

THE WHEATSVILLE BREEZE

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



SPRING 2022 BIRTHDAY ISSUE

- INTERNATIONAL WOMEN'S DAY
- SUSTAINABLE SEAFOOD
- STATE OF THE BOARD
- GUIDE TO SUNCARE
- SPRING WINE & CHEESE



Message from the
GENERAL MANAGER
BILL BICKFORD

This month marks 46 years since Wheatsville's inception in 1976. We are so thankful for the support of our owners and shoppers these many years!

I had the good fortune to join Wheatsville as both an owner and staff member just a few months after our 23rd birthday. So as of this year, I have been involved with Wheatsville for half of its history—and what a wild ride it's been! A great deal has changed during that time, and I'm sure a great deal more will change still. But at least one thing will always remain constant: our commitment to serving our Austin community.

One of the more visible ways we do this is through our Community Action Program, which contributed \$148,883.29 to area

non-profits and community groups in 2021. This month, we continue those efforts by raising money for Let's Feed Austin, Wheatsville's own program to help donate food to local groups and persons in need throughout our community. The success of our Community Action Program rests entirely on the generosity of our owners and shoppers, so thank you for your unwavering commitment over the years!

Happy 46th Birthday, Wheatsville! Here's to another 46 years of great food, great people, and building a more cooperative and just economy in Austin!



DIVERSITY, EQUITY AND INCLUSION TRAINING

by *Alexandra San Miguel* - HR MANAGER

This month, Wheatsville managers, directors, marketing and human resources teams will be starting Diversity, Equity and Inclusion training as part of our commitment to building an inclusive culture. Since 2010 TMI Consulting have been leaders in the field, providing support to organizations as they strive to be more accountable, diverse, inclusive and equitable workplaces. Their core series focuses on building a cohesive foundation within an organization through explorations in diversity, intersectionality, understanding unconscious biases, LGBTQIA+ issue and allyship. Wheatsville's ability to meet the needs of an ever diversifying community of staff and customers remains a top priority, and we are excited to continue this work and put it into action.

Spring WINE & CHEESE

by Sal Mendivil - PREPARED FOOD DIRECTOR

Spring is in the air in our quaint central Texas city. The bluebonnets will bloom, folks will head to Barton Springs, and our unofficial city bird, the mosquito, will flourish and remind us that “Texas mosquitoes” are known as Pterodactyls in other parts of the world.

Nothing says Texas spring like the following wine and cheese pairings. Now, take a load off, put that mosquito repellent on and embrace this beautiful season!



The Better Half Sauvignon Blanc with Cypress Grove Midnight Moon Goat Cheese

We start with a traditional spring pairing of goat cheese with a Sauvignon Blanc. Cypress Grove Midnight Moon goat cheese is a six-month aged ivory-colored goat cheese that's nutty and brown buttery up front with a long caramel finish. Now the vino, The Better Half Sauvignon Blanc from New Zealand. This zesty, citrusy deliciousness comes to us from the Marlborough Region in New Zealand.

This is a clean, fresh, fruity and pristine Sauvignon Blanc with a balanced even finish.

While they're earthy and tart, most goat cheeses are a bit of a blank slate, so the citrus and mineral notes found in this amazing wine brings out the wonderful nutty and herbal flavors that can be found in goat cheese. The citrus acidity is also a great way to cut through the heaviness of the goat cheese.

But wait! We are forgetting one critical part to this pairing, that's the cracker! The cracker that we will use to cradle our goat cheese would be the Simple Mills almond flour cracker with fine sea salt. This vegan and gluten free sea salted cracker is the finishing touch to this traditional spring pairing of a goat cheese and



Wine for the People Dandy Rosé with Havarti

Up next in our walk-through spring pairings is our Havarti pairing. Yes, I did say Havarti, this extra creamy Danish style cheese is a MUST for a spring cheese. Havarti is buttery and slightly acidic, inhabiting sort of a middle ground between Muenster cheese and Monterey Jack. So now for the cracker. We stay with our friends from Simple Mills and we go with an almond flour sun-dried tomato & basil cracker. Placing a slice of Havarti on this cracker is like a piece of heaven on your lips! What will we pair with this incredible cheese and cracker duo? Rosé of course! Specifically, the Dandy Rosé from Wine for the People in Fredericksburg, Texas. Dandy Rosé is the only wine in the world made especially for Austinites. Its creator, Rae Wilson, has even more to brag about: this Austin-exclusive rosé is made from 100 percent Texas grapes. BOOM! This rosé is a combination of fruity and bright flavors like raspberries, citrus, flowers, and strawberries. A bit on the sweet side, like a typical rosé would, but not overly so. The crisp, red fruit you find in a rosé is delicious but delicate, and the mellow flavor you find in a Havarti complements the wine gracefully without overpowering it. In addition to this, the steely minerality of a rosé is a great contrast to the smooth, soft



Italian Spumante Brut Rosé with Marin French Cheese Company Camembert

I leave the best for last, an Italian Spumante Brut Rosé (chilled of course!) paired with a delectable, artisanal camembert cheese! Made with organic grapes, the Pizzolato Italian Spumante Brut Rosé comes to us from an estate located in the rich and flourishing countryside in the north of Treviso, Italy and the vineyards are situated on the plains and hillsides near the Piave River. This brut rosé has aromas and flavors of almonds, lemon chiffon, ripe apples, and summer peach. It has a silky and fruity light body with a polished, medium-length finish. A friendly sparkler with a sophisticated side. The cheese is a complex and velvety camembert from the Marin French Cheese Company. Located in Petaluma, California, this astonishing camembert honors traditional cheesemaking techniques and recipes that go back centuries. This camembert has a golden paste enrobed in a velvety rind with complex earthy flavors and aromas of mushroom. Now this is the most important part, you MUST bring this perfection of cheese to room temperature for at least 30 mins after removing from refrigeration. You have the vino, you have the cheese, all you need is a cracked black pepper cracker to spread this elegant cheese on. The only cracker to use is the Simple Mills almond flour cracked black pepper cracker! The high acidity of the bubbly vino contrasts remarkably with the velvety creaminess of this camembert, then we add the slight spice of the black pepper cracker. Perfection!

International Women's Day

BREAK THE BIAS

by Tanya Carney - SOUTH LAMAR STORE MANAGER



First off, let me introduce myself. My name is Tanya Carney and I'm the new Store Director at the Wheatsville – South Lamar location. I recently moved to Austin, Texas from Buffalo, New York. I had the privilege of working at the Lexington Cooperative Market for the last nine years, five years of which I served in a leadership role. Wheatsville is an exemplary model of cooperation both on a local and national level. I'm thrilled to be here and to serve this community.

International Women's Day is celebrated on March 8th. The 2022 theme in celebration of women globally is "Break the Bias." Bias can be both deliberate and unconscious. Regardless, we are all responsible for our own thoughts and actions. Bias makes it difficult for women to move ahead.

How can we break bias, discrimination, and stereotyping? International Women's Day calls for solidarity. Calling out this behavior in the moment forces others to be confronted by their own bias and hopefully have an opportunity to recognize and challenge their own way of thinking. By acting in this way, we are working toward a world that celebrates and values differences. We all bring a unique perspective to the table and diversity makes organizations better.

I invite you to support women-owned businesses by shopping at Wheatsville. Alaffia is a Fair Trade organization that supports sustainability and gender equality. Rooted Cuisine and Cultured Carrot are both women-owned business and local to Texas.



ALAFFIA

Alaffia is a fair trade certified body care company headquartered in Olympia, Washington. Alaffia's clean, safe, and efficacious products incorporate indigenous, nutrient-rich ingredients handcrafted at their six women's cooperatives in Togo and Ghana. A percentage of each product sale contributes to their empowerment projects in west africa, addressing vital areas for the self empowerment of the people of west Africa—maternal care, education, reforestation, and eyeglasses.



THE CULTURED CARROT Austin, Texas

Launched by two women in Austin, the Cultured Carrot has revolutionized ancient fermentation. While we were amazed at the exploding amount of information about the microbiome, gut health and the amazing benefits of fermented foods we knew there had to be a better way to get them onto our plate and into our families tummies.



ROOTED VEGAN CUISINE San Antonio, Texas



Founded in San Antonio by husband-and-wife team Naomi and Mike Oyegoke with the intent to sell restaurant quality food in the frozen section of your local grocery store. You can find their delicious vegan lasagnas and mozzarella sticks at both our stores.



Sustainable SEAFOOD

by *Kyle Rotta* - MEAT CUTTER

Sustainability is one of those tricky words that gets tossed around the natural foods world. We have emotional and intellectual responses and definitions for the general idea that for something to be sustainable it must go on indefinitely without harm to itself or its surroundings. Sometimes what is good for the goose is not good for the gander. It would be impossible to have a unified theory of sustainability because different animals have different needs. In terms of seafood, in order to be sustainable, freshwater fish need to be farmed and saltwater fish should generally be wild caught. But things get more granular still. Not all wild caught fish is the same. How wild caught fish is harvested can affect sea life from the surface all the way to the sea floor via bycatch. Bycatch is the unintentional catch of species other than what is being fished for. Bycatch is typically not sold but thrown away. Additionally, some nets and lines used in fishing can destroy sea life habitats.

Knowledge of seafood industry practices has generally been low, leading to third party seafood sustainability certifiers filling the void. These agencies look at how fisheries (wild caught fish) and aquaculture (farmed fish) interact with the environment they grow and harvest in with care taken to ensure species will be able to maintain themselves, harvests are safe for consumers, and that seafood is handled in a humane way. Wheatsville meat and seafood department utilizes two of these agencies to determine our seafood selection.

The Monterey Bay Aquarium Seafood Watch program has been around since 1999 and is based out of an actual aquarium. Their program is one of the first resources developed to address seafood sustainability. They use science based, peer reviewed methodology to evaluate fisheries and aquaculture. Monterey Bay provides regional pocket guides as well as a website to raise consumer awareness of the best choices in sustainable seafood. Wheatsville meat and seafood department only offers “best choice”, “certified”, and “good alternative” choices from the Monterey Bay Seafood Watch list.

The Marine Stewardship Council is a non-profit organization based in London that use a third-party team to establish the highest standards of traceability and sustainability. Certification under this program is voluntary and standards exceed internationally recognized best practices for fisheries. Products with the Marine Stewardship Council seal can be traced back to a certified sustainable fishery. The Marine Stewardship Council is the only global wild-capture fisheries certification program that simultaneously meets best practice requirements set by the UN Food and Agriculture Organization, Global Sustainable Seafood Initiative, and ISEAL.

**FULL SERVICE MEAT & SEAFOOD CASE
SOUTH LAMAR 9am-6pm**

Wheatsville SIGNATURE PRODUCTS

by Nick Conr - MARKETING DIRECTOR

As we prepare to celebrate our 46th anniversary let's look at some of our favorite partnerships we have had with local brands. These two items are both a delicious addition to the great products we carry and even better, you can still get them. Visit either store to try them today!

46



FIGURE 8 WHEATSVILLE CO-OP "BLEND OF 76"

Released in 2021, Figure 8 Coffee Purveyors Wheatsville roast was created specifically for our 45th birthday celebration last year. "Blend of 76" is made with a delicate mixture of wash and unwashed beans from Brazil, Colombia and Ethiopia. This juicy tasting coffee is sweet with hints of honey and dried berries. It is great on its own or paired with a delicious bakehouse pastry.

KOSMIC KOMBUCHA PEAR OF THE DOG

Created in 2013 with the help of Wheatsville staff, Kosmic Kombucha's Wheatsville Pear of the Dog is made to taste just like a Mexican martini. Flavored with prickly pear, lime, orange, olive juice, sea salt, and agave this sweet and tart booch is guaranteed to quench your thirst on a hot summer day. This dark pink kombucha looks as zesty as it tastes. This favor is only available at the Wheatsville Coop!

ORDER FOR
PICK-UP OR DELIVERY



DOORDASH



Local Vendor Spotlight
GOURMET RANCH
Houston, Texas



by Westley Skidmore - PURCHASING DIRECTOR

Gourmet Ranch, a specialty meats division of Jake's Finer Foods, is a purveyor of custom-cut meats. Texas born and bred in 2000, Gourmet Ranch provides Wheatsville with fresh, humanely raised, antibiotics-free, and local chickens.

With full-service butchery capabilities, they specialize in freshly cut chicken products. All products are transported in temperature-controlled packaging to ensure product safety and integrity. Chickens are farmed in Seguin, Texas (we love supporting local) and processed at a state of the art facility in Houston, Texas. Gourmet Ranch chicken is currently used by our Deli and Meat Department for many items. If you have not yet tried the fried chicken I encourage you to do so. Whether you grill it, bake it, fry it, or broil it, bird is the word!



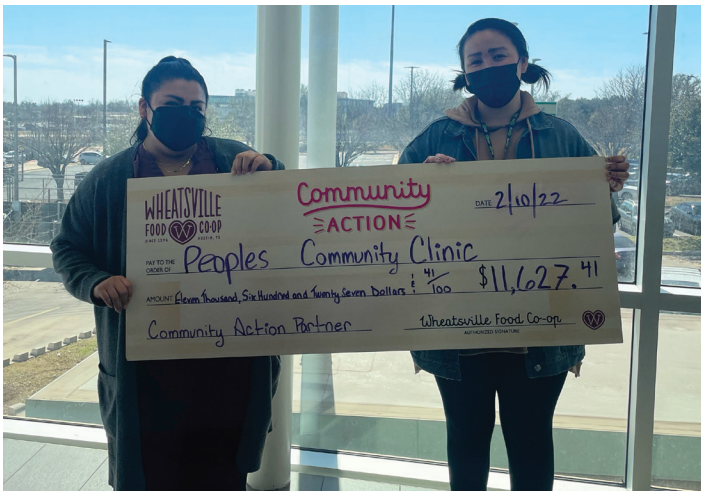
GET YOUR
WHEATSVILLE
SWAG NOW
AT BOTH
LOCATIONS!



Community ACTION

2022

- 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**



Each year during our annual election Wheatsville Owners vote for 10 local non-profit organizations to support in the coming year. Throughout the year, each non-profit has an assigned month where we accept donations for them at the register and through curbside by rounding up totals at the checkout. During the month of October, we collect round-ups for the Co-op Community Fund, which helps us to support cooperative-valued causes throughout the year. Wheatsville staff volunteer their time for a day of service.

We are so proud to have raised \$148,883.29 for Austin non-profits and community groups in 2021! This year, we have already raised \$11,627.41 for People's Community Clinic in January and \$10,720.42 for SAFE Alliance in February.



PEOPLE'S COMMUNITY CLINIC

People's Community Clinic was founded as People's Free Clinic by a group of visionary volunteer doctors and nurses in 1970 in a church basement across from the UT campus on Guadalupe Street. From humble beginnings serving mostly college students, PCC has grown alongside the ever-increasing demand for affordable healthcare, becoming a cornerstone of the Austin community with a mission to improve the health of medically underserved and uninsured Central Texans by providing high quality, affordable health care with dignity and respect. In addition to the money raised at our registers, our community of Wheatsville shoppers and staff members came together to donate boxes of books for the clinic's Reach Out and Read program, with books going directly to young clients in order to better incorporate reading and language skills into their daily routines.

SAFE | stop abuse for everyone

The SAFE Alliance (Stop Abuse for Everyone) is a merger of Austin Children's Shelter and SafePlace, both long-standing and respected human service agencies in Austin serving the survivors of child abuse, sexual assault and exploitation, and domestic violence. Their vision for a just and safe community free from violence and abuse was imagined over 45 years ago by a group of women's advocates in Austin that saw the need to support fellow women in the community who had experienced sexual and domestic violence. Much like People's Community Clinic, SAFE has expanded their services over time to better address the complex array of issues and ever-growing needs of the community. With an annual budget of more than \$20 million, more than 350 employees and thousands of volunteers, SAFE now has prevention and crisis programs operating across multiple campuses and in the schools, hospitals, courts, county and District Attorney's offices. We are so humbled to be able to contribute to the ongoing expansion, improvement and success of SAFE with the generous donations from our customers. Together, we can stop abuse for everyone.



GUIDE TO SEASONAL *Wellness*

by *Hannah Cassana*
Wellness Merchandiser



SUNSCREENS

With longer days and sunny weather rolling in, now is the perfect time to assess your sunscreen options and find the product that will best suit your and your family's needs for the coming seasons. Whether you'll be gardening (check out our Seed Savers selection!), hiking in the Greenbelt, swimming at Barton Springs, picnicking at Zilker park, biking around the Ann + Roy Butler hike and bike trail, tubing in San Marcos, or if you just want general daily UV protection, we're sure to have a sunscreen for you.

Many people choose natural sunscreens because they may offer a reduced exposure to synthetic chemicals, and may be safer for both your skin and the environment. Natural sunscreens are mineral-based and non-toxic, and they work differently than chemical sunscreens. Synthetic sunscreen ingredients absorb UV rays; zinc oxide and titanium dioxide, the main active ingredients in natural sunscreens, are physical sunscreens. Rather than absorb UV rays, they block them. It's like having little "shields" over your skin protecting you from sun exposure. When visiting beaches and swimming in natural bodies of water, it's important to consider the impact of sunscreen on marine life and ecosystems; many natural sunscreens are labeled "reef-safe", which means that they do not contribute to the destruction of precious coral reefs.



DERMA E Ultra Sheer Mineral Body Sunscreen Mist

This lightweight, water-resistant (80 min), SPF 30 mineral sunscreen mist offers broad-spectrum protection in an effective, antioxidant-rich formula to help fight free radicals and nourish the skin. Active ingredients: titanium dioxide and zinc oxide. Bonus: it goes on clear, it's labeled as vegan and gluten-free, and it's reef safe!



BADGER KIDS Natural Mineral Sunscreen Cream - SPF 30

Nourish and protect your kids skin with this mineral sunscreen cream, ideal for long days in the hot Texas sun. Made with just 4 simple ingredients, it's the first formula ever to achieve the rigorous reef-friendly Protect Land + Sea Certification. Wheatsville stocks a range of Badger sunscreens, including Kids 40 SPF and Baby 40 SPF options, so that the whole family is covered for fun in the sun. Bonus: labeled as cruelty free and Badger is a certified B Corporation!



ALBA BOTANICA Maximum Sunscreen SPF 70 Fragrance Free - Clear Spray

This lightweight, quick-dry mist offers Alba Botanica's highest level of sun protection. The air-powered mist can be sprayed on at any angle. Fast drying, fragrance free and enriched with aloe vera and ginseng extract, waterproof, biodegradable, hypo-allergenic, water resistant up to 80 minutes, and recommended by the Skin Cancer Foundation. It's also labeled as reef friendly, gluten free, and cruelty free!

***As always, it's recommended to consult with your doctor and/or dermatologist to help decide what is best for your particular needs.

STAFF SPOTLIGHT



MEET IZZIE SOUTH LAMAR HOSPITALITY CLERK

by Julia Barron
Ownership & Outreach Coordinator

Howdy, y'all! I'm Izzie

My preferred pronouns are She/They, and I'm a Texas grown non-binary pal! I've been living in Austin since January of 2021 so I just finished my first year here. My history with Wheatsville is admittedly a little short. I was pretty upset with the working conditions of my last job so I knew I wanted a co-op environment, and I saw Wheatsville was hiring. I went by the Guad store to see what it was all about and saw something really special that had an obvious love for the local community



What is your favorite produce at Wheatsville?
That's a tough one. I'm a pretty picky person so the stuff here that I like I really like. Right now, I'm on a big Tony's Chocolonely kick (usually just good ole milk chocolate) and the Equal Exchange BioRevolution coffee! Never thought I'd enjoy a dark roast, with the sweet tooth I have, but the flavor still shines through even with the insane amount of creamer and sugar I toss into my cup.

Any favorite local haunts/spots you frequent?

I'm a frequent patron of my couch and bed with my 9 year old cat, but I just saw The Wombats at Emo's and that venue is just incredible!

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

I honestly wear my heart on my sleeve and will rant about any of my interests to anyone who stays around long enough to listen. But I don't think I ever mention my love of science, and more specifically physics. I actually was thinking about studying astrophysics in college before I decided college wasn't right for me, but my old high school science teacher still keeps me in the loop on any rad science news she spots. Shout out Mrs. Mizer!

Why Wheatsville? What appeals to you about the cooperative model?

I think that the cooperative model is definitely the most ideal structure under the capitalist system, as they are made up of people – rather than an unknown few who pick a CEO who will simply extract the highest amount of capital possible at any cost. The community cares and looks after itself better than anyone else can and I think that's a beautiful thing.

Is Wheatsville hitting the mark in inclusivity and workers' rights, and what do you personally envision for the future for you and your fellow cooperators?

As someone who is queer and autistic, but also very white, I think Wheatsville is doing a pretty stellar job with inclusivity by making sure that everyone is encouraged to wear a pronoun pin and holding each other accountable for using the correct ones. My supervisors have also always been incredibly considerate of my mental state and will sit down to talk with me. I personally envision more employees becoming owners and helping to choose the direction the store goes in, as I think we have an extremely unique perspective on the state of the co-op and where focus, strengthening, or change is needed.

How is working at Wheatsville conducive to creating a safe space of visibility and inclusion?

One of the greatest things Wheatsville does is staying small. That sounds counter-intuitive (I mean who doesn't want more Wheatsville in the world?) but by staying small and local, I'm able to go directly to everyone that I want/need to and they can hear me out honestly and earnestly. It's incredibly refreshing to be able to sit down and have a chat with our GM and have it be a true conversation, that's not something you can get with a bigger company.

What does solidarity mean to you, and why is it so important in the workplace?

Solidarity means seeing your fellow person, who is disenfranchised by society in a way that you may or may not be, and saying "We're in this together. We're stronger together." Solidarity is one of the strongest bonds that can be shared between people and it is crucial to the success of any community. I think workplace solidarity might be one of the most crucial forms of solidarity as we can be extremely different people, but the fact that we are both members of the working class can build strong foundations for relationships that might not have much of anything else to start on.

It's been great getting to hear from you, Izzie! Anything else you'd like to say? Anything you're looking forward to?

I love to chat so this has been a real treat for me. I'd like to invite anyone who's reading to come find me to chat about philosophy, science, art, comedy, or Tony Hawk's Pro Skater! Personally, I'm looking forward to annoying my cat, Fry, by getting all up in his face and giving him hundreds of kisses.



WHEATSVILLE OWNER PERKS!



by Julia Barron
OWNERSHIP & OUTREACH COORDINATOR

THE GIFTS OF OWNERSHIP

We are owned and operated by people just like you – members of the community willing to work together to provide for themselves. Becoming an owner of Wheatsville is not only a gift to yourself, but also to the community! Here we outline the gifts that Co-op ownership provides, and we hope that you consider becoming an owner to support your local food community during this giving season.

FINANCIAL GIFTS TO OWNERS

- Co-op Owner Deals: extra savings for co-op owners
- Refundable \$55 equity fee
- Owner Coupons
- Owner Perks
- Patronage Rebates: a share of the co-op's profits during sufficiently profitable years
- Eligibility to join University Federal Credit Union

DEMOCRATIC GIFTS TO OWNERS

- Vote for the Board of Directors
- Run for the Board of Directors
- Vote for the Community Action recipients
- Vote on bylaws revisions and owner petitions

OWNERSHIP GIFTS TO THE COMMUNITY

- Supporting fair and ethical labor
- Keeping money within the local economy
- Healthy and honest nourishment for the community
- Care to our neighbors in-need
- Environmental and sustainable care to our planet
- Much more!

Next time you visit Wheatsville, stop by the Hospitality Desk and let us know you would like to become a co-op owner!

TOTAL
NUMBER
OF OWNERS
INVESTED

26,226

as of March 9th

CO-OP PRINCIPLES & VALUES

1. Voluntary and open membership
2. Democratic member control
3. Member economic participation
4. Autonomy and independence
5. Education, training, and information
6. Cooperation among cooperatives
7. Concern for community

DEFINITION

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly owned and democratically controlled enterprise.

VALUES

Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity, and solidarity.

In the tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility, and caring for others.

WHEATSVILLE
FOOD  CO-OP

TOP 10

FAVORITES

Hey, y'all! My name is ALEJANDRA, and I am a FRONT END CLERK at the South Lamar store. You can find me up front at the registers or in the aisles shopping your curbside orders. As a Type 2 diabetic, it can often be difficult to find items that are low carb/low glycemic and delicious to eat, but luckily Wheatsville has a lot of great options. Here are my top 10 things that are yummy and that I can eat freely!



HIGHKEY SNICKERDODDLE COOKIES
THE ABSOLUTE BEST!!! People think that once you get diabetes, sweets are out the window. It's not true! HighKey cookies are extremely low carb, and extremely tasty. Their ingredients are super clean as well.



BADGER WORKING HANDS BALM
Working in the middle of a cold winter can do a number on your hands (my hands get very dry and cracked), so this product is a LIFE SAVER! Putting this on after a shower, while my hands are still a bit damp is like magic! I wake up in the morning with hands that are smooth and hydrated.



SIETE ALMOND FLOUR TORTILLAS
These have quickly become my favorite tortillas. They are the perfect grain-free/vegan vessel to put whatever filling your heart desires. I love the crispiness and the slight sweet taste. A lower carb alternative that doesn't give up on taste or authenticity in your meals.



LILY'S NO SUGAR BAKING CHIPS
There is not one bad flavor of Lily's! The peppermint and semi-sweet style are my go-to favorites. These pair wonderfully with the Birch Benders keto pancake mix, and are lower in carbs...great for when you want to treat yourself to a handful! Lily's no sugar baking chips are a great replacement if you're watching your sugar intake but still have a sweet tooth (like me).



VITAL FARMS PASTURE-RAISED EGGS
Vital Farms is just amazing! They are completely transparent about their pastures and chickens, which is something I appreciate.



BIRCH BENDERS KETO PANCAKE MIX
These pancakes are so yummy! They are low carb and low glycemic, which is great for someone who's checking their sugar intake or is aiming to lower their blood sugar. I love cooking them a bit longer so the edges caramelize. These go super-fast in my house, so the mix is another one of my weekly purchases.



CALIA BETTER HALF UNSWEETENED CREAMER
A good creamer with little to no carbs. This is so yummy with everything! You could do coffee, even matcha. It's very creamy, with a naturally sweet coconut taste!



TACO DELI SALSA DOÑA
This salsa is amazing! I seriously cannot live without it. It goes great with everything. It's got such a wonderful flavor and spice. It's seriously a weekly purchase for me.



4505 CHICHARRONES CLASSIC CHILI & SALT
The best thing about chicharrones is that they're zero carbs with an insanely satisfying crunch! The classic flavor is seasoned with chili and salt, which give them such a good flavor. I love using these as a substitute for chips. Pair them with your favorite salsa, or mash them up to make a tasty coating for something you want to fry.



ZUCCHINI
Our zucchinis are like no other. I'm not sure what it is about them! They're just always of great organic quality. I love to sauté them with a bit of onion and garlic, serve them up in a Siete almond flour tortilla, squeeze a bit of lime, and add a ridiculous amount of salsa doña.

STATE OF THE BOARD



Brandon Hines - BOARD PRESIDENT

The Wheatsville community has been through quite a bit over the past couple of years with the pandemic, ice storms, disrupted supply chains, and all the social turmoil in response to racial injustice. As a community grocer in a highly competitive market, things have been tough. Beyond selling groceries, Wheatsville has a mission focused on transforming society and building thriving a community. Wheatsville's commitment to the community is the reason why I have made Wheatsville my primary grocery store for the past 30 years and why I initially decided to run for the board. Having a healthy co-op puts us in the best position to do all the great things we aspire to do. I am happy to say that through the hard work of everyone at Wheatsville and all the support from owners and shoppers, the co-op has established a new foundation of financial stability. While there is still much work to do, we believe that we have the foundation upon which we can grow over the coming years.

I am proud to be stepping in for outgoing board president, Rose Marie Klee. Rose Marie has been a true champion of Wheatsville for many years—bringing a wealth of knowledge and working tirelessly in support of the cooperative mission. I have had the opportunity to work with and learn from Rose Marie as well as so many other talented people on the board. The board is in an overall good position to raise our sights from the pressing needs of the day and focus our attention on the future.

It is an exciting time to be on the board. In many ways, like Wheatsville, the board is firming up our foundation. We have a slate of new officers, a growing level of owner engagement and exciting ideas for the years ahead. Our primary responsibility on the board is to oversee the health of the coop. While overall sales have been down year over year, Wheatsville staff and management have made adjustments to adapt to the changing circumstances. Their work has led to modest but consistent profitability. Being in a stable financial position frees our attention to focus on other priorities such as growth and



owner engagement. In 2021, the board organized a Community Connect virtual event that featured a panel of local food experts and facilitated some engaging conversations among owners. This was a great opportunity to learn more about local food production and understand how we, as individuals within the community, shape important issues such as food quality and food access. We are looking to host a similar event again this year where we explore a different topic pertinent to Wheatsville. We are also exploring other ideas for strengthening the co-op and bringing the community together.

While board work is work, it is rewarding work. Austin is a special community. And for the past 46 years, Wheatsville has contributed to the fabric of the Austin community in immeasurable ways. Through our celebration of the 45th anniversary I got to learn much about our history—seeing photos, listening to recordings and talking with people who were there when it all started. I do not know if the folks who started Wheatsville envisioned that their efforts would have such a lasting impact on the community. What I do know is that the work we do on the board today is both in honor of what we have been gifted in Wheatsville from everybody who has worked so hard up to the present, and in an effort to realize the full potential of what Wheatsville can be for the next 46 years.

Let us know if you are interested in getting more engaged. There are many opportunities to participate on board committees, join discussions at the next Community Connect, run for the board, or even by shopping at Wheatsville more often knowing that you are playing a crucial part in keeping our community and your co-op strong.

THE BOARD'S WORK: Growing from Foundations of Experience

by Meri Jayd O'Connor
CHAIR OF OWNER
ENGAGEMENT COMMITTEE



Ah, March in Austin...great weather, wildflowers, spring break and of course, Wheatsville's Birthday! Reflecting on where Wheatsville has been and where we are going makes me truly grateful for (and in awe of) the work and leadership of past boards who helped create the structure we follow today.

Without the structures of policy governance, monitoring reports, procedures for the co-op vote, financial training and strategic learning, our board meetings would be all over the place and probably 10 hours long! These structures provide the framework from which the Wheatsville Board governs and acts as the fiduciary to the cooperative. Come join us for a board meeting to see our well-oiled machine in action!

For the 2022-2023 Wheatsville Board, please welcome our newest member, Sara Vara. Sara brings to the board over 20 years of experience in human resources and has worked for the past 9 years at an Austin-area Credit Union, which by the way is another type of cooperative.

This year we see new changes on our executive team. It is with much appreciation to Rose Marie Klee's leadership as president for the last 4 years that we say goodbye, and welcome Brandon Hines as the new board president. Brandon comes to the president's role after being treasurer for the last 2 years. Among other duties, the president facilitates our meetings and creates the agenda. The president also keeps track of our financial and strategic learning so each board member is able to keep up with the board's work.

I'd like to point out that any owner can become a candidate to run for the board. You don't have to have special knowledge or training, just a love of Wheatsville.

Next, we have Stephanie Wong moving into the treasurer's position. She has worked closely with Brandon on the Audit and Review Committee for the last couple of years as a board member, and before that, as an owner. The treasurer chairs the Audit and Review Committee, directly inspects all tax payments, and builds the Annual Report of Financial Conditions.

And finally, Brian Mikulencak will serve as secretary. Brian has been on the Nominations Committee which helps to ensure the future of the board by overseeing the candidate application process. His committee experience is much appreciated since the secretary oversees the Co-op vote. The secretary also makes sure the board's documents are accurate, up to date and signed properly. Much appreciation goes to Jason Bourgeois who served as our past secretary. You can find a list of all the current board members here. With our structure in place, the board has the focus and energy for the most important job: representing Wheatsville Owners!

Find information about our upcoming election cycle, monthly meetings, and current board members here:
<https://wheatsville.coop/membership/board-of-directors>

POTATO SALAD

WITH GREEN CHILIS AND CHEDDAR

by Lisa Weems - BAKEHOUSE MANAGER

SALAD:

- 5 pounds Yukon Gold potatoes
- 2 tbl salt
- 1 1/2 pounds shredded cheddar or pepper jack cheese
- 1 1/2 cup sliced green onions
- 4 OZ. can Hatch green chilies, drained

DRESSING:

- 16 oz. sour cream
- 1/2 cup neutral oil
- 1/4 cup freshly squeezed lime juice
- 1 1/2 tsp salt
- 1 1/2 tsp black pepper
- 1 tsp. cumin

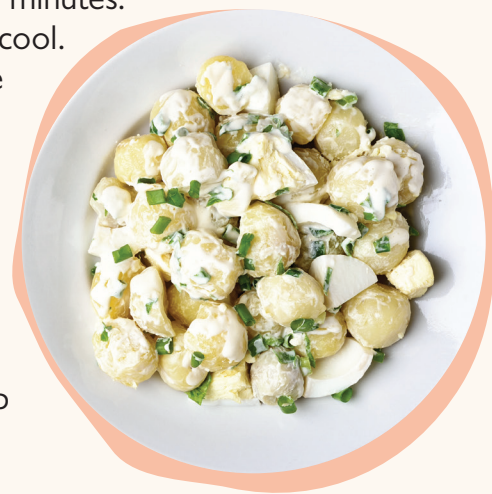
In honor of Wheatsville's 46th birthday and the arrival of spring, I am sharing a throwback recipe. This potato salad was a big seller back in the old days of the Guadalupe deli, when we still had our full-service deli case. It's easy to make and a total crowd-pleaser! Whip up a batch for your first spring barbecue and watch it fly!

DIRECTIONS:

Scrub potatoes and add to a large pot. Cover with water by about 1 inch and add salt. Bring to a boil, then reduce to a simmer and cook until potatoes are just tender when pierced with a fork. Depending on the size of the potatoes, this could take from 10 to 30 minutes.

Drain potatoes and allow to cool.

Once potatoes are cool, dice potatoes into 1 inch chunks and add to large bowl, Add cheddar, green onions, and drained chilies. Whisk all dressing ingredients together and pour over other ingredients. Mix well and enjoy. This salad holds up well for several days in the refrigerator.



OPEN on EASTER!

Sunday, April 17
10am - 9pm

TAKE A HIKE

by Nick Conn - MARKETING DIRECTOR

There is nothing like Austin in the spring! It's that magical three-day period between freezing temperatures and sweltering heat. Blink and you'll miss it. Many of us spend the best parts of the day indoors and by the time you can get out, it's too far to drive to a decent trail. Well fret not hikers because there are plenty of places to get out, stretch your legs and soak in the beauty of nature right outside your very door!



Now by no means is my list the end all be all of great walking trails in Austin. It could change 4 times in the next week and there would still be plenty of trails left to choose from. That's how many options we have here.

One criterion I had for my selections is that they have multiple access points and can be walked for miles. The first two are for hikers and walkers of any ability. Most parts of these first two trails are even wheelchair accessible. The last one has more obstacles and uneven terrain. Before I share my choices I have some honorable mentions worth checking out. For short walks Blun Creek and Boggy Creek

Greenbelt are great choices. For longer walks, Roy G Guerro, Bull Creek and Walnut Creek Metropolitan Park are all great choices for a day hike and picnic. Do yourself a favor and check out these spots.

Now for my favorite spots in Central Austin to hike.

ROY AND ANN BUTLER HIKE AND BIKE TRAIL

Who hasn't taken a visiting friend or family member to walk Lady Bird Lake? Excellent views of the downtown skyline, great people watching and access to amenities like canoes and paddle boarding make this an easy addition to the list. However, parking can be an issue at some entrances.

One of my favorite spots along this is bird watching at Lou Neff point. This is a great place to eat **My Brothers Tortilla Chips** and **Wheatsville's homemade Salsa Casara**. My Brothers chips are a new product and are crisp and perfectly salted. They go great with Wheatsville's house made salsa. From there I walk down to Auditorium Shores Dog Park to let the dog off the leash. This helps them get their zoomies out before we start walking again. I usually bring a local **Richards Rainwater** to drink while the dogs play. I am a big fan of their sparkling water.

For a short walk I usually cross over at Congress. I don't eat snacks here because the bats make the area a little stinky. Dedicated hikers can keep going as there is a lot to see. The boardwalk at Lady Bird Lake is a great place to take pictures and crossing over the river at 35 takes you right into the heart of downtown. Walking west from here it is so much fun to peek into the hotels that line the lake. By the time I'm over here I usually want a little something sweet, so I bring a pack or two of **Annie's Bunny Fruit Snacks**. Hey, adults love fruit snacks too.

Generally, I cross back over at Lamar but the stretch from there to Mopac is great for people watching. This is where all the fittest people in Austin work out. When I hang out on this stretch of the lake

you can usually find me drinking a fresh squeezed **blood orange juice** and **fresh cut watermelon** from Wheatsville's produce department.

SHOAL CREEK WITH PICNIC AT PEASE PARK

I have only lived here for three years now but to me no place feels more like Austin than Shoal Creek Trail. There is always something to see with plenty of room to ride bikes, walk or jog. I've explored the creek from Allendale to the lake and although I have many favorite parts, for this review. I wanted to write about my favorite spot close to Wheatsville's Guadalupe location.

Park at W 31st and North Lamar and enter the trail behind the furniture store. You are immediately welcomed by large bluffs rising high up over the trail and you can look down into the creek below. You can take a well-trained dog off leash for a while there before you hit the park. Right before you hit the park there's a great section where all the trees are covered in Spanish Moss hanging over the trail.



Pease Park has been renovated recently so make sure to check out the new observation pod and the giant chess board. My family and I hiked down there after stopping at Wheatsville for snacks. I told them they needed to pick out the perfect Wheatsville meal for Pease Park. After zero deliberations it turns out that a **Popcorn Tofu Po'boy** and a **Kosmic Kombucha Pear of the Dog** are the quintessential picnic

lunch. The combination of crunch from deep fried tofu and the creamy tang of cashew tamari dressing makes for a perfect meal on a sunny day. Kosmic Kombucha made Pear of the Dog specifically for Wheatsville and the zesty, almost spicy zip of the prickly pear and citrus mix pairs perfectly with the saltiness of the sandwich.

BARTON SPRINGS TO HILL OF LIFE...AND BACK!

This is the granddaddy of Austin hikes. This hike has everything from views of Barton Springs Pool, rock climbers literally rappelling over your head and cascading waterfalls. It's the first place I went when I moved here and have been back countless times. This trail has multiple entrances, but I suggest Barton Creek 360 Trail Access. There is usually plenty of parking and its proximity to Wheatsville South Lamar makes it the ideal place to start your hike. Last time I was there my dogs, and I came across a lady walking her goat!

I usually pack light for this behemoth of a trail, but I always bring a **Clean Cause** with me. This sparkling yerba matte beverage company is based right here in Austin. Not only is their product sweet and packed with 160 mg of organic caffeine but their mission is to give 50% of their profits to support addiction recovery! When you have reached the top of Hill of Life there is no better feeling than savoring one of those. I also make sure to bring along a pack of **Sahale Snacks**. They make nut-based snack mixes that are the perfect size for sampling and taste out of this world. For my last hike I brought the **maple pecan**. After writing this article I am beginning to think I have a sweet tooth!



Extra points...if you run it! This is such a fun trail run with plenty of challenges for all levels of trail runner, but make sure to plan your route first because one wrong turn and you'll find yourself waist deep in water trying to get back to the trail. When I ran it, I added a **Nuun** tablet to my water bottle for a quick effervescent, electrolyte boost. My favorite flavor is **Strawberry Lemonade**. I also packed **Clif Shot Bloks** for some extra calories and a caffeine boost.

So, there you have it! My favorite trails in the city. Which are yours? Let me know at nick@wheatsville.com.

46

HISTORY OF WHEATSVILLE



1867

Founded by James Wheat in 1867. Wheatville was the first Black community in Austin and at one point had over 300 residents. Our co-op founders named Wheatville Food Co-op to honor them.



1975

Funding for Wheatville came in part, from one of the largest ZZ Top concerts in Austin on the UT Campus.



1976

Doors open at our first store on 29th street. Wheatville began selling good food to the community and our neighbors.



1977

The co-op was supported by a volunteer crew know as Turn-Ups, because they just turned up to work. Shortly after the Turn-Ups become paid employees.



1980

Wheatville leases the Kash & Karry on Guadalupe and makes plans to move to a new location.



1990

Cesar Chavez speaks at Wheatville Food Co-op, the first grocery store in town to boycott grapes.



1991

The movie Slacker is released with many Wheatville staff members appearances.



1993

The first patronage rebate is offered.



1989

The awning is added to the front of Wheatville. Designed by Wheatville staffer Mark Macek.



1995

Manager Dan Poe's letter to Owners seeking financial support helps keeps Wheatville's doors open.



2008

Popcorn tofu is born. It was originally called Wonko's Popcorn Tofu named after a Wheatville cook.



2007

The Mangia-saurus is craned onto Wheatville's roof for safe-keeping.



2012

Introduction of Wheatville's big direction. Our plan to create more local organic sustainable food, more Co-op economy and more happy people begins! Wheatville signs the lease for the 4001 South Lamar store.



2020

Global pandemic happens and Wheatville staff spring into action. Acrylic shields go up and masks go on but we still stay the friendliest store in town.



2021

Still in the midst of the pandemic, Texas is hit with one of largest snowstorms on record. Wheatville employees show up for the community. Wheatville is the only store open in Central Austin.