kale and toss thoroughly. Refrigerate.

Raw Cranberry & Squash with Pecan "Rice"



1/3 lb pecan pieces
1-1/4 lbs butternut squash
2/3 cup diced yellow onion
1-1/4 cups cranberries
1/4 cup chopped cilantro
1-1/2 Tbs ground coriander
1-1/2 Tbs ground cumin
1/2 Tbs sea salt

Place pecans in a bowl or cambro and cover with water. Let soak at room temperature one hour.

Shred peeled, seeded, raw butternut squash.

Drain pecans well and toss with onions, cranberries, cilantro, coriander, cumin and salt. Toss together with the raw shredded squash. Refrigerate.

Staff Spotlight—Stacy Lamy

by Beth Caudill, HR Generalist



BC: What is your Wheatsville history? (When did you start? What positions have you worked? Etc.)

SL: I was hired in December 2008 as a closing cashier. I moved to the hospitality desk when Sam left last December. I've also been the file clerk for the accounting office since about December.

BC: Where are you from and when did you get to Austin?

SL: I've lived in many, many places. We moved here from northern California in October of 2008.

BC: What is your favorite product at Wheatsville?

SL: The smoothies are perfection

BC: What is your favorite thing to do/place to go in Austin?

SL: Zack (my son) likes the Capitol and the IMax theatre. I am fond of the Spiderhouse. Riding a bike in this town is awesome!

BC: Tell me one thing that most Wheatsvillians don't know about you (that you're willing to share!).

SL: I was born in Guantanamo Bay, Cuba.

BC: Fill in the blanks:

SL: I've always wanted to be a dolphin. And if I had my way this country would not be quite so car-centric.

Staff Top Ten Picks

by Clark McKay, Cashier, Deli & Cheese Clerk



1. Triscuits

Best snack ever of all time!
Everyone should have a box on hand.



2. Smoked Goat Gouda

It's like a happy campfire in your mouth.

3. Victory Golden Monkey

Drink it cold and slow, this beer packs a punch.



4. Boca Spicy Chik'n Patties

Better than the real thing.



5. Iced Coffee Toddy

The secret to success.



6. Way Back When Milk

Happy cows make better milk.



7. Quinoa

One cup yields oodles of protein and magic.

8. Dr. Bronner's Citrus Soap

You can wash anything with it, even your clothes!



9. Ginger Comfort

Tames a tempestuous tummy.



10. Moustache Wrestler Vegan Moustache Wax

For a dapper look without the guilt.



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A Partial & Ever Changing List of Wheatsville's Local Farmers & Producers!

We are truly lucky to have such a wonderful variety of high-quality foods and products provided by farmers, cooks, artisans and vendors from all over Texas. Please visit the Wheatsville website for links to the sites of many of these businesses. www.wheatsville.coop/local.html

Acadian Family Farm	ManGogh Sizzle Sauce
Alexander Family Farm	Margarita's Tortilla Factory
Aloe Farms	Martinez Farm
Amador Farms	Mary Louise Butters Brownies
Ana's Salsa	Mayan Mojo
Austin Natural Soap	McCall Creek Farms
Austin Spice Company	Messina Hof Winery
Bastrop Cattle Company	MichaelAngelo's mmpnadas
Becker Vineyards	Mom's Spaghetti Sauce
Bastrop Cattle Company	Montesino Farm
Becker Vineyards	Mother's Café
Bella Verdi Farms	Mrs. Baird's Bakery
Blue Bell Creameries	Munchee's Lunchbox
Bluebonnet Nutrition	NadaMoo
Borden Milk	Nature's Candy
Boundless Nutrition	New World Sprouts
Brazos Valley Cheese	Nile Valley Herbs Co.
Buddha's Brew Kombucha	Onion Creek Organic Farm
Buddy's Natural Chicken	Out to Lunch
Carter's Select Salsa	Paqui Tortillas
Casa Brasil	Pasta and Co.
Cielo Water	Pederson's Natural Pork
Climb On!	Phoenicia Bakery
Cooper Farm Peaches	Pure Luck Dairy
Daily Juice	Quality Seafood
Democracie Goods	Real Ale Brewing Co.
Dewberry Hills Farm	Reliable Organic Farm
Dr. Kracker	Remedios Tejanos
The Dropout 'zine	Richardson Family Farm
El Lago Tortillas	Richard's Real Rainwater
El Milagro Tortillas	Rockstar Bagels
Fall Creek Vineyards	Ronnie's Real Foods
Flash Cubes Ice	Rose's Fresh Foods
Fontana Coffee Roasters	Ruta May Coffee
Full Quiver Farm	S&C Berries
Gelatos	Sesa Tea
Genesis Today	Shanti Shea
Gluten Free Kneads	Shiner Beer Spoetzel Brewery
Good Flow Honey	Sisters & Brother's SASS
GoodPop Popsicles	Skin Organics by Ann Webb
Gold Orchards	South Austin People SoAP
Gopal's Healthfoods	Soy Delights Candles
Great Harvest Bread	St. Arnold Brewing Co.
The Green Cart	Straight From the Vine
Green Gate Farms	Stubb's Barbeque
Guinea Hill Farms	Sweetish Hill Bakery
H & J Ranch Eggs	Sweet Leaf Iced Teas
Haak Vineyards and Winery	Talk o' Texas
Hairston Creek Farm	Tecolote Farm
Harriet's Original Dressings	Tejas Coffee
Herbalogic 3rd Coast Herb Co.	Texas Coffee Traders
Hoover's Cooking	Texas Crystal Water
Independence Brewing Co.	Texas Olive Ranch
Innocent Chocolate	Texas Medicinals
Isabella Rae's Dressing	The Texas Observer
Jake's Natural Fine Foods	Texas Tea
J&B Farm	Texas Texas Salsa
Kala's Kuisine	Third Coast Coffee Roasting Co.
KatySweet Confections	Thunder Heart Bison
Katz Coffee	Tom's Tabooley
Kerbey Lane Café	Twin Springs Winery
Kitchen Pride Mushroom Farm	Urban Roots
Lafe's Natural Bodycare	Van de Walle Farms
Lamar Soap Co.	Veldhuizen Family Farm
Lammes Candy	Vital Farm Organic Eggs
Legacy Growers	Walnut Creek Organic Farm
Liberty Oaks Farm	Wateroak Farm
Lightsey Farms	Way Back When Dairy
Lily of the Desert Aloe Vera	White Mountain Foods
Living Clay Co.	Wholesome Sweeteners
Llano Estacado Winery	Wild Spirit Botanicals
Loncito's Lamb	Windy Bar Ranch
Lone Star Beer	Winston's Hot Pepper Sauce
Lucky Layla Farms	
Maine Root Soda's	

Eat Local, America!



June 15th – July 15th

Join your friends and neighbors
and discover the joys and
benefits of eating local food
grown or processed
in Texas.



Need a little help?
Ask at the Hospitality Desk
or look for the green
LOCAL symbols.

Pick up a handy list of LOCAL SUPPLIERS at the Hospitality Desk or check online at

www.wheatsville.coop/local.html

Four good reasons to eat local:

1. It's good for you and tastes better, too

Locally grown food doesn't travel far, so farmers can choose varieties based on flavor, rather than their ability to withstand a long journey. And, by eating local foods that are in season, you eat foods when they are at their peak flavor, are the most abundant, and – typically – are the least expensive.

2. It's good for the economy

The money you spend on local food stays in the area as it supports the work of local farmers and retailers.

3. It's good for the environment

The average American dinner travels nearly 1,500 miles before reaching the plate. When you eat local food, you reduce the consumption of fossil fuels, carbon dioxide emissions and wasteful packaging materials.

4. It's good for family farms

With each local food purchase, you ensure more of your money spent goes to a local farmer.

For more information, go to
www.eatlocalamerica.coop.

About Eat Local, America!

This summer, kick-start your quest to eat more local foods. Wheatsville is joining nearly 70 other natural food co-ops coast-to-coast in Eat Local, America! All are members of National Cooperative Grocers Association (NCGA) – a business services cooperative representing nearly 110 retail food co-ops nationwide. Interested in taking part? Simply set your goal and visit Wheatsville where we are celebrating Eat Local, America between June and July 15th. Tell us how you plan to participate by taking the Eat Local, America web poll at www.eatlocalamerica.coop

If you're a seasoned locavore – someone who already eats lots of local foods – you're encouraged to set a goal of eating four out of five meals with local food (or roughly 80% of your diet). If you're starting out, you're encouraged to begin by eating five meals a week made with local foods. And if you're somewhere in between, you're encouraged to create your own goal. After all, it's all about eating, exploring and enjoying local food, and having fun while you're at it.

At Wheatsville, we define local food as food grown or processed in Texas. During the Eat Local, America! challenge and throughout the year, we call attention to local food on our shelves by the bright green Locally Made signs. We also have a handy list on our website (www.wheatsville.coop/local.html) with links to local producers and the distance they are from Wheatsville.



Why Eat Local?

There are many benefits to eating local food. It's good for the economy, because money from each transaction stays in the region. It connects community members to the people who produce their food, while helping to support endangered family farms.

Plus, since food doesn't travel far from where it's produced, eating local also helps protect the environment by reducing carbon dioxide emissions. Local food is more nutritious and simply tastes better, because it's often harvested or processed the same day it arrives at the co-op.

Although "local" is a buzzword used by many retailers, Wheatsville has for years cultivated truly reciprocal, long-term relationships with local growers and producers, offering its shoppers a convenient connection to fresh and delicious food of the highest quality. Eat Local, America celebrates our dedication and commitment to local food for consumers and our suppliers.

More About Eating Local

Although we're holding this challenge during peak season for fresh produce, we hope to educate our shoppers that it's possible – and not too difficult – to eat local food year-round. Fruit and vegetables can be preserved until the next harvest season, via canning, freezing and dehydrating. But don't think local is limited to produce. Wheatsville is the go-to source for local dairy products, including milk and artisan cheese, as well as eggs, meat, poultry, fish, salsa, granola, and baked goods, like artisan breads.

Want to Eat Local? Wheatsville Together with Local Ranchers Completes the Chain from Farm to Table.
 Come on in and try some! *by Bryan Butler, Meat and Seafood Buyer*



Local is hip but hardly new. Farming is perhaps the most important thing mankind has ever invented, allowing for sustainable food in a fixed place. Neolithic hunter-gathers gave way to cultivators and herders. The cultivation of plants and domestication of animals has led the way for everything we take for granted today. Traditions and values like respect for the earth and life grew out of the agricultural way of life, plus respect for the family and communities. It's the latter that I think is why "local" is so appealing today. That is the honesty you want in your food, and it's satisfying to support families who toil endlessly, sometime for generations, to raise our food. They not only provide for themselves, they contribute to the life of rural communities, and luckily for us, for others like you and me.



photo by Bryan Butler

The reality in today's world is different; the pastoral world of the farmer changed forever with the Industrial Revolution. Despite the negative aspects of that change, safe food could be provided to more people faster and cheaper than ever before, amid population growth and two world wars. Honestly, that's an impressive feat. But it has led us to today where the sources of our food are mysteries. Most food production today is run by corporations not farmers. The supervision of the land may be done with the help of the farmers but rarely does the farmer own the crops or animals in modern agricultural operations.

But all is not lost...

The need for family farms is being recognized again, partly due to the popularity of organic food, and in the past few years getting a big boost from the locavore movement. People are actively looking for locally grown food. They want to see a clear path drawn from the food's origin, to harvest, and to their dinner table. They want to know where it came from, how it was grown, what's in it, how it was treated, who grew it... there are many blogs, books, movies and authors that are spreading the word about what we have lost and how we can find our way back.

In our world of media proliferation, information and education is more readily available to more and more people. I personally get asked every question under the sun about meat and animals. I love it, because it tells me people want to learn. They're concerned with the food they eat and want to know everything about it. I try to relate my views and experiences with Wheatsville owners and customers the best I can. Those interactions give me great satisfaction in my job, and I love sharing the details that link our food chain from farm to plate.

As a buyer for Wheatsville, I've been lucky enough to get to tour a couple of really great farms and ranches firsthand. It's both humbling and eye opening.

As a kid, I grew up in the country, the "sticks" we called it. I was in the local FFA and helped raise and care for show animals with fellow students. We got up close and hands on with all duties necessary in raising animals from birth. This is where I began to have a mature, respectful view for animal life. I saw how stockmanship habits and proper husbandry made for better life for animals. So for me, returning to the farm is a great experience.



photo by Bryan Butler

A couple of months ago I had the pleasure of touring the **Windy Bar Ranch** in Stonewall, Texas. The experience was great and really took me back. Run by Michael Kline, The Windy Bar is a cattle ranch that raises 100% Black Angus cattle. Mr. Kline has spent years raising his family's herd. The quality of the meat is amazing, and his cattle are beautiful animals.

Mr. Kline invited a small group to visit his ranch. On a perfect spring day, with some of our friends at Lonestar Food Service, like-minded retailers, ranchers, and chefs, I got to walk his land and talk about ranching.

Perched on a hilltop, The Windy Bar Ranch encompasses 150 acres of gorgeous green pastures dotted with old oak trees that Mr. Kline "couldn't part with." Mr. Kline is a third generation rancher on land bought by the grandson of a German immigrant who originally settled in Fredericksburg and then moved to Stonewall. We spent the afternoon walking the pastures, wading in deep patches of legumes and other native grasses.

Mr. Kline and his foreman David Anderson were very up-to-date on the concerns and thoughts on ranching and farming, occasionally quoting from *The Omnivores Dilemma* and *Food Inc.* Both gentlemen showed great concern for the welfare and treatment of animals and noted that with proper care for animals, the need for feed-lot practices of over-medicating herds is circumvented.

The layout of his ranch in Stonewall is a well thought out concept, too. While his beef is grain-finished, Mr. Kline realizes the importance of grass to the diet of the bovine. His "wagon wheel" designed pastures ensure efficient rotation of cattle through pastureland. The cattle eat only the best grasses at the peak of the grasses' growth cycle, when the most nutrients are present. This not only keeps the cattle well-fed, but this practice of pasture management also maintains high quality grasses, which prevent topsoil erosion and allows for constant "natural" fertilization without the need for applied fertilizers and herbicides. Visit www.windybarranch.com to learn more.

Another one of our ranchers, Hugh Fitzsimmons of **Thunderheart Bison**, also sees the need for tradition to make a comeback. Hugh's family has been on the Shape Ranch since 1933. His bison are free-ranging over 13,000 acres of



www.thunderheartbison.com

South Texas grassland. These animals are never confined to feed-lots, never injected with OR fed growth hormones, steroids, or other supplements. In addition they also do not wean the calves, but instead allow the natural family groups of the herd to develop at their own pace. Their philosophy is one of minimal interference with the herd.

Hugh's bison are 100% grass-fed and certified Animal Welfare Approved. Obtaining AWA certification is the gold standard for both producers and consumers. It guarantees the consumer that the meat they are buying has been both **humanely raised and harvested**. Thunderheart Bison recently received their Animal Welfare Approved certification and labeling, and at the time of writing this article, they are the only provider of third party certified, welfare-approved bison in North America. That's pretty cool!

Bison meat is low in cholesterol and fat, and high in Omega-3 fatty acids. Learn more at www.thunderheartbison.com



But our local selection doesn't stop there! I could easily talk in length about great products like **Dewberry Hills Farm's pasture raised poultry**, **Richardson Family Farm's pasture raised pork**, or **Bastrop Cattle Company's grass-fed cattle**. Give any of these products a try, and I know you'll be hooked because they're all fantastic!

Experience first-hand the results of this renaissance in food. Come on in and complete the chain from farm to table.

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Tips for Staying Healthy in Austin during the Summer:

Featuring Texas Products by *Melissa Riddle, Health Team Coordinator*



When temperatures climb to record highs in the summer and we all spend more time outside, these are a few steps that we can all take to stay healthy.

Organic Aloe Vera Juice by Lily of the Desert

A shot of organic aloe vera juice can help your body cool down after strenuous activity and keep your digestion on track. Here are just a few of the benefits it offers for internal and external health:

- Antioxidant support
- Joint and Muscle health support
- Digestive support
- Gastrointestinal Relief
- Increased Absorption
- Immune Support
- Sunburn relief
- Burn and Wound relief
- Anti-inflammatory
- Skin Moisturizer

Lily of the Desert's aloe vera farms, laboratories, and processing plant are located in the Texas Rio Grande Valley citrus region and in the desert area of Mexico along the Tropic of Cancer. Corporate headquarters are located in Denton, Texas.



Herbalogic

Wheatsville has Herbalogic's Chinese herb formulations, all locally made in Austin! Three acupuncturists committed to educating the American public on the benefits and safety of traditional Chinese herbal therapy formed Third Coast Herb Company in 2007. Working alongside an herbal therapy expert with more than 20 years of training and clinical experience, the group launched Herbalogic, a line of concentrated herb drops designed for the American consumer.



- **Easy Breather** – Used as needed to control acute sinus symptoms, or use daily to prevent sinus attacks and improve the immune system. Use it to prevent seasonal allergies or reduce the occurrence of year-round allergies.
- **Peak Power** – Used for fatigue, weakness, and low energy.
- **Back In Action** – This formula is used to treat pain due to trauma or injury and for chronic muscle or tissue pain due to old injuries.

Texas Medicinals

is an earth-centered herbal products manufacturing business, founded by Austin herbalist Ginger Webb as a natural outgrowth of her herbal consultation practice. A traditional herbalist, Ginger knows intimately the wild plants growing around us, and gathers them to make medicine for her clients and for her Texas Medicinals product line. Although she uses herbs from many parts of the world, she is particularly fond of using our native Texas plants and naturalized medicinal and edible weeds.



- Summer is the perfect time to give up smoking. When it's a hundred degrees in the shade why do you want a fire-stick anyway? Try **Texas Medicinals Smoke Less Tincture Formula**. Smoke Less supports healthy lung function, that helps decrease the desire to smoke, and includes fresh wild Lobelia, and organic alcohol from a microdistillery.

Skin Organics by Ann Webb

An Austin based company that cares about your skin's health and making sure you have a healthy glow. Try **Cucumber Sage Calming Mist** for a cool, refreshing treat indoors and out. And, **Pomegranate Protection** is a shade boosting moisturizer for men or women that has an SPF of 25 or higher. It has the active ingredients of zinc, titanium, pomegranate, white tea, echinacea, yarrow, and yerba mate. It gives your skin protection from the sun while it makes you look even better than you already do.



Wild Spirit Botanicals

Another great team of local herbalists. All herbs are carefully selected and harvested with the utmost care and respect for the Earth by owner, Nicole Telkes and her apprentices. Nicole is a practicing herbalist, botanist and massage therapist. The herb line is an extension of work she does with her clients and her stewarding of the Earth. All preparations are personally wildcrafted, pesticide-free garden grown in Texas or obtained from organically grown sources.



Nicole has control over quality from the moment the plant is picked until it reaches your hands.

For any topical bites, bumps or bruises you encounter this season try **Heal Fast Boo-Boo Balm** containing shea, **Itch Away Spray**, and their **Organic Calendula Oil**.



- **Sunny Day** – is a tincture to support the body when experiencing mild to moderate depression in the summertime, or anytime you may need it. Made with extracts of fresh, organic St Johns wort, schisandra, organic melissa, Syrian rue, hawthorn glycerite, and fresh organic peppermint, an organic alcohol.



Here's to an amazing summer for everyone. Remember to stay hydrated, protect your skin, and most of all stay cool!!



Beat Them 'Skeeters

by *Kim Tehan-Barrow, Bodycare Buyer*

Those pesky little critters are out and they're out for blood! What's one to do? Luckily Wheatsville carries lots of safe and effective options for you and your little ones. Here's

a list of some locally made favorites.



Ginger Webb of Texas Medicinals fame makes a very popular bug repellent called **No Mo' Skeeters**. This non-greasy body spray made with essential

oils in a base of distilled witch hazel extract and vinegar flies off our shelves. Folks love the smell and effectiveness,

and the fact that Ginger is a small local businesswoman makes her product a great choice.



Lafe Larson of Austin-based Lafe's Natural Bodycare makes a fabulous organic insect repellent for babies. This formula contains a special blend of certified organic botanical

oils, is chemical and deet free, and is USDA certified organic. Lafe also goes an extra step by using estrogenic activity free plastic which contains no BPA, phthalates, or harmful chemicals. The main essential oil used is geranium, so the overall scent is mellow and the product very effective. Can be used by adults, too!

The folks at **Climb on!** In Wimberley, Texas (makers of the best seller Climb On! Hand cream) are now making a non-toxic, super effective, chemical free bug repellent called **Bug Drug**. They claim that it "keeps the buggers off!" by incorporating a blend of essential oils which include catnip, geranium, and peppermint. Customers asked me to bring this product in and it is selling very well.

While not a local company,

W.S. Badger in Gilsum, New Hampshire, makes a 100% natural and USDA certified organic anti-bug spray. I love this small family owned company and their bug spray rocks! Eco-friendly and great for kids!

In addition to these favorites, Wheatsville carries several other brands to keep you and your family safe and bug free! So stop by and check out our great selection!

Happy bug free summer!





I Quit! by Mindy Dolnick, Baker

I quit. Smoking, that is. After being an on-and-off smoker for the last ten years, I am proud to say that I have finally kicked the habit. Working at Wheatsville is a blessing for several reasons, but recently I'm most grateful for the folks on our Health Team for stocking the shelves with tools that have helped me through the transition. Whether you're looking to quit completely or just cut down your intake, the following items helped me curb my addiction and may do the same for you.



Bach Flower Remedies Rescue Remedy Pastilles Natural Stress Relief, black currant flavor. Reduce stress and anxiety without the need to light up. I've replaced my smoke break with a Pastille break, short and sweet.



Tea Tree Therapy Cinnamon Toothpicks. These have been most helpful in social situations. When tempted to smoke, I chew on a toothpick and freshen my breath instead.



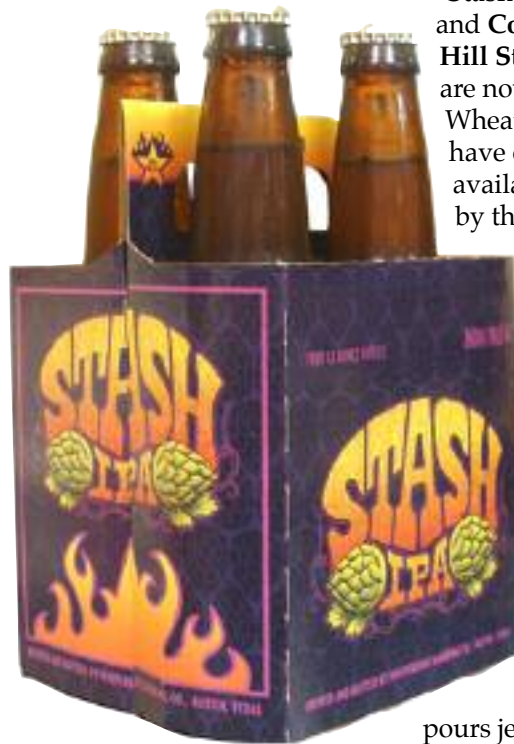
Renew Life Smokers' Cleanse. A 30-day pack of supplements designed to detoxify the lungs, restore bronchial health, and reduce cravings and stress.

Beer Flash!

by Shane Shelton, Beer & Wine Buyer



This just in—Independence Brewing Company introduces two new brews into the Austin market!



Stash IPA and Convict Hill Stout are now available in 4-packs here at the Wheatsville Co-op. Those of you who have only tried the Independence beers available in six packs may be surprised by these new beers because they are a departure from the style of beer Independence usually brews. These two new brews are perfect for the drinker who likes their beer to be a bit more on the adventurous side! Stash IPA is hopped five times with Horizon, Ahtanum and Cascade hops to balance bitterness with a fresh, floral hop aroma. The Stash IPA would pair well with curry or Thai foods, pepper jack, sharp cheddar, gorgonzola, poultry, or fish. Convict Hill Oatmeal Stout

pours jet-black into the glass—near opaque and sporting a sizable crown of dark tan head. Roasty, dark coffee notes blend with bakers' chocolate in a brew that is potent enough to pass as an imperial stout. The Convict Hill Stout would be fantastic with earthy Camembert or Fontina cheese, chocolate, shellfish, or smoked meat.

It was in October 2004 that Rob and Amy Cartwright founded Independence Brewing Company. Their dream was to brew flavorful, deliciously easy-drinking beers for the people of Austin. Located in southeast Austin, Independence Brewing is a truly local business; therefore supporting Independence helps support Austin. Their carbon footprint is about the smallest you can find! Supporting local business is as easy as opening up a cold one. So why not try one of the new brews from Independence Brewing Company today!



Staff Top 10 Picks

by Megan Bonnett, Cashier & Deli Clerk



Lundberg Boxed Risotto
Such an easy and delicious side!

Curry Lime Chicken Salad
over some of our brown rice...mmmm...

Alba Hawaiian Jasmine Moisture Cream
Aloha! It REALLY smells like Jasmine...REALLY!!



Chicken Poop Lip Balm
C'mon...it's got "poop" in the name...that's funny! Oh, yeah, and it works.

Iced Toddy Coffee
Cold-brewed toddy coffee; easier on the tummy, with all the caffeine you could ever need.

El Milagro Tortilla Chips
Are these considered a staple food, yet?

Heirloom Tomatoes
Beautiful, pure, delicious, juicy manna from produce heaven, I'm convinced.



Labs with Abs Water Bottle
TOO CUTE.

Nimat Amber Oil
The most comforting scent on earth. (Caution: just a tiny speck is enough!)

Sign up for the Wheatsville E-mail List!

A few times a month, you'll get an e-mail from us informing you of upcoming events, new products or changes in the store.

Go to <http://wheatsville.coop> to sign up!

We will not sell, lease, lend or otherwise disclose your email address to any other entity.

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Local Most Popular— El Milagro Tortilleria by Niki Nash, Merchandising Manager

A vibrantly painted building standing on East 6th Street, the El

Milagro Tortilla factory is well known in the neighborhood for its high-quality chips and tortillas as well as the warm toasted corn aroma that is usually floating through the area.

Visitors to the Tortilleria can see directly into the operations through swinging doors that connect the small retail space that faces the street to the factory within. Tortillas ride conveyer belts and the "Totopos", El Milagro's signature thin & crispy chips, tumble into a large collection bin. These chips are one of the best selling items at Wheatsville—we go through over 70 cases a month! Therefore, most of you already know how great they are!

Definitely thin and crispy, these tortilla chips have a delicious flavor, especially when the bag is first opened. Many people are surprised to find that they are unsalted because the flavor is so tasty. All it takes to make a perfect totopo is stone ground white corn, 100% corn oil and a trace of lime (the mineral compound, not the fruit). El Milagro also offers a heartier, stronger chip: "Crujientie", that are called for when you need to make the perfect nachos.

The story behind the business of El Milagro is a great one of personal achievement and family dedication. "Orphaned at the age of 11, young Raul Lopez was sent to live with his uncle



Miguel in Mexico City. His dream was to enter the bullring and for several years he participated in "La Fiesta Brava" when he could. But economic necessity, plus early exposure to masa manufacture, inevitably led him into the tortilla business.

His friends affectionately called him "El Torero" in recognition of his youthful dream.

He came to the United States in 1942 and



labored full-time as a trackman on the Illinois Central Railroad. But in his free time he manufactured and peddled fresh tortillas throughout his barrio and beyond. He started El Milagro in 1950 and as his small business grew, Mr. Lopez was able to quit his railroad job and labor day and night to expand El Milagro.

Through innate ambition, optimism and just plain hard work he brought the tiny home-grown tortilla operation to its current dominant role in the Midwest market. His devoted wife and their 12 children worked with him to build the company into the strong prosperous establishment that it is today, with operations in Illinois, Georgia, and Austin.

If you get the chance, it's worth it to make a stop into El Milagro's Tortilleria on East 6th to take a peek at the freshly made chips and tortillas. However, Wheatsville conveniently offers the majority of their products, along with hundreds of other delicious local foods.

Black Bean Quesadilla



- 4 cups shredded white cheddar
- 4 El Milagro 11" Flour Burrito Tortillas
- Black Bean Filling, (recipe follows)
- 1 cup feta
- 1/2 cup vegetable oil, for grilling

Spread 1 cup shredded white cheddar cheese on 1/2 of a flour tortilla. Then spread on top 1 cup of the Black Bean Filling. Then place 1/4 cup feta cheese. Fold over the tortilla. Repeat with remaining ingredients. Grill on an oiled flat grill, on medium high heat, for 4 to 6 minutes or until both sides are golden brown. Cut each quesadilla into 4 triangles and serve.

Black Bean Filling:

- 4 cups cooked black turtle beans, drained
- 2 cups brown rice, cooked
- 1 cup corn kernels, cooked
- 1/2 cup sun-dried tomatoes, rehydrated in water
- 2 tablespoons cumin
- 2 tablespoons granulated garlic
- 1 teaspoon hot red pepper sauce
- Salt

In a large bowl, mix all ingredients.

Saucy Meat Burrito

(substitute Boca Meatless Ground Crumbles for a vegetarian version)



- 1 El Milagro 11" Flour Burrito Tortilla
 - 4 oz. burrito meat
 - 1 oz. shredded lettuce
 - 1 oz. diced tomatoes
 - 2 oz. shredded cheddar or colby cheese
 - 4 oz. burrito or enchilada sauce
1. Add burrito meat, lettuce and tomatoes to center of tortilla.
 2. Fold tortilla over twice. Cover with burrito sauce over entire surface of tortilla. Add shredded cheese.
 3. Put into microwave for 2 minutes or until cheese is melted.
 4. Garnish with onions and sour cream.

Recipes and business history adapted from www.el-milagro.com



Owners! Help us promote Wheatsville to you friends and co-workers. Celebrate big savings by sharing your Co-op Advantage Flyer with friends and co-workers. Let them see the great prices and products that we have and get them excited about your co-op! Your word of mouth is worth a million dollars of advertising!

Locality and Cheeses

by Greg Flores, Cheese Buyer

I find that understanding the history and geographical origin of a cheese, helps with my appreciation of it. Terroir is a term used in wine and coffee that denotes the special characteristics that a geographical region gives to flavor of the wine. I believe this applies to cheese as well. The grass the cows eat imparts a flavor to the milk which gives a cheese its distinctive flavor. Also as the cheese ages in its caves it collects pollens and molds from the surrounding area, which also imparts a particular flavor to the cheese.

For instance, take Comte and Gruyere. These two cheeses are made the same way, the only difference is the geographic location of their production. They both come from the same region, but Comte is made on the French side of the Alps and Gruyere is made on the Swiss side of the Alps. Even though they are produced in the same way, the location where they are made imparts a distinctive flavor to each of these cheeses.

Now let's take a look at the differences of Brie and Camembert. Some recipe two distinctively different cheeses. Brie has been produced in the Ile de France region of France since the 8th century, Camembert in the Normandy region since the 18th. The different climate, grass, water and cows impart their distinctive characteristics to these cheeses.

The size is one particular difference that really impacts the flavor profile of the cheeses. Brie usually come in rounds 1.5 inches tall and 9-15 inches in diameter, weighing between 2.2lbs and 6.6 lbs. Camembert usually comes in 1.5 inches tall and 4.5 inches in diameter, weighing 1/2 lb. How does this affect the flavor? The smaller size Camembert loses moisture more quickly which lowers its aging time and makes for a more robust flavored cheese.

I invite you to enjoy the "taste of Texas" with cheeses from Pure Luck, Brazos Valley, Wateroak Farm, Full Quiver and Veldhuizen Family Farm.





Since our inception, Wheatsville has consistently stocked locally grown produce on the shelves and displays of our produce department, yet in a post-renovation Wheatsville there are many more shelves and much larger displays.

As we've discussed over the past few years, local produce has gone from a beloved staple of small natural grocers and cooperatives and farmer's markets to the shelves of all the mega-lo-marts and specialty groceries out there—which in many ways is a great thing, giving farmers more outlets to sell their harvests and allowing for people of more demographics to have access to better, fresher produce.

Yet, as with any cottage industry that becomes mainstream, there are challenges in scaling up. Farming in the United States peaked back in the 1930s with 6.8 million farms in a country of only about 130 million people, which, compared to today, is a staggering ratio of farms to people. Today we are approaching 310 million people and less than 2.1 million farms in production, of which nearly 1.2 million are of the scale that we would deal with here at Wheatsville. This decline in our professionally agrarian society has allowed for other countries to fill the gap created when we switched to doing whatever it was that was more important than feeding ourselves (the war effort)—giving our highly agrarian neighbors in Mexico an opportunity to generate some revenue.

So when we look at it like that, it seems that this recent boom of locavorism and quest for local food has significant challenges simply to be able to generate enough "local" food to feed all these people, especially since nearly 80% of our population live in dense urban areas and large cities.

This, of course, leads us to the elephant in the room—defining what is local? Here in the produce department at the co-op we define local produce as anything grown in Texas, which, as we are well aware of, is large enough to be a "region," yet for the sake of brevity and a single label on our products we simply say that it is local. After years of discussion, we are okay with that. Some of our actual within the city or county farmers may not agree with that but, for now, that is our system.

One of the best examples of this level of distinction that I've seen was in Viroqua, Wisconsin at the Viroqua Food Co-op. They had this beautiful sign hanging in their produce department that defined their local area as well as their regional area. If we were to do that same thing here, and, say used their regional size as a benchmark, it still wouldn't be the same size as our great state. So, that being said, we'll keep calling Texas grown products local and if we ever venture in to the land of regional identification, maybe we'll include parts of Northern Mexico, which, after all, is much closer than California.

Discussing this makes me wonder what the definition of local is in cities with sprawling metropolises like New York City or Los Angeles? If you live in San Francisco, is Watsonville local? These are good questions, and when considering that areas like these are at the vanguard of the whole local foods movement, it is interesting to wonder how far away their local produce is coming from. Beyond finding an agreed upon distance that can be set as the standard for being local, there are even more tangible issues that present challenges to retailers like us.

Three of these issues that are at the top of my list of challenges are: volume, selection and distribution. Now that we have finished the renovation, we are selling a significant amount more produce than we were when we still had that small boutique-y department that we all knew and loved. Our produce department has increased its sales by nearly 34% over the last year and that means that some of our farmers that we used to deal with on a consistent basis simply cannot grow the volume of product that we would need to meet our owners' demand.

Since we feel that having local produce is an integral part of our department, we've started to deal with third party distributors such as Farm To Table. They do a good amount of the sourcing from all over the state and allow us to purchase local product in the volumes that we need to sell to you. This year we've gotten all of our peaches through them, as well as a good amount of citrus from the valley during citrus season, as well as those tasty Panhandle apples we saw back in the fall. Although dealing with a middle-man isn't the same as dealing directly with a farmer, it has been a beneficial relationship that I hope it will continue into the future.

Selection is another issue. Many of our local producers grow the same things as each other every season—which leads to everyone having a little bit of the these items during the peak of the season and inevitably some toes will be stepped on. To see what I'm talking about, all you have to do is take a stroll through the farmer's market on one of these beautiful summer Saturdays. It is a great that all this beautiful produce is being grown, yet it creates serious deficits in volume that could be alleviated by some coordination amongst farmers to grow specific items for a specific season in volume rather than everyone growing the same things in smaller batches.

Recently, *Edible Austin* held a summit for local farmers, distributors, and end retailers (grocery stores, chefs, and cafeterias) to discuss some of the very issues that I'm talking about in this article, including crop coordination. To me, as a Produce Manager, I would like to see something like this going on. I'd like to know who to call for broccoli, who to call for zucchini and who to call for hot peppers during their respective seasons, rather than everyone having a little bit of everything, but not quite enough for us to buy. Now, this is a next level degree of coordination, and

we're just not there yet as a community—but I do feel like it is possible and that someday we'll live in that world and reap the benefits by working together cooperatively.

Related to this issue is distribution. Not only are hitting a wall due to selection and volume, but actually getting the product to us is an issue unto itself. This is where middle-man distributors like Farm to Table and Greenling and Farmhouse Delivery make sense in this burgeoning local food chain. Granted, these businesses are owned by people who must also make a living and some farmers don't like that, yet farmers also don't like having to bring fifty dollars of product "into town" when they can sell more at the farmer's market.

Several of the farmers that I deal with have made the argument that they can make more money at the farmer's market than they can if they sell at wholesale prices to a market like Wheatsville. I understand where they are coming from, yet would challenge that idea by asking if it is really as beneficial as some think it is. We can be the farmer's market every other day of the week for them, and we'll do the work to get the product on the shelves and into our owners' kitchens.

The single day, single point of distribution has merit and I love going to the farmer's market, yet there are costs to banking on that system to sell your product. For instance, there are booth fees, inclement weather, set up and break down, manning the booth, not selling everything you brought that sat out in the sun, and of course, visually comparable competition for similar seasonal produce on all sides of you. If we bought that same product at wholesale, all a farmer has to do is drop it off and we take care of everything else.

Of course, it is not a perfect world and I feel like the dialogue to solve some of these issues have just begun and that we are on the way to both a more cooperative future and local food chain. It's hard to coordinate this level of change and when you are dealing with several small farmers who feel a strong sense of pride and sovereignty to their operations it's inevitable to have disagreements and problems. I do feel that as we've grown, it has gotten more difficult to get the product on our shelf like we used to, but know that if we coordinate what is being grown and by whom, where it is going and who is taking it there, that we can all benefit from that level of cooperation. For now, it is time to do the hard work and have the difficult conversations needed to get our local farmers and distributors on the same page and realize that we are all working towards a common goal of getting this high quality product into the homes of our local consumers at a reasonable price that is fair to everyone involved.



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OPEN 10AM TIL MIDNIGHT 7 DAYS A WEEK - SINCE 1990



Staff Top 10 Picks

by Rachel Badger, Hospitality Clerk

Equal Exchange Love Buzz Organic Fair Trade Coffee
A great guilt free morning boost.



Cut pineapple
A delicious summer snack.



Pure Luck Roasted Red Pepper Chevre
Being cheesy isn't always a bad thing.

Udi's Bread

The best gluten free bread ever! Perfect for toast.

Hemp Plus Granola Simple yet oh so satisfying.

Creek God's Honey Flavored Yogurt
A sweet creamy explosion of awesome.



Uncle Eddie's Vegan Trail Mix Cookies
You'll find no better snack for green beltin' it.



North Coast Brewery Pranqster Beer
A delicious beer from a great brewery!



Messenger 10 ChicoBag
The perfect reusable bag for cyclists at last!



O.N.E. Cashew Fruit Juice
Good for the tummy & super refreshing.



★ Guess What!! ★ We have staff anniversaries

- ★ **John Perkins 13 years as of 8/11**
(finance manager) ★
- Johnny Livesay 8 years as of 8/22**
(produce manager)
- ★ **Ellie Biegel 6 years as of 7/08**
(floor manager)
- Marisa Newell 6 years as of 7/28** ★
(floor manager)
- Elke Stoeckelmann 4 years as of 7/10**
(health team clerk)
- Miranda Robinson 4 years as of 8/14**
(health team clerk)
- Carlos Duarte 3 years as of 8/3** (cook)
- Angela Moore 3 years as of 8/05**
(hospitality clerk) ★
- ★ **Ray Wilder 3 years as of 7/09**
(health team clerk)
- Amie Todd 2 years as of 7/21**
(produce clerk)
- ★ **Beth Caudill 1 year as of 7/09** ★
(human resources)
- Clark McKay 1 year as of 7/27**
(deli clerk / cashier)
- Gayathri Marasinghe 1 year as of 8/03**
(deli clerk)
- Rachel Badger 1 year as of 8/27**
(hospitality clerk)

Congratulations to Our Newest Invested Owners 4/10/10-6/17/10 (287!)

Amy Rose	Carla Work	Tina Queen	Jules Jones	Austin Drews	Amy Lancaster	William Blair	Annette Seoanes	Stephanie Crooks
Dan Reid	Celia Holm	Vicky Lang	Kai Anthony	Blake Hutson	Andrew Greene	Aimee Talarski	Danielle Schulz	Taylor Mezaraups
Jd Nasaw	David True	Jimmy Cook	Keira Marti	Bryan Poyser	Annie Grabiell	Alex Halverson	Dreya Johannsen	Travis Robertson
Joe Carr	Drew Frost	Wayne Bell	Kim Barnett	Carina Reyes	Caitlin Brown	Anastasia Ruch	Dustin Chesnutt	Vanessa Villalva
Tom Fink	Erica Lang	Alex Gilson	Kunal Patel	Cavan Merski	Carlyn Hudson	Benjamin Alany	Erika Pegnetter	Carla Bossenbroek
Tom Hurt	Ilse Frank	Andrew Boyd	Laura Smith	Charles Ball	Charles Brown	Brunie Drummond	Franklin Morris	Carsten Burstedde
Anne Kiel	Isaac Levy	Austin Neal	Lisa Ahearn	David Gentry	Courtney Bule	Caitlin Whitis	Garreth Wilcock	Charles Childress
Jan Hines	Ivan Trejo	Beth Dawson	Liz Keneski	Dawn Carrico	Darrin Little	Chris Johnston	George Humphrey	Christopher Moore
Jay Lyons	Jeff Kline	Billy Scott	Lori Walker	Deborah Hill	Drew Mcgavran	Claudia Voyles	Jennifer Stuart	Elizabeth Peterek
Joy Petty	John Bello	Brent Boyer	Mira Madhav	Dustin Wyatt	Eric Leibrock	Courtney Smith	Kate Stinchcomb	Elizabeth Shapiro
Kat Dujka	Kate Kelly	Carrie Mick	Penny Boone	Eileen Priya	George Graham	Daniel Harrity	Kathleen Finley	Heather Dalrymple
Kay Allen	Kato Eagle	Chris Fluor	Peter Allen	Elaine Huser	Jennifer Hair	Donna Decesare	Kenneth Gregory	John J Valenzuela
Kirk Hall	Liz Wright	Chris Nigro	Rachel Long	Ian Hamilton	Jim Poblawsky	Edward Kountze	Kris Stephenson	Kristen Davenport
Liz Cohen	Marc Doyle	Cindy Mills	Rob Canales	James E Lang	Joey Castello	Eleanor Kemple	Kymrie Dinsmore	Margaret Syverson
Mary Cole	Pat Felter	Eric Loftis	Sarah Lyons	Jamie Reaves	John Sherwell	Fawn Escalante	Laura Hernandez	Michael Robertson
Mary Hess	Paul Bonin	Erica Smith	Shana Frels	Janis Matuga	Joshua Fallin	Ivan Hentschel	Martha Pincoffs	Richard Kruezburg
Ming Gong	Sandy Dunn	Jamie Larue	Sira Schulz	Jesse Mishel	Juliana Cumbo	Janet Morrison	Mary Ann Rankin	Bridgette Beinecke
Rubo Char	Sarah Rail	Jason Bingo	Steve James	Jessica Myer	Kamil Konecko	Jennifer Heath	Maryann Overath	Elizabeth Alvarado
Tami Ryan	Sarah Ross	Jason Golod	Tina Posner	Kaleta Krull	Katie Wallace	Jill Blackwood	Marybeth Casias	Elizabeth Williams
Alison Lay	Sarah Sliz	Jean Cordes	Zack Flores	Karen Galvan	Kellie Arnold	Jonathan Beall	Michael Dehaven	Heather Pennington
Ava Hasteay	Teal Stamm	Jon Pearson	Alexis Smith	Kelli Hardin	Linda Messing	Kristen Hewitt	Nathan Diebenow	Kari Leon-Guerrero
				Ken Chambers	Lynne Walters	Lavanna Martin	Nichole Bennett	Leigh Gaymon-Jones
				Leila Henley	Maria Morales	Liang-Kai Wang	Ramrattan Grace	Melanie Demartinis
				Leslie Blair	Marlene Cheng	Marcus Winfree	Stephanie Smith	Sergey Maslennikov
				Lyssa Thames	Megan Feuille	Marja Spearman	Thierry Hansard	Alison Louise Brown
				Mark Shannan	Michael Klein	Matthew Knight	Andres Jaramillo	Jennifer Van Gilder
				Martha Clark	Mike Debellis	Molly Hatchell	Brenda Izaguirre	Silvia Brunet-Jones
				Matti Sloman	Monique Ortiz	Monica Sheldon	Deborah Vatalaro	Christina Charnitski
				Minal Bhakta	Nicole Fisher	Nakisha Nathan	Elizabeth Wilbur	Rebecca Romanchuk
				Paul Cravens	Nicole Gurgel	Philip Kreyche	George Pickering	Michele Lorene Stam
				Reva Gillian	Randall Smith	Rebecca Layton	Gretchen Shartle	Reza Pouraghabagher
				Richard Winn	Rebecca Dreke	Reed Henderson	Janice Samuelson	Sandhya Govindaraju
				Rory McNeill	Rebecca Fryer	Ronnie Barnard	Jennifer Gildred	Stephanie Sladovnik
				Sarah Stroud	Sarah Abraham	Samir El-Saleh	Katie Schreffler	Brianna Morris-Brock
				Shelly Allen	Stuart Reilly	Sarah Haldeman	Kirsten Matetich	Edmund Grossenbacher
				Sophia Judah	Susan Giesler	Shannon Sprung	Lisa Dawn-Fisher	Katherine Mulholland
				Steve Macias	Suzanne Cantu	Shawn Nasralla	Margaret Bellows	Monrovia C Van Hoose
				Vicki J Ford	Teresa Plutko	Stella Maxwell	Marissa Gonzales	Shasta Garibaldi-Ihorn
				Angie Newman	Theresa Mynar	Suzanne Santos	Michael Margolis	Robert S. Langenbeck
				Annie Hudson	Tracey Ramsey	Twyla Robinson	Michael Sullivan	
				Adrian Cortez	Vonzo Tolbert	Vanneza Smith	Regina Henderson	

DOGGONE IT! WHERE DID YOU GO?

Members- if you've moved and you're not getting the Breeze in the mail, please take a minute to update your address.

YES! UPDATE ME!



Member Number _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Mail to Wheatsville Address Update, Attn. Gabriel, 3101 Guadalupe, Austin TX 78705 or drop in the box at the Member Center or email changes to membership(at)wheatsville.coop

Yeehaw! We've Got Zzang! Bars by Aldia Blawillow, chocoholic



For the past several years, the Wheatsville staff has been receiving annual trainings in customer service from Zing Train, one of the famous Ann Arbor Zingerman's family of businesses.

Our trainers often bring us treats and we LOVE those Zzang! Bars they bring us every year. We got tired of waiting a whole year between treats, so we now carry their Zzang! Bars here at Wheatsville—and you too can experience the ultimate in old-fashioned candy bar deliciousness.

Zingerman's Candy Manufactory makes great, old-fashioned American candy bars almost entirely by hand. Chunky, fat, fudgy bars you can wrap your hand around. They're not the dainty kind of sweet you nibble with your eyes closed. They're the kind where you gnaw great chunks off, when you've just finished your chores and want to whoop and holler. This is fun, fantastic candy, made all natural without cutting a single corner—and you can pronounce and recognize every ingredient used to make a Zzang! bar.



creating a great bar. For the Zzang! Original they make the nougat and caramel in small batches to ensure a perfectly smooth and sensual texture. They roast and salt their own peanuts to get the optimal crunch and freshness. Once they've assembled all of the elements of the bar, they dip each one into rich dark Ecuadorian chocolate. Take a bite and you'll be transported back to a time before the machines took over. Zzang!

Ca\$hew Cow - You'll Feel Rich!

Stash a few in your piggy bank! There's a lot more to this bar than just its name. They take cashew butter, freshly roasted cashews, their own hand pulled cashew brittle, a bit of puffed rice, and milk chocolate gianduja to make a remarkably flavorful candy interior. They cut this nutty gianduja into rectangular pieces and dip it in Ecuadorian dark chocolate. Cha-ching!



This is a bar for those addicted to texture—a crisp chocolate exterior with an interior of smooth gianduja dotted with brittle and puffs.

Wowza! Dark Chocolate with Rich Raspberry Power!

They start with a layer of rich raspberry chocolate ganache. Next comes smooth, fresh raspberry nougat dotted with raspberry chewy candies. Finally, it's all wrapped with dark crisp chocolate. Fresh, sweet, tart, YUM!



What the Fudge?

If you turned a hunk of fudge into a candy bar, this is what you'd get.

They're made with a star-studded list of ingredients including dark and milk chocolate with muscovado brown sugar, fresh milk and rich heavy cream from a Guernsey dairy, real butter and famed vanilla extract from Madagascar. Do you taste something a little different that you can't quite identify. That's the malted milk, a traditional flavor in American candy. Sweet toothed people rejoice!



The Original and Most Popular

Zzang! Original is the first bar they created back in 2002. It's got the classic candy bar combination of peanuts, caramel and chocolate. Classic combinations are good but what makes this bar great is their choice of the best ingredients available: full flavored, 65% chocolate, freshly roasted Virginia peanuts, muscovado brown sugar from Mauritius, to name just a few. They leave out the preservatives and chemicals often found in manufactured candy to prolong shelf life.

Candy making techniques are just as important as ingredients in



Travis Audubon Society promotes the enjoyment, understanding, and conservation of native birds and their habitats.

lead field trips and bird walks both at local birding hotspots and exotic getaways. They offer an exciting array of monthly speakers, workshops, youth birding camp, the annual Birdathon, and seasonal and monthly bird counts & surveys. TAS offers classes from the basics of birding to advanced classes for the identification of sparrows, raptors, gulls, butterflies and dragonflies, and even grasses. Their outreach programs strive to educate the community about the vital connection between conservation and sustainable, healthy human habitats. Visit www.travisaudubon.org/fieldtrips.html for more details.

JULY FIELD TRIPS

Saturday, July 10, 7am and 4pm, Monthly Bird Count at Hornsby Bend

All levels of birders are welcome, no registration is required. Contact Eric Carpenter [ecarpe\(at\)gmail.com](mailto:ecarpe(at)gmail.com)

Saturday, July 10, 7 pm and 10 pm Second Saturday Swift Watch at Chaetura Canyon

Space is limited to 15 participants, suggested donation of \$10.00 per person. Please contact Sanctuary Stewards [dwa\(at\)austin.r.com](mailto:dwa(at)austin.r.com) or call 512-266-3861 to RSVP ASAP.

Saturday, July 17, 7:30am to Noon, Monthly Bird Walk at Hornsby Bend

Join field trip leaders Kirsti Harms and Shirley LaVergne at Austin's premier birding site. For more information go to www.hornsbybend.org. All levels of birders are welcome and no registration is required.

Saturday, July 25 to August 1, Southeast Arizona trip with TAS & Victor Emanuel Nature tours (VENT) Southeast Arizona Birding Haven

Designed especially for members of Travis Audubon, our next field trip will be a summertime visit to the renowned birding haven of Southeast Arizona. To register for this event, or for more information, contact Edna Murray at 328-5221, or email [edna\(at\)ventbird.com](mailto:edna(at)ventbird.com)

CLASSES

Thursday, July 15 and July 22, 6:30pm to 9pm, TAS Hummingbird Gardening Class 2010 in Central Austin

More specific info provided after registration. Field trip on the morning of July 17 to a local garden noted for its nature-friendly landscaping. For info or to register, contact Frances at [fcberbins\(at\)yahoo.com](mailto:fcberbins(at)yahoo.com).

Thursday, July 29, 6:30pm to 9pm, TAS Hummingbird Identification Class 2010 in Central Austin

No prior birding experience is necessary. The class has been extended to include an optional weekend field trip to Ft. Davis. Two lecture sessions will be held on Thursday, July 29 and Tuesday, August 3 (6:30 to 9 pm), at a central Austin location. More specific info provided after registration. An optional West Texas field trip will be August 13 - 16. For info or to register, contact Byron Stone at [drbirdie\(at\)aol.com](mailto:drbirdie(at)aol.com)

Saturday, July 31, 9am to 12pm, Introduction to Shorebird Identification, SEAustin

If there is sufficient interest, an optional weekend excursion to the central coast will be available at additional cost (to cover Byron's expenses). For info or to register contact Byron at [DrBirdie\(at\)aol.com](mailto:DrBirdie(at)aol.com).

Monday and Wednesday, July 26, 28 and 31st, 7pm to 9pm, Bird Drawing Workshop at the AGE Building off 38th Street

For more info or to register, contact Anne at [anne.wheeler\(at\)alumni.utexas.net](mailto:anne.wheeler(at)alumni.utexas.net).

They protect critical habitat for the endangered Golden-cheeked Warbler at their 690 acre Baker Sanctuary. Their ten acre Chaetura Canyon Sanctuary is home to more than 30 nesting avian species and is world renowned for research and conservation of Chimney Swifts. TAS continues to spearhead conservation programs locally and support them abroad. They



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Offering a safe haven for animals who are homeless, neglected, injured or abused. Our goal is to respect animals as individual beings with spirits who deserve the right to live a happy and healthy life, regardless of their attitude towards humans and human contact. For information about adoption visit our website www.thunderingpaws.org

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by appointment 451-5045



I would like to spotlight a tiny little grain called Amaranth. It is a wonderfully nutritious food that can be used in several ways. It originated mainly in South America during the height of the Aztec Empire, but has spread all over the world to areas such as Mexico, East Africa, India, Nepal, China and small areas of the US. It is a beautiful plant whose leaves and grain are very nutritious.

The most common use of Amaranth is to grind the grain into flour for use in breads, pasta and cereals. The seeds can be cooked with other whole grains, added to stir-fry or to soups and stews as a nutrient dense thickening agent. Other cooking preparations include: steaming, boiling and the most fun way—popping it like mini popcorn.

Amaranth is very high in protein, about 12-17%. It is also high in lysine, an amino acid that the body cannot produce, that is essential for calcium absorption, muscle protein building and the production of hormones. Another great aspect of Amaranth is as a gluten free grain alternative for those with Celiac disease or gluten intolerance. Amaranth also contains tocotrienols (a form of vitamin E) which have cholesterol-lowering activity in humans.

Cooked amaranth is 90% digestible and because of this ease of digestion, it is ideal for those recovering from an illness or ending a fast. Amaranth has a “sticky” texture that

contrasts with the fluffier texture of most grains and care should be taken not to over-cook it as it can become gummy. Amaranth flavor is mild, sweet, and nutty.

Over the centuries, the diverse species of Amaranth have had several uses such as: ornamental flowers (known as Cockscomb or Love Lies Bleeding), fabric dye using the flowers (Hopi Red Dye), and cover and trap crops for farmers. So step back to the bulk department and pick some up to try in these recipes!!



Peanut Butter Amaranth Logs

- 3/4 cup amaranth flour
- 3/4 cup coconut
- 1 cup peanut butter, creamy
- 1/2 cup tahini
- 1/3 cup honey
- 1/2 cup wheat bran
- 1/3 cup sunflower seeds
- 1/3 cup milk, skim, (non fat) powder

Mix together Amaranth and coconut. Place on a cookie sheet in the oven for 15 minutes at 300 F. While the above is toasting, place the remaining ingredients in a medium size bowl and mix. Divide Amaranth and coconut mixture in half. Mix half of the Amaranth and coconut mixture in with other ingredients. After rolling this mixture into one dozen three inch x half inch logs, coat the outside with the remaining mixture of coconut and Amaranth. Place in the refrigerator or freezer until ready to serve.

Popping Instructions for Amaranth:

Bring a skillet to heat over high heat. When the skillet is so hot that beads of water can dance across it, toss in the amaranth seeds. As soon as the seeds begin popping — like miniature popcorn kernels — stir them continuously with a wooden spoon for about 5 minutes. When most of the seeds have turned darker brown and plump, just before they burn, take the skillet off the heat and put the popped amaranth into a bowl.

Amaranth “Grits”

- 1 cup amaranth
- 1 clove garlic, finely chopped or pressed
- 1 medium onion, finely chopped
- 3 cups water or vegetable stock
- Sea salt or soy sauce to taste
- Hot sauce to taste
- Garnish: 2 plum tomatoes

Combine the amaranth, garlic, onion, and stock in a 2-quart saucepan. Boil; reduce heat and simmer covered until most of the liquid has been absorbed, about 20 minutes.

Stir well. If the mixture is too thin or the amaranth not quite tender (it should be crunchy, but not gritty hard), boil gently while stirring constantly until thickened, about 30 seconds. Add salt or soy sauce to taste.

Stir in a few drops of hot sauce, if desired, and garnish with chopped tomatoes.

Amaranth with Spinach Tomato Mushroom Sauce

- 1 cup amaranth seed
- 2-12 cups water
- 1 Tablespoon olive oil
- 1 bunch spinach
- (or young amaranth leaves if available)
- 2 ripe tomatoes, skinned, coarsely chopped
- 1/2 pound mushrooms, sliced
- 1-1/2 teaspoons basil
- 1-1/2 teaspoons oregano
- 1 clove of garlic minced
- 1 Tablespoon onion, minced
- Sea salt and pepper to taste
- (or use a salt substitute)

Add amaranth to boiling water, bring back to boil, reduce heat, cover and simmer for 18-20 minutes.

While amaranth is cooking, stem and wash spinach, then simmer until tender. Dip tomatoes into boiling water to loosen skin, then peel and chop. Heat oil in a skillet over medium heat and add garlic an onion. Sauté approximately 2 minutes. Add tomato, mushrooms, basil, oregano, salt, pepper and 1 Tablespoon of water. Drain and chop spinach and add to tomato mixture. Cook an addition 10 – 15 minutes, stirring occasionally. Lightly mash tomato as it is cooking.

Stir the sauce into the amaranth or spoon it on top.

Staff Top 10 Picks

by Bill Sherborne, Staff Accountant

1. Unsweetened Carob Almonds

Carob is often ignored with so much chocolate around, but these are a standout.



2. Buddy's Chicken Tenders
So versatile!

3. Newman's Own Organics Peppermints
Like homemade Altoids. Look out tin hoarders!

4. Nature's Plus Adult Chewable Multivitamins
I'm more likely to take my vitamins every day if they taste good.



5. El Pato Jalapeño Salsa
Hot and smoky; look for the green can with the duck.

6. Niman Ranch Uncured Italian Dry Salami
Actually, it's very moist compared to the typical dry salami. Rich and delicious.



7. Soyrizo
The best qualities of chorizo with no regrets.

8. Back to Nature Harvest Whole Wheats
So much like Triscuits, but somehow different...maybe it's the oil, the salt, or the lower price.

9. Talk o' Texas Okra Pickles
One of my two favorite ways to eat okra.



10. Can o' Coke
One of the cheapest, coldest cans in town!



We Wanna Adopt Your Mac

Got a G4, G5 or laptop sitting around since you got your new Mac? We'd appreciate the donation of iMacs, G5s, G4s, or peripherals like DVD Burners, LCD monitors, laser printers, or external drives, etc. We can't offer you a tax-deduction but you will definitely amass some good karma. Call Aldia at 478-2667 or email her at aldia@wheatville.coop to place your Mac in a loving home.



Once again, it's summer in central Texas, and we have to get used to walking and bicycling in the heat. Our pedestrian advocacy group is now called Walk Austin, and has a rudimentary website at WalkAustin.org. Please feel free to contact us, join us (it's free), and post writings about walking on the website. Our goals are to get the city to finish the sidewalk system within 20 years, and to spread appreciation for walking, walkers, and walkways in Austin.

I've been rereading a book of essays called *The Pleasures of Walking*, edited by Edwin Valentine Mitchell. The book was published in 1948, and most of the essays (by John Finley, Leslie Stephen, Charles Dickens, Henry David Thoreau, and others) were written long before then. The essays are very entertaining, and make me feel like a wimp who hardly walks at all. I usually walk about 3-6 miles (in the street) at a stretch. The people of these essays think nothing of walking 10 miles at a stretch, and often walk 40 miles in a day (of course, this takes all day). I've walked 10-12 miles a couple of times recently. It made me very tired, because I'm only used to half that distance. Most of it was enjoyable, but by the last mile I was glad to be done. In summer in central Texas, it's good to carry a water bottle and fill it up with ice at convenience stores and eateries. One pleasant effect of walking 12 miles is that, the next time you walk 6 miles, it seems very easy.

I want to walk and bicycle further for transportation and exploration. Traveling by human power is a great source of human happiness. It's a way of exploring the world in intimate, loving detail. Some parts of the journey (the high-speed car road parts) are stressful, noisy, smelly, and not much fun. But most of it is fun, and even the bad parts are informative. Walking around provides direct experience of the world outdoors.

"Direct experience" is a phrase that recurs often in "The Machine Stops," an old short story I've been rereading. It was written by E.M. Forster some time before 1914, and appears in the collection *The Celestial Omnibus and The Eternal Moment*.

In "The Machine Stops," people intentionally avoid direct experience, and do not use their bodies to move around. Babies who "promise undue strength" are destroyed at birth, for they could never be happy in the modern world, where people live as if they had no bodies. People stay in their rooms, and things come to them. They communicate remotely with friends (each person has thousands of such friends) through the Machine. Much about the Machine is reminiscent of the Internet, but the inspiration for the Machine was probably the motorcar, together with the telephone and radio. The motorcar is the most invasive of these three. A person who dislikes these inventions can forgo owning or using them. But the cars are everywhere, making it hard to walk around, poisoning the air and always poised to run us over.

I strongly recommend "The Machine Stops". It's a very interesting story, especially when you remember that it was written before 1914. *The Pleasures of Walking* makes one envy the walkers of the past, while "The Machine Stops" makes one fear for the walkers of the future. Both remind us that we live in the present, and it's time to go walk around and experience the world directly.

Why is human-powered locomotion so very enjoyable? I've been paying attention to this lately, partly because life is, on the face of it, rather depressing these days. There's a big oil spill in the Gulf, ruining everything that lives there, wars in Iraq and Afghanistan, rampant unemployment, businesses failing, people getting poorer, summer heating up, and one's own personal troubles as well. I notice that when I am feeling really low, I start feeling better almost immediately when I start moving around on foot or by bicycle.

Part of the charm of self-propulsion is that it distracts the mind from whatever gloomy and obsessive thoughts it may be thinking. Physical exertion gets air, blood, and other fluids coursing merrily through the body. This makes a person feel good, and stimulates the mind with variety and energy.

Sometimes, when I'm walking or riding a bicycle in a heavy rainstorm or up a steep hill in the sun on a very hot day, I catch myself feeling happy, and I wonder why. I think that there is something enjoyable about a winnable physical struggle that requires all or most of your attention. It distracts you from your usual troubles. And, in the end, you win.

Our city leaders often invite us to play a game called Envision Austin. To play, you imagine Austin's future, 25 years from now. Here's my rosier scenario.

Austin is the amazing central Texas city where everyone walks. Even the city council meetings are peripatetic; the whole assembly travels on foot from place to place while deciding policy. Austin's once-extensive collection of parking lots has been converted to parkland and housing. Although private cars have not been banned from Austin's streets, one seldom sees them. There is a stigma attached to driving a car—you're putting out poison gas and threatening people much cooler than yourself—so

most people don't. Besides, there's nowhere to park.

There is very little crime in Austin, and very few people here are homeless. It's much easier to live cheaply when you don't have to pay for transportation. Public health costs have plummeted. Most people here are healthy, and car crashes are no longer a problem.

Austin Mayor Gertrude Grosbeak said in an interview, "All we did was build out the sidewalk plan in ten years. We spent \$84 million a year on sidewalks, for ten years. It's unheard of, to spend so much on pedestrians. A lot of people said it was a waste of money.

"But it packed a wallop. Austin has become a walking city. The trees are growing back, now that shade is appreciated. It's ten degrees cooler in the shade. People in cars don't need shade physically, the way people on foot do. And since everyone walks, we're all equal, in a way—rich and poor, old and young, fit and not so fit, injured and whole.

"Austin no longer has an airport, but our city is a major Amtrak hub, and can be reached by hike-and-bike trail from all other major Texas cities. Not having an airport reduces air pollution and noise. And visitors love the novelty of walking or bicycling into the walking and bicycling city on the trails."

It's my favorite fantasy. But it won't happen without major policy changes. Right now there are no plans to finish Austin's sidewalk system in this century. That's why Walk Austin exists. We don't want that other scenario: 25 years from now, twice as many cars, twice as many parking lots, very few sidewalks still, baby boomers turning ninety, hardly any trees, traffic jams everywhere, kids overweight, everyone unhealthy and cranky, not much fun. Austin: a city within a parking lot where cars sit idling.

Enjoy the summer sun, but seek out shade and ice. Don't forget to use lights at night. Let's explore our world in loving detail, before it's too late.



More pictures from Bike to Work Day



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