

THE WHEATSVILLE BREEZE

A PUBLICATION OF WHEATSVILLE FOOD CO-OP • 3101 GUADALUPE • AUSTIN, TEXAS 78705

Biking in the City *Miller Nuttle, Campaigns Director, Bike Austin*

The future of biking in Austin is bright! Over the last 18 months, two venerable bicycling organizations – **Bike Austin** and the **Austin Cycling Association** – have merged, and recently hired Mercedes Feris as their Executive Director. The new organization, operating under the Bike Austin banner, is now your one-stop shop for bicycle education, advocacy and encouragement - your voice for better bicycling in Austin.

Bike Austin's biggest bicycling event of the year – **Bike To Work Day** – is right around the corner on **May 15th**. The national holiday celebrates bicycle commuting, and encourages everyone in Austin to give bicycling a try.

This year's festivities will include **20 morning "Fueling Stations"** (including both Wheatville locations!) with free food, coffee and a reusable tote bag full of swag. The day will conclude with an inaugural **Bike Home From Work after-party** at Cheer Up Charlies, featuring a free Real Ale beer for bicycle commuters, a bicycle photo booth and live music.

May Friday, May 15th, 7:00–9:30am Wheatville Bike to Work Day Refueling Stations.

Ride on over to either of our stores from 7am-9:30am and enjoy a bite to eat and pick up some cool swag. **Red Rabbit Cooperative Bakery** will be bringing plenty of their delicious **vegan donuts** and we'll have plenty of coffee from our friends at **Fontana Coffee**, **Texas Coffee Traders** and **Chameleon Cold Brew**. There will be even more yummys from **Rockstar Bagels**, **KIND bars**, and **mmm-panadas** as well as fresh **apples** and **bananas** and hardboiled **local eggs**.

Our good friends from **KOOP Radio** will be rocking the mic at the Guadalupe store and **Fine Southern Gentleman**, printers of our Wheatville T-shirts, will be at both locations to show off their famous T-shirt screenprinting machine on a bike!

Never biked to work before?
This is the day to give it a shot.
Here are few tips:



Map it Out

Work out your route the night before. Use Google Maps (click the bike icon) or drive the route to make sure you know what it looks like. Stick to roads with bike lanes or go through neighborhoods.

Check Your Bike

Make sure your tires are inflated the night before (check the sidewall for your PSI). If you'll be travelling in the dark, make sure all your front and rear bike lights have fresh batteries or are charged up.

What to Wear

Unless your route is very challenging, most people can ride to work in casual clothes. Roll a change of clothes to minimize wrinkles and stash a comb and antiperspirant in your bike bag or basket. Wear a helmet and sunglasses to stay safe.

Brag a Little

Inspire a co-worker by telling them what you did! You might just find a new bike buddy!

EVENT: Movie Night : To The Moon
WHEN: Tuesday, May 19, 7pm-9pm
WHERE: 4001 S.Lamar Community Room
COST: FREE
RSVP: <http://themoon.eventbrite.com>
A documentary about a cross-country bike tour of cooperatives called Co-cycle, during the summer of 2012.

Memorial Day Weekend GRILLING EVENT Friday, May 22 NOON-2PM

Hot off the grill Niman Ranch HAMBURGERS
on Bakehouse buns \$5 at BOTH Wheatville stores!



In this Issue:

Community Action Wednesdays / We Own It!	2
Local Vendor Spotlight: Prickly Pair Farm /Celebrate Spring and Mom's Day	3
Maureen Delaney's Top 10 Picks / Just Grill It	4
Lots of New Paleo Foods	5
Good-Fast-Cheap/ Co-op Basics: Great Food, Great Price!	6
The 411 on Wheatville Supplements / 2015 Fram to Plate Fundraiser	7
Local Vendor Focus: Pogue Mahone Pickles / Farmgrass Festival	8
2015 Hemp History Week	9
This Year's Staff Survey Results / Staff Spotlight- nik smith	10
Staff Anniversaries / Melissa Alvarez's Top 10 Picks	11
Classes & Events / I ♥ Wheatville / Making Mochi	back page

COMMUNITY ACTION WEDNESDAY

Community ACTION WEDNESDAYS

Wheatsville donates 1% of Wednesday sales to benefit community groups selected by our owners. Customers can also contribute their bag credits or any dollar amount at the cash register any day of the week. Community Action Groups hugely appreciate the support from Wheatsville

shoppers and look forward to the generous donations each month. Thank you for your support!



In March, we collected **\$7,611.18** plus donations of pet food and pet care products for **Austin Pets Alive!**

May: Urban Roots

In May, we are proud to announce Urban Roots as our Community Action Wednesday group. Urban Roots gives so much back to the community each year. We are so happy that out of our 17,000+ owners Urban Roots was chosen as one of this year's groups.

Urban Roots provides paid internships to Austin youth, age 14-17, to work on our 3.5 acre urban sustainable farm in East Austin. Each year, they have a goal of growing 30,000 pounds of produce with the Urban Roots community of youth, community volunteers, and staff. They also donate 40% of their harvest to local soup kitchens and food pantries and sell the other 60% at farmers' markets, through our Community Supported Agriculture Program, and wholesale. You may also visit the Urban Roots website to check out their designated days to volunteer on the farm. The Wheatsville Guadalupe location also serves as a pick up for their CSA members. Check out their website more information about their CSA. Both Wheatsville locations will be donating 1% of Wednesday sales and collecting donations at the registers. Let your cashier know if you would like to donate!



Hospice Austin
Your comfort. Our calling.

June: Hospice Austin

We are so excited to be supporting Hospice Austin for the month of June. Hospice Austin is a non-profit that offers a full range of health care services including pre-hospice assistance, medical and nursing care, spiritual and emotional support, social work, personal care, special therapies, and volunteer and bereavement services. Their services are designed to improve comfort, manage symptoms and deal with other difficulties such as emotional distress and grief.

Hospice Austin provided the first Hospice in Central Texas. As Austin's not-for-profit hospice, all their resources go back into caring for our patients and their families. Wheatsville will be donating 1% of our total sales on Wednesdays during the month of June to Hospice Austin. You can make additional donations at the registers at any time, or donate various goods at the collections bins at the entry way of the stores.

DOGGONE IT! WHERE'D YOU GO?

Owners- if you're not getting the Breeze in the mail, please email your new address to Erica Rose at membership@wheatsville.coop



You Own It! by Erica Rose,
Ownership & Outreach Coordinator



Wheatsville operates by and for co-op owners, people who have voluntarily joined by paying a \$15 joining fee and \$55 investment. Purchasing an ownership in the co-op is a great way to invest in your community and help grow the co-op economy!

Total Co-op Owners as of April 15, 2015: 17,527!

If you have an ownership inquiry or need to update your mailing information, please contact Erica Rose at membership@wheatsville.coop.

Co-op Owners enjoy:

Owner Appreciation Days – 10% off of one shopping trip, four times a year

Owner Deals – sale items just for owners

Patronage Rebates – a share of Wheatsville's profits (during sufficiently profitable years as determined by the Board of Directors)

Democratic Participation – vote in the Wheatsville Election...plus more!
Stop by the Hospitality Desk when you are ready to join!

Community Action Recipients for 2015

January	People's Community Clinic
February	SafePlace
March	Austin Pets Alive!
April	Ecology Action
May	Urban Roots
June	Hospice Austin
July	Meals on Wheels and More
August	Sustainable Food Center
September	Austin Children's Services
October	Capital Area Food Bank
Nov/Dec	Wheatsville Co-op Community Fund



News & Updates

KEEP UP WITH ALL THE LATEST NEWS & STORE HAPPENINGS!

Sign up to receive our weekly email at WWW.WHEATSVILLE.COOP or

Follow us on:



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Photos by: Raquel Dado, and Aldia Bluewillow
except where otherwise noted or not known

The Wheatsville Board of Directors generally meets at 6pm the last Tuesday of every month.

Check wheatsville.coop/membership/board-of-directors for details. Owners are encouraged to attend. Something that you would like discussed? Use the Open Time Form on the Board's webpage.

Wheatsville 2015 Board of Directors

Doug Addison	Reyna Bishop
Marcia Erickson	Michelle Hernandez
Kitten Holloway	Deborah Ingraham
Nada Lulic	Allison Maupin
John Vinson	

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 TX.



Local Vendor Spotlight: Prickly Pair Farm *by Anthony Bertalotto, Produce Supervisor*



They say "April showers bring May flowers", but this year Mike Milligan, one of the owners of Prickly Pair Farm, was ready to

deliver in March. We here at Wheatsville were one of the lucky few who shared in the early start as Mike delivered us some beautiful Ranunculus flower. Believe me when I tell you, the Ranunculus are re-donk-ulous!!! And, this is the reason why we are shining our spotlight on Prickly Pair Farm as our Vendor of the Month for May.

With Mother's Day approaching, you're going to want to get those special moms in your life the best flowers possible because, let's face it, they deserve it.

Don't forget that May is also the month for graduations and what says "congratulations" better than a bouquet of flowers? And trust me, the flowers we've seen here at Wheatsville have been beautiful and we have yet to scratch the surface of what Prickly Pair will be providing us this year. Anemones, Snapdragons, Buttercups, oh my!



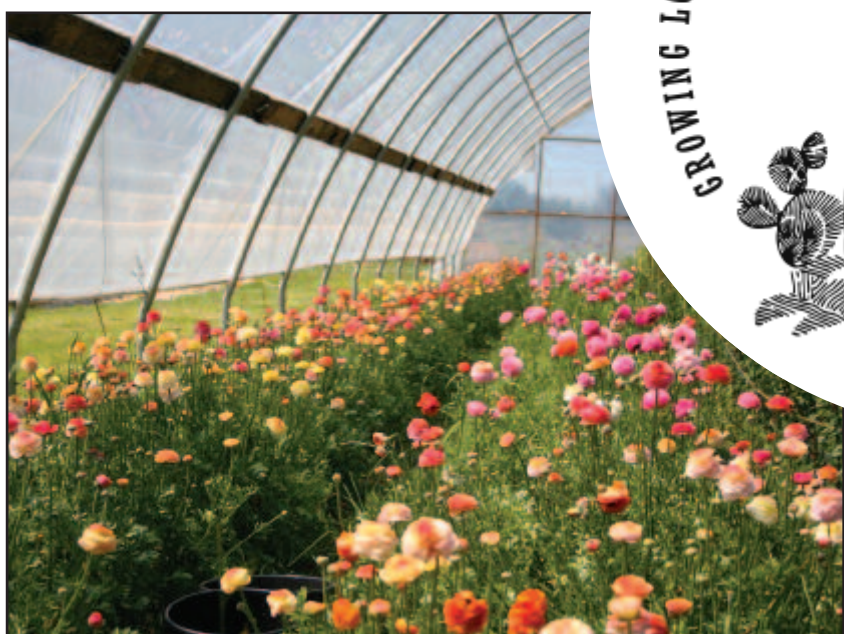
Founders Mike and Matt work and manage all aspects of land usage, cultivation, resource conservation and business activities. They both come from professional careers far afield of agriculture, but are single-minded in their approach to farming. Only the highest quality flowers, fruits and vegetables will be offered to customers. Their commitment is to utilize only natural or naturally derived inputs for all products and to improve the land for future generations.

Prickly Pair Farm was established in 2011 and is located 60 miles northwest of Austin in Burnet County or Lampasas, Texas to be exact.

The farm is currently situated on approximately 30 acres, with 5 acres under cultivation, a majority of the land is dedicated to conservation activities and it is entirely powered by renewable energy! Go Prickly Pair Farm!

Currently they grow more than 125 seasonal vegetables and fresh cut flower varieties intended for farmers' markets, friends, family and Wheatsville, of course. That's not all though, if you are in need of some amazing local, fresh flowers for your wedding or major event, they can help you out there too! Just visit their website, pricklypairfarm.com, and the wedding or event of your dreams can become a reality!

So remember, if you're in the market for some wonderful, local flowers look no further than the ones provided to us, here at Wheatsville, by the superstars at Prickly Pair Farm.



Celebrating Spring and Mom! *by Lisa Weems, Deli Coordinator*



Glorious weather, leaves on the trees, and wildflowers blooming everywhere—it's springtime in Austin! Spring brings us a bevy of wonderful produce at the peak of its season—artichokes, asparagus, leeks, and strawberries, to name just a few. The warmer weather and longer days lure us outdoors to linger over dinner al fresco or to take a long walk in the park to admire the all-too-brief blossoming of nature.

Spring also brings many reasons to celebrate with friends and family, so we've put together a few menu ideas that we hope will inspire you to enjoy the best of the season with those you love.

Mother's Day Breakfast in Bed

Start off Mom's special day right with an easy yet decadent breakfast in bed. We'll be offering a variety of **quiches** (both whole and sliced) during this weekend. We fill tender all-natural pastry crusts with a delectable base of eggs and cream and your choice of **Broccoli Cheddar**, **Bacon Florentine**, or **Mushroom Leek** fillings. They are delicious warm or cold. I like a crisp raw salad with a lively dressing to balance the richness of the quiche (our top-selling **Raw Deal** fits the bill perfectly), or offer a simple green salad with our tangy **Lime-Cilantro Dressing**. For dessert

(because moms get dessert for breakfast on Mother's Day), you can't go wrong with our gorgeous **Sweet Cream Biscuits**, split and topped with Mom's favorite berries and lightly sweetened whipped cream.



Picnic in the Park

Spring offers us a short window of perfect warm weather before the heat of the long Austin summer kicks in. Enjoy every minute by packing an easy picnic to share with your sweetie. Our **Rosemary Garlic Roast Chickens** are a great entrée choice. We brine our all-natural whole chickens in a simple saltwater brine so that they stay moist and juicy, then rub them with oil, lemon juice, and spices. Bring along lots of napkins and eat it with your hands! Side dishes can be as easy as a **Bakehouse Baguette** with a chunk of your favorite cheese, or put together an assortment of cold salads for a more substantial meal. Try our **Potato Salad with Artichokes and Asparagus**, **Edamame Provençal**, or **Lemon Spinach Quinoa** (back by popular demand!). Add a bottle of crisp chilled vinho verde ("green wine" in Portuguese—we particularly like **Casal Garcia** and **Santola**) and you've got a perfect date night.

Spring Party

Graduations, weddings, birthdays—spring offers many occasions to gather with friends and family. For an easy impromptu party, grab some **Popcorn Tofu (original or buffalo flavor)** from our self-serve case, along with your favorite dipping sauce. Our **Cashew Tamari Dressing** is classic with the original, or try **Vegan Blue Cheese Dressing** with the buffalo style. Add some **Fresh Cut Veggie Packs** from our produce department—they pair beautifully with both dressings and with our housemade **Black Olive** or spicy **Green Chili Hummus**. For sweets, try our mind-blowing chocolate extravaganza, the **Texas Sheet Cake**, or our vegan 1/8 sheet cakes in **Carrot**, **Chocolate Raspberry**, or **Chai Spice** flavors. Round out these offerings with assorted cheeses (your vegan pals will adore the **Chao** or **HeidiHo** "cheeses") and Bakehouse breads, and wash it all down with local **Oasis Beers**—with three easy-drinking varieties, you'll please all of your guests!

We Cater

Of course, for a larger or more formal gathering, we are happy to cater your event! With just a couple of days' notice, we can put together an impressive spread that will delight your guests and leave you free to enjoy the festivities! Contact your preferred location by phone or email catering@wheatsville.com and we will help you find the perfect menu! Happy spring eating!

Staff TOP 10 PICK



MAUREEN DELANEY, DELI CLERK GUADALUPE

1. Raw Deal Salad in Deli Grab & Go YUM!

2. Giovanni Frizz Be Gone

MAGICAL!



3. Spry Power Peppermints

SO MINTY, NOT TOO SWEET, SUGAR-FREE.

4. Pineapple Basil Smoothie

TASTES LIKE SPRING/SUMMER!

5. Nativa Yerba Maté

THIS IS OUR GO-GO JUICE IN THE DELI.



6. Avocados

OH, AVOCADOS, HOW I LOVE THEE! I COULD EAT AN AVOCADO EVERY DAY.

7. San Gabriel Starter Plants

I LOVE TO GARDEN. EVERY YEAR, THESE VEGGIE & HERB PLANTS CONSISTENTLY GROW INTO HEALTHY, VIGOROUS ANNUALS & PERENNIALS.



8. Crystal Geyser Sparkling Water

EVERYTHING IS BETTER WITH BUBBLES!

9. So Delicious Unsweetened Coconut Milk

MY FAVORITE NON-DAIRY MILK FOR MY MORNING COFFEE, AND IT'S SUGAR-FREE!



10. Shanti Shea Lavender Shea Butter

THE ONLY PRODUCT THAT CAN HEAL AND PREVENT MY CHAPPED FOOD SERVICE HANDS. WONDERFUL! GOOD FOR LIPS TOO.



Just Grill It!

by Mark Maddy, Meat & Seafood Coordinator

It's time to dust off the grill, throw some fire in it and cook some stuff. Whether you grill like Hank Hill or something more akin to a caveman, here are a few tips that accommodate both:

- **Clean and oil your grill grate.** Get those charred bits off and coat that grate with oil. Canola oil is a good one to use—it has a high smoke point and no flavor.
- **Let your meats get to room temperature,** it evens out the cooking. The less work the molecules have to do to convert your grillables to delicious, the better. This is true for cooking any steak or roast with any cooking method.
- **Drizzle with oil.** Put some oil on your steaks and what-nots. You'd much rather have it all on your plate or bun than stuck to your grill.
- **Direct Heat vs. Indirect Heat.** Unless you are super into carbon, put those ribeyes and more marbled cuts and burgers off to the side and away from direct flame. I appreciate the not so subtle flavor and texture that a nice char brings, but reducing flare-ups helps accentuate the natural flavors that grilling brings to the party.
- **If you cook with charcoal, invest in a charcoal chimney.** Well made chimneys are not expensive, they last forever and reduce your fire set up time to about 10 minutes. Put paper in the bottom (newsprint is the best)—don't pack it in—you want plenty of oxygen to move through the chimney. When the coals are starting to turn gray, drop them in the grill.



What do you put on the grill? The answer is anything. I have grilled cauliflower and romanescos and they were great. Asparagus, corn, cherry tomatoes, "baked" potatoes are all great veggies for grilling. There are baskets you can purchase to keep veggies and seafood from falling into the flames.

- **Seafood** If you are grilling fish, keep the skin on. It brings flavor and structure and usually just slides right off if you are not into eating it. Shrimp cook really fast. When they change to a solid color, they are done.
- **Burgers** They're the grilling classic. Try our Niman Ranch Premium Burger Blend for fantastic flavorful burgers.
- **Poultry** Cutting the back out is a great way to grill a whole chicken flat on the grill.
- **Sausages** Another classic whether they be one of our house-made sausages like the Topsy Cow Beef sausage or a hot dog, the grill is the ultimate medium to enjoy them. I recommend finishing sausages on the grill. The best way to enjoy Bratwurst is to poach them in beer and then put them on the grill for a few minutes.
- **Steaks** The Cadillac of grilling is the steak, be they pork or lamb or beef. Wheatsville offers a variety of steaks that you do not see very often, if ever.
- **Flat Iron/Charcoal Steak** The flat iron and the charcoal steak are the same cut; the charcoal is cut vertically and the flat iron is cut horizontally. They are full of flavor and do show up on menus and in some meat markets.
- **Denver Steak/ Chuck Eye** We separate the chuck into pieces and cut the Denver steak from a single muscle. The chuck eye is a continuation of the ribeye into the chuck. It has all the flavor, but not all of the price.
- **Ranch Steak** Like the Denver steak, this is a single muscle cut. Chuck steaks and shoulder steaks traditionally have multiple grain directions and are cut thin to compensate. The ranch steak is a shoulder cut with a single grain and is a lean steak option if you are looking for a lower fat steak.

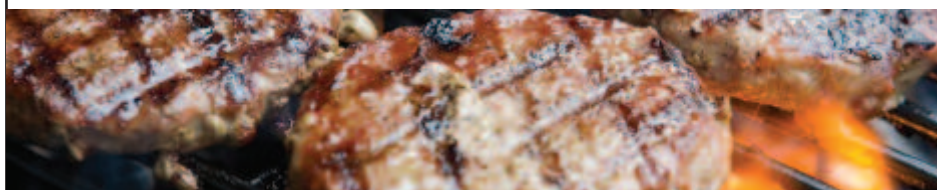


No matter what you grill, it is always a good time and it's a great way to enjoy the outside with your friends and family.

Memorial Day Weekend Grilling Event

Friday, May 22 NOON-2PM

Niman Ranch HAMBURGERS on Bakehouse buns \$5





Time Travel to the Paleo Made Easy *by Nina Norton, Category Management Coordinator*

One of the biggest food trends to gain traction over the past couple of years, "Paleo" is a nutrient-dense diet focused on the consumption of (preferably) pasture-raised meats; fish; seasonal, organic, and local vegetables and fruit; starch in the form of roots and tubers; and fats from non-

industrially-processed seed oils (refined sugars or grains are out).

Paleo is a diet with a very heavy emphasis on whole food eating, to the near complete exclusion of any processed foods. It's an "inconvenient" diet by nature; working from scratch with whole ingredients often means a fair amount of time spent planning, prepping, and cooking. While a worthwhile dietary endeavor to undertake, one trade-off is that it can be time-consuming.

Followers of Paleo-style diets have learned to primarily shop the grocery store perimeters (where the heaviest concentrations of whole foods, especially meat and produce, can be found), shunning the center store aisles, which have traditionally been filled with the types of processed products that fall outside the guidelines of this type of diet. However, Paleo-friendly foods have recently begun to emerge in packaged forms; foods which—whether you're a Paleo purist or maintain a little more wiggle room in your diet—can considerably ease the convenience factor and even enhance the variety and options in your diet.

Wheatville recently added dedicated Paleo sections in each of our stores' Grocery departments (our over-aisle signs can assist in locating these sections); what follows are some highlights from the unique selection of items that can be found on those shelves:



Pacific Foods Organic Bone Broths & Stocks

Turkey, Chicken

When short on the hours required to make a rich bone broth from scratch, Pacific's ready to use versions are a great stand-in. Use in recipes as you would normal broths and stocks, or drink as a rich, warming beverage for a light meal or snack.



Local!

Hopper Crunch Granola

Cranberry Almond, Toasted Coconut, Cacao Cayenne

Unlike traditional granola, these crunchy treats are grain-free and instead utilize a base of crunchy nuts, seeds, and fruit. Uniquely, Hopper Crunch is made with cricket flour: a fantastically sustainable alternative source of protein and micronutrients offering 9 grams of protein per serving.



Bob's Red Mill

Almond Meal, Coconut Flour, Hazelnut Meal

Skip the hunt through the crowded baking aisle with our top-selling grain-free flours all in one spot.



Purity Farms Grass-fed Ghee

Ready-to-use clarified butter perfect for a variety of applications. Tip: since clarified butter has had the milk solids removed, it doesn't require refrigeration, even after opening.

Local!

Must B Nutty

Almond Flour Tortillas

So soft, fluffy, and pliable, these nut-based wraps give even the best traditional flour tortillas a run for their money. Pair with some local cage-free eggs and local sugar-free bacon from **Pederson Farms** (in our Meat department) and quit missing breakfast tacos. (*Must B Nutty tortillas are perishable and can be found our Refrigerated department.*)



Raw Organic Grassfed Whey

Add a punch of protein to smoothies, grain-free pancakes, and more with this high quality, super clean whey protein powder.



Local!

EPIC Snacks

Grass-fed, Pasture raised, and Free Range Protein Bars, Bites, and Trail Packs

EPIC offers a variety of snacks primarily composed of responsibly sourced proteins, including Bison, Beef, Pork, Chicken, Lamb, and Turkey, perfect for snacking on the go. The new Chicken Sriracha Bar quickly became a staff favorite.



Coconut Secret

Garlic Sauce, Teriyaki Sauce

Completely soy-free, these sauces get their familiar soy-like flavor from coconut aminos instead. Perfect for a quick stir-fry.

Fatworks Foods

Grass-fed Beef Tallow, Pasture-raised Pork Lard

High quality humanely raised animal fats ideal for sautéing, frying, and other uses. Where the flavor of coconut oil might be intrusive, Fatworks Foods offers excellent alternatives.



Save money or eat good food? Do BOTH! We've LOWERED PRICES on some of your favorite products! Our new Co-op Basics program offers a variety of popular, affordable grocery and household staples – the building blocks for hearty meals and day-to-day living.

Why shop somewhere else when you can get what you need at the co-op for the same price or less? We're working hard to give you fantastic prices on some of our best-selling pantry essentials so that you can spend your dough where it counts most for you and your family.

Remember, every time you shop at the co-op you are voting with your dollars to support our local community and participate in our BIG Direction goals of growing the co-op economy, getting more local, organic, sustainable food onto plates and making more people happy.

We might be the only grocery co-op in Texas, but with over 16,000 invested owners like YOU – we're making a difference every day in how business is done. Time to ditch the hand basket and bust out the big cart!

You'll find Co-op Basics items in every department – just look for the purple Co-op Basics logo. For a list of all the items pick up one of our purple Co-op Basics brochures at the Hospitality Desk.



Hey shoppers, it's time to get a bigger cart! We're making it EASY for you to shop at the co-op! What's so great about shopping at the ONLY RETAIL GROCERY CO-OP in TEXAS?

FAST

Easy in, easy out. Park close to the door and get through the line FAST. We're just the right size and filled to the brim with lots of good food! Have you ever seen a kid with a tiny cart? We're THAT fast. Jog by, pick up a hot taco and BOOM you're out the door without ever breaking your stride.

GOOD

From 100% fair trade, organic coffee bar to over 2000 locally made products, we've got the some of the best food in town. Our bakers are here at 4am cranking up the ovens and our cooks start chopping and stirring at the break of dawn. Why? Because that's how WE make a big batch of GOOD.

CHEAP

We've got more ways to SAVE, and yep, some things are pretty dang cheap! Look for signs Co-op Basics, Everyday Value, Co-op Deals and Owner Deals to SAVE BIG on your FAVORITE FOODS! From single cage-free eggs to a hot housemade lunch made with organic ingredients for just \$1.99, we're serving up cart-loads of value!



WHOLE WHEAT Sandwich Bread

Made with 100% organic flour in our Bakehouse!

\$3.99 LOAF



GOOD FLOW Pure Honey

Clover or Texas Wildflower

\$6.99 16 oz



STAHLBUSH Frozen Blueberries

USA Grown, nonGMO Verified

\$3.49 10 oz



HUMANELY RAISED, AIR-CHILLED, ANTIBIOTIC FREE Whole Chicken

Want it cut into pieces? Just ask!

\$2.99 LB



TOM'S OF MAINE Natural Mint Toothpaste

Fluoride or Fluoride-Free

\$2.99 3 oz



The L11 on Wheatsville Brand Supplements *by Cody Atkins, Wellness Coordinator*

Here in the Wellness Department, we frequently get asked about our house-brand supplements. Who makes them? Where do the ingredients come from? Are they actually any good? Even before the

recent exposé on the private-label supplements offered by several nationally-recognized companies, these were really good questions.

To start, our supplements are made by Reliance, a privately held company that has been producing supplements since 1978. Located in Edison, NJ, Reliance has a new start-of-the-art facility that is LEED certified and contains Class 10,000 clean rooms which exceed the industry standards for both air quality and humidity control, both of which are vital to preserve the potency of ingredients. To achieve this quality, the Reliance facility utilizes a MERV air filtration system to produce clean air. The system uses no hydro chloro-fluorocarbons so it significantly reduces their ecologic footprint.

The innovators at Reliance were some of the first to be able to offer private-label products and formulations in many categories including shelf-stable probiotics, vegetarian DHA, and liquid herbal extracts. Their Aller 7 Support product, formulated for allergy relief, won a Vity Award for Best Natural Allergy formula from Vitamin Retailer, a trade publication.

Reliance's team of PhD.s and nutritionists source both raw and patented ingredients for their products and formulations from all over the globe. All ingredients are third party tested by independent laboratories for purity. You can even go on their website, www.reliancevitamin.com, to find the results of these tests.



Additionally, Reliance fully discloses all ingredient suppliers and is certified GMP (Good Manufacturing Practices) compliant from both the NSA and NPA. The company is also actively involved in legislative and regulatory organizations that serve to promote and protect the natural products industry.

It is our

hope that, no matter what type of product you choose to purchase from Wheatsville, your decision is one that you feel educated and good about. This overview is brief; if you have any questions that aren't covered here, feel free to ask any member of the Wellness staff!



Farm to Plate Benefits the Sustainable Food Center

Thursday, May 14
6:30-9:30 pm
at Barr Mansion



Thirty local chefs will help Sustainable Food Center celebrate its 40th anniversary year, providing small bites made from locally-sourced ingredients, at the 8th annual Farm to Plate event, Thursday, May 14 from 6:30-9:30 p.m. at Barr Mansion.

The 2015 Farm to Plate chefs include **Jesse Griffiths** (Dai Due), **Andrew Wiseheart** (Contigo and Gardner), **Anthony Sobotik** (Lick), **Sonya Cote** (Eden East), **Shawn Cirkiel** (Parkside and Olive & June), and **Nicole Patel** (Delysia Chocolatier), among many others. For the full chef lineup, go to sustainablefoodcenter.org.

SFC will present the Michael & Susan Dell Foundation and Suzanne Santos, SFC farmers' market director for more than a decade, with the Sustainable Food Changemaker award at Farm to Plate. The Changemaker award honors individuals and organizations that have contributed to SFC's mission in a significant way. The Michael & Susan Dell Foundation has provided generous support for SFC and its programs for many years. Suzanne Santos has been with SFC for 15 years and will retire this May. As director of

SFC's farmers' markets, she has guided the market program from its humble beginnings in 2003 to where it is today, with four weekly markets in Austin that help keep more than 100 family farms and food artisans viable and provide local, sustainable food to more than 250,000 visitors year-round.

All proceeds from Farm to Plate benefit SFC's not-for-profit programs, which include the markets, organic food gardening classes, support for area farmers, and cooking classes and nutrition education.

With the help of generous supporters, last year, SFC was able to serve 300,000 Central Texans through all of its programs.

"We couldn't think of a better time to celebrate our 40th anniversary than at Farm to Plate, surrounded by our friends, supporters, and advocates of our local food system," says Ronda Rutledge, executive director of SFC.

For more information or to purchase your table, go to www.sustainablefoodcenter.org.





Local Vendor Focus: Pogue Mahone Pickles *by Chris Moore, Bulk & Chill Coordinator*



Featured vendor for the month of June is local pickle producer Pogue Mahone. These delicious crisp local pickles have some pretty cool flavor profiles such as habanero ginger, serrano lime and Texas sweet heat along with traditional styles like bread and butter and garlic dill. All the available varieties of Pogue Mahone can be found at both Wheatville locations in the refrigerated departments. I had a Q&A with owner Sam Addison and wanted to share it with you.



Chris: How long have you been selling pickles at the farmers market/ Wheatville?

Sam: We began selling at farmers markets 3 years ago. Wheatville on Guadalupe was one of our very first retail accounts. I can still remember our very first delivery and pickle sampling event. We were pretty nervous.

Chris: What are some of your favorite things at WV?

Sam: I love the produce and meat departments most of all. I can find the same produce and meats that we buy or trade pickles for at the farmers market which is really great. I do a lot of cooking and Wheatville gives me a hard location where I can find these local goods any day of the week.

Chris: Which is your favorite flavor of pickle?

Sam: That's tough, but if I could only have one for the rest of my life it would be our classic **Fresh Dill & Garlic** flavor. I am eating a lot of our **Texas Sweet Heat** pickles right now though, they are so perfect with BBQ and burgers.

Chris: Do you have anything new in the works for Pogue Mahone?

Sam: We do indeed. Up until now it has been pretty top secret but here we go... In the coming months we will be using our pickles and brine to make an awesome **Dill Pickle Bloody Mary Mix** as well as a **"Pickled" Whole Grain Mustard**.

Chris: What made you decide to do pickles?

Sam: My mom and both grandmothers made pickles while I was growing up and I just really enjoyed the whole process. When we didn't have homemade pickles around we would buy the Claussen pickles from the cold section of the store. I just always felt that we could do cold pack pickles better than what was available so I dedicated over a decade to perfecting the recipe before offering them to the public. I am happy with where we are right now and look forward to the future of Pogue Mahone Pickles.

More notable info about Pogue Mahone Pickles:

- Our fresh cucumbers go from vine to pickle jar in under 48 hours. We only hold our pickles for 10 days before selling to give them maximum crunch and deliciousness.
- We were named winner in the 2013, 2014, and 2015 National Good Food Awards, becoming the only pickle company in America to win three times.
- You can find our pickles in the cold dairy section of the store.



- Wheatville now offers our premium dill pickles by the pound on the Salad Bar for customers looking to buy a lot or just sample them.
- Pogue Mahone is gaelic for "kiss my arse". We were given our name by my Irish brother-in-law who said that our pickles (un-named at the time) were the best damned pickles he had ever had and anyone who disagreed could pogue mahone. A name was born.

PICKIN' AND GRINNIN' IN SUPPORT OF LOCAL FARMERS

Farmgrass Fest '15 SINCE 2014

Sunday, May 3
1 pm – 9 pm
The Simmons Family Farms
in Niederwald, Texas

Farmgrass is a local nonprofit dedicated to promoting the mental and physical wellbeing of local, independent farmers and will be hosting its second annual bluegrass festival on Sunday, May 3. Bringing together Austin-area farmers, local businesses and some of the city's favorite bluegrass musicians, Farmgrass Fest aims to raise money for an emergency medical fund to support local growers when sick or injured.

"I was in an accident that kept me from doing my job and feeding my family," said Skip Connett of Green Gate Farms, the first beneficiary of the farmers' emergency medical fund. "Farm work is tough and assistance is out there, but there are many holes. The donation that the Farmgrass organization provided was a lifesaver."

The 2015 music lineup includes **The Gravy Brothers + Special Guests, Whiskey Shivers, The Lost Pines, Brennen Leigh and Noel McKay's High Plains Jamboree, and Fog & Bone**. The festival will also offer food from local vendors including The Zubikhouse, Thongsuk's Thai and Flats.

General admission tickets for the festival are \$20 each, and children 12 and under are free. The event takes place from 1 p.m. to 9:00 p.m. at Simmons Family Farms in Niederwald, Texas. Attendees are welcome to bring their own alcoholic beverages, as well as lawn chairs, coolers and blankets.

To learn more, buy tickets or make a donation to Farmgrass Fest, please visit www.FarmgrassFest.com/tickets.



Sow the Seed

www.HempHistoryWeek.com



2015 marks the sixth year of Hemp History Week, June 1-7, the largest national grassroots marketing and public education effort to renew strong support for hemp farming in the U.S. and raise awareness about the benefits of hemp products. Encouraged by federal support in Congress, with the Industrial Hemp Farming Act recently introduced in both the House and Senate in January 2015, this year's theme Sow the Seed will highlight spring plantings in states that have passed legislation to allow industrial hemp farming, and encourage consumers to participate in the campaign to garner support among legislators for hemp farming throughout all 50 states.

Despite contradictory actions among federal authorities, the number of states that have pro-hemp legislation continues to increase. Currently, 21 states may grow hemp per Sec. 7606 of the Farm Bill, including California, Colorado, Delaware, Hawaii, Illinois, Utah, Indiana, Kentucky, Maine, Michigan, Missouri, Montana, Nebraska, New York, Oregon, North Dakota, South Carolina, Tennessee, Vermont, Washington, and West Virginia.

United in the Effort to Bring Back Industrial Hemp Farming

An incredibly versatile crop, hemp fiber, oil and seed are used for a myriad of products—including health foods, cosmetics and body care products, building materials, automobile parts, bio-composites, batteries, bio-fuel, textiles, paper and other products.

Hemp as a Building Material

Hemp structures are built with hempcrete—a natural material that is energy-efficient, non-toxic and resistant to mold, insects and fire, and which is more quickly renewable and sustainable than lumber.

The Health Benefits of Hemp

Among the fastest-growing categories in the natural foods industry, hemp seed is a rich source of Omega-3 and Omega-6 essential fatty acids (EFAs), providing both SDA and GLA, highly-digestible protein, and naturally-occurring vitamins and minerals, such as vitamin E and iron. An excellent source of dietary fiber, hemp seed is also a complete protein—meaning it contains all ten essential amino acids, with no enzyme inhibitors, making it more digestible by the human body.



Living Harvest, Manitoba Harvest, Nature's Path Foods and Nutiva are the leading natural product brands known for manufacturing the highest quality hemp products. Local companies making delicious hemp foods include **Happy Hemp, Thunderbird Energetica, Good Seed Burger** and **Bearded Brothers**.

Hemp History at Wheatsville

Come by the co-op during Hemp History Week to take advantage of some great sales on hemp products and to sample how delicious they are. From pure hemp oil, seeds and protein to waffles, cereals and snack bars made with hemp ingredients, you won't believe how tasty this amazing plant is. And don't forget Wheatsville's best selling multi-purpose soap: **Dr. Bronner's** as well as many other bodycare products that are rich with the benefits of hemp oil.



To learn more about Hemp History Week, visit: www.HempHistoryWeek.com.

EVENT: Movie Night: *Bringing It Home*
WHEN: Celebrating Hemp History Week June 1-7
 Tuesday, June 2, 7pm-9pm
WHERE: 4001 South Lamar Community Room
COST: FREE
RSVP: <http://hemphistory.eventbrite.com>
BRINGING IT HOME tells the story of hemp: past, present and future and a global industry that includes textiles, building materials, food products, bio-plastics, auto parts and more.

Try this at home!

When it comes to cooking at home, choosing the right ingredients and understanding basic kitchen skills can make the difference between a good meal and an amazing one. In the Co+op Kitchen video series you'll find handy hints from chefs and food enthusiasts who love sharing their passion for great food, plus easy recipes for delicious homemade meals. See what's cooking in the Co+op Kitchen! Visit www.strongertogether.coop/coop-kitchen.

coop kitchen Be sure to check out the FREE Co+op Kitchen iPad® app in the App Store!

iPad is a trademark of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

TRAVIS AUDUBON

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

They protect critical habitat for the endangered Golden-cheeked Warbler at their 690 acre Baker Sanctuary. Their ten acre Chaetura Canyon Sanctuary is world renowned for research and conservation of Chimney Swifts. TAS spearheads conservation programs locally and supports them abroad. They 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. Their outreach programs educate the community about the vital connection between conservation and sustainable, healthy human habitats. www.travisaudubon.org/fieldtrips.html

News & Updates

KEEP UP WITH ALL THE LATEST NEWS & STORE HAPPENINGS!
 Sign up to receive our weekly email at WWW.WHEATSVILLE.COOP or

Follow us on:

TEXAS FARMERS MARKET

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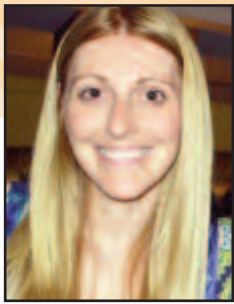
EVERY SATURDAY
 LAKELINE 9 AM - 1 PM

EVERY SUNDAY
 MUELLER 9 AM - 1 PM DOMAIN 3-6 PM

LOCAL, SEASONAL FOOD FROM REAL AREA FARMERS
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11200 LAKELINE WALL DRIVE | CEDAR PARK 78613
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TEXASFARMERSMARKET.ORG



2015 Staff Survey Results

by Beth Ley, HR Manager

Part of Wheatsville's BIG direction is to create More Happy People. A big part of our More Happy People plan is about the customer and owner experience; however, one must not forget how that piece of our strategic direction applies to our staff. We have 266

staff members at Wheatsville, and that means we have 266 opportunities every single day to create happiness in their work lives.

Each year Wheatsville hires a third party firm, CDS Consulting Co-op, to conduct a staff satisfaction survey. The survey measures staff perceptions and satisfaction in many areas: management practices, workplace communication, compensation, store operations, human resources practices, training and development, supervision, and job satisfaction.

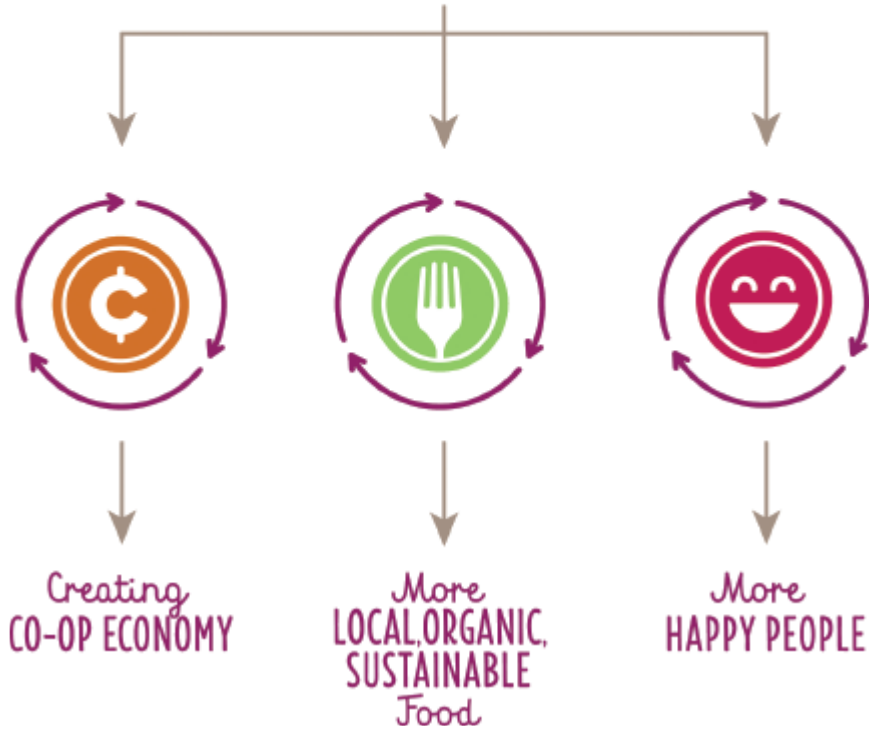
Wheatsville just completed our 2015 Staff Satisfaction Survey in February. Overall, Wheatsville staff satisfaction scores were very positive. Of the 72 questions (scored on a scale of 1 to 5) 55% of questions scored a 4.0 or more, 42% scored between 3.5 – 3.9, and only 2% scored below 3.5 with the lowest score being 3.42.

These scores were a little lower than our past surveys in 2013 and 2014, but still very strong compared with 221 other co-op surveys conducted by CDS. The conclusion: overall, Wheatsville staff members are very satisfied with the co-op as an employer!

Of course, there is work to be done. Over the past few weeks the General Manager, Store Managers and Supervisors have been holding team specific survey results meetings. From these meetings we are celebrating high scoring areas on each team as well as creating action plans to increase satisfaction in lower scoring areas.

For the co-op overall, next steps include work on wage and total compensation packages, lead training, and systems to improve efficiency and performance accountability. We truly do use this survey data to set so many action paths in place to work toward over the next months. It feels very rewarding to know that 100% of staff participated in the survey because they have faith that Wheatsville uses the information to move forward – no stuffing it in a drawer!

We realize that happy staff equal happy customer and owner experiences every day. Thank you for supporting our staff and our co-op!



Staff Spotlight- nik smith

Interviewed by Heather Fisher, Office Admin & Payroll Coordinator

HF: What is your Wheatsville history?

ns: I started Wheatsville on 11/14/2014. My current and starting position is Bakehouse Clerk.

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

ns: I am from Monroe, Louisiana, a semi-small city in North Louisiana. I moved here on New Year's Day 2008.

HF: What is your favorite product at Wheatsville?

ns: My favorite Wheatsville product is the Casa Brasil coffee. It has ruined me for all other coffee!

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

ns: My favorite place to go in Austin is, by far, Barton Springs. The water is so healing!

HF: Tell me one thing that most Wheatsvillians don't know about you.

ns: One thing that most Wheatsvillians don't know about me is that I said I would work at Wheatsville the very first time I set foot in the Guadalupe store in 2012. I fell in love with it right away and knew that these were my people!

HF: Fill in the blanks:

ns: I've always wanted to see the end of hunger and if I had it my way, all beings would not be wanting for food ever again.



The Wheatsville Member-Owned Business Directory is online!
wheatsville.coop/resources/member-owned-business-directory

Sign up for the Wheatsville Email List!

About once a week, you'll get an email informing you of events, new products, special deals or changes in the store.

Go to www.wheatsville.coop to sign up!



MORE HAPPY PEOPLE!

Staff Anniversaries!



- ★ Shane Shelton 24 years as of 6/14 (specialty coordinator)
- ★ Chris LaBrasca 17 years as of 5/21 (produce receiver)
- ★ Mark Maddy 9 years as of 6/9 (meat & seafood coordinator)
- ★ Jimmy Evans 9 years as of 6/13 (operations lead)
- ★ Joseph Ramirez 8 years as of 5/15 (front end clerk)
- ★ Lisa Weems 7 years as of 5/3 (deli coordinator)
- ★ Kerie McCallum 7 years as of 5/23 (order clerk)
- ★ John Robertson 4 years as of 5/16 (packaged supervisor)
- ★ Mike Cockrell 4 years as of 6/10 (packaged lead)
- ★ Christofer Lee Akin 4 years as of 6/28 (packaged clerk)
- ★ Nina Norton 4 years as of 6/28 (category management coordinator)
- ★ Reva Mosqueda 3 years as of 5/9 (produce clerk)
- ★ Dylan Pacheco 2 years as of 6/11 (deli clerk)
- ★ Justin Carlin 1 year as of 5/1 (packaged clerk)
- ★ Matty Holmes 1 year as of 5/5 (deli lead)
- ★ Sergio Torres-Peralta 1 year as of 5/22 (deli clerk)
- ★ Philip Allen 1 year as of 6/2 (cook)
- ★ Chris Lance 1 year as of 6/9 (front end clerk)
- ★ Stina Fanning 1 year as of 6/23 (deli clerk)
- ★ Jonathan Bailey 1 year as of 6/23 (steward)

Staff TOP 10 PICK



MELISSA ALVAREZ: CHILL ORDER CLERK, S. LAMAR



1. Young Coconuts from Thailand

THESE ARE THE PERFECT REFRESHER AFTER A BIKE RIDE TO WORK. THE MEAT IS THE BEST PART!

2. Johnsons Backyard Garden Beets

BEST BEETS I EVER HAD! THEY ARE LIKE VEGETABLE CANDY WAITING TO BE ROASTED AND DEVoured.

3. Tender Belly Pork Chops

ALWAYS TENDER AND JUICY. THEY BARELY NEED SEASONING.



4. Sierra Nevada Porter Mustard

JUST ADDS THAT LITTLE EXTRA KICK TO SALAD DRESSINGS, MARINADES AND SANDWICHES. I LOVE IT ON PORK CHOPS!

5. Gramen Farm Jersey Cow Cream on Top Whole Milk

THIS MILK IS "UDDER-LY" DIVINE! SO SWEET AND CREAMY YOU'D THINK YOU WERE AT THE FARM.



6. Drunken Goat Spanish Cheese

JUST THE RIGHT AMOUNT OF ZIP AND TANG. THIS CHEESE MAKES YOU FEEL LIKE YOU'RE AT A FANCY PARTY.



7. Wasatch Apricot Hefeweizen

LIGHT, BUBBLY AND REFRESHING. PROBABLY ONE OF THE BEST FRUIT BASED BEERS I'VE HAD. PERFECT FOR THE SUMMER.

8. Equal Exchange El Salvador Las Colinas Coffee

SUCH A UNIQUE COFFEE WITH NOTES OF MALT, CHOCOLATE AND TANGERINE. IT'S RICH AND COMFORTING WITHOUT BEING TOO HEAVY OR DARK.



9. Kerrygold Butter

HOW CAN YOU GO WRONG WITH A STICK OF GRASS-FED BUTTER WRAPPED IN GOLD? YOU CAN'T.

10. H&J Ranch Eggs

THESE ARE EGGS COMES FROM A SMALL FAMILY FARM AND ARE DELIVERED WEEKLY BY HENRY AND JOAN THEMSELVES. YOU CAN PRACTICALLY TASTE THE LOVE THEY PUT INTO THEM.

Workers Assistance Program, Inc.

Creating Better Workplaces, Schools & Communities

When there's a need ... we have a service.



We support Wheatsville Food Co-op!
www.workersassistance.com
512-328-8519

Workers Assistance Program, Inc. is an Austin (c)(3) community-funded nonprofit collaborative fission of charitable and educational services. Since 1977 our mission has been to serve Austin folks of all ages by promoting optimal levels of organizational and individual well-being.

PAL | Peer Assistance Leadership:

Mentoring students through a program, adopted by the state, as an elective course to fight teen pregnancy, gang participation, and climbing dropout rates.

Alliance Work Partners:

Outfitting the workplace with healthier, more productive employees and lowering healthcare costs by providing world-class employee assistance programs.

Texas HIV Connection:

Focusing at both the state and personal level on decreasing the spread of HIV by increasing education and participation in the act of prevention.

Coordinated Training Services:

Providing training statewide to expand the prevention infrastructure, guided by the latest in technology, research, and quality standard approaches.

Youth Advocacy:

Empowering youth to communicate with respect, lead substance-free lives, and experience greater opportunities by focusing on the client's strengths.

Child Care Food Program:

Offering nutrition training and funding for food supplements to day care providers to assist in compliance with the USDA's Child & Adult Care Food Program.

Classes & Events Register for classes by clicking through the links on our Calendar webpage.

Here's what's up for May & June. Check our web Calendar Page for the most up-to-date info.

If you're an experienced, energetic instructor that would like to lead cooking demos, workshops, or hands-on fun activities, please submit your class or workshop proposal on our website.

Stay connected and informed. Sign up for our weekly email on our website www.wheatsville.com or follow us: Facebook @Wheatsville Food Co-op, Twitter @wheatsville, Instagram @wheatsville.

EVENT: Farmgrass Fest
DATE: Sunday, May 3rd
INFO: www.farmgrassfest.com

Join us for a day of amazing music with The Gravy Brothers, Whisky Shivers, The Lost Pines & more out at the Simmons family farm in Niederwald, TX. All ticket proceeds to benefit the Growers Alliance of Central Texas, farmers emergency medical fund.

EVENT: Truffle Making Workshop
DATE: Saturday, May 9
TIME: 10am-12pm
WHERE: 4001 South Lamar Community Room
COST: \$35
RSVP: <http://srslytruffles.eventbrite.com>

Join chocolate maker Bob Williamson, co-owner of SRSLY Chocolate, as he teaches basic truffle making theory as we make our own handmade truffles! Perfect gift for mom!

EVENT: Bike to Work Day - Refueling Station
DATE: Friday, May 15
TIME: 7am-9:30am
WHERE: 4001 S.Lamar and 3101 Guadalupe
INFO: <http://biketoworkaustin.org/>

Stop by for a quick and delicious breakfast courtesy of some of your favorite local vendors! On-site guests include: KOOP Radio, Fine Southern Gentlemen, KIND Bar, East Austin Compost Peddlers, Performance Bicycles. Bike to Work Day is presented by our friends at Bike Austin!

EVENT: Movie Night : To The Moon
DATE: Tuesday, May 19
TIME: 7pm-9pm
WHERE: 4001 South Lamar Community Room
COST: FREE
RSVP: <http://themoon.eventbrite.com>

A documentary about a cross-country bike tour of cooperatives called Co-cycle, during the summer of 2012.



EVENT: Movie Night : Bringing It Home Celebrating Hemp History Week June 1-7
DATE: Tuesday, June 2
TIME: 7pm-9pm
WHERE: 4001 South Lamar Community Room
COST: FREE
RSVP: <http://hemphistory.eventbrite.com>
BRINGING IT HOME tells the story of hemp: past, present and future and a global industry that includes textiles, building materials, food products, bio-plastics, auto parts and more.

EVENT: KIDS COOK! Mission: PICNIC
DATE: Friday, June 5
TIME: 10am-12pm
WHERE: 4001 South Lamar Community Room
COST: \$25
RSVP: <http://kidspicnic.eventbrite.com>

This class is all about summer! Kids will learn about and make some delicious foods that travel well, such as bruschetta, tapenade and gazpacho. Next on the menu are drinks that will keep you cool at a picnic and could also be a hit at your next lemonade stand. And we will make some desserts that can really stand up to the heat and taste delicious.

CLASS: Chocolate Making 101
DATE: Saturday, June 6
TIME: 1pm-3pm
WHERE: 4001 South Lamar Community Room
COST: \$35
RSVP: <http://srslychocolate.eventbrite.com>

Ever wondered how chocolate was made? Learn how cacao is transformed into chocolate with SRSLY Chocolate's own Bob Williamson. Taste and learn about cacao's history and impact. Students make and their own custom bar of fine flavor craft chocolate!

I ♥ Wheatsville!

Each week we capture all the love you give us—in person, on comment cards, emails, Yelp, Facebook, Twitter etc. Here are a few of the comments we've gotten that we thought would be fun to share! Got love? I ♥ Wheatsville cards available at the Hospitality Desk.

"Just bought like five pounds of popcorn tofu at Wheatsville to sustain me for the next, eh, 12-24 hours." Summer Anne B.

"I love those flowers! I would always make them talk when I was younger" eatthegains

"They always put a rubber band around my blueberries, like they're worried that I'll lose one. I find it so touching!" Enid R

"I walked in here and like 5 people said 'Hi' to me. I manage people for a living so I know how hard that can be to get everyone to do that. Y'all are doing a great job. Really great store! I'll be back!"

"I can't come to Austin without getting popcorn tofu from Wheatsville, and a pizza from The Parlor." Alicia T

"I'm not gonna lie, I purposely wore my Wheatsville shirt so that I could be identified as a local by other locals."

"I normally shop at Trader Joe's, so when I randomly stumbled across Wheatsville I was excited. The inside reminded me of Spout's but with much more of a selection. Wheatsville even has a butcher, which I have found unusual for this type of set-up."

"Love that chalkboard art! YellowBird Hotsauce!"

"Lots of variety, this grocery store is a gem with pantry staples, fresh produce and cooked food, too. The beans and rice is simple but cheap and filling. Don't miss the opportunity to try the popcorn tofu." saveur

"My favorite thing about my new house is that it is walking distance from Wheatsville. It's so European, walking to the store, and shopping here is so easy"

"This local-economy store carries (almost) all of my favorite prepared vegan foods (including new favorite - Red Rabbit Co-op Bakery donuts) as well as organic, non-gmo, local produce, fresh foods. Wheatsville also supports other local co-ops, producers, businesses." Teo

"whoaaaa wheatsville's tempeh chili frito pie is dangerously yummy" avvery

"HUGE thanks to Wheatsville Food Co-op for their support AND for the delicious breakfast tacos on tour day!" Austin Funky Chicken Coop Tour

"Guess who's got two thumbs and a giant smile on her face? This girl! I'm so excited you chose me to be a part of the team!" Christina G.

We got lots of love from the account manager of our Employee Assistance Program! I met with her to renew our plan last week. Part of the agreement is Wheatsville provides \$2000 in gift cards that they share with different at risk youth groups in town. She said, "last year the students LOVED getting the gift cards and were so excited to shop at the store."

"It feels so good to be here and see everyone. Vermont is cool and all, but Wheatsville is a special breed."

"A nice compact package. You all have a little bit of everything, a little bit of everything that I like"

"I've heard great things about Wheatsville ever since I moved here...which was almost 2 years ago, I hate to say. Well, I finally made it and was glad I did! For little grocery stores

that I don't frequent, I usually pick up some random items, mostly vegan that I can't get at HEB. And Wheatsville supports local businesses like Red Rabbit (vegan donuts) and Sweet Ritual (vegan ice cream) so it's a nice spot to pick up all my favorite local yummys. I had to place a order for the infamous popcorn tofu sandwich which definitely was delish. It kinda made my Sunday night...They carry A LOT of vegan/vegetarian items... Oh, and the staff was very friendly, like they actually liked their jobs :)" Lindsay M

Vegan Mac N' Cheeze from the hot bar was AMAZING and I did a happy food dance."
Lisa L.

Calling all MOCHI LOVERS!

by Candace Boheme, Wheatsville Food Co-op Member since 1997

Those of you who love mochi undoubtedly noticed that it disappeared from the Wheatsville cooler last year due to it being unavailable from distributors. After months of talking to distributors and the manufacturer I finally surrendered to the reality that if I wanted mochi, I'd have to learn to make it myself.

Traditional mochi starts with pre-soaked, cooked sweet rice (which is also called sticky rice for a very good reason). The cooked rice is immediately pounded for up to 30 minutes into a paste that can be made into a slab or whatever form you choose. When the mochi cools, it turns solid and slightly pliable. When pieces of mochi are toasted, they puff up getting crispy on the outside while staying soft and gooey on the inside. Use mochi as croutons, to scoop up your favorite dip or as a crust for a savory filling. The possibilities are only limited by your imagination!

Chronicles of my Mochi Experiments

My first attempt followed Aveline Kushi's traditional technique of pounding pressure cooked sweet brown rice. Unfortunately, I wasn't able to pound the rice into a smooth paste because the process was very tiring and the small amount cooled too quickly. It was edible but not really mochi.

For my second attempt I found an interesting technique of processing the soaked sweet rice in a blender then steaming the rice 'cream' in a covered bowl. I never did get the proportions of water to rice quite right so the mochi tended to be too runny. It was also challenging to get the grind right. I finally got a batch that was very close to real mochi but not quite there yet.

Then I thought of trying something different. I ground the sweet rice in my Schnitzer mill—medium to a bit on the coarse side—then briefly soaked it before steaming. This produced a firm slab with a nice texture. It was also faster and less messy than the other methods.

Ingredients:

1 cup medium grind sweet brown rice
1 cup (and maybe a smidge more) water.

Preparation:

I steam the rice in my glazed earthenware Oshawa pot for about 40 minutes but a bowl with a heavy cover should work too. You'll need to stir it about two times during the steaming process. While it is steaming, dust a pan with starch, kudzu works well. When the mochi is cooked, transfer it to the dusted pan and smooth as quickly as possible as it will become unworkable in a few minutes. You can also dust the top with starch if you like. Refrigerate and enjoy mochi for several days.