

# THE WHEATSVILLE BREEZE

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

## Autumn 2022 ISSUE

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# STATE OF YOUR CO-OP

by *Bill Bickford*  
General Manager

Among the most basic responsibilities we hold in common as Wheatsville owners is to remain informed regarding the state and health of our shared community asset. As we wrap up our annual audit and finalize financial statements for our 2021-2022 fiscal year, it seems an appropriate time for a general update on where your co-op stands and where we may be headed in the future.

## *Strong Financial Year*

As Board Treasurer Stephanie Wong notes within the Audit & Review Committee's report, Wheatsville produced very favorable financial results in our 2021-2022 fiscal year. We generated our strongest net income in many years, increased our cash balance, and reduced our liabilities. This could not be said in recent previous years, so we are very pleased to be in a much stronger financial position today.

It's important to recognize that co-ops do not exist for the purpose of generating profit. It is also true, however, that operating profitably is a necessary prerequisite to increasing the positive impact we can have on our community. What ultimately sets co-ops apart from other businesses is how we use our profit.

I was delighted this past summer to pay our first staff bonus since 2015. We were also able to increase both our starting wage scales and available raise ranges. Our staff have persevered through some challenging years to work in the grocery business, so it has been gratifying to share our success with the folks who helped make it possible.

In addition to taking care of staff, we were also able to raise \$130,580.10 for our Community Action partners, invest in needed fixtures and equipment, and have our first real conversations about patronage rebates to owners in several years. I'll definitely take that as a win!

## *Caution: Bumpy Road Ahead*

Despite the many positives of last fiscal year, we are nonetheless likely to face tough headwinds in the year ahead. Sales remain in decline at both stores, a trend your co-op has now contended with for

several years running. With wages increased and pressure to raise them further likely in the future, profitability in the current fiscal year is far from guaranteed. In fact, your co-op posted a loss in our first quarter (June through August), consistently our most challenging quarter of the year.

## *Need for Growth*

Our most critical challenge moving forward is to grow store sales. We must not only reverse the current negative sales trends; we must grow sales at a rate that can outpace current wage and cost inflation, which is no easy task. We are currently developing and implementing a variety of strategies to do so, perhaps the most important of which is improving our food service operations, discussed elsewhere in this newsletter.

That said, improving our current store operations—while critically important—is not the only avenue to increased market share and sales volume. As I shared with owners during a recent GM Connect event, your co-op is actively exploring growth opportunities for the first time since opening our Lamar store in 2013. Despite sales decline and wage pressures, our balance sheet is in its strongest position in several years. We have a higher cash balance and lower debt-to-equity ratio today than at any point since opening South Lamar, which may present an opportunity to grow our organization beyond the current locations.

Any plan to add locations would require the support and engagement of our community of more than 27,000 Wheatsville owners. We quite literally cannot do it without you! While there is not yet one specific opportunity we are committed to pursuing, your board and management do hope to reach alignment on a feasible growth opportunity over the next several months. When that time comes, I look forward to earning your support in furthering our founders' vision of a robust community **“that will grow and promote a transformation of society toward cooperation, justice, and non-exploitation”**

After 23 years connected to this co-op, I truly believe that Wheatsville sits at the heart of this Austin community. It is that community's support that has sustained and nurtured the co-op to this point; and it will be your support again that ultimately sets our course moving forward. We shall endeavor to earn that support each

# APPLE BUTTER

by *Katie Browne*  
Pricing Coordinator

## *The Best Fall Condiment is Apple Butter*

The falling leaves and golden grasses may be more from the dry heat of summer than a signifier of chilly autumn temperatures, but as the first cool mornings arrive, I am ready to celebrate fall. The first local crops of apples will be showing up in produce soon, and apples are one of the most versatile and delicious of fall fruits. Apples are satisfyingly crunchy eaten out of hand, or soft and gooey sweet baked into a pastry. There is so much potential in an apple and one of my favorite autumn recipes is apple butter!

Apple butter is a humble but delicious condiment. A richer spicier version of the more ubiquitous apple sauce; it relies on heat and time to develop its signature smooth velvety texture. I like to make mine from a variety of apples but I

usually skew towards the tarter varieties like Granny Smith, Braeburn, or Cortland. One perk of apple butter is that it does not require perfect apples. If you have a few apples that returned in lunch bags or backpacks a bit jostled and bruised. They are perfect candidates for cooking down into apple butter.

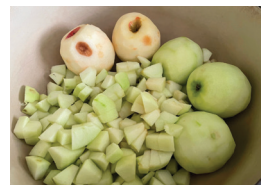
Peel and core the apples, then slice them into rough chunks about ½ inch in size. You can compost the scraps. My chickens enjoy the peels as a treat. Combine the chopped apples and water in a large pot and bring to a boil. Lower the heat to a steady simmer and cover. Occasionally stir and mash until the apples are soft and broken down. They will reach an apple sauce consistency. You could stop here and have unsweetened apple sauce, but I strongly recommend adding sugar and continuing to cook the apples further.

Add about 1/2 cup of brown sugar. The exact amount will vary based on the

sugar level in the apples and your personal preference. I usually end up with between ½ to one cup of brown sugar to three pounds of apples. Further seasoning is up to you. I like to add one tablespoon of molasses, ½ teaspoon of vanilla, and ½ teaspoon of pumpkin pie spice. Any warm spice will do in this recipe. Use what you like and have on hand. Continue cooking on low for several hours, stirring every 20-30 minutes to keep the bottom from browning too quickly. Your kitchen will be filled with the most delightful spicy sweet fall aroma. It will put you in the mood for a hot beverage and cozy scarf, even if it is still 90 degrees outside!

Eventually the apple butter will turn a uniform deep shade of brown and take on a glossy sheen. At this point it is ready. Turn off the heat and do a taste test for sweetness and seasoning. Resist the urge to eat it all straight from the pot! Once you have your preferred sweetness and spice allow the apple butter to cool slightly. The sauce will thicken up as it cools from the pectin in the apples.

I store my apple butter in a large ball jar in my fridge. Apple butter can be spread on toast, or dolloped on yogurt, or ice cream. It also adds a punchy, flavorful filling for homemade cinnamon rolls and coffee cake. It needn't all be used on sweets; apple butter makes a fabulous partner as a glaze on pork or chicken. I usually find myself scraping the bottom of the jar within a month of making a batch. Happy Fall Cooking!



## Recipe

### Apple Butter

#### INGREDIENTS

- 3lbs apples - peeled, cored, & roughly chopped
- 2 cups water
- ½ - 1 cup brown sugar
- 1 Tbsp molasses
- ½ tsp vanilla extract
- ½ tsp pumpkin pie spice (*any warm spice is fine*)
- ¼ tsp salt

#### DIRECTIONS

1. Simmer the apple chunks and water in a covered pot, stirring occasionally until the apples turn into apple sauce.
2. Add ½ cup sugar and the molasses, spices, vanilla, and salt. Mix well and continue to simmer until the sauce thickens and turns dark brown. It should take about an hour and a half.
3. Adjust seasonings to taste and allow to cool.
4. Store in a container in the fridge.

# Changes Coming to Your Delis

by *Bill Bickford*  
General Manager

Two months ago, I shared with owners that there would be changes coming soon to your delis. In that email, I noted that significant shifts in sales patterns, ingredient costs, and the overall labor market have forced us to take a hard look at our deli operations. What we found was that certain menu items and programs no longer made economic sense for your co-op. Yet, we also know that some of these items have dedicated fans, which makes the decision to move in a different direction both difficult and important to get right.

In the wake of that email, I received a variety of feedback regarding items people wanted to ensure were retained. So let me begin by addressing some things that are not changing:

- Popcorn tofu isn't going anywhere! It will continue to be offered in all the formats you currently know and love with some exciting new ones added as well (more on that in a minute!).

- Vegan donuts were recently relaunched, and we hope to further expand those offerings moving forward. Check out our pumpkin spice flavor if you haven't already!



- Several folks cited specific grab & go favorites that were important to them—especially our Gingered Tempeh Pasta Salad, Thai Pasta Salad, and Raw Deal, among others. There is no immediate change to our Grab & Go programs, so rest assured these items will all still be there!

- There is also no pending change planned to our hot or salad bars, though we will continually explore new recipes to add variety or better meet your needs.

So we will still have you covered on our most popular items. Our hot bar and grab & go items make up 75% of deli sales, which means that the coming changes will ultimately impact a minority of the department.

## "Friendly, Fast, and Fresh"

Where change is necessary is at our service counters. As stated in the prior email, our goal is to make our deli counter faster for customers and easier for staff. To do this, we need our staff to have fewer tasks to juggle, simplify training and make daily operations smoother overall. And we want you, our customer, to be able to get in and out as quickly possible, respecting your limited time. Our mantra throughout this work has been to build something **Friendly, Fast and Fresh.**

### ALL CHANGE COMES WITH LOSS

In order to get there, we'll need to reduce the number of unrelated tasks counter staff are responsible for and ensure those that remain are as efficient as possible—a change we believe ultimately benefits both staff and customers. But this also means that we must first let go of some things:

### CUSTOM SANDWICHES WILL BE DISCONTINUED

(with one major exception noted below). This is perhaps the most significant change, and I sympathize with the owners it will inevitably disappoint. I will personally mourn the loss of our BLT, just as I'm sure each reader will lament their own personal favorite. Unfortunately, our sandwich program is labor-intensive for staff, slow for customers, and requires a number of unique ingredients that prevent us from simplifying our menu. We simply cannot create capacity for a new program of any significance without this one first giving way.

### ESPRESSO DRINKS WILL BECOME SELF-SERVE

Coffee technology has reached a point where a latte or cappuccino can be made without direct staff involvement and with minimal customer wait time. Our friends at Texas Coffee Traders, who have

serviced our delis for decades, are procuring equipment that will allow customers to get barista-quality beverages at the touch of a button, complete with both dairy and non-dairy milk options. While this may feel unfamiliar at first, I can attest from experience that the end product is quite excellent! When this program is ready for launch, we will ensure co-op staff are available to familiarize customers with the new process.

### SMOOTHIES DISCONTINUED

Smoothies have already been discontinued at Guadalupe and soon will be at South Lamar. Like sandwiches, these are labor-intensive to make, and their low sales volume unfortunately does not justify the investment in space, equipment, labor, and ingredients. We may explore a third-party smoothie or juice vendor in the future, similar to our current sushi programs. The current smoothie programs, however, must regrettably be discontinued for now.

## What Comes Next?

### BOWLS, WRAPS, TACOS, AND...PO'BOYS?

The heart of our new deli counter program will be a customizable menu of bowls, salads, wraps, and tacos. These will be made-to-order, with all ingredients visible to the customer and a staff member actively walking you through the options, assembling your order in real time. We are currently finalizing ingredient choices that will both honor our past and provide a wide array of options for customers to choose from.

Allow me to share some of the reasons I am so excited for this program:

- Customers and staff will interact throughout the process to ensure your order is exactly the way you want it.

- We don't want to slow you down! Because your order is assembled as you give it, it can be delivered to you in the shortest possible time. No more awkwardly waiting while you scroll through your phone!

- In addition to traditional protein options like chicken or beef. We plan to offer our world-famous Popcorn Tofu **fresh from the fryer** as an option for bowls and wraps!

## Changes Coming to Your Delis continued

· Because Popcorn Tofu will already be on the line, and because the necessary veggies will be as well, there is actually one hot sandwich we can still make at the counter—our signature Popcorn Tofu Po'Boys, now served fresher than ever before!

· We have the flexibility to continually experiment and offer new ingredient options, either permanently or on a limited-time or seasonal basis.

· The same equipment needed for customer-facing bowls and wraps can also support a robust breakfast taco program before 11 am. While we will still offer tacos in grab & go form on our hot bars, we plan to revitalize the custom breakfast tacos we were once known for.

### HOT GRAB & GO SANDWICHES

The loss of custom sandwiches need not imply that you can't still get a hot sandwich on your next visit. Over the past few months, we have experimented with Grab & Go sandwiches served hot and ready-to-eat. Versions of two familiar favorites—the Italian and Vegan Rueben—can be found at both delis along with our (all-new!) Nashville Hot Chicken Sandwich, which has already found fans among many of our staff. We'd love for you to try it!

### DID YOU SAY FRESH FROM THE FRYER?

For many years, our most important signature item—a product almost synonymous with Wheatsville itself and featured in national “best of” lists and articles—has been our word-famous Popcorn Tofu. And yet we believe it has even greater potential! By frying smaller batches throughout the day and having it available fresh on our counter, we believe we can offer the best imaginable version of this all-time favorite. We have tested this at recent events, frying fresh sample batches on our patios, and the response has been tremendous! We want this

to be an everyday experience at the co-op. In addition to putting Popcorn Tofu in a wrap or bowl, you'll be able to order it a la carte with a dipping sauce or in a fresh Po'Boy—original or Buffalo.



### TIMELINE

While I'm excited to implement these new programs as soon as possible, there are a number of important milestones that must still be achieved before we can launch—most notably equipment and millwork, both of which have been subject to long lead times. Quite frankly, this makes it difficult to give a firm timeline.

I've also made an important promise to our staff. No matter what else may happen, we will not launch a new program during the lead-up to Thanksgiving—a time when our deli transitions to a completely different menu and ramps up production significantly. This means that if we cannot launch by the first week of November—just a few short weeks away—we will not do so before December at the earliest.

With that said, as of press time, here is the best time estimate I can provide:

· At South Lamar, where the current counter configuration is closer to what's needed, we hope to launch the new program at the end of October. As Halloween approaches, we will be sure to update owners and shoppers via our weekly email, social media, and in-store signage.

· At Guadalupe, where more extensive millwork and equipment changes are necessary to support the program, we will simply not be able to launch before December. Look for an update after the Thanksgiving holiday.

### IN THE MEANTIME...

Whew! That was a lot to cover, and I have no doubt it was also a lot to take in. While I'm thrilled to finally share where we're headed, I also recognize that there may be a sense of loss for customers—myself included—when a familiar favorite finally disappears. Should you find yourself feeling that loss, I would offer a few suggestions:

1. Come and see us! Custom sandwiches aren't gone yet, and smoothies are still available at South Lamar. Come enjoy one before they're retired!

2. Prepare yourself to try something new! Change can be scary, but it can also be exciting. Whatever you may think about the changes outlined above, I hope you'll give the new menu a genuine try when it launches.

3. Your feedback is still welcome. While I believe a change to our deli counter programs is necessary for a number of reasons, there are decisions still yet to be made and areas where adjustments may be possible. And even where I may not be able to satisfy a request, it is always worthwhile to hear from our owners on any topic. Please email us at [info@wheatsville.com](mailto:info@wheatsville.com) with any suggestions or feedback you'd like to share.

In closing, I'd like to thank the loyal co-op owners and customers who have consistently supported our delis over the years. Your patronage has been critical to our past successes, and we sincerely hope you'll join us for the next chapter in our ongoing evolution.



## WHEATSVILLE SHOWS OUR PRIDE!

By Nick Conn  
Marketing Manager



This August Wheatsville showed our Pride! The marketing staff headed down to Fiesta Gardens for this year's Pride festival to celebrate the Austin LGBTQIA+ community with thousands of others. The theme was “Beyond the Rainbow” and the festival was loaded with carnival rides, drag shows, and everyone looking their best. We met many people that knew of Wheatsville and so many who didn't. They were surprised to find out that we are the only grocery cooperative in the state of Texas!

After the day's festivities over a dozen staff members headed to the capital for the two-mile march to Lady Bird Lake. Thousands of onlookers cheered us on with chants of “Wheatsville” and “I love my coop.” One parade goer even held up a bag of groceries to show they just finished shopping. Staff handed out beads and glow sticks to the overjoyed crowd.

Leading up to the festivities, Wheatsville celebrated Pride in a variety of ways. This year we raised money for the Little Petal Alliance through our Pride Pins program. Customers could purchase an enamel pin and 100% of the profits go directly to Little Petal Alliance, who assists BIPOC and trans individuals by providing a comprehensive mental wellness package including therapy, employment connections, and resources to help combat dysphoria. In addition to this year's fundraising, staff were treated to a tie-dyeing t-shirt party. We wanted staff to look their most colorful at the parade, and they sure did!

At Wheatsville we celebrate Pride every day by focusing on a workplace free of discrimination and being a safe and inclusive environment for our customers and our staff.

# TOP 10

## FAVORITES

Nate Smith  
Manager on Duty  
Guadalupe



### Wheatsville Brand Rolling Papers

I sure do love to use these to roll cigarettes, with tobacco



### Fara Signature Roast Coffee

I live in a co-op filled with coffee snobs (myself included) and Fara's ability to win the hearts of 14 housemates is no small achievement. Being direct trade and locally roasted--this is my go-to every morning.



### Taza Vanilla Mexican Chocolate

Having stone ground chocolate for the first time was damn near life changing. Taza is a direct and fair-trade chocolate company producing a range of chocolates with vanilla being my favorite!! And they come in circles. What doesn't taste better as a circle?



### Booda Butter Daily Moisturizer

I love rock climbing but hate the toll it can take on my skin. Daily application of this has single handedly resolved my issue with cracked painful skin and with a natural chocolate smell it just can't be beat.



### Earlybird CBD / Delta 8 Gummies

The new world of delta 8 gummies can be intimidating to enter with high doses, long ingredient lists, and companies with no online paper trail for their products. These locally produced gummies are a great alternative with a high CBD to THC ratio that provides a super chill experience for anyone seeking an entrance point into CBD products.



### DaySmith Oat Milk Latte

This is hands down my favorite cold brew in the store. Delightfully smooth and with a low sugar content to avoid a crash after the caffeine wears down. Locally brewed and seriously tasty!



### Bulk Dark Chocolate Espresso Beans

These are dangerous. One handful of these and not only will I have the power of a man that just got his chocolate fix but will also be caffeinated enough to see through time.



### Miyoko's Vegan Pizza Mozzarella

Against all odds, the vegans have done it. I had nearly given up on being able to replicate that unique mozzarella flare on homemade pizzas until giving this a shot. It holds up great in the oven, on the stove, or virtually any other challenge I've thrown at it. It's just that good.



### Saint Arnolds Fancy Lawnmower Beer

When asking our resident beer expert Shane Shelton for a good recommendation this beer was first described to me as "like running your head underwater" and "immanently slammable." Both statements have proven to be so true that this Klosch style Texas beer has become my after work go-to.



### Vegan Reuben

This sandwich has earned its place among the Wheatsville deli staples. I would go as far as to choose this classic over a popcorn tofu poboy on most days, controversial I know but I'll stand by it.

# NOOTROPICS

by *Hannah Cassara*  
Wellness Merchandiser

In this edition of The Breeze, I would like to highlight some of our shoppers' favorite cognitive support supplements: lion's mane mushroom and Onnit alpha brain.

• Lion's Mane is a beautiful edible and functional mushroom that many people take for cognition, memory, mood balancing, and nervous system support. We

carry fresh Lion's Mane mushrooms in our produce department grown by Austin's own urban mushroom farm Hifi Mycology. We also stock their mushroom tinctures and powders (including Lion's



also carry powder and capsule Lion's Mane products by Host Defense, a line formulated by mushroom expert Paul Stamets.

• Onnit Alpha Brain is another popular nootropic (cognitive support) product we carry. Formulated with vitamin B6, amino acids, bacopa, and more; Alpha Brain is designed to support memory, focus, stress response, and mental reaction speed. You can find Alpha Brain capsules and single powder packets (for on-the-go support) in the supplements aisle at both of our locations.

A decorative graphic for the 'Fall Owner Gathering'. It features a stylized branch with green leaves and clusters of red berries. The text 'Fall Owner Gathering' is written in a large, white, cursive font with a red outline. Below the text is a red heart containing the white letters 'W' and a brown acorn with a green cap.

## Fall Owner Gathering

**October 22nd, 11am - 12 pm**

Co-op owners are cordially invited to join us for a lunchtime meeting of food, cooperation & education as we discuss the state of our co-op and its connection to our community. Hear important updates from our Board. Local vendors and community partners will be on hand talking about the difference that Wheatsville is making for them.

**Raffle** - Enter to win a \$100 Wheatsville Gift Card

**Lunch On Us** - Owners can enjoy lunch on us (up to \$12) at the meeting. Check in at the Community Room to receive your coupon.

# STAFF SPOTLIGHT



## MEET RICKETTA *New!* BAKEHOUSE MANAGER

by Julia Barron  
Ownership & Outreach Coordinator

### *Howdy, Ricketta! Tell us about you and your history with Wheatsville.*

Hey everyone! I was born and raised just southeast of Austin in Beaumont, Texas. I had never really traveled much outside of Beaumont, which in my opinion is a small town where everyone is either related or knows one other. I always wanted to move and live in more of a city environment so at the first opportunity I relocated to Austin with my girlfriend at the time. Since moving to Austin, I find myself the happiest I have ever been! The people here are very friendly and the attractions are never-ending. I have lived in Austin for about 8 years and think it will be my forever home.

I interviewed with Wheatsville before I moved here and received the job in 2014. I started at the deli counter making sandwiches, smoothies and coffee drinks for the awesome customers here at the co-op. After a year or so, I decided to branch out and learn how to cook in the Wheatsville kitchen. In March of 2019 I decided to see what I could learn in the Bakehouse department. I began making our

delicious vegan donuts and moved from the donut team to the pastry chef team. I then went from making pastry to making our amazing from scratch baked daily bread. I have truly enjoyed working in every role that I have had at Wheatsville and feel they have all given me a greater perspective and insight I would need to be successful in my newest position.

### *What is your favorite product at Wheatsville?*

I love all our house-made products, whether it is our delicious freshly squeezed juices we offer in our produce, or any of the freshly made ready to go compound salads from the deli. I love to eat tasty, fresh homemade food and if for some reason I am unable to make it myself I know I can always hop over to the deli and find something good and flavorful to eat. I also enjoy our in-house desserts. They're always looking so yummy and smell delightful when I walk by the displays, I grab something every time!



### *What is something most people don't know about you?*

Something most people do not know about me is that I come from a big family! I have one older brother, two older sisters and two younger brothers. We are all close with each other, my sister especially. My mom had us literally one year after the other, so we grew up very close and still are to this day. My oldest sister just turned 31 in September of this year, my other older sister will turn 30 in January of next year, and I will turn 29 in March of next year...yeah, really close.

### *Why Wheatsville?*

I am so glad you asked me this question now and not when I first started eight years ago because I had no idea that I had found the best job in the world! Wheatsville has been my workplace home for almost a decade and I can honestly say every single day working here has been a great, fulfilling experience. The culture and work environment were a shock to me, having worked with corporate companies my entire life, so coming into this place where I am not just another cog in the machine really made me feel a part of this Wheatsville family. Wheatsville cares about making their employees and the community happy any way that they can, and that dedication and warmth gives you the sense of being included in something bigger than yourself. Everyone is so helpful and nice and not just in certain departments, but store wide. They say when you do what you love with people you love and respect, it doesn't even feel like work, and they could not have been more correct! Thank you!



# WINES FOR THANKSGIVING



Thanksgiving is about more than just stuffing and turkey. It's about gathering with family and friends, and it's about being thankful for what we have. It's also when we think of others that are not as fortunate as us. That is one reason why La Rioja Fair Trade Co-op wines is the perfect pick to accompany your meal on Thanksgiving Day. La Rioja has invested more than 11 million Argentinean pesos for various projects aimed at improving living conditions for their growers and workers in the Famatina Valley, a historically poor area of Argentina. The other reason I recommend La Rioja wines is that they are perfect for a feast as varied as Thanksgiving dinner. Most Thanksgiving meals are such a vast cornucopia of flavors that finding a specific wine to match with the meal can be difficult. The key to pairing wine with turkey dinner is to find wines that are softer, fruity, bright, and less tannic. These four wines from La Rioja fit that bill!

By *Shane Shelton*  
Grocery & Wellness Clerk



Wheatsville is proud to partner with La Rioja to bring you these quality wines at an affordable price and change people's lives at the same time. La Rioja has already built clean water systems for the village where their farmers live. They have also built a school and are planning on building a health clinic. By bringing these wines to the United States and selling them exclusively to co-ops, La Rioja hopes to continue to make a positive impact. This includes creating sustainable villages with solar power and organic certification for its farms. Great wines at a great price and a great cause are something that we can all be thankful for!



*Bonarda / Malbec  
Blend*

Smooth and medium-bodied wine, bursting with juicy red berry and ripe plum flavors.



*Cabernet  
Sauvignon*

Smooth and fruity, with concentrated flavors of succulent fruit and a bit of spice.



*Chardonnay*  
Vibrant and delicate featuring aromatic flavors of tropical fruit.



*Malbec*  
Medium bodied and exceptionally smooth, with soft red berry aroma and flavors.

# LINDEMAN'S LAMBIC

By Shane Shelton

Grocery & Wellness Clerk

Lindeman's Brewery has brewed Lambic beers, the 'mother of all beers' for six generations. Lindeman's is a family-owned Belgian brewery founded in 1822 by brothers-in-law Pierre and Jean Lindeman. The Lambic beers that they brew are highly unique. Most beers are made with carefully selected strains of yeast, but brewers of Lambic beers like to get wild. Belgian Lambics are left in open vats where wild yeasts that are drifting through the air land and begin to feed on the sugars in the malt. Once the fermentation process starts the beer is stored in barrels and left to age for up to three years. The result is a complex, sour, and delightfully funky brew. Think of the difference between plain old bread made with commercial yeast verses bread made using a sourdough starter to get a better frame of reference. Many Lambics are also fermented with fruits like raspberries, apricots, and cherries, balancing the brew while adding a layer of complexity. Lindeman's Lambic Variety 4pk contains one 250 mL bottle each of Framboise (raspberry), Pêche (peach), Kriek (cherry) and Pomme (apple) Lambics. A fantastic variety of flavor that would be perfect for the holiday table or as a gift or for any occasion actually!



## ALL ABOARD FOR THE COMING LIGHT RAIL

I've received a handful of questions from staff and customers in recent months regarding Project Connect and the light rail line that will eventually run along Guadalupe. In responding to the topic, I should first disclose that, for the past year, I have represented Wheatsville as a neighborhood and business representative on the board of **Transit Forward**, an organization that exists "to inform the Austin metro community about the benefits of an accessible regional public transit system." This is a volunteer position for which I receive no compensation.

With that said, I want to assure co-op owners that your board and management are aware of the coming light rail project and that it run will directly in front of our Guadalupe location. I've closely followed the plans as they've developed and have discussed with your board the potential impacts to store operations. These are likely to include significant disruption during the acute period of construction as well as changes to traffic patterns and store ingress when it is complete.

The most important thing to note here is that **we have time**. It is likely that construction will not begin in our area for three or more years, giving us ample time to develop a mitigation strategy. While we do not yet have fully developed a plan for how your co-op will navigate these challenges, I can assure you that your board and management are actively working on solutions. As soon as we have further news to share on this topic, our owners will of course be the first to know.

Speaking more broadly, I would note that Wheatsville's board and management are generally supportive of increased public transit options in Austin, even while recognizing the significant challenges this particular option may pose to us as an organization. A robust public transit system compliments Wheatsville's own mission and ends by promoting environmental sustainability and equitable access to goods and services within our community. Our task is to find a path by which our co-op and light rail can thrive together in a future, more connected Austin.



# BOARD TOP 10

By Meri Jayd O'Connor  
Board Director



I have been shopping at Wheatsville since 1995 and could easily make a Top 100 but here goes for my top 10 in 2022.



What is a food co-op without high quality tofu? My go-to is **Wildwood Organic Extra Firm Sprouted Tofu** which is easily the best tasting tofu out there. Sprouting makes it more digestible and neutralizes phytic acid. My kids love it pan fried with a splash of organic tamari and served over greens and organic Soba noodles.



I have mastered my morning drink using **Frontier Co-op's Bulk Black Tea**. Their Assam tea has a rich bold flavor. The Earl Grey goes really well blended with grass-fed half and half, a pat of grass-fed butter, collagen, and a splash of vanilla and maple syrup. The result is a delicious homemade London Fog!



I often find myself picking up a snack for my daughter to present to her at pickup time. She said that the **Wheatsville Bakehouse Cranberry Orange Bread** is her favorite, but the other flavors are good too. The breads are moist, not too sweet, with simple, clean ingredients and bold flavors.



When I am in the mood for coffee, I use my **Coffee Sack Reusable Cotton Filter** and ceramic coffee topper to pour water over **Wheatsville's Bulk Coffee**. Everything you need is in the housewares section.



Anytime I have dabbled in going gluten free or taking a break from dairy, I am lured away by the **Deli's Mac and Cheese**. This is the best in town! I especially like it when it first comes out onto the hot bar. This is no box variety, but the real deal with tangy cheese and a golden bread topping.



One cannot forget chocolate and my favorite way to indulge while getting an antioxidant boost is with **Alter Eco Chocolate**. I love the darks ranging from 70-90% cacao such as Classic Blackout and Super Blackout. The Brown Butter is amazing with a salty caramel taste.



The co-op makes it easy to "eat my vitamins" with **Force Of Nature Ancestral Blend Ground Beef**. I am able to sneak liver, and other organ meats into my family's diet. I make chili and taco meat seasoned with **Wheatsville's Bulk Taco Seasoning** found at the South Lamar store.



Cottage cheese seems so, um 80's, but I love it. You can eat it sweet with fruit such as canned peaches, or savory with veggies and salad dressing. **Good Culture Cottage Cheese** is so delicious with small curds and live and active cultures. It is organic and made from animals who are pasture-raised from small family farms.

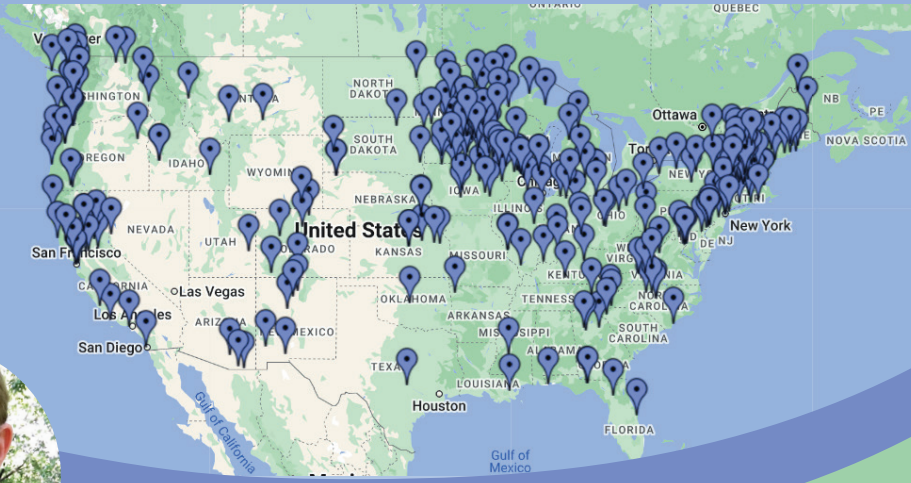


**El Milagro Original Corn Tortillas** make my homemade breakfast tacos superb! They are locally made from non-GMO corn and contain no preservatives. I am thankful Wheatsville still carries these hard to find tortillas.



For the afternoon treat, I enjoy **Rebl Matcha Latte**. It is really smooth, creamy and has the right amount of sweetness.

# SUSTAINING A ROBUST COOPERATIVE ECONOMY



By *Brandon Hines*

Wheatsville Borad President

Austin is a truly special place. We live in a city that is unique within this region of the country, supporting a long-lived cooperative community. Having lived elsewhere in Texas I have always wondered what sparked such a community to come together in Austin and why didn't that same spark fuel similar communities in other Texas cities.

I recently read an article that was shared by the folks at Austin Cooperative Business Association about the world's largest co-op, Mondragon. Before reading the article, I had only a passing familiarity with Mondragon through my interest in their Orbea bikes. Bikes are only one of a multitude of products and services offered by Mondragon. Mondragon is a co-op conglomerate in the Basque region of Spain. The article shares the history of the region and how the region became dominated by cooperative businesses providing many types of goods and services filling many needs of the community. My takeaway was not so much about the products and services but about the template for developing so many cooperative companies within the community to fill just about every niche of their economic ecosystem. The history of Mondragon is unlike any other co-op but there are many interesting insights that could be valuable to any community looking to strengthen its cooperative economy.

Cooperatives contribute to the overall health of a community in many ways.

Co-ops enable people to participate in prosperity. Co-ops provide a means of democratic control that aligns the values of cooperative companies with that of the community. Co-ops build social cohesion connecting diverse members of the community. Co-ops bolster the local economy by circulating more of the profits within the community.

There are many types of co-ops in Austin but Wheatsville stands alone as the only full-service retail cooperative grocery store in Texas. A search of food co-ops in the U.S. depicts Wheatsville as somewhat of an outpost—farther from our next nearest food co-op neighbor than any other co-op in the nation. It is amazing to see the number of co-ops in other cities such as Seattle or Minneapolis. What makes these cities different from Austin and are we are doing everything we could be doing to better serve the greater Austin community.

While Wheatsville is only one co-op among many. It is arguably the most visible in Austin. Having a successful co-op visible in the community introduces cooperative principles to new people who may decide to form their own co-ops. It provides an example of what is possible. Wheatsville is both a reflection of the community as well as a catalyst for propelling the community.

Austin is changing. It is not the same Austin as it was back in the days of the Armadillo World Headquarters or Liberty Lunch or Mother's Garden Cafe or [fill in your own personal first

experience of Austin]. That is to say that Austin is constantly changing but the change has not extinguished the core of what makes the community special.

As the city grows in both population and geography, what will Wheatsville's role be? How will Wheatsville continue to serve members of our community who are increasingly spread throughout the expanding Austin region? Will Wheatsville grow with the community or be enveloped by a growing metropolitan city? And what will this mean for Wheatsville's ability to contribute to the cooperative economy? I like to think that there is a future where Wheatsville, along with many other co-ops, can serve everyone who wants to participate in the cooperative economy. Where there are more cooperative jobs allowing more people to participate economically with livable wages. A future where we all come together and spark the next phase of cooperative growth and development enabling Wheatsville, along with my other co-ops, to serve and support the growing community within our own cooperative economic ecosystem.

## *Additional Reading:*

**How Mondragon Became the World's Largest Co-Op**

**Austin Co-op Directory**

# BLINKING OWL ACRES HOLISTIC SKINCARE 101

by Shelly at Blinking Owl Acres

Skin is our largest organ and hosts an entire ecosystem. This ecosystem inhabits all the layers of our skin, is made up of thousands of different species of bacteria, fungi, viruses and mites, and is as much a part of our skin's health and functionality as our own skin cells. Holistic skincare, first and foremost, honors and protects the integrity of your unique skin ecosystem. The ingredients in a holistic product should be clean, gentle, non-irritating and not compromising to the microbiome.

Holistic skincare products also encompass natural ingredients, organic growing practices, good land stewardship, responsible packaging, and fair labor practices. The point of the term "holistic" is that they should all be present together. Taking one without the other compromises the integrity of the product, just like a natural skincare product formulated with organic-approved preservatives still compromises the integrity of the skin microbiome by killing the beneficial bacteria living on your skin.

The beauty of holistic skincare is that it is essentially minimal. It brings you back into relationship with your skin and your body. Holistic skincare is a celebration of the intrinsic nature of your body and a call to re-establish an essential connection with your body's wisdom and strength.

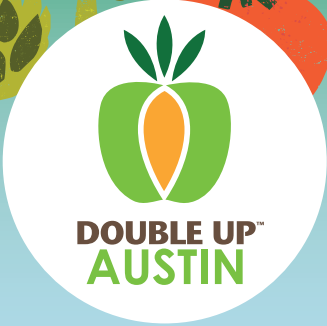
The products you use on your skin should nourish and support the skin's prime directives:

1. **Hydration** – Since skin is meant to keep an optimal level of moisture that consists of both oil and water components, we can provide external support from hydrating mists (like a classic rose water) topped off with nourishing oils serums (like the Blinking Owl Acres Classic Oil Serum or Glow Serum). Keep your body hydrated by drinking ample amounts of water throughout the day.

2. **Protection** – Your skin is your guardian from the outside world. It performs this function well if you enable it to do so. In this case, less is more. Don't exfoliate more than once a week. Cleanse with soaps that don't strip the microbiome. Use a more gentle touch and soothing massage to loosen clogged pores and encourage circulation and energy flow, like you get when using the Blinking Owl Acres Herbal Oil Cleanse.

Ultimately, a minimal approach combined with an acceptance and appreciation for the amazing way your body is created to take care of you will get you much further along than elaborate routines full of expensive products that are probably doing more harm than good. So, have fun with your skincare and makeup routines while also checking in with your skin to make sure you are supporting its functions, not interfering with them.





# Double Up Bucks come to Wheatsville

By: Sustainable Food Center Staff

In 2021, an estimated 14.7% of Austin residents experienced food insecurity, according to Feeding America's Map the Meal Gap. This means that about 1 in 7 people in Austin can't always access the foods they need to stay fed and healthy. In addition to an increased risk for chronic diseases like high blood pressure, heart disease, and diabetes food insecurity is costly and has resulted in more than 3.1 billion in additional healthcare costs.

To address the issue of food insecurity in Austin, Sustainable Food Center (SFC) and Wheatsville Food Co-op have partnered to make it easier for people using SNAP benefits to buy fruits and vegetables. Since September 1st, with funding from the City of Austin, Austin area Supplemental Nutrition Assistance Program (SNAP) clients got a 50% discount on fruits and vegetables at both Wheatsville Food Co-op grocery stores. This is the first program of its kind in Austin. Austin joins Lubbock as the only other Texas city to offer Double Up SNAP incentives in grocery stores.

For SFC, access to adequate amounts of nutritious, culturally appropriate food is a human right. For the last ten years, SFC has provided SNAP and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) clients with the opportunity to purchase more fruits and vegetables at farmers' markets with their monthly benefits. By expanding this program into local grocery stores, SFC hopes that the Double Up Food Bucks Program will reach more Austin residents than ever before.

As an Austin-based retailer with a cooperative business model, Wheatsville is committed to ensuring Double Up Food Bucks works well for their customers. Wheatsville's two locations provide convenient highway and public transportation access to residents living in South, Southeast Austin, and Central Austin near the University of Texas. "As Austin's only community-owned grocer, our goal is to make sustainable, healthy food accessible to all. Double-Up Food Bucks furthers that commitment by expanding our reach. We are thrilled to partner with the Sustainable Food Center to better meet the needs of our shared community", said Bill Bickford, Wheatsville General Manager.



# Ridwell



## Recycle your corks HERE!

From wine bottles or other beverages, these natural closures can be made into brand new products.

# ANNUAL OWNER ELECTION!

SEPTEMBER 7TH - NOVEMBER 8TH



**Lisa Mitchell**  
previous board member

**Cody Atkins**

**Cameron Tepper**

**Joelle Williams**

**Brandon Hines**  
Current President

It's that time of year again! Our Annual Owner Election commenced on September 7th and runs until November 8th, and we need the participation of our ownership to seat Wheatsville's nine-member 2023 Board of Directors, as well as select our 10 nonprofit Community Action Partners.

You must be an owner to vote in Wheatsville's annual election. To vote, check your email (don't forget to search your spam folders!) for an email from our Simply Voting software, complete with a link to the digital ballot, elector ID and password. Additionally, there are paper ballots and election info packets located at the hospitality desk at both locations.

If you have questions or need to be resent your digital voting information, please email [julia@wheatsville.com](mailto:julia@wheatsville.com).

## Board of Directors

These candidates will serve on the Board of Directors for 3 years helping to make big-picture decisions about the co-op, if chosen for one of the three spots available.

Click **HERE** to read up on the 5 Board of Directors Candidates 2023

## Community ACTION

### Community Action Partner\*

Each winning organization will receive register round-up donations, Wheatsville staff volunteer time, and our advocacy for one month during 2023! Our community never ceases to impress us with all the efforts that are made in order to improve the lives of Austinites, and this year's applicant pool is no exception. We can only accept 10 nominees in the running that will join our Let's Feed Austin and Cooperative Community Fund programs next year. Please read more about the incredible organizations in the running & the work that they do:

### 2023 CANDIDATES

AUSTIN COOPERATIVE BUSINESS FOUNDATION  
AUSTIN HUMANE SOCIETY  
AUSTIN PARKS FOUNDATION  
AUSTIN WILDLIFE RESCUE  
CASA OF TRAVIS COUNTY  
CARITAS OF AUSTIN  
CENTRAL TEXAS FOOD BANK  
CENTRAL TEXAS PIG RESCUE  
CREATIVE ACTION  
ENGINEERS WITHOUT BORDERS  
EVERY DOG AUSTIN  
EXPLORE AUSTIN

FARMSHARE AUSTIN  
GOOD WORK AUSTIN  
HERDING HOME ANIMAL RESCUE  
I LIVE HERE I GIVE HERE  
IMPACT AUSTIN  
MARY LEE FOUNDATION  
MEALS ON WHEELS OF CENTRAL TEXAS  
MEASURE AUSTIN  
MULTICULTURAL REFUGEE COALITION  
OUR SHARED KITCHEN  
PEOPLE'S COMMUNITY CLINIC  
RAINBOW CONNECTIONS ATX

RED SALMON ARTS  
SAGE STUDIO AND GALLERY  
SEEDLING  
SHOAL CREEK CONSERVANCY  
SOLAR AUSTIN  
SUSTAINABLE FOOD CENTER  
THE FOUNDATION OF THE AUSTIN SANCTUARY NETWORK  
THE SAFE ALLIANCE  
THINKERY  
URBAN ROOTS  
WORKERS DEFENSE PROJECT

# Community

## ≡ ACTION ≡ 2022

by Julia Barron | OWNERSHIP & OUTREACH COORDINATOR

- January: PEOPLES COMMUNITY CLINIC
- February: THE SAFE ALLIANCE
- March: LET'S FEED AUSTIN
- April: MULTICULTURAL REFUGEE COALITION
- May: CASA MARIANELLA
- June: MEALS ON WHEELS
- July: SUSTAINABLE FOOD CENTER
- August: CASA OF TRAVIS COUNTY
- September: HOSPICE AUSTIN
- October: COOPERATIVE COMMUNITY FUND
- November: CENTRAL TEXAS FOOD BANK
- December: CARITAS

### Fall Owner Drive

Friday, October 14th – Sunday, October 23rd

Ownership sits at the heart of Wheatsville Food Co-op – it's what makes us very different from other businesses and we are over 26,000 owners strong! We are hosting an Owner Drive October 14th through October 23rd to spread the love to more Austinites! Upon sign-up, owners will receive a special coupon to be redeemed at either Wheatsville location. Already an Owner? Invite your friends and neighbors to join! There are hosts of economic benefits when you join the co-op. Owners receive exclusive offers, along with co-op wide deals for everyone. In addition to the savings you get when joining the co-op, you are also becoming part owner, and have a say in the co-op. You can vote for the Board of Directors or run for a seat on the board and be a bigger part of how we help our local community. The Wheatsville Election is happening now and runs until November 8th. Cast your vote when you join! Please visit the Hospitality desk at your closest location to find out more details about how you can benefit from becoming an owner at the co-op.

If you have an ownership inquiry or need to update your mailing info, please contact Julia Barron at [julia@wheatsville.com](mailto:julia@wheatsville.com).

### Fall Community Action Partners



#### October: Wheatsville Cooperative Community Fund

October is National Co-op month, and our Community Action group is the Co-op Community Fund! So, what exactly is the Co-op Community Fund? Wheatsville has a Community Fund in our name, and we use the earnings from it to support local community groups and the cooperative movement. All funds collected will go into the Twin Pines Cooperative Fund, while the interest collected from those donations will be used toward local non-profits in Austin. We focus on groups that are working toward a similar mission as Wheatsville. The Wheatsville Co-op Community Fund supports the two cooperative principles of: Cooperation among Cooperatives and Concern for the Community.

#### November: Central Texas Food Bank

We're thrilled to have the opportunity to continue supporting and volunteering with Central Texas Food Bank, as we have been community partners for many years! CTFB has been a leader in the fight against hunger for nearly 35 years. Their mission is to nourish hungry people and lead the community in ending hunger.



1. They share free food and our knowledge of low-cost, healthy eating with families in need.
2. They assist families who qualify for federal assistance programs.
3. They make food affordable for charitable and government partners. The quality food and food resources CTFB provides means that they can spend their limited resources to enhance their programs.



Generous Shoppers Donated

**sfc**

July  
\$9,650.09

**CASA**

August  
\$8,410.85



Hospice Austin  
Your comfort. Our calling.

September  
\$9,098.11

TOTAL  
NUMBER  
OF OWNERS  
INVESTED

26,584  
as of Sept 1st







# Austin Natural Soap

by Tanya Carney  
SOUTH LAMAR  
STORE MANAGER

## VENDOR OF THE MONTH

Each month we highlight a different Vendor of the Month in our stores. Please join me in celebrating our October Vendor of the Month, Austin Natural Soap! Austin Natural Soap's mission is to help clean up the world, one bar of eco-friendly soap at a time. Austin Natural Soap encourages everyone to conserve, protect, and give back to our soil, water, air, flora, and fauna!



Austin Natural Soap was founded by Annette Mayfield in 2000 with a mission to serve the local community by providing natural, homemade, and vegan soaps. These unique, non-chemical-based soaps have drawn a dedicated customer base in Austin, Texas and have grown into other Southwest retailers. What started as a hobby turned into a thriving small, local business with the support of a loyal customer base.



Support this local business by stocking up on their soaps both in the Wellness departments at each of Wheatville's locations or by visiting their location in South Austin. Let's make the world a little greener and cleaner one bar of soap at a time!



Join Us for  
**TASTE OF THANKSGIVING**  
Saturday, November 19,  
12-2 pm

## Bakehouse Pies

Our pastry bakers are gearing up for the busiest time of our year—pie season! We make our pastry crusts from scratch using all-organic flours and fill them with handmade fillings to make your holiday season sweet and easy. Having a small gathering this year, or celebrating alone? We have half pies and slices as well!

Choose from:

### Pumpkin

either a classic egg custard recipe or our famous vegan version!

### Pecan

a traditional recipe with a full cup and a half of pecans per pie!

### Apple crumb

cinnamon-spiced apples covered with a buttery streusel topping.

### Coconut cream

an unexpected but delicious choice! A creamy vegan coconut filling in a graham cracker shell!



## WILLAMETTE PIES FOR THE HOLIDAYS

We are pleased to offer Willamette Valley Pie Company's pies again this season. These pies are handmade by a family-owned company in Oregon. The crusts are made with sustainably sourced palm oil, simple ingredients, and the fillings contain just fruit, spices, and sweeteners—no preservatives, artificial flavors, or colors. These pies are the perfect size for a smaller gathering. They are ready to eat straight from the box or they can be warmed up before serving (with a scoop of vanilla ice cream of course) Look for Willamette pies in our stores in early November! Choose from classic pumpkin, vegan pumpkin, pecan, apple, cherry, marionberry (a variety of blackberry popular in the Pacific Northwest), and their new triple chocolate cream pie.



ORDER FOR  
PICK-UP OR DELIVERY



DOORDASH





# HOLIDAY TURKEYS & HAM

## Fresh Turkey Ordering

This year we will be taking preorders for Turkeys. Visit [wheatville.com](http://wheatville.com) beginning November 1 to order your turkey and arrange a day for pick up.

This year we have Fresh turkeys from Mary's Turkeys. These turkeys come in a variety of sizes and are all free range. Choices include natural, organic and heritage birds. For smaller gatherings we will have both bone-in and boneless turkey breasts.

In addition to fresh turkey orders our Holiday Helper Bags will be available for pre-order and pick up at both our locations. Holiday Helper Bags are an easy and delicious way to save time on your feast. They include garlic mashed potatoes, coconut mashed sweet potatoes, mushroom gravy, cornbread stuffing, and cranberry orange relish.

*Hams are available in both stores for pick up.*



All our turkeys are hormone free, antibiotic free and vegetarian fed. They are also certified non-GMO.

### Best Value

**Mary' natural and organic turkeys** both fed a non-GMO vegetarian diet.

### **Mary's heritage turkeys** *supply limited*

A uniquely American turkey, the authentic heritage turkey is the turkey that our ancestors knew and cherished. The Narragansett, the oldest United States turkey variety, and the Bourbon Red are the two varieties that are considered heritage turkeys. These turkeys can fly and still roost in trees. They have naturally darker meat, larger thighs, and smaller breasts. This can cause changes to the cooking times so we recommend a thermometer to cook your turkey to perfection.

### **Mary's organic and natural turkey breasts**

These are smaller which make them great for extra guests or for a smaller dinner group.

### **Ferndale smoked turkeys**

This family farm from Cannon Falls, Minnesota prides themselves on a three-generation family tradition of providing the very best free-range turkeys. Perfect for a heat and eat dinner!

### Hams

All our holiday hams are hormone and antibiotic free and vegetarian fed.

### Locally owned Pederson's Natural Farms

Pederson's hams are produced in Central Texas and come from self-sustainable family farms that not only raise their own hogs but ALSO grow their own grain to feed their animals! These hams are a great choice for the taste of Texas. Supply is limited so order early.

### Local Pederson's organic spiral sliced bone-in smoked hams

Certified organic and perfect for large family settings.

### Local Pederson's no sugar spiral sliced bone-in smoked hams

Paleo-friendly pork is a great choice for a large family setting or for plenty of leftovers.

### Local Pederson's no sugar spiral sliced boneless smoked ham

Paleo-friendly pork. Add your own glaze to bring the flavor of your home to this fine ham.

### Niman Ranch hams

Niman Ranch prepares gourmet hams with a delicate blend of maple, sugar and salt, then slowly smokes them over applewood for up to 12 hours, sealing in the succulent flavor. Slow smoked over real applewood and seasoned with the right amount of salt and sugar to enhance the mild yet slightly sweet smoke flavor. Fully cooked, gluten free, and certified humane.





## SAUSAGE & APPLE STUFFED BUTTERNUT SQUASH

Serves 4 | *adapted from thekitchn.*

### Ingredients

2 large butternut squash  
2 T olive oil  
Salt and pepper to taste  
1 pound bulk Wheatsville breakfast sausage  
1 large onion, diced  
1 large honeycrisp apple, diced  
3 ribs celery, diced  
½ pound cremini mushrooms, finely diced  
¾ cup dried cranberries  
2 T minced fresh rosemary  
2 T minced fresh thyme

### METHOD

Preheat oven to 375 degrees. Line a baking sheet with parchment paper.

Cut squashes in half lengthwise, then scoop out the seeds in the cavities. Brush cut sides of squash with oil and season with salt and pepper. Place flesh side down on the parchment. Transfer to the oven and roast for 35-40 minutes, until the outside of the squash is tender. Remove from oven and set temperature to broil.

Meanwhile, make the filling: Heat 1 T. olive oil over medium high heat. When the oil shimmers, add sausage and cook, breaking up large pieces with a wooden spoon, until sausage is no longer pink, 5 to 7 minutes. Transfer sausage to a paper-towel lined plate to drain. Pour off all but 1 T. of fat and return skillet to heat. Add onion and sauté until translucent, about 5 minutes. Add apple, celery, and mushrooms and continue to sauté until all vegetables are tender, about 6 to 8 minutes. Stir in dried cranberries, herbs, and cooked sausage and sauté for a few minutes more to bring all of the flavors together. Remove from heat and season to taste with salt and pepper.

Scoop some of the flesh from each squash half to make a larger cavity for the filling, leaving an inch of flesh around the edge so that the halves hold together. Divide filling among squash halves.

Broil for 4 to 5 minutes until squash and filling are nicely browned. Serve.

# A holiday to be thankful for

by Jay Rothenbach  
Meat & Seafood Manager

Hello Wheatsville, my name is Jay, and I am the new meat & seafood Manager here at Wheatsville. The holidays have always been a time of year when we come together with loved ones, celebrate and give thanks. One of the things that we are grateful for here is our customers. Supporting local matters to them and we take that very seriously. We want to provide you with the highest quality proteins for your holiday dinner. Whether you are looking for an organic turkey or a no sugar spiral sliced ham our helpful staff is here to help you create the meal your family deserves.

Turkeys have long been the traditional center of plate protein during the holiday season. Wheatsville features natural non-gmo project verified turkeys, certified organic turkeys, heritage breed turkeys, and even smoked turkeys!

Maybe you want to change it up this year. Wheatsville also has a large array of beef, sustainable seafood, local pork and local lamb options that can make your holiday meal one to remember. Stop by either location and let our knowledgeable meat department crew help you plan the meal of the year!





# SIDES MAKE THE MEAL!

We talk a lot of turkey at this time of year, but the Thanksgiving meal is a whole lot more than just the bird. Count on the Wheatsville deli to provide you with all of the delicious trimmings you need for the complete Thanksgiving feast. Available in store for pick-up.



## FOR STARTERS

### Garlic Chive Cheddar Cheeseball

*(made without gluten ingredients)*  
A Wheatsville classic! A blend of five cheeses, garlic, and green onions, rolled in fresh parsley and dusted with paprika. Great with Bakehouse crostini or thinly sliced baguette.

### Vegan Cheezeball

*(made without gluten ingredients)*  
A base of blended cashews mixed with savory ingredients such as miso and nutritional yeast and lots of fresh herbs. Amazing with an assortment of fresh vegetables!

### Vegan Walnut Pecan Pate

*(made without gluten ingredients)*  
This delicious spread of tofu, nuts, and spices is so rich you won't believe it's vegan!

### Spinach Feta Dip

*(made without gluten ingredients)*  
This dip is chock-full of chopped spinach and feta cheese and brightened with a nice hit of lemon zest. A staff favorite!

## ON THE SIDE

### Green Bean Casserole

*(made without gluten ingredients)*  
Our version of the classic—green beans in a rich herbed Parmesan sauce, topped with crunchy slivered almonds. Suitable for low-carb diets!

### Vegan Cornbread Stuffing

Our own Bakehouse Vegan Cornbread combined with classic aromatics and herbs and moistened with vegan "chicken" broth.

### Vegan Mushroom Gravy

Our top seller! This thick rich gravy is packed with mushrooms, onions, carrots, and herbs—perfect on turkey, potatoes, stuffing, and just about anything really!

### Vegan Garlic Mashed Potatoes

*(made without gluten ingredients)*  
Super creamy Yukon Gold potatoes smashed with lots of sautéed garlic.

### Vegan Coconut Mashed Sweet Potatoes

*(made without gluten ingredients)*  
Sweet potatoes, coconut milk, brown sugar, and a touch of salt.

### Vegan Cranberry Orange Relish

*(made without gluten ingredients)*  
This unique chunky sauce is the perfect sweet-tart blend to complement any holiday dish. Also delicious over ripe Brie as an appetizer.

### Vegan Roasted Garlic Cauliflower Mash

*(made without gluten ingredients)*  
A delicious low-carb alternative to mashed potatoes for your Thanksgiving table.

## HOLIDAY HELPER BAG

Holiday Helper Bag: Everything but the bird! A classic menu of garlic mashed potatoes, coconut mashed sweet potatoes, mushroom gravy, cornbread stuffing, and cranberry orange relish. Available by online preorder.



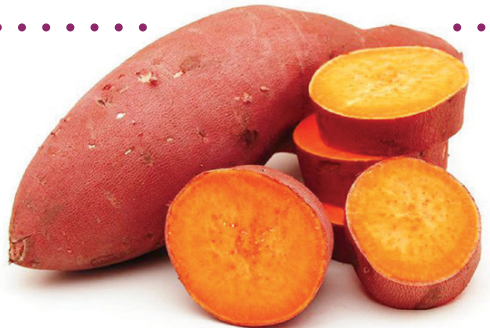
## INSTEAD OF TURKEY

### Vegan Tofurky with Mushroom Gravy

We take Turtle Island's famous Tofurky roast and smother it in our amazing vegan mushroom gravy. A great alternative for non-meat eaters.

### Vegan Quinoa Cashew Lentil Loaf

*(made without gluten ingredients)*  
This hearty loaf is packed with protein-rich ingredients, veggies, and spices—a terrific and tasty option for those with dietary restrictions.



# AUDIT AND REVIEW COMMITTEE REPORT ON WHEATSVILLE'S ANNUAL REPORT TO OWNERS 2022

Stephanie Wong,

Treasurer, Wheatsville Board of Directors.

The Board of Directors appointed board members Stephanie Wong (Treasurer), Rachel Fisher and Rose Marie Klee, along with Wheatsville Owner Daniel Ronan to serve as the Audit & Review Committee ("ARC") for Wheatsville's fiscal year ending in 2022 Annual Report to the Owners. In accordance with Wheatsville's by-laws, it is the ARC's responsibility to ensure that the Annual Report is complete, accurate and easy to understand.

To ensure the Annual Report contains all required elements, the ARC reviewed the guidelines for a cooperative's Annual Report to owners, which are specified in the Texas Cooperative Association statute and Wheatsville's by-laws. A complete report includes Wheatsville's balance sheet, income statement, total number of shareholders, amount of paid-in capital, and other financial metrics. The ARC can confirm that Wheatsville's Annual Report is in compliance with all legal requirements.

To check accuracy, the Board hired Wegner LLP, CPAs and Consultants, a professional services firm that specializes in working with cooperative businesses. Wegner's accountants have performed annual audits or reviews of the Co-op's finances for several consecutive years. The firm also prepares the Co-op's annual federal tax return. Consistent with Board policy, Wegner conducted a full audit of Wheatsville financials for fiscal year ending 2022, as it has done the previous years since 2014. Prior to 2014, Board policy called for a less extensive review in alternating years, the last of which was completed in 2013. This audit included a review of the financial statements included in the Annual Report.

The auditors worked to obtain reasonable assurance that the issued financial statements fairly reflect the cooperative's financial position. Their efforts resulted in an opinion confirming the accuracy of the financial statements. In reaching that opinion, Wegner sampled and tested bank reconciliations, accounts receivable, payable accounts, bank statements for notes payable, fixed assets, and depreciation expense as needed to support their opinion. The accountants also reviewed recent tax payments to confirm they were paid completely and on time. As a result of our conversations with Brian Dahlk, the CPA who led the audit, about their processes, the ARC can report that the audit was conducted in a manner consistent with professional accounting standards. In addition, the accountants said they encountered no material misstatements in the course of the review. We appreciate the staff who contributed to a successful audit.

The audit results showed that over the last year, the Co-op's financial condition has continued to improve compared to previous years. The Co-op had a positive net income through normal business activities. This is due in part to management adjusting to the market conditions, improving operational efficiency and customer focus. The Co-op continues to face a number of challenges related to the prolonged pandemic. For example, operational and wholesale costs challenges, as well as staffing challenges. However, the Co-op ended the year profitable, has satisfied all debt covenants, and liquidity is good. Wheatsville continues to focus on sales growth, owner retention, adding new owners, and increasing owner engagement.

Wheatsville management continues to evolve the approach needed to operate and maintain financial performance. We hope that owners and shoppers continue to support Wheatsville and help us to remain a positive force within the community.

The Board will continue to arrange for independent auditors, like Wegner, to conduct full annual audits of Wheatsville's financial statements. Audits will include assessment of accounting policies and internal controls relevant to the preparation of the financial statements. The Board continues to monitor Wheatsville's financial results routinely as part of policy governance, as well as creating the Annual Report to Owners. We hope you find this year's Annual Report easy to understand. Wheatsville is in stable fiscal health and continues to be positioned to anchor Austin's cooperative economy, with the strong engagement of our owners. The ARC commends the 2022 Annual Report to Wheatsville Owners for review.

Here are some web links that may be of use as you review the Annual Report:

## BYLAWS

## BOARD POLICY & GOVERNANCE

I certify that I am not a principal bookkeeper, accountant or employee of Wheatsville Co-op, Stephanie Wong, Treasurer, Wheatsville Board of Directors.

<b>BALANCE SHEET</b>		FISCAL YEAR ENDED MAY 29, 2022
<b>ASSETS:</b>		
Cash		\$2,743,165
Accounts Receivable		\$86,286
Inventories		\$949,761
Prepaid Expenses		\$34,555
<i>Subtotal, Current Assets</i>		<u>\$3,813,766</u>
Property & Equipment, Net		\$4,528,734
Investments & Other Assets		\$804,278
<b>Total Assets</b>		<u><b>\$9,146,778</b></u>
<b>LIABILITIES:</b>		
Accounts Payable		\$714,914
Accrued Liabilities		\$586,133
Current Portion Long-Term Debt		\$391,183
<i>Subtotal, Current Liabilities</i>		<u>\$1,692,230</u>
Long-Term Liabilities		\$1,825,663
<b>Total Liabilities</b>		<u><b>\$3,517,993</b></u>
<b>EQUITY:</b>		
Member Capital		\$1,548,342
Investor Shares		\$1,464,200
Retained Patronage		\$1,043,125
Retained Earnings		\$1,646,219
<b>Total Equity</b>		<u><b>\$5,701,886</b></u>
<b>Total Liabilities &amp; Equity</b>		<u><b>\$9,219,778</b></u>

<b>INCOME STATEMENT</b>		FISCAL YEAR ENDED MAY 29, 2022
<b>SALES</b>		<b>\$26,326,319</b>
Cost of Goods Sold		\$16,363,977
<b>Gross Profit Margin</b>		<u><b>\$9,962,342</b></u>
Total Operating Expenses		\$9,417,175
<b>Net Income from Operations</b>		<u><b>\$545,167</b></u>
Long-Term Development Expense		\$45,911
Other Non-Operating Revenues		-\$159,005
Interest Expense		\$121,314
<b>Net Income Before Income Tax &amp; Dividends</b>		<u><b>\$536,948</b></u>

# TASTE OF PLANT-BASED

When people think of Wheatsville they often think of us as the destination for vegetarian and vegan options. We know that and wanted to celebrate all the wonderful plant-based options that we offer. So we contacted our favorite local vendors, started preparing a batch of popcorn tofu and started planning our first Taste of Plant Based event!

On a warm morning back in July we hosted over 16 different plant-based local businesses for hundreds of delighted customers at our South Lamar location. The first thing attendees saw was Good Pop's ice cream truck handing out free popsicles and our very own staff frying up popcorn tofu fresh right at the front of the store. If you haven't had warm popcorn tofu, you are missing out! It is next level delicious.

Inside a line snaked around the aisles of the store. Produce had vendors like Organic Girl and Cultured Carrot sampling their products. Local favorite, Mmmpanadas was closer to the back of the store serving up hot vegan samosas. All you could hear was the sound of munching from the crowd around them.

Serendipity Wine had a crowd of enthusiastic wine lovers surrounding their table. They were on hand sampling various vegan wines. Right next to them was Daysmith serving vitamin-infused coffee and Funky Mellow handing out vegan smores. Most customers were stuffed by the time they were halfway through the store.

Things really started to heat up as customers approached the Community Room. Fresh cookies from Celeste's Best, nachos from Credo and hot, gooey vegan mozzarella sticks from Rooted Vegan Cuisine were all being sampled out in abundance. The Wheatsville board of directors was even on hand handing out coupons and discussing the benefits of co-op ownership. Central Texas Pig Rescue was in store talking about their amazing pig sanctuary near Bastrop. As customers left the event Wheatsville staff were ready with a prize wheel and giving away treats from local plant-based superstars Pie Jacked and soap samples from Austin Soap Company.

We had such a great time and are looking forward to the next one. We would like to extend a huge thank you to all of the vendors, staff and customers that came out to make this an amazing event!



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GET YOUR  
WHEATSVILLE  
SWAG NOW  
AT BOTH  
LOCATIONS!

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