



# the wheatsville breeze



**Taste of Thanksgiving Sampling Event**  
 Saturday, November 12th 1-3 pm

Sample our Side Dishes, Pies, & Tofurky and see how we can help you plan a fabulous Holiday Feast!

## Thanksgiving at Wheatsville

Wheatsville Food Co-op is committed to offering you a friendly and stress-free holiday shopping experience. From the moment you enter our parking lot, you are family. You will be greeted with warmth, sincerity, good cheer and a positive cooperative spirit. We will offer you fantastic service, thoughtful convenience, delicious food for your feast and an abundance of local choices. To us, Thanksgiving is about sharing good food with your friends and family, which is why we are happy to do all we can to make your shopping as easy and convenient as possible. We're honored to help make your Thanksgiving special and low-stress and to be your grocer for such an important holiday.

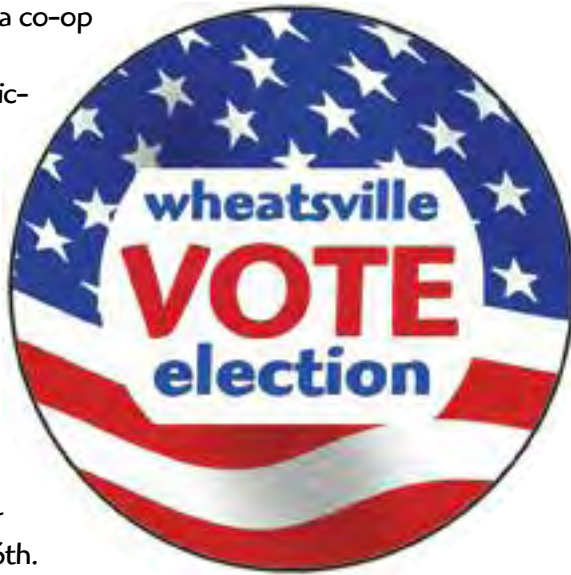
## LET US PARK YOUR CAR!

On Wednesday, November 23rd, your co-op will offer free Courtesy Parking! This helps us to serve more shoppers and can cut down on the stress of getting in and out of the store. So help us help you! If you don't immediately see a spot, pull up to the patio and we'll take care of it!



### The 2012 Wheatsville Election is going on right now!

One of the truly unique and greatest aspects of being a co-op owner is having the opportunity to participate democratically. As owners, we all play an integral part in shaping the co-op by electing fellow owners to the Board of Directors and choosing our Community Action recipients. Cast your vote by December 6th.



Vote at [www.wheatsville.coop](http://www.wheatsville.coop) or at the Hospitality Desk.

### Thanksgiving Weekend Hours:

**CLOSED Thanksgiving Day**

**Open 9am - 9pm  
 Friday, Nov.25th**

**Open Regular Hours 7:30am - 11pm  
 Saturday & Sunday**

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**WHEATSVILLE ARTS FESTIVAL 2011**

is moving to  
**Spider House Ballroom 2915 Guadalupe**  
**December 3rd & 4th**  
**10am - 5pm**  
**LOCAL ARTISTS - LIVE MUSIC**  
[www.wheatsvilleartsfestival.com](http://www.wheatsvilleartsfestival.com)

# Community Action Wednesdays

The recipient for  
November and December is the  
**Wheatsville Co-op  
Community Fund**



Wheatsville has a Community Fund in our name and we use the earnings from our fund to support local community groups. We'll do this annually and at first, while the endowment is small, the amounts donated will be small, too, but as we grow our fund, our grants will grow, too!

Wheatsville owners have a non-profit charitable giving organization that is controlled by your co-op. We focus on groups that are working toward a similar mission.

## Holiday Tent Sale!

Sunday November 27th 12pm-8pm  
Monday November 28th 4pm-8pm  
Fair Trade Gifts!  
Local Bodycare! Handcrafted Goodies!  
Great Selection & Great Prices  
One-time Event of the Season

\*while supplies last\*  
\*cash or checks only\*



## Patronage Rebates

Thanks to another successful year, we will be distributing Patronage Rebates! Pick up your voucher NOW at the front of the store. Rebates may be applied to your purchase, redeemed for cash, or donated to the current Community Action Wednesday recipient.

**All rebates must be picked up and redeemed by February 15, 2012.**

- Guess What!!**
- We have staff anniversaries**
- Lee Jellison 19 years as of 11/23**  
(grocery receiver)
  - Greg Paul Hull 14 years as of 11/6**  
(produce clerk)
  - Niki Nash 12 years as of 9/13**  
(merchandising manager)
  - Cliff Bagley 4 years as of 11/7**  
(grocery lead)
  - Merilee Kuchon 4 years as of 11/14**  
(kitchen manager)
  - Carla Vargas-Frank 3 years as of 11/12**  
(herbs lead clerk)
  - Katie Browne 2 years as of 11/3**  
(front end clerk)
  - Cody Atkins 1 year as of 11/1**  
(health team supervisor)
  - Lester King 1 year as of 11/29**  
(grocery clerk)

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

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

### Wheatsville 2011 Board of Directors

Rose Marie Klee	Kitten Holloway
Doug Addison	Steven Tomlinson
Lee Blaney	Reyna Bishop
Mark Wochner	
Kate Vickery	

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

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



# Knitted Pink Bras Support Local Breast Cancer Awareness



You may have noticed that our rooftop dinosaur has recently been wearing a knitted pink bra! In fact, the colorful knitted bras are being revealed all over Central Texas to raise awareness for the local impact of the **Austin Affiliate of Susan G. Komen for the Cure**.

The knitted bras will be on display in the weeks leading up to the **Susan G. Komen Austin Race for the Cure on Sunday, Nov. 13**, the organization's largest fundraiser. Other local icons sporting bras are Maria at Maria's Taco Xpress on South Lamar, Peter Pan at Peter Pan Mini Golf, a mariachi man at El Arroyo on 5th Street, the Hutto Hippo, and the 20-foot gingerbread man in Smithville.

These custom-designed bras are the creations of local volunteer knitters to demonstrate their support for the Komen Austin Affiliate's local efforts. And **Knitta**, led by local graffiti artist **Magda Sayeg**, organized volunteers, donated yarn, and provided installation guidance and assistance.

One out of eight women here in the Austin area will have to fight breast cancer in her lifetime. That's why, since 1999, the Komen Austin Affiliate has been hard at work here in the Austin area raising money to provide breast cancer screening, education and medical services as well as financial and emotional support. In fact, 75 percent

of the money raised each year is put to work right here in Bastrop, Caldwell, Hays, Travis, and Williamson counties to improve the lives of everyone affected by this deadly disease. The remaining funds go to national research to find a cure for breast cancer once and for all.

Wheatsville Coop is proud to support the Komen Austin Affiliate and the valuable services it provides to fight breast cancer in our community. To learn more or to register for the Komen Austin Race for the Cure, visit [www.komenaustin.org](http://www.komenaustin.org).

Special thanks volunteer knitters **Betty Harris** and **Melanie Marcee** who knitted our dino's bra! To find out more about Knitta and the pink bra project, please visit <http://www.facebook.com/pages/knittaplease/26807645578>.



## Staff Spotlight—Nina Norton

by **Beth Ley, HR Generalist**



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

**NN:** I'm a recent addition to the Wheatsville crew, having just come aboard two months ago. I was hired to fill a brand new position, that of Category Management Coordinator. I've been in the grocery business for 7 years now, and most of that history up to this point has been on the purchasing end. It's exciting to be a part of Wheatsville's growth right now!

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

**NN:** I was a military child and moved all over the US for the first few years of my life, until my family finally landed in Austin and loved it so much we decided to stay. I've been here now for 15 years and consider Austin my hometown.

**BL:** What is your favorite product at Wheatsville?

**NN:** That's a tough call, but since I tend to hit the hot bar for lunch every day I'd say the vegan nutritional yeast mac & cheese ends up on my plate more frequently than anything else.

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

**NN:** I love dining out! From TacoMex to Justine's to Thanh Nhi, my food obsession does not end when I leave Wheatsville. The city's restaurant scene is really starting to gather steam and there is always some new place to try.

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

**NN:** I am a synesthete, and my synesthesia manifests itself in a mental cross-association of colors and feelings with letters, numbers, and words.

Fill in the blanks: I've always wanted to see some car-free thoroughfares in central Austin and if I had it my way, cycling (as a primary mode of transport) would be the preferred way to get around town for more people.



## Siren Song: Songs of the Sea Saturday, November 5

7:30 p.m.

St. Matthew's Episcopal Church, 8134 Mesa Drive

The program will include folk songs in several languages, a composition from Eric Whitacre (called the rock star of choral music) and an exciting new composition created specifically for Tapestry Singers by a gifted 19-year old from Austin.

Tickets: \$12 adults, \$8 seniors and students  
Tickets can be purchased from a member, at the door, or on our web site [www.tapestrysingers.org](http://www.tapestrysingers.org)

**About the Tapestry Singers** In 1987, Tapestry Singers began as a way to bring women together to celebrate their heritage and for the pure enjoyment of singing. Women from all backgrounds, lifestyles, and areas of the city come together once a week to laugh, to support, and to sing their hearts out!



## Relax, We'll Do the Cooking by Dana Tomlin, Deli Manager

Make this Thanksgiving a time to relax and reflect with family and friends by enjoying a complete holiday feast made for you by the talented cooks and bakers in our co-op's kitchen! Count on your Wheatsville Deli to have made-from-scratch holiday starters, first course soups and salads, hearty entrees, seasonal sides and delectable desserts for your table. By leaving the work to us, you can have a full meal that is genuinely homemade without spending hours in the kitchen!

We'll have plenty of appetizers available for all your holiday gatherings this season. These tasty nibbles are the perfect way to welcome your family and friends coming to share your table on Thanksgiving!

Our cool and creamy **Spinach Feta Dip** and our garlicky **Cashew-Tamari Dip** go perfectly with a bowl of baby carrots and broccoli florets for dipping. Our herby **Garlic Chive Cheddar Cheese Balls** and savory, vegan **Walnut Pecan Pâté** are delicious when spread on crackers or thin slices of our fresh-baked **La Brea Bakery baguettes**. Be sure to grab an assortment of olives and other briny snacks from our Olive Bar! With a little advance notice, our Deli can also provide a number of gorgeous catering trays for your holiday, including **Cut Fruit**, **Raw Veggies**, **Middle Eastern Trays** and more!

If you're planning on a bigger gathering or want to have a number of courses this holiday, soup and salad are up next. Simple soups work best as starters, and our holiday favorites are **African Peanut**, **Crimson Carrot**, **Rosemary Lentil** and **Potato Leek**. Salads can be as simple as cruising our **Salad Bar** for your favorite ingredients like baby spinach, organic dried cranberries and feta cheese, and tossing them all together with a sweet vinaigrette just before your guests sit down.

Moving on to the main course, you can choose from take-home **Roasted Whole Natural Turkeys**, platters of **Tofurky** with our own vegan **Mushroom Gravy**, **Maple & Mustard Glazed Niman Ranch Pork Loin**, and **Leek-Roasted Carrots and Tempeh**, which makes a colorful and hearty vegan main course unto itself, or can simply be a delicious side dish for your table. If you decide you'd like to get a **Roasted Whole Natural Turkey**, which should feed a family of six with ample leftovers, we cook them to order— **please let us know by Sunday November 20th** and we'll take care of it for you! If you'd rather have us roast an organic bird for your table, call or email me, [deli@wheatsville.coop](mailto:deli@wheatsville.coop), and I can make arrangements with you to get you what you need.

As always, we will have a bountiful selection of seasonal side dishes for you: **Garlic Mashed Potatoes**, **Green Beans with sautéed mushrooms and toasted walnuts**, the seasonally spectacular **Roasted Fall Root Veggies**, **Vegan Mac'n'Cheese with Broccoli**, deceptively simple **Creamy Coconut Mashed Sweet Potatoes**, traditional, savory **Sausage Bread Stuffing** featuring house-made Niman Ranch sausage from our Meat Department, and our famed **Vegan Cornbread Dressing**. This year we'll be adding some new holiday dishes to the mix, like **Mustardy Kale with Niman Ranch Bacon**, gorgeous **Mushroom Bundles** wrapped in collard greens, orange-infused **Nutted Wild Rice**, **Roasted Winter Squash Wedges** and more! These new, seasonal recipes are destined to become holiday classics, and we hope you'll enjoy eating them as much as we enjoy making them!

And no holiday table is complete without a heaping helping of our ever-popular, veggie-packed vegan **Mushroom Gravy** and our tart, gingery **Cranberry Orange Relish** to make the most of your main course. Our Bakery's flaky vegan **Rosemary Biscuits** and our fresh-baked **La Brea Bakery Wheat Dinner Rolls** will also be here for the taking!

Our holiday fare will be available from our full-service case at the Deli Counter and much of it will also be stocked for your convenience in our self-service case starting Sunday, November 20th. We will also be running a three-day **Thanksgiving Feast** on our hot bar from Monday, November 21st through Wednesday, November 23rd, so you don't have to wait until Thanksgiving to get a taste of the holiday!

Again this year we will be putting together our **Holiday Helper Bags**, packing a cornucopia of our best-selling holiday side dishes in one easy, convenient grab'n'go package, including **Garlic Mashed Potatoes**, **Green Beans**, **Cornbread Stuffing**, **Cranberry Relish**, **Mushroom Gravy**, **Roasted Fall Root Veggies**, and **Coconut Mashed Sweet Potatoes!** These bags feed a family of four and will be available in our self-serve area starting on Tuesday, November 22nd. Now it's easier than ever to get your holidays happening. Grab one and your seasonal sides are covered!

**Taste of Thanksgiving Sampling Event**  
Saturday, November 12th 1-3 pm

Sample our Side Dishes, Pies, & Tofurky and see how we can help you plan a fabulous Holiday Feast!

To help you plan your holiday table, the Deli will be holding the **Taste of Thanksgiving Holiday Sampling Event** at the co-op on **Saturday, November 12th from 1—3pm** to let you taste some of the items from our holiday menu. There will be sampling throughout the store during the event, so be prepared to try lots of tasty treats to help you plan your holiday feast. We will also be offering our Thanksgiving dishes on our hot bar from 11am-8pm that day in case those samples leave you wanting more!

As always, your Wheatsville Bakery will be whipping up a delectable assortment of seasonal pies for your holiday dessert table: **Pumpkin**, **Pecan**, **Coconut Cream** and new this year, **Apple!** These pies are all homemade and freshly baked for you! With some organic vanilla ice cream, or vegan whipped cream, your meal will be complete! **Pies will be available starting Sunday, November 20th.**

### **Sunday November 20th is the deadline for all holiday food pre-orders from the Wheatsville Deli!**

To make sure your needs are filled, our Deli is offering an extended pre-order period this holiday through November 20th. During the weeks before Thanksgiving, we will have plenty of uncooked turkeys, pies and side dishes for you to purchase, but if you have your heart set on a special item, you can place an advance order to ensure you get what you're looking for when the time comes.

The folks at our **Hospitality Desk** will again be functioning as **Thanksgiving Central** and handling all Deli pre-orders this year, and the Hospitality Desk will also be the central pickup point for your orders. We do recommend you order your pies in advance, to make sure you get your favorites.

And once again I want to remind those of you planning to purchase our cooked-to-order **Whole Roasted Natural Turkeys**, pre-ordering and pre-payment is essential to make sure you get what you need.

So there you have it— Thanksgiving simplified!

Experience our holiday food during our Taste of Thanksgiving Sampler, pick up a menu at the Hospitality Desk or Deli Counter next time you're at the co-op, and place your order with the folks at the Hospitality Desk. You can always give our Hospitality clerks a call with orders or questions at 512-478-2667.

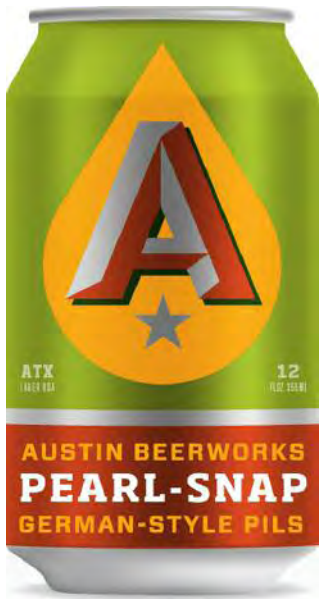
We look forward to cooking for you and yours, and helping make this Thanksgiving one to remember! Happy Holidays!





Thanksgiving is a time to celebrate with family and friends. To give thanks for the rich harvest from the land and to share a toast with a glass of...beer? Most people think of wine when they think of a Thanksgiving feast and that is a wonderful idea; wine is sophisticated and delicious and it really can complement the flavors of a festive meal. But wine is not the only beverage to pair with a Thanksgiving feast and it may not even be the most traditional. It has been documented in the Mayflowers journals that the pilgrims abandoned their voyage and landed in

Plymouth due to running out of beer and that one of the first establishments constructed within the colony was a brewery. So, it is in the spirit of Thanksgiving that I make the following recommendations for beers to enjoy with your holiday meal.



**Austin Beerworks Pearl Snap Pilsner**  
Go light on palates early in the day by starting off with a nice light-bodied Pilsner or Lager as your guests arrive. Austin Beerworks Pearl Snap Pilsner pours a stunningly clear golden color with a nice, bubbly head. This Pilsner is snappy, sharp and crisp with lots of hop flavor and character. This beer is a real crowd pleaser and is the perfect way to set the stage for the flavors to follow.

### Dale's Pale Ale

Kick things up a notch with a healthy dose of hops. The hoppy characters in Pale Ales will pair nicely with salads, cheeses, fruits, and many hors d'oeuvres, without overwhelming their flavors. Dale's Pale Ale is America's first hand-canned craft beer. A voluminously hopped Pale Ale that delivers a hoppy nose, assertive-but-balanced flavors of pale malts and hops from start to finish. Dale's Pale Ale is a hearty (6.5% alcohol and 65 IBUs), critically acclaimed trailblazer that has changed the way craft beer fiends perceive canned beer.



### Maredsous Triple

When eating poultry, gravy and stuffing, kick the day up a notch by pairing your meal with some strong Belgian-style ales. Their higher alcohol percentages cut through fats and starches, provide an edge of sweetness, and boast very diverse and complex flavors. Maredsous Triple is a golden-bodied Belgian Triplet, redolent with festive sparkle, creamy body and a luscious head. Its elegant smoothness belies its high alcohol content.

### Brooklyn Black Chocolate Stout

Rich and big stouts tend to work very well for dessert pairings. Brooklyn Black Chocolate Stout is an award-winning rendition of the Imperial Stout style once made exclusively for Catherine the Great. Brooklyn uses three mashes to brew each batch of this beer, achieving a luscious deep dark chocolate flavor through a blend of specialty roasted malts.



Choosing wines to enjoy with Thanksgiving dinner is not as daunting a task as some would have you believe. Most Thanksgiving meals are such a vast cornucopia of flavors that the idea of finding a specific wine to match with the meal is almost impossible. The most important thing is to pick a wine you truly enjoy and your friends and family will be thankful.



That being said, there are a few guidelines you can follow when pairing wine with turkey that will complement the big bird and make your Thanksgiving feast a success. This year we are featuring four great wines, two red and two white, which are all sure fire hits. The key to pairing wine with turkey is to find wines that are softer, fruity, bright and less tannic. The hands down winner is **Pinot Noir**.

**Sokol Blosser Pinot Noir** is an elegant example. Sokol Blosser Pinot Noir from Dundee Hills is truly an expression of the classic 2008 vintage. Complex and layered, with black cherry, berry, and earthy minerality, it has concentration and depth without being heavy. There's wonderful structure and texture with soft, supple tannins and acidity for aging. With proper cellaring, everything is in place for this wine to develop and age beautifully for the next ten to fifteen years.

**Le Grande Noir 2010 Pinot Noir** offers pure aromas of cherry, currant, and savory spices. The velvety tannins are nicely balanced by ripe red fruit flavors layered with vanilla and spice.



Thanksgiving dinner is about options. White meat or dark? Beans or greens? Stuffing or bread? Red or White? You're going to want flexibility, and there's no more flexible white than a good Riesling. We recommend **Urban 2008 Riesling** from Germany. Urban Riesling is a modern-styled Riesling from St. Urbans-Hof winery, a lovely property in the Mosel area of Germany. A pure and true expression of Mosel character, it has a nice minerality from the blueslate soil along with a flavorful light elegance. Racy, fruity and crisp with floral notes, this off-dry white gets your gastric juices flowing.



**Loredona 2010 Riesling** is made from cold-fermented gently pressed grapes finished without oak aging to reveal bright citrus and floral characteristics. This is a crisp, wine featuring flavors of white peach and honeydew melon.

### New! Cakebread Wines!

We now have two wines from Cakebread Cellars, the award winning winery located in California's Napa Valley. **Cakebread 2007 Cabernet Sauvignon** grabs the taster's attention immediately with enticingly fresh, fruit-forward aromas of black currant, blackberry and boysenberry, joined by seductive chocolate and roast coffee scents.

**Cakebread Napa Valley Chardonnay** boasts an attractive light golden-straw color and fresh, lightly buttery, ripe golden apple, pear and citrus aromas, complemented by seductive vanilla and cinnamon/nutmeg scents from oak aging and subtle yeast tones. These are truly fine wines that are only released to the public occasionally. Why not bring one to your next holiday gathering?





# Thanksgiving Centerpiece by Mark Maddy, Meat & Seafood Buyer

Once again, Thanksgiving is almost here. The season brings familiar sights, sounds and smells as we prepare to celebrate all the coming holidays. At Wheatsville, we try to make your holiday meal shopping as hassle and worry

free as possible. We also strive to ensure that your meat and seafood is sustainably and responsibly raised and harvested.

At the top of the list is turkey. Our **Grateful Harvest Turkeys** are never kept in tight quarters or cages. They're given free access to the outdoors and allowed to express their natural behaviors. Like our other meat products at Wheatsville, these turkeys are chemically clean, never given any growth hormones or antibiotics. Our **Grateful Harvest Natural Turkeys** will be at a great price of **\$2.99/lb.** We are proud to offer a reasonably priced turkey of the standards that Wheatsville owners expect. We will also have the option of **Grateful Harvest Organic Turkeys** at **\$3.49/lb.** The supply of organic turkeys is limited, so buy early if organic is the way you want to go.



## Grateful Harvest

**Turkeys will be available beginning November 18th. Pre-ordered turkeys will be ready for pickup at the Hospitality Desk—from November 19th through 23rd.**

If you have further questions or want to place a special order, contact the friendly folks at the Hospitality Desk.

Our natural turkeys will range from 10-20 lbs. You should plan for about a pound and half per person if you want leftovers. If you are planning to feed a crowd and think you'll need a 20+ pound turkey, consider getting two smaller birds. Not only will it cut down on your oven time, but you will get extra drumsticks and wings to gnaw on! Plus, you can carve one to start and leave the other bird whole for a nice table centerpiece until you're ready to dig into it!

We'll also have extra turkey parts—extra white meat, spare pairs of drumsticks, and bone-in breasts can only help!

Or, for a smaller gathering, grab a **boneless turkey breast!** These are great for just a few people and also fantastic for smoking on the pit. We will be cutting bone-in breasts as well. If you don't see it on the shelf just ask one of the butchers and we'll be happy to cut whatever you need. Is ham is on your menu this year? If so, we'll have delicious **Niman**

**Ranch Bone-in Spiral Cut Half Hams, Boneless Half Ham and Boneless Petite Hams.** Each of these hams is fully cooked, easy to prepare, and very tasty! Like all Niman Ranch products, the hams are gluten-free and made with humanely-treated animals. You'll want to plan one-quarter to one-third of a pound of boneless ham per person (more if you want leftovers with red-eye gravy in the morning!) If you want to order pork from Richardson Farm, let us know with plenty of advance and we'll see what we can do.

If you'd like to serve something outside the turkey box, we have plenty of options.

If beefs appeals to you, I recommend a **Rib Roast.** We cut the Rib Roast from the ribeye, making this the King of Roasts.

We can also cut **Leg of Lamb Roasts**, both **bone-in or boneless.** Ideally, we would prefer a day of advance notice, but we can certainly cut your roast on the fly if necessary.

If you have a **seafood feast** in mind, may I suggest our succulent **Trollerpoint Coho Salmon.** We can file it out for you or just remove the spine and ribs and keep the two sides intact for stuffing. Again, advance notice will help us get these ready for you. If you need advice with preparation or want to order a specific item, feel free to ask.

We'll also have lots of our staple items in stock over the holidays to get you started cooking. Bulk packages of **Buddy's All-Natural, Local Chicken Parts** are perfect for making stock. **Buddy's All-Natural Chicken Livers** will make great classic giblet gravy. **Bacon, Prosciutto, and Wheatsville's in-house made sausages** are great in stuffing and other side dishes.

I like brining my turkey and **putting bacon under the skin on top of the breast and a few pieces in the cavity.** You can use this technique for any flavor you would like to add to your turkey or chicken. **Rosemary, garlic and butter** is a pretty simple and delicious addition. Just be sure and separate the skin as

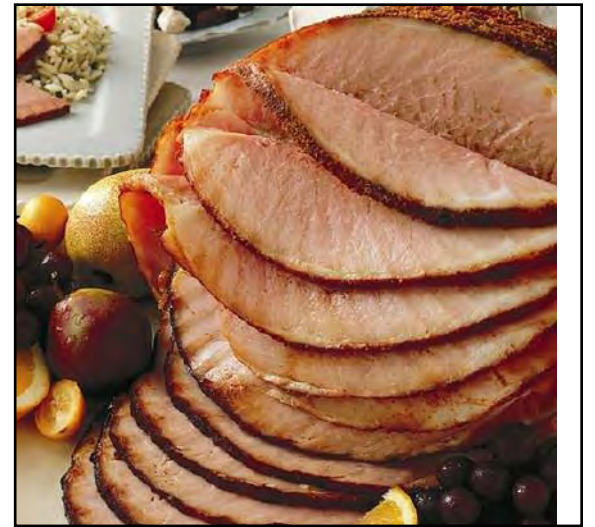
far down as you can so that your flavor additions cover as much area as possible.

With all that prep going on, why not have a quick and easy dinner the night before? We have plenty of **hotdogs** and **dinner sausages** to choose from. Our **Tanka Buffalo Dogs** are the best hotdogs I have ever had. Other quick and easy dinners—**Niman Ranch Pulled Pork** or **St. Louis Style Short Ribs**—just heat and serve.

We'll also have all sorts of tasty breakfast meats for your post-holiday morning spread! We have a large selection of great bacons, including organics and bacons with no added nitrates from Niman Ranch and Applegate Farms. We also have two fabulous pork breakfast sausages on hand, **Niman Ranch's Apple Cinnamon** and our locally produced **Richardson Farm's Breakfast Pan Sausage!** Or try some **Salmon Lox** to go with your **Rockstar Bagels.**

Christmas and the New Year are also just around the bend. We will have plenty of hams for that Christmas feast, and go ahead and throw that bone or ham pieces in those New Year Black-eyed Peas. Keep those cats and dogs in good spirits with some bones and CountryPet Naturals low temperature pasteurized Lamb Dog Food and Lamb and Chicken Cat Food. They will love you for it.

So come on by and let us make your holidays a breeze!



**Estimated Cooking times:**  
14-16 lbs 3.5-3.75 hours  
16-18 lbs 3.75-4 hours  
18-20 lbs 4-4.5 hours  
20-22 lbs 4.5-5 hours

### How to Carve Your Holiday Turkey

*This is not at all as hard as it looks, so relax and get out your sharpest knife.*

- There are two reasons to rest your turkey for at least 20 minutes before serving. It allows the juices to well up in the turkey, making it juicier. It also cools the surface so that you don't burn your fingers while carving; and it gives you an opportunity to have a glass of wine. OK that's three reasons.
- Take your sharp knife and cut the area between the thigh and the breast. Push down with the hand that is not doing the cutting and the thigh should separate easily. Cut the joint between the thigh and the drum and separate them.
- Don't try to carve the drumstick, just have one of the guests who like to get hand's on with their food gnaw on it. Worry the bone out of the thigh with your knife and fingers and carve the thigh.
- Now, make one long incision in the turkey from just above the wing (leave the wing right where it is as it helps stabilize the bird) all the way back to where the thigh used to be. This incision is made parallel to the table; just cut straight in.
- Next, go to the top of the breast and start at the outside and cut straight down to the first incision. The slices should fall right off. These slices should be just a little over a quarter inch thick. Serve all of these slices from a deep dish with a lot of very warm (not boiling) turkey broth.
- Garnish with a couple of bay leaves, some whole cranberries and anything else that suits your fancy, and have fun on your holiday.



## Turkey Cooking Instructions and Tips

Some helpful hints on Turkey cooking from Grateful Harvest Turkey Expert, Paul Gingerich

- Remove the outer wrapper from the turkey.
- Remove the inner wrappings (giblets) and neck from the neck and chest cavities. Set aside for making broth or stuffing if desired.
- If the parts in the chest cavity seem to be stuck together or frozen run cold water through the cavity until the neck comes out freely. A little frost on the inside of the bird is an indication the turkey has been delivered to you as cold as possible to keep it as fresh as possible.
- Pat the inside of the turkey dry with a paper towel. Lightly salt the inside of the bird and rub the bird inside and out with a cut lemon. This helps to ensure a crisp skin.
- Place the turkey breast side up in the appropriate sized roasting pan and add about two cups water or chicken or turkey broth, two cups white wine\*, the juice of two lemons, a couple of bay leaves and fresh Rosemary. Throw the lemon used for the juice inside the bird. The oil and resin from the skin adds more flavor. For additional flavor use a poultry seasoning or rub.
- Place a tinfoil tent over the turkey leaving the ends open. The foil tent creates a self basting environment. The juice will spatter up on the tent and then back down on the bird – and keeps your oven clean! Important – do not close the ends of the tent as this will add steam causing you to stew, not roast, your turkey.
- Set your oven to 325° and place your turkey on the lowest rack in your oven. Cook about 15 minutes per pound or until the turkey reaches 170° internal temperature.
- If the turkey has not reached a golden brown when it reaches 170° remove the tent and turn the oven to 450° and roast to golden brown. Watch closely this will not take long.

**Making Stock** - If you want to make your own turkey stock, buy some extra parts of turkeys (legs, wings etc) and simmer while you are roasting the turkey. Little known fact—necks make the best broth.

**Shhhhhh!!!**... Here is my secret to a moist turkey: I carve the turkey into a deep sided platter and pour the broth from the roasting pan over the turkey for flavor and moisture. You will never regret this move. You can reserve some of the stock for gravy or use the extra stock you get from cooking a few extra pieces.

**To stuff or not to stuff?** - Stuffing a turkey will gain you a great tasting stuffing, but the bread can dry the turkey just a bit, so it's your call.

**Sanitize** - ALWAYS WASH HANDS, UTENSILS, SINK AND EVERYTHING THAT HAS BEEN IN CONTACT WITH RAW TURKEY. Sanitize the counter, sinks and any containers or trays that have been used. Use a solution of 1 teaspoon of unscented chlorine bleach in 1 quart of water, and let dry completely).



## I'm So Thankful!

by Mariah Barrett, Deli Counter Manager

My favorite day of the year is quickly approaching...THANKSGIVING!!! Good food, good wine, yummy smells, friends and family; I can't wait! This year will be extra special for me because my mom is moving to Austin! I've lived here for eleven years and I've had eleven amazing turkey days without her, but I

am sooo excited to get to share this with her this year!

Since I want to make this year's meal memorable, I'll be relying on the Wheatsville Deli to help me with some **Holiday Catering**. We are rolling out a new catering option—our **Savory Spread Tray**. This is a delicious and delectable combo of our **Spinach & Feta dip, Walnut Pecan Pate, and a Garlic Cheddar Cheese Ball**, that comes with organic crackers.

I'll probably order a **Veggie Tray** as well, this is a large platter of assorted veggies and comes with our in-house made **Cashew Tamari Dressing**. And of course I can't forget the sweet stuff, I'll need to get a **Dessert Tray** too! Made fresh by our talented and lovely bakers this is an assortment of brownies and bars that are guaranteed to please everyone. (it's really pretty too!)

Last but not least, I'm going to buy a GALLON of **Wheatsville's Mushroom Gravy**. As much as I love making a meal from scratch, nothing compares to this gravy. It's hands down the best gravy I've ever had and it's available around the holidays for preorder, in our full serve case at the deli counter, and also in our grab-n-go self serve cooler.

While you're out and about shopping, I recommend trying something from our Seasonal Coffee Menu. I love our Organic Fair Trade **Pumpkin Pie Latte**, we also have a delicious **Toffee Nut Latte** and a **Hot Caramel Macchiato**! All of these are a perfect pick me up while you finish your holiday shopping. Coming in December we will roll out a new Seasonal Beverage menu that will include a delicious Peppermint Mocha.

And don't forget, if you don't find what you're looking for or you'd like to place a catering order, feel free to call or come by the Deli Counter! We are happy to take care of it for you!

The list of things I am grateful for is too long to even begin to put on paper (or Microsoft Word, as the case may be) But I'd like to give a shout out to the amazing staff of Wheatsville who continue to make my job a pleasure every single day, and to the even more amazing owners and customers who enable us to continue to our mission to be the friendliest store in Austin.

In the spirit of the holiday, here is one of my favorite recipes of all time (but I might be a little biased).

## Fall Chill by Chris Moore, Chiller



Seasons greetings from the chill department to all of you Wheatsville patrons. Now that the weather is starting to cool off and the holiday seasons are upon us, we all can look forward to some most excellent seasonal products starting to appear on the shelves.

From a local perspective, we have an oldie but goody—**Paqui's Pumpkin Tortillas** are back and just as good as ever. Try our new **Mom & Pops Apple Cider Popsicle with a Hint of Rosemary**—this flavor is by far one of the best.

Seasonal beverages begin to flow—**Silk, So Delicious and Organic Valley Nogs**—if you're like me, you can't wait to see egg nog back!

With family coming to visit and baking season here, don't forget to pick up all your needs in the dairy and frozen cases. We have gluten free pie crusts, local free-range eggs, organic butter and local non-homogenized organic milk and cream.

Here's is a wonderful recipe from our friends at Organic Valley,

### Juicy Oven Roasted Turkey Breast with Orange Cranberry Glaze

- 1 1/2 pounds Organic Prairie Boneless Skinless Turkey Breast
- 2 cups Organic Valley no pulp added Orange Juice
- 1/3 cup honey
- 2 Tbs tamari soy sauce
- 1/2 cup dried cranberries
- 1/3 cup peeled and minced shallots
- 1 tsp Organic Valley Salted Butter
- sea salt to taste
- black pepper to taste



Preheat oven to 400°F. Place thawed turkey breast in an 8x8 baking dish. In a small mixing bowl, whisk orange juice, honey and tamari soy sauce. Pour mixture over turkey breast and toss in the dried cranberries and minced shallots. Baste with melted butter and sprinkle with sea salt and pepper. Roast until thermometer inserted into thickest part of turkey registers 170°F and juices run clear when pierced with fork (about 45 minutes). For the richest flavor, baste throughout the roasting process with the orange juice mixture.

Let stand 10 minutes prior to carving. Thinly slice turkey crosswise. Transfer to platter and keep warm. Pour any remaining juice mixture into a small saucepan, and over medium heat constantly stirring, reduce to a rich glaze. Drizzle over sliced turkey breast. 15 minutes prep time, total time 1:10, serves 6

### My Momma's Bread Recipe

- 2 1/4 cups milk
- 1/2 cup warm water (use the baby bottle wrist test)
- 2 packages yeast
- 3 Tbs butter
- 3 Tbs sugar
- 2 tsp salt
- 6-7 cups white flour, more or less
- 2 beaten egg whites



Combine milk, half of the sugar (1.5 Tbs), butter, and salt in saucepan and scald (do not boil). Remove from heat, set aside to cool to "baby bottle" warm. If water is too hot it will deactivate the yeast and it won't grow.

In large bowl place 1/2 cup warm water; mix in the other half of the sugar (1.5 Tbs), sprinkle both packages of yeast over top, set aside until mixture begins to grow.

Return to cooled milk and butter mixture in saucepan, add 1-2 cup white flour and stir until mixed. Add this mixture to large bowl with yeast. Continue to add remaining flour until dough has formed and can be turned out onto a floured board.

Knead dough on floured board for 8-10 minutes, adding flour a little bit at a time until dough is smooth and silky. Place dough into greased bowl, cover and let rise until doubled in bulk (about 45-60 minutes).

Punch dough down in center of bowl and let rest for 15 minutes.

Turn dough out onto lightly floured surface, form into desired shapes—recipe yields 12 small rolls or 2 loaves.

**For loaves:** Cut dough into 2 pieces and form each loaf until top is smooth and place into greased loaf pans.

**For rolls:** Cut dough into 12 equal pieces and form each roll into a smooth ball and place into a greased 9"x9" pan. Rolls should be touching. Let rise until doubled in bulk (about 45 minutes)

Once bread/rolls have doubled in size, brush tops with beaten egg white mixture.

Preheat oven to 350°. Place bread or rolls on center rack and bake for 30-35 minutes. If you have a meat thermometer, temp in the bread will be 205° when done—if you don't have a thermometer, thump on the outside of the bread and it will sound hollow.

**Variations:** Sprinkle tops with sesame or poppyseeds or parmesan or minced onion or garlic for creative tastebuds. Or not.

Remove bread/rolls from oven. Brush with melted butter to soften the crust if you like. Remove from pans. Serve rolls warm. Let bread cool somewhat before slicing. There you have it!! Enjoy!



# Thanksgiving at Wheatsville

Grocery Buyer Adrienne Beall asked a few of our Local vendors a few questions about how they celebrate Thanksgiving:

- Who are you and what do you sell to Wheatsville?*
- Where do you celebrate Thanksgiving?*
- Who celebrates with you?*
- What is your favorite Thanksgiving dish?*
- Can you share the recipe for it?*
- Please share a favorite Thanksgiving memory.*

## Austin Sugarworks

I'm Elayne Crain, and I make and sell **Austin Sugarworks** artisanal **Café Sugars** (decorative sugar cubes) at Wheatsville. Our French-style, hand-molded sugars are all-natural and come in flavored varieties—vanilla, lemon and many more. Since we only use superfine sugar, pure extracts and vegetable-based colorants, our sugars are naturally gluten-free and fat free. I'm so grateful to Wheatsville for all the support and prominence they give to local food producers!



The last few years we've either stayed at home for Thanksgiving and had family come here (Austin is never a hard sell!) or rented a house for a few days in Port Aransas, which is thankfully never crowded during late fall/winter, but still quite lovely. My husband, my son and I are all redheads, so the beach in November is a pretty perfect proposition for us.

It's always at least my husband, myself and our son, Benjamin, but given that we're in such a fun city to visit, most years we also have

visiting relatives—usually my brother and his fiancée, and my mother.

Thanksgiving dinner always signals the start of the holiday season to me. I adore mashed potatoes, but the last few years we've been trying out more adventurous menus. Last year I tried an Irish menu (honey-glazed ham with roasted vegetables, and shortbread for dessert), and the year before that, we did a British menu, which was also wonderful and very fun to make: Yorkshire pudding, classic roast beef with horseradish sauce, carrots with ginger butter and minted peas.

I got the British menu from the Dec./Jan. '08 issue of the sadly-now-defunct *Domino* magazine (I'm always ripping out and saving these things!), if anyone wants the whole menu. It was delicious. The carrots with ginger butter were particularly tasty and easy as a side dish.

## Carrots with Ginger Butter

(adapted from *Domino*)  
—supposedly serves 12 as a side dish but we are big eaters, so it was probably closer to 8 servings

- 24 med carrots, peeled, with 1" of the green tops remaining
- 3 Tbsp room-temperature butter
- 1-2 tbsp. grated ginger
- 2 tsp dark brown sugar 1/2 tsp. kosher salt
- 1/2 tsp coarsely ground black pepper

Put 2-3" of water in a large pot and boil. Place carrots in a steamer basket and cook, covered, until tender, between 8-12 minutes. Meanwhile, in a bowl, combine all other ingredients and mix well. Remove carrots from steamer, top with spoonfuls of butter mixture while still hot so it melts all over them. Toss or use tongs to coat well.

My family moved around a lot when I was younger, and my husband spent several years in the submarine service (meaning many more moves), so I think that our first year here in Austin, about four years ago, was a particularly poignant Thanksgiving—celebrating as a family in the first house my husband and I ever bought, with our (at the time) 1 year old son.



## LovePuppies Brownies

I'm Joel Haro and I sell **LovePuppies Brownies**. My wife and I alternate locations every year. We are either with my family in Austin or her family in Kansas. This holiday is about family.

I've been making a LovePuppies Brownie bread pudding for the last few years. My grandmother makes a hard bour-

bon sauce to top it off, it's awesome!!

I substitute crispy LovePuppies Brownie ends for stale bread in a basic bread pudding recipe and sometimes put a little Guinness beer in it. I've been trying but haven't been able to duplicate the sauce!

## Nacho Mom

I am **Nacho Mom!** I sell 3 wicked good dips that are almost calorie free: **Nacho Mom's Ultimate Vegan Queso**, **Nacho Mom's Fire Roasted Queso**, and **Nacho Mom's Voodoo Queso** (a creamy bean dip/queso fusion) found on aisle one with the salsas.

I'm spending more time with my parents lately and Thanksgiving this year is with them as well.—this year loads of family and extended family will celebrate together!

As far as favorite meals, I switch it up every year! I'm doing lots of Southwest dishes this year including

**panko breaded queso stuffed avocados served over a salad with Southwestern dressing.**

Slice a whole avocado lengthwise, carefully remove pit and skin. Make the pit hollow a tad bigger and fill with Nacho Mom's Vegan Queso or Nacho Mom's Fire Roasted Queso. Press halves back together and rub edges to seal as best as you can. Rub more Nacho Mom's Vegan Queso on all over the outside of the avocado and press panko crumbs over entire avocado. Fry in oil of your choice.

I serve this on a "Southwestern salad" meaning greens with any type of vegan Southwestern dressing, crisp tortilla bits, and the opened avocado on top which is both creamy and crisp and flavorful. This makes guests at dinner parties go wild and it's one of my personal favorites as well. It makes a salad "a big deal."

My parents lost their home in hurricane Opal several years ago. I left work to try to help out as best I could, but with rebuilding, insurance haggling, and all they were going through that first Thanksgiving after the storm was unlike anything we'd had before.

I come from a long line of professional chefs and any holiday is usually a major deal. That Thanksgiving reminded us what really mattered, however. Although that year was in a tiny rental and there weren't enough chairs at the little table for all of us and we had only plastic utensils and paper napkins, we were reminded that we had everyone in our family there and that it doesn't matter where you are or how you celebrate it, it matters that you celebrate it with those for whom you are most thankful



## We Wanna Adopt Your Mac

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







## Brothers Barkery

I am Ryan Malamud, and I own a European-style, full-service deli and bakery in Marble Falls, TX. You can find us at [www.brothersbakery.com](http://www.brothersbakery.com) Our newest division, **Brothers Barkery**, launched our **dog-treats made of human-grade ingredients**—Corn, Wheat, and Soy-Free Dog Treats produced in Marble Falls, TX.



Since getting married in 2010, we celebrate in Austin or in Burnet with our families My wife and I

celebrate with moms, dads and other family. If we are lucky, my brother from Kurt gets to visit from Louisiana. We also celebrate with our mixed breed dogs, Lucy and Bandit.

My favorite Thanksgiving dish is my mom's famous cornbread stuffing. Since we have been hosting Thanksgiving dinner in Austin the last few years, we do the entertaining (giving Mom a chance to relax a little). It's amazing. You may go back for seconds or thirds.



## Cornbread Dressing

- 1 9" X 13" pan of baked cornbread
- 4 slices whole wheat bread, cubed
- 1/2 stick butter
- 1/2 cup canola oil
- 1 large onion, chopped
- 2 bunches green onions, chopped (separate onion tops from white parts)
- 6-8 ribs celery, chopped
- 2 raw eggs
- 2 boiled eggs, chopped
- 16 oz. organic chicken broth (more if needed)

In a large mixing bowl, crumble cornbread and mix with cubed bread. Sauté the onion, bottoms of the green onions, and celery in the butter and oil until soft, then add to the bread and cornbread mixture. Whisk the raw eggs, mix in the green onion tops and stir into the onion and cornbread mixture. Add the hard boiled eggs and chicken broth (you may need to add a little more than 16 oz. of chicken broth—you want it very moist, but not overly wet) and mix well. Bake at 375 degrees for 45 minutes.

My favorite memory was the year my mom tried to make a 26 pound turkey, and she didn't have a roasting pan large enough to roast it in! My dad had to go to the only store that was open to buy a disposable one, which the turkey barely fit in. My grandmother helped her, but it was certainly a memorable Thanksgiving that year!

## Gotcha Covered!

by **Miranda Robinson, Housewares Lead**



Thanksgiving has always been a big deal in my family, a time for us all to gather and share good food and happy memories, but it can be a stressful endeavor to prepare a huge spread.

Wheatsville strives to provide a fun and stress-free shopping experience all year, and if you celebrate Thanksgiving we've got you covered. From roasting racks to cooking twine, basting brushes and brining bags, you'll find all you need to prepare a delicious Thanksgiving turkey.

Like to express your love for your family with baked goods? Check out our pie plates, cookie sheets, muffin tins, and loaf pans! We also have dishtowels in fun fall colors, decorative mugs and bowls, and a great candle selection for those finishing touches.

And for the lucky folks enjoying the labors of their hosts we have lovely gifts and thoughtful cards to let your loved ones know how much you appreciate them. One-stop shopping at your friendly co-op? Now that's something to be thankful for!



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## New Earth Superconscious Living

I am Krystalle Keszainn, co-founder and CSO of New Earth Superconscious Living. We sell yummy superfood snacks (healthy snacks that taste good!) at Wheatsville: **Chocolate Goddess Clusters, Chipotle Chia Crackers, Banana Walnut Bites, Walnut Inspiration, Almond Courage, and Awesome Almonds.**

We often celebrate Thanksgiving in our friends' home where we enjoy a mostly live, raw Thanksgiving meal including a sprouted lentil nut loaf, amazing sprouted wild rice pilaf (one of my favorites), a beautiful salad, and awesome raw desserts such as raw banana cream pie, chocolate cream pie, and pumpkin spice pie.

I celebrate Thanksgiving with my husband, Artemis, and a few of our close friends and their family. I love my own family, and we have vastly different eating preferences. I enjoy visiting them during different times of the year when our focus is on our visiting, rather than our meals.

My favorite Thanksgiving Dishes: Sprouted Wild Rice Pilaf and Raw Chocolate Cream Pie. Will I share my recipe? Very Popular Question!

## Raw Chocolate Cream Pie

- Crust:**
- 2 cups coconut flakes
  - 1/2 cup freshly ground flax seed
  - 4-6 Tbs coarsely ground cacao nibs
  - 2 tsp mesquite pod meal
  - 6 dates - diced
  - 1 Tablespoon raw honey or vanilla agave
  - 1/2 Tablespoon Vanilla Powder



Blend all ingredients in your food processor. Add water in a slow, steady stream until your ingredients stick together. Pour ingredients into your pie plate and press into a crust.

- Filling:**
- 3/4 cup coconut milk
  - (you will also use another 1 1/2 cups coconut milk later in this recipe - blend the water and meat from about 2 young Thai coconuts together in a high speed blender to create coconut milk)
  - 1 oz Irish moss
  - Finely chop Irish moss, then blend with 3/4 coconut milk in high speed blender until thick and smooth
  - 1 1/2 cup coconut milk
  - 1/2 cup coconut meat
  - 4 dates, diced
  - 2 Tablespoons raw honey
  - 1/2 Tablespoon Vanilla Powder
  - 2 teaspoons Maca
  - 1 teaspoon mesquite powder
  - 1.5 oz cacao powder (by weight)
  - 2 drops essential oil of Frankincense (optional)
  - a few pinches of Salt
  - Add above ingredients to your blended irish moss/coconut milk. Blend all ingredients together until thick, smooth, and delicious, then add:
  - 2 Tablespoons Lecithin
  - 1/2 cup coconut cream or coconut butter
  - blend quickly, just until homogeneous. Pour into your pie crust. Place pie in refrigerator to set.

- Topping:**
- 3/4 cup coconut milk
  - 1.5 oz irish moss blend together until smooth, as in filling recipe
  - 1 cup coconut milk
  - 1/2 cup coconut meat
  - 2-4 dates, diced
  - 1 Tablespoon honey
  - 2 drops essential oil of lemon
  - 1 teaspoon vanilla powder
  - add to irish moss/coconut milk mixture, and blend until smooth and creamy, then add 2 Tablespoons Lecithin and 1/3 cup Coconut cream or butter
  - blend quickly until smooth. When your pie is set (appears firm when you jiggle it), spoon your meringue topping over it. Let topping set then decorate with cacao nibs, cacao powder, and a few mint leaves.

My favorite Thanksgiving memories are of our past few Thanksgivings, being with our friends, celebrating our blessings and sharing awesome food and lots of love! I am grateful to have such a loving family of friends! Blessings for a wonderful Thanksgiving!

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It's always a good time to stop and think about what you're thankful for. I'm so thankful to be a part of such a positive, caring organization here at Wheatsville. The continued support of our owners

is what makes this possible, and we've been able to build success upon success, year after year. You wouldn't believe how much this contributes to a positive working environment. Knowing the work you do is appreciated by the people you serve is so important.

Now is our opportunity to repay the kindness and compassion our owners have shown us all year long. We'll have everything you need, at reasonable prices. We'll give you stellar customer service. Our store will be efficient, busy but not chaotic. We'll get you in and get you out with a minimum of fuss. Thanksgiving is Wheatsville's Super Bowl. The pressure's pretty intense and we've been planning for weeks to make sure this year's Thanksgiving is one for the record books.

I've been talking with the folks at Johnson's Backyard Garden to make sure we'll have plenty of their fresh, organic, locally grown produce this fall. I've been looking at my notes from last year in an attempt to gain some insight on our past successes and areas of further opportunity. To what end? To make it seem effortless and simple to someone with an outside perspective. To make Wheatsville your one-stop, stress-free Thanksgiving destination. I really look forward to seeing you that week, and every other week out of the year. Give thanks.

I like making Thanksgiving dinner but I like hanging out with family and friends, too. As a result, I tend to go with recipes that don't require a lot of prep time or attention while cooking. Here are some simple recipes geared towards making your holiday meal delicious, easy, and fun.

Sweet potatoes are one of my favorites. Did you know that sweet potatoes are the most nutritious thing in our department? High in dietary fiber, protein, complex carbohydrates, vitamins A and C, iron, and calcium, sweet potatoes are truly a "super food!" Here's a simple and delicious way to cook them. I prefer them roasted over boiled – you get that crusty outside texture that's so nice.

## Roasted Sweet Potatoes

Preheat your oven to 350 degrees. Cut sweet potatoes into 1 inch chunks and put in a baking dish. In a bowl, whisk together some olive oil, a bit of lemon juice, and some agave or honey. You can use sugar, too. I like to add some thyme or whatever herbs I have at my disposal – pretty much anything tastes good with them. Pour mixture over sweet potatoes, tossing them so they're fully coated. Sprinkle with salt and bake, stirring occasionally, for about an hour, until soft. You could throw a few marshmallows on top if you're feeling nostalgic.

## Green Bean Casserole

Another standby. What would Thanksgiving be without green bean casserole? Try the fresh beans! It's not any harder, really. The basic components to this recipe are the crunchy onion and breadcrumb topping, the onion/garlic sauce and the beans themselves.

Preheat your oven to 475 degrees. To make the topping, cut up two medium-sized onions and mix with ¼ cup flour and 2 tablespoons bread crumbs. Add a tablespoon or so of salt. Mix these ingredients together and spread out on an oiled sheet pan. Bake the mixture for about 30 minutes, stirring occasionally. Turn the oven down to 350.

Blanch the beans by boiling for 5 minutes and then plunging them into a bowl of ice water.

In a skillet, cook up some mushrooms and garlic with a bit of butter and salt and pepper. When the mushrooms soften, add a cup of half and half, a cup of chicken stock, and two tablespoons of flour for thickener. Cook that for 5-10 minutes, until it thickens.

Remove from heat, add the beans and 1/4 to 1/2 of the crunchy onion mixture. Top with the remaining onion and breadcrumb mixture and bake until bubbly – maybe 15 minutes. Enjoy!

## Cranberry-Pomegranate Sauce

I love me some cranberry sauce. I found this recipe a few years ago and I always encourage people to try it out. You can easily embellish this recipe by adding other fruit: apples, persimmons, pears, etc. Cooking the pomegranate seeds softens them up and makes them easy to eat, but if you aren't into it, you can cook the pomegranate seeds separately and strain them through a piece of cheesecloth.

In a pot, combine 1 cup water, 1 tsp cinnamon, 1 tsp nutmeg, and 1 cup raw sugar. Bring to a boil, stirring until the sugar is dissolved. Add 3 cups of fresh cranberries and the seeds of one pomegranate, along with four cinnamon sticks. Stir occasionally and cook until berries pop, maybe 10 minutes. Remove from the heat and cool. Done!

## Poached Pears

Poached pears are so awesome. They're easy to make and they're beautiful and delicious, too! They're a crowd-pleaser and sure to impress. Basically, when you make poached pears you use pears that are still on the firm side but still edible and you cook them until they're soft. I like to use red wine as it is very visually impres-

sive but you could use white wine or even just fruit juice.

One important component of this recipe is your saucepan. It needs to be just the right size so that your pears can sit upright in them. I would advise you to scale this recipe up or down depending on how many pears will fit in your saucepan.

To make the poaching liquid,

combine 1 cup water, a bottle of wine (you can be a bit cheap here if your budget demands), 1 cup of sugar, and one or two whole vanilla beans, split and scraped. Bring this mixture to a boil and then reduce to medium-low.

Core 4 firm pears (I prefer Bosc but you can use any pear) from the bottom, leaving the stem intact. Place these in your saucepan and cook for 30 minutes. Remove from the saucepan and put in a serving dish in the refrigerator. Keep them upright.

Now that our pears are poached, we need to make the sauce. Remove the vanilla bean from the saucepan and increase the heat to high. Reduce the syrup to about 1 cup. It'll take about 20 minutes. This is the part that requires your attention: do not let the syrup turn brown! Stir frequently and monitor it. Once the syrup is reduced, put it in a small container and cool it under the faucet or in an ice bath. Put in the refrigerator until completely cooled.

Remove the pears from the refrigerator and spoon the sauce over the pears. I like to add some whipped cream or crème fraiche. Yum!



# Alaffia! Good People of Wheatsville

by Cody Atkins, Health Team Supervisor

Introducing **Alaffia**—which is a greeting in central Togo meaning "Peace and Good Health."

Alaffia makes products that use unrefined shea butter as a primary ingredient. Unlike refined shea butter, their's is produced without the use of chemicals and still has its important nutritive, effective, and healthful properties intact. The shea butter comes from Africa where it has long been used for skin protection against UV and the prevention of chapped skin and wrinkles. Studies have also shown that shea butter enhances capillary circulation and cell regeneration. This can help reduce stretch marks, inflammation, and scarring.

You'll be pleased with **Alaffia's Everyday Shea** line, not only with the quality, but also the price! Their 32oz sizes of lotion, body wash, shampoo, and conditioner retail for the same as most products half their size.

Alaffia was founded by Olowo-n'djo Tchala and his wife Rose Hyde in Olympia, WA. Together, Alaffia works with three women-run workers cooperatives based in Togo, Africa. It was also Olowo-n'djo and his wife that helped establish these cooperatives in response to the ongoing conditions of poverty and gender inequality in Olowo-n'djo's home country.



"I felt that Africans didn't need handouts, they needed fair prices for their resources so they could support themselves."

That resource was the **shea nut**, something Olowo-n'djo grew up collecting and selling in order to be able to afford to attend school. Today, Alaffia pays double that of what the average non fair-trade shea buyers pay, allowing children to reach a level of education that Olowo-n'djo couldn't afford; he dropped out in the 6th grade.

The cooperatives support over 400 families in Togo and northern Ghana. Sales of Alaffia products fund multiple community projects. Their education project provides school supplies, desks, and even roofs for schools in poor rural areas. It is not uncommon for children to have to travel up to 6 miles each way, to and from school, by foot. Since 2004 Alaffia has shipped and distributed over 3500 bicycles to Togolese students.

They also have a maternal health care project that partners with clinics to provide prenatal care and counseling to mothers and also works to eradicate female circumcision. But that's not all! Their reforestation project plants 4000 trees a year to slow desertification and to mitigate the effects of global warming. So you can see that Alaffia not only offers a great product but they do so sustainably and at a fantastic price. Everyone wins!



# Party Hearty with Cheese!

by Greg Flores, Cheese Buyer



## New Cheeses we're absolutely crazy about!

**Asiago**—Aged at least 5 months, this sweet, nutty cheese has a wonderfully pronounced flavor that is perfect for snacking. A semi-hard table cheese, made from part skim sheeps milk, it is easily shredded into your favorite recipes or served cubed with beer or a full-bodied red wine.



### Carr Valley's Apple Smoked

**Cheddar** is smoked using real apple-wood and rolled in paprika. The piquant paprika plays well with the smoke flavor and sharpness of the cheese. It is great eaten with an apple, used in a grilled cheese sandwich, as an ingredient in mac 'n' cheese or in any dish that calls for cheddar.

**Pecorino Romano**—Pecora is the Italian word for sheep and Romano refers to the Romans. This sheep's milk cheese was being made by the Romans 2000 years ago. It is a wonderful grating cheese and has a sharp flavor that complements pasta and soups.

**Raspberry Bellavitano** is soaked with handcrafted Raspberry Tart ale. The bright notes of ruby-red raspberries combine with hazelnut and brown-butter flavors to make a deliciously complex cheese. "The beautiful life" never tasted so good.



## Got a dinner party coming up?

Why not present a nice cheese plate? It can be served as an appetizer or as a dessert. We recommend serving 3 to 7 cheeses with a variety of textures (soft, semi-soft, semi hard, hard) and tastes (mild to strong). If the plate is being served as a dessert, allow 4 oz. of each cheese per person and 6 oz. per person if the cheese plate is the main course. The cheese should be allowed to sit at least an hour before being served. The flavors become stronger as the cheese warms. The cheese should be plated mildest to strongest flavor.

Use your nose to determine which cheese has the strongest flavor. The stinkiest cheeses are usually the strongest, and are generally the last on the plate. Use a different knife for each cheese, so that flavor from one cheese does not cross over to the next.

Garnish the plate with pears, apples or edible flowers. Offer plain tasting crackers and a crusty bread—crackers with pepper or herbs will compete with the flavors of the cheese. You want to complement, not compete. Finish off your plate with a fig spread, quince pastes, dates or nuts.

Wines can complement each cheese—whites with the chevres and reds with some of the stronger cheeses. Happy pairing!

If you want to have real fun with your plate, choose a theme, such as Cheeses of Texas. Offer cheeses from different dairies in Texas with a selection of Texas wines. There's no limit—the plate can be simple or as complex as you want it to be.

No time to create a cheese plate? We also offer readymade cheese trays for your party.

- **Small Domestic Cheese Tray:** Great for that tailgate party or an intimate dinner party. Consists of Colby, Cheddar, Monterey Jack and Smoked Provolone. \$15
- **Large Domestic Cheese and Fruit Tray:** A delightfully delicious addition to any appetizer table. Feeds 20 to 24 people. Consists of Colby Jack, Smoked Cheddar, Pepper Jack, Provolone, and a domestic Swiss. Grapes, kiwi and berries are included for beautiful presentation. \$50
- **Gourmet Cheese Tray:** An elegant tray for a holiday dinner party. Great as an appetizer or dessert. Consists of Brie, a Bleu, Chevre and a Gouda. Also includes grapes, kiwi, and berries. \$60
- **Brie and Preserves:** Savory and sweet, this simple but elegant presentation will be the talk of any appetizer table. Consists of a 2.2lb wheel of Brie topped with Strawberry preserves. Serve with a warm crusty baguette. \$49.99
- **Local Cheese Tray:** Shows off the wonderful cheeses being made in the Lone Star State. Consists of Brazos Valley Brie, Veldhuizen Redneck Cheddar, Pure Luck basket molded Chevre, and Veldhuizen Bosque Bleu. Grapes and berries are also included. \$100



## Baking With Bulk

by Dustin Chesnutt, Bulk Buyer

Can you feel it? The air is chilling once again, dear reader. Slowly I grant you, but you can't deny Autumn is coming. Our poor, unused ovens have found renewed purpose. Baking season is here!

Oh how I love it, so many possibilities await us, and Bulk is primed to help keep you stocked on all the baking supplies you'll need.

For Thanksgiving, try out some amazing pie ideas I've been working on, mostly inspired by a new addition to the Bulk Dept, **Apple Pie Pecans** from the **Nourishing Pecan Orchard**. Soaked in apple juice, honey and spices, these truly unique tasting pecans will make any recipe something special. Here's my personal recipe for an old favorite.

### The Pecan Pie

- 1 cup Karo Light Corn Syrup
- 3 eggs
- 1 cup sugar
- 2 Tbsp butter, melted
- 1 tsp vanilla extract
- 1 1/2 cups pecans
- 1 unbaked 9-inch, deep-dish pie crust

Stir the first 5 ingredients thoroughly using a spoon. Mix in pecans. Pour into pie crust. Bake at 350° on center rack of oven for 60 to 70 minutes. Cool for 2 hours.

Now imagine using the **Apple Pie Pecans** instead. It's like two desserts in one. But why stop at two when three is so much better, add some **Dried Tart Cherries** in there. Now we're talking! And for the truly bold, make it a chocolate pecan pie with Apple Pie Pecans and cherries on top. I will totally be trying that this year.

This next recipe is rooted deep in my childhood memories. With a pastry chef for a grandmother you better believe that Thanksgiving was all about the desserts at my home. Here is a simple old fashioned country recipe.

### The Hello Dolly

- 2 packages of graham crackers
- 1 1/2 sticks butter
- 12 oz semi sweet chocolate chips
- pecan pieces (or Apple Pie Pecans)
- miniature marshmallows
- 1 to 2 cans of Eagle Brand milk

Crush graham crackers and place in casserole dish. Melt butter and pour over graham crackers until moist. Layer chocolate chips, then pecan pieces, then marshmallows over graham crackers. Pour 1 to 2 cans of Eagle Brand milk over top. Bake at 300° just until marshmallows are browned.

Well I hope you will enjoy these recipes or that they will inspire you to experiment with your baking. But most of all, I hope that you will take full advantage of this wonderful weather. Until next time, this is the Bulk Department wishing you the best.

## Staff Top Ten Picks

by Warren Moore, Deli Clerk



**#1. Wheatsville Deli Beet & Kale Salad**  
Healthy and super delicious! Changed my life.

**#2. Purely Decadent Turtle Trails Ice Cream**  
So GOOD!



**#3. Nutritional Yeast**—Good addition to food.



**#4. Daiya Cheese**  
Best vegan cheese EVAH!

**#5. Kettle TIAS Salsa Picante Tortilla Chips**  
One great tasting chip!



**#6. Wheatsville Deli Ginger Tempeh Pasta Salad** Loves it! Tastes like my mama made it.

**#7. Chocolove Almond & Sea Salt Chocolate Bars**—Salt and almonds—who knew how good they blend with chocolate?



**#8. Avocados** Best fruit in the world!

**#9. Le Grand Noir Cabernet and Shiraz**  
Tasty stuff!



**#10. Local Hearty Vegan Tempeh**  
Great tempeh to cook with!



# A Very Hospitable Thanksgiving! By Beth Beutel, Hospitality Clerk



You've seen us with samples and smiles, but unless you've happened to need our services, you may wonder what else Hospitality Clerks do. Well, The Hospitality Team is charged with being a repository of information, an access point that connects customers to the rest of the store.

Maybe you thought that time we called another store to find a product for you was a fluke, but actually that's exactly the kind of thing that we do. And now that the holiday season is upon us and we want to celebrate our gratitude and traditions with family and friends, you need information about food more than ever! What does that gorgeous Blue Ballet squash taste like? What kind of crackers should I pair with Pure Luck June's Joy chevres? How do you make gluten free stuffing? There's no duck here for my Turducken; where can I find one? We know the answers! Well, most of the time. But if we don't, we know who to ask. We will pull out every resource we have to help you have a delicious Thanksgiving.

For your Thanksgiving preparation needs, we will have the Deli's catering menu as well as Deli pre-order forms for Thanksgiving items, including pies & our in-house pre-cooked turkeys. We'll also be your pick up point should you order one of those space-and-time-saving turkeys. Without further ado, here's your Hospitality Team for Thanksgiving 2011!:



I, **Beth B**, have been on the Hospitality Team since September 2009 and at Wheatsville since April, 2008. My thanksgiving specialty is the many uses of cheese! A special cheese can take your contribution to Thanksgiving dinner from blah to voila! So before you go hunting on Cheese Island, drop by for a chat with this cheese-crazed lady and I'll point you at the tastiest target.

## Beth's Blue Cheese Ball

1 pack Organic Valley Cream Cheese, room temperature  
4oz Pure Luck Hopelessly Blue cheese, room temperature  
1 small shallot, peeled, minced,  
zest of one small lemon (Meyer if available)  
1 teaspoon black pepper  
pecans, handful, toasted  
italian parsley, handful

With a mixer, or food processor, combine all ingredients except pecans and parsley. Mix well. Using a spatula, spoon the mixture onto a large piece of wax paper and form into a ball. Bring the corners of the wax paper up to the middle and give a gentle twist to keep the cheese mixture as a ball. Put in the refrigerator for 24 hours. Before serving, mince the pecans and parsley, use the food processor if you can; scatter on a cutting board and gently roll the cheese ball in the mixture.

**Rachel** has been saying "Hello," at the Hospitality

Desk since March of 2010. Avocados are one of her favorite foods & she's always looking for an excuse to include them in meals—Thanksgiving is no exception. That's why she is making a tasty **Avocado Potato Salad** for all to enjoy this Turkey Day.



1/3 cup fresh lemon juice  
2 tsp. finely chopped fresh garlic  
3/4 cup Veganaise  
1/4 cup olive oil  
1 1/2 qt. diced, cooked red new potatoes  
1 cup diced celery  
1 cup chopped sweet onion  
2 ripe avocados  
1/2 cup chopped cilantro

To make the dressing for your potato salad, first mix the lemon juice and fresh garlic. Then add the Veganaise & olive oil. Stir until completely blended and add the cooked potatoes, fresh celery and onion.

Just before serving, slice your avocados and add to the mixture with some fresh cilantro. This recipe is really easy, really versatile & will delight both the kiddos & the grown-sized folks in your life.



**Jimmy D.** started serving up scrumptious samples to all y'all in August 2010; you can also find him out maintaining order as a Floor Manager. Thanksgiving happens to be his second favorite holiday behind Halloween. Every year he looks forward to cooking and eating butternut squash soup; the recipe he uses was given to his father by the chef of a certain local four star restaurant.

## Jimmy D's Butternut Squash Soup

2 roasted butternut squash, peeled and seeded  
1 onion (sweet or yellow), chopped  
2 celery stalks, minced  
3 garlic cloves, minced  
1 carrot, peeled and chopped  
1 chili pepper (ancho, serrano or chipotle)  
2 Tbs butter  
1/4 cup CREAM sherry  
6 cup chicken stock  
1 pint heavy whipping cream

To prepare squash, cut in half and scoop out seeds with spoon. DO NOT PEEL. Place squash on sheet pan, peel side down and roast in oven at 350 until soft

When cooked, scoop out squash and set aside.

In medium stock pot, over high heat, melt butter, add onion, celery, carrot, garlic, and chili.

Sauté until translucent, 5-6 minutes. Deglaze pot with sherry and let it come to a boil scraping the bottom of the pan. Add roasted squash and chicken stock and let boil for 15-20 minutes, until all veggies are well done and incorporated. Add salt and pepper if desired.

In blender, puree entire contents of stock pot. Scoop out a couple of cups at a time and blend well.

At this time you can separate the soup and put some in the freezer to save. When ready to eat, add cream and heat.

**Monica** is the newest member of the Hospitality team, having been promoted from cashier in late September. Monica's favorite Thanksgiving food is pumpkin pie with whipped cream on top. Her family's traditional recipe, which remains her favorite can be found on the back of **Libby's Canned Pumpkin**.

3/4 cup granulated sugar  
1 teaspoon ground cinnamon  
1/2 teaspoon salt  
1/2 teaspoon ground ginger  
1/4 teaspoon ground cloves  
2 large eggs  
1 can 15 oz. Libby's Pumpkin  
1 can 12 oz. Evaporated Milk  
1 unbaked 9-inch deep-dish pie shell  
whipped cream (optional)

Mix sugar, cinnamon, salt, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk. Pour into pie shell. Bake in preheated 425° oven for 15 minutes. Reduce temperature to 350°; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate. Top with whipped cream before serving.



**Angela** has been working in the magical world of Hospitality since June 2009 and now also plays the role of Floor Manager. Her favorite thing about Thanksgiving is figuring out how to make everything vegan without losing any delicious flavors. If you need help with any tricky dairy-free substitutions for the holidays, she'd love to help!

## Vegan Pecan Swirl Sweet Potato Casserole

4 large or 6 medium sweet potatoes, peeled and cooked until soft  
2 tablespoons earth balance  
1/4 cup soy (or coconut) creamer (hazelnut flavor works best!)  
1/4 cup orange juice  
1 teaspoon vanilla extract  
1/4 cup sugar  
1/4 cup maple syrup  
1/2 teaspoon salt  
3/4 teaspoon freshly grated nutmeg  
3/4 teaspoon cinnamon  
1 package Dandies vegan marshmallows (Yes! We carry vegan marshmallows!)



Swirl:  
1/4 cup earth balance  
1/2 cup brown sugar, packed  
1/3 cup unbleached white flour  
3/4 cups chopped pecans (try the apple pie pecans from Wheatsville's bulk section!)  
2 tablespoons maple syrup

Preheat the oven to 350 F and spray a 2 quart casserole dish with non-stick spray (or wipe with canola oil).

Mash the sweet potatoes with the margarine until smooth.

Add the creamer, orange juice, vanilla, sugar, maple syrup, salt, nutmeg and cinnamon. Pour into prepared casserole dish.

Mix the swirl ingredients together until well-combined.

Swirl into the casserole and bake for 35 minutes, remove and top with vegan marshmallows.

Place back in oven for 10 more minutes, or until the marshmallows look gooey and bit toasted.



Gabriel is our **Ownership Coordinator** and has been working hard to promote co-op ownership with the Hospitality Clerks since May of 2009. Thanksgiving is his favorite holiday and if you have any questions about preparing the perfect vegan or gluten-free feast, he is the guy to ask.

### A Gluten Free and Vegan Thanksgiving

Hello readers! Last year I shared my Homemade Tofu Roast in the *Breeze* and received quite a bit of positive feedback. It is both vegan and gluten free, but can be enjoyed by everybody in your family. This recipe requires a bit of time to prepare, so start a day in advance. You'll have lots of fun doing it and the results will amaze you. I've also included my favorite GF drop biscuit recipe. Enjoy!

#### Homemade Tofu Roast

2 lbs Westsoy extra-firm tofu  
2 tsp Braggs Liquid Aminos  
1 tsp dried sage  
2 cups prepared cornbread stuffing\*  
2 large sheets of yuba (tofu skin, sold in large sheets, usually in the frozen section of Asian markets.)

Supplies:  
Large Plate  
Small Plate  
Colander  
Cheese Cloth  
Food Processor  
Something Heavy  
String  
Roasting Pan with Lid

Basting sauce:  
1/4 cup dark sesame oil  
1/4 cup olive oil  
1/4 cup Braggs Liquid Aminos  
1 Tbs miso paste  
2 Tbs juice (cranberry or orange)  
1 tsp Dijon mustard  
1/2 tsp liquid smoke  
1/4 tsp ground black pepper

Squeeze tofu to remove water. Line colander with dampened cheesecloth so it hangs over the sides. Place colander on large plate. Roughly chop tofu, place in colander and cover with the cheesecloth that is hanging over the sides. Place the small plate upside down on top of the tofu with something heavy on top to press out remaining liquid. Let sit for one hour. Blend drained tofu, Braggs, and sage in food processor until smooth. Remove 3/4 cup of the blended tofu and set aside for later. Return remaining blended tofu to the cheesecloth-covered colander and press it down against the edges of the colander - creating a 1-inch thick "bowl" shape. Add prepared cornbread stuffing to the center of the tofu bowl and press the reserved tofu over the top to cover the stuffing. Carefully bring up the edges of the cheesecloth, tie the cheesecloth very tightly together at the top with the string, and place colander on large plate again. Place the small plate upside down on top of the roast and put the heavy weight back on top. Let sit in refrigerator overnight.

Next Day: Preheat oven to 450°. Whisk together all ingredients for basting sauce. Set aside. Remove roast from fridge and carefully remove from cheesecloth. Carefully place roast upside down in roasting pan and baste with half the basting sauce. Place both sheets of yuba over the roast and tuck the sides underneath the roast. It doesn't have to look perfect because the yuba will shrink around the tofu to create a "skin" as it bakes. Use some of the run-off basting sauce to baste yuba as well. Cover with lid and bake for 1 hour. Reduce heat to 350°. Remove lid, and baste with remaining sauce. Bake for an additional 30 minutes, basting every 10 minutes with run-off sauce. Carefully transfer roast to serving platter. Makes 6-8 servings. Goes great with **Roads End Organics Gluten-Free Gravy Mixes!**

The original un-modified version of this recipe appears in the Sarah Kramer book *La Dolce Vegan*.



#### \*Cornbread Stuffing

Start with Pamela's Cornbread and Muffin Mix (made with Ener-G Egg Replacer instead of eggs and Earth Balance Buttery Spread instead of butter). After preparing it, crumble it in a cake pan and add Imagine No-Chicken Broth, and all your favorite ingredients, likes sautéed mushrooms, chopped onion, celery, dried cranberries, slivered almonds, salt, pepper, sage, rosemary, thyme, and poultry seasoning. Then bake it in the oven at 350°F for 40 minutes. This will make way more than what you need for this recipe, so you'll have some left over.

#### Gluten Free Drop Biscuits

These biscuits are my favorite thing to bake using King Arthur GF flour. The original recipe is from *Betty Crocker's Cookbook*.

1 3/4 cups King Arthur Gluten Free Multi-Purpose Flour  
1/3 cup Spectrum Shortening  
2 1/2 tsp. Rumford Baking Powder  
3/4 tsp. sea salt  
1 cup Almond Breeze Original  
1 1/2 tsp. Bob's Redmill Xanthan Gum\*\*



Heat oven to 450 F°. Cut shortening into flour, baking powder, salt and xanthan gum with pastry blender until mixture resembles fine crumbs. Stir in milk so dough leaves side of bowl and rounds up into a ball. Drop dough onto ungreased cookie sheet about 1 inch apart. Makes about 8 biscuits. Bake until golden brown, 10 to 12 minutes. Enjoy!

\*\*Xanthan gum is a binder used in gluten free baking which is very necessary in baking delicious gluten free pastries and breads. Although it can be somewhat pricier than other baking ingredients, it is a great investment to make if you plan on baking with gluten free flours.

## Staff Top Ten Picks

by James Trevino, Deli Clerk



**Starlite Cuisine**  
Rolled Tacos -  
Delicious, vegan,  
and hassle-free.



**Pumpkin Pie Latte**  
Embrace fall while  
it lasts with this  
yummy beverage.



**Seed Savers Seeds**  
Support this non-profit conservatory of rare  
varieties of heirloom seeds.

**Walnut Pecan Pate**  
Of all the million different things  
you can do with tofu, this is the best.

#### Bulk Split Pea Soup Mix

Bulk's best kept secret! This stuff is an amazing value.



**Fentiman's Botanically Brewed  
Tonic Water**  
Tastes like flowers!



**Tofutti Sour Cream**  
Better than the real  
thing! It incorporates  
seamlessly into any recipe.

#### Tex-Mex Tuesday on the Hot Bar

Two words: vegan nachos.



#### El Milagro Tostadas

Surprisingly rich in flavor.

#### Red Rabbit Donuts

Vegan donuts! Indulge your sweet tooth while supporting another local co-op, our friends at Red Rabbit!



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# Responsible Companies = Happier Holidays

by Niki Nash, Wheatsville Merchandising Manager

As you are preparing for your holiday meals, I would like to take some time to tell you more about a few of the great companies that make

some of the foods you'll be enjoying. They all have inspiring stories to be shared, which can make for a nice discussion over your dinner. And somehow, the food seems to taste better when you know a little bit about the people that made it. Bon Appetit!

**Arrowhead Mills** is celebrating 50 years of business this year! They are the makers of several holiday staples like their popular Graham Cracker Pie Crust, Organic Savory Herb Stuffing Mix and many great flours for baking, including many gluten-free varieties.

Their story has its roots deep in the Texas Panhandle, where Frank Ford, a pioneer in organic farming, founded the company half a century ago. Frank believed that pesticides and herbicides polluted the



food chain, so he set out to farm organically grown corn and wheat. He ground his harvest into flour using a stone mill, which is still in use today at their facility, and then delivered it to local stores from the back of his pick-up truck. As word spread about organic farming, health stores around the country began ordering organic flour from the fledgling Arrowhead Mills. Soon, what began as a small, local company sprouted into a national business that now occupies a 20-acre site, complete with offices, manufacturing, labs where they do diligent gluten free testing, warehouse and grain-storage facilities.

As Arrowhead Mills has grown, their product line has grown too. Over the years, they've added hot and cold cereals, as well as delicious pancake, waffle, cake and brownie mixes, nut butters, seasonal products, and gluten-free products—all of which taste great, are all-natural and are entirely free of chemical pesticides and herbicides. Their recipe for success is simple—they remain true to the core values and straightforward business practices on which the company was founded half a century ago. That's why they purchase many of their wholesome ingredients directly from local suppliers. It's why they emphasize environmental responsibility by maintaining sustainable farming practices with no harmful chemical pesticides and herbicides, and take decisive steps to shrink their carbon footprint and conserve our planet.

## Pastry Tips from Arrowhead Mills

- All Purpose Flour is strong enough to make high-rising yeast breads and mellow enough for flaky pie crusts and cakes. It is perfect for all your baking needs.
- Cold ingredients produce the flakiest crusts, be sure to use cold shortening or butter
- Cut the shortening or butter and crumble into your mixture until the mixture resembles peas, the finer your crumble the less flaky your crust will be
- Pastry handles better at room temperature 30-40 minutes in the refrigerator is usually sufficient.

- You can store Pastry in the refrigerator for up to 3 days if wrapped well. Let it sit at room temperature for 5-20 minutes before rolling to allow pastry to become more pliable.
- Roll pastry on a lightly floured wax paper and or between 2 sheets of lightly floured wax paper. This allows for easy transferring of the pastry to pie dish without stretching or tearing.
- Do not stretch pastry when lining a pie pan - ease the pastry into the pan. When crimping edges of pie together, gently lift dough all around to prevent the crust from sticking to the dish.
- For a golden crust finish, paint your crust just before baking with a simple egg wash. Whisk together a combination of one egg yolk and a little cream.
- For a really crispy golden pie crust sprinkle with bits of butter and sugar before baking.

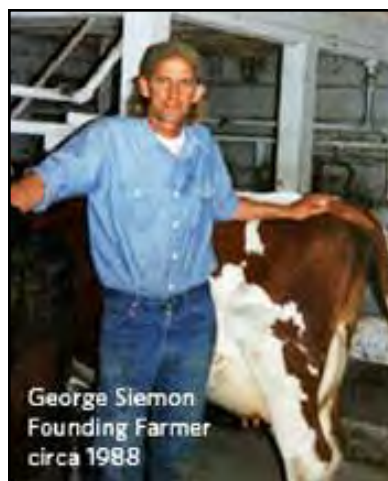


**Organic Valley** is a mission-driven cooperative, owned by family farmers who have been leaders in organic agriculture since 1988—a time when family farms were on the brink of extinction. They were just a handful of farmers in Southwestern Wisconsin's Coulee Region who we shared a love of the land and a belief that a new, sustainable approach to agriculture could help family farms and rural communities survive.

Their co-op, through the Organic Valley brand, soon became the number one source of organic milk in the nation. They remain driven by their mission to promote regional farm diversity and economic stability by the means of organic agricultural methods and the sale of certified organic products. They maintain integrity through their commitment to consumer education and delivering the highest quality, strictly organic products to consumers, schools, and a variety of manufacturers looking for organic ingredients. Wheatsville carries

almost the entire Organic Valley line of products from butter, cream, milk and eggs to cheese, sour cream, cottage cheese, orange juice and their many meat options from their Organic Prairie line of humanely-raised turkey, chicken, beef and pork.

One of the original seven farmers, George Siemon, is the Chief Executive Officer. Though George says he prefers the title C-E-I-E-I-O. A lifelong farmer, he



and his family have operated an organic farm in the Bad Axe River valley of Wisconsin's driftless area since 1977. With his unique combination of having a hand in the soil as well as being able to see the big picture, George has been a leader in the campaign to establish effective national standards for organic certification. Under his leadership, Organic Valley has grown to include more than 1000 family farms spread over 29 states in the US, and has become the largest organic farmers' cooperative in North America. George currently serves on the Board of Directors for the Non-GMO Project and has personally been involved for many years in the fight against GMOs.

## Eggnog Cream Pie

by Lenore Gulyas

- 2 tablespoons sugar
- 2 tablespoons cornstarch
- 3 cups Organic Valley Egg Nog, divided
- 6 Organic Valley Eggs, yolks only (Lenore recommends using the egg whites to make meringue cookies!)
- 2 teaspoons vanilla
- 1 pint Organic Valley Heavy Whipping Cream
- 1/8 teaspoon salt
- 1 graham cracker pie shell (8 inch)

Place the sugar, cornstarch and salt in a 3 quart heavy sauce pan and whisk together. Whisk egg yolks with 1/4 cup egg nog in a small bowl. Then add the egg nog mixture to the dry ingredients in the sauce pan and whisk together. Add 1 3/4 cups of egg nog to the sauce pan and whisk well. Cook on medium high heat until the mixture thickens, stirring constantly.

Remove from heat and add vanilla and remaining 1 cup egg nog; whisk well. Pour into the graham cracker pie shell. Refrigerate. Then make the whipped cream and place on top of the pie when chilled. Enjoy!



**Turtle Island Foods** are the makers of the famous **Tofurky!** For almost 30 years they have worked to create delicious, nutritious, convenient and affordable vegetarian food that make a difference in people's lives and have a minimal impact on our environment.

Located in Hood River, Oregon, one hour east of Portland, they make not only the Tofurky roast but Tofurky deli slices, sausages, franks and pizza as well as deliciously flavored tempeh. They make these vegetarian products in small batches using only the finest organic and natural ingredients. All of their products are kosher, vegan, and made with organic soybeans and/or organic tofu. A family owned and operated company they say "Our goal is to please our customers, not Wall Street." Happy Thanksgiving indeed!

## Pomegranate & Cranberry Tofurky

recipe by Katharine Brainard Maryland

- 2 tablespoons olive oil
- 2 tablespoons soy sauce
- 1 pomegranate – cut in quarters and seeds squeezed out
- 1 cup dried cranberries
- 1 Tofurky roast

Preheat oven to 350 degrees. Place Tofurky roast on sheet of heavy-duty aluminum foil, wrap around sides – add olive oil, soy sauce, pomegranate and cranberries. Wrap roast snugly with the foil. Place in roasting pan, and place on center rack of oven. Bake for 45 minutes.

Uncover roast for last 10 minutes of baking. Slice roast, and serve with some of the pan juices and pomegranate/cranberries spooned over it.

# Co+op Deals, Owner Deals & Wheatsville Specials!

by Brooks Wood, Co+op Deals Coordinator



## An exploration of the benefits they provide and how they enhance your Co+op experience

As a consumer of a variety of basic goods and services in Austin, I feel immense satisfaction when I save money with a coupon, special sale or a two-for-one meal-deal offer. As the recession lags on, I am steadfast in my commitment to stretch my resources and maximize my savings whenever possible.

Wheatsville is committed to bringing our loyal customers the best possible pricing on every-

thing we sell. Here's a quick explanation of how we do it:



**Co+op Deals** – Whether you're new to Wheatsville or a longtime owner, Co+op Deals and the savings they provide are available to every person who shops in our store. Co+op Deals are always abundant and easily found in every aisle, on most of our end caps, and in the Bulk, Cheese, Frozen, Dairy, Vitamin and Bodycare Departments. Co+op Deals change about every two weeks. We make it extremely easy to check and see what's on sale by providing our Co+op Deals Flyers at the Hospitality Desk, at every register, online at the top of our website, and in our weekly email that comes out every Wednesday. With the holidays fast approaching, it is relevant to mention that you'll notice our Co+op Deals take on a festive holiday flavor.



**Owner Deals** – The name says it all – Owner Deals are savings that are exclusively for Wheatsville Owners. Look for these sprinkled throughout the entire store and in our Deli, prepared foods cooler, fresh baked goods case and even on the hot bar from time to time. Just like Co+op Deals, Owner Deals are easy to access. We provide an Owner Deals Sheet that conveniently lists each Owner Deal by Department. These are available at the Hospitality Desk, at every register, online at the top of our website and in our weekly email. Owner Deals are in sync with Co+op Deals and change about every two weeks.



**Wheatsville Specials** – Just like Co+op Deals, Wheatsville Specials are available to all of our customers. You will find these specials mostly in our aisles, on some end caps and in many of our departments. Just like Co+op Deals and Owner Deals, Wheatsville Specials change with the same regularity. Wheatsville Specials give you one more way to save and stretch your dollars.

Our personable and friendly Hospitality Team offers tasty samples of many of the foods we have on sale and they are always looking for new combinations to delight your palate. This is a great way to try something new or enjoy something you just can't get enough of! These samples are offered morning, afternoon and evening. And as most of you already know, samples at Wheatsville are mmm, mmm, good!

As we head into the holiday season, you can count on Wheatsville to bring you all the ingredients that will make your food holidays memorable and delicious.

On behalf of the Co+op Deals team, we wish each of you a safe and Happy Thanksgiving.



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

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

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

### November FIELD TRIPS GALORE

- Tues, Nov 1 – 8-10am** Two-hour Tuesday! at Riata Pond Led by Stu Wilson
- Sat, Nov 5 – 8-10am** Beginners' Birdwalk at Riata Pond, Led by Virginia Rose and Judith Bailey
- Sun, Nov 6 – 8am-12noon** Balcones Canyonlands National Wildlife Refuge,
- Tues, Nov. 8 – 8-10am** Two-hour Tuesday! at Hornsby Bend, led by Ken Zaslow
- Sat, Nov 12 – 7am and 4pm** Hornsby Bend Monthly Bird Count
- Sun, Nov 13 – 6:30am-2pm** Lake Buchanan Area
- Tues, Nov. 15 – 6am-3pm** Super Tuesday! at Blanco State Park with Terry Banks
- Sat, Nov 19 – 7:30 a.m. to noon** Hornsby Bend Monthly Bird Walk
- Sat, Nov 20 – 6am-noon** Tejas Camp – Winter Texans/Sparrows
- Tues, Nov. 22 – 8-10am** Two-hour Tuesday! at Mary Moore Searight Park led by Stan VanSandt
- Tues, Nov. 29 – 8-10am** Two-hour Tuesday! at Lake Pflugerville, led by Dan Callaway

CLASSES—November classes are full

### GENERAL MEMBERSHIP MEETING

**Nov. 17,** Doors open at 6:30pm for social time. Presentation begins 7pm.  
Guest Speaker: Mikael Behrens, "Birding on Broadmeade" Check out his blog at <http://birdingonbroadmeade.blogspot.com/>.

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

- training in resiliency strategies
- community-based substance abuse prevention and intervention
- after school group mentoring sessions to build relationships between youth and adults
- awareness, education and involvement in the prevention of HIV and related diseases
- statewide training programs for evidence-based prevention and coalitions

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



Workers Assistance Program, Inc.  
Creating Better Workplaces, Schools, and Communities



We support Wheatsville Food Co-op!  
[www.workersassistance.com](http://www.workersassistance.com)  
512.328.8519



# 2011 Patronage Rebates are Here!

by Gabriel Gallegos, Ownership Coordinator

Thanks to your generous support of the co-op, Wheatsville will be distributing another Patronage Rebate! All fully-invested owners who purchased \$500 or more during the fiscal year ending May 31, 2011 will receive a rebate of .539% of his/her purchases. This year's **average rebate is about \$10** and each fully-invested owner must have had a current mailing address on file at the time of the rebate calculations to be eligible. This is something that is truly unique and great about co-ops and we are proud to give something back to our owners.

In return for distributing a rebate, Wheatsville will receive a generous tax benefit from the government. The more rebates that are redeemed, the greater our tax benefit, so it is important for you to cash your rebate voucher or **donate it to our current Community Action Group**. That's right! If you would rather put your rebate back into the local economy, just let us know that you would like to donate it. November's Community Action Group is Capital Area Food bank and the November & December group is the Wheatsville Cooperative Community Fund. The 2012 Community Action Groups are to be determined by the outcome of the 2012 Annual Wheatsville Election.

Rebates will be distributed starting on October 31, 2011 AT 9AM. **They will not be mailed this year** – you must pick up your voucher in the store. We will have additional staffing on board during the first week of rebate distribution, so this is a perfect time to take advantage of your share in Wheatsville's profits.



Thank you so much for making yet another Patronage Rebate possible and we look forward to seeing you soon!

To donate your rebate to our current Community Action Group, contact Gabriel Gallegos at [membership\(at\)wheatsville.coop](mailto:membership(at)wheatsville.coop).

## Congratulations to Our Newest Invested Owners 8/18/11-10/9/11 (221)

- |            |              |             |              |               |                  |                  |                       |
|------------|--------------|-------------|--------------|---------------|------------------|------------------|-----------------------|
| Mary Vo    | Kate Payne   | Guin Mcdaid | Wura Ogunji  | Martha Black  | Pascal Minaux    | Kameren Bullock  | Stephanie Morris      |
| Ann Boyd   | Katie Nott   | Jason Lyons | Amy Lombardi | Martha Brown  | Patrick Scott    | Katlyn Jennings  | Tamara Hernandez      |
| Jay Voss   | Katie Pace   | Jay Alcazar | Andrew Coles | Martha Merry  | Petti Redding    | Kimberly Bodner  | Victoria Welborn      |
| Katy Aus   | Mark McKim   | Jeff Mallon | Angus Ranson | Mary Fischer  | Russell James    | Kirsten Fischer  | Angela McNaughton     |
| Ann Capps  | Mary Champ   | John Conley | Aurora Tames | Matt Needles  | Sophie Strang    | Kristina Viniar  | Brandon Dickerson     |
| Ben Boral  | Matt Berry   | John Hooper | Bryce Miller | Niku Neshati  | Suzanne Meche    | Lena Westerfeld  | Brandon Greenberg     |
| David Ing  | Nancy Byrd   | Josh Rucker | Desiree Rios | Philip Curry  | Theresa Wolff    | Martin Shretter  | Jennifer Crumpton     |
| Joe Green  | Neal Bobba   | Joshua Pate | Eric Samuels | Ruth Elswood  | Trivett Wingo    | Matthew Barrera  | Marcela Benavidez     |
| Kat Dujka  | Sian Jones   | Kathy Monte | Frances Knox | Ruth Wilmore  | Victor Magary    | Meghan Anderson  | Nanette Labastida     |
| Kiran Rao  | Steve Conn   | Kim Seaborn | Jerry Vlasak | Sherry Oldag  | William Slade    | Michael Sellers  | Quinn McFrederick     |
| Rita Gier  | Tom McGaha   | Lee Dufrene | John Raymond | Sudie Niesen  | Abigail Temple   | Sarah Blackburn  | Robert J Barnhart     |
| Ryan Will  | Aaron Ralls  | Lucy Dunlap | John Weinert | Tiffany Dunn  | Alexis Chapman   | Scott Blackburn  | Sheridan Schaefer     |
| Allie Cook | Aafreen Khan | Mark Rausch | JT Harechmak | Todd Edwards  | Alfredo Zuniga   | Shelley E Adair  | Shirley Crossland     |
| Amy Rivera | Amber Heard  | Mark Weiler | Julie Fryman | William Cook  | Alicia Phillee   | Valerie Bissett  | Aren Wilson-Wright    |
| Chiou Yiak | Amy Salinas  | Neil Kaiser | Katie Larson | Alida Perrine | Beatrice Reyes   | Brandon Campbell | Christina Campbell    |
| David Wyde | Andee Kinzy  | Nikki Moore | Laura Thomas | Amanda Morish | Beth Brozowsky   | Christian Aviles | Jeffrey Kalikstein    |
| Emmett Fox | Berk Gercek  | Philip Pool | Lauren Jones | Andrew Tieken | Bonnie Longley   | Christina Carter | Katherine Linger      |
| Jed Gillen | Brad Sumner  | Priya Reddy | Lindsey Wall | Beau Jennings | Cindy Lunsford   | Claudia Peterson | Murat Deliomeroğlu    |
| Jen Hellow | Ellen Spiro  | Shar McLeod | Liza McCalla | Bill Callahan | David Huenlich   | Georgia Bramhall | Rae Nadler-Olenick    |
| Jesse Card | Eric Dudley  | Talitha May | Louis Lepine | Brian Burrahm | Drew McPherson   | Hannah Casparian | Wilfred Matsikidze    |
| Jim Simons | Eric Paulus  | Taylor Swan |              | Carolyn Fasel | Irina Shrayber   | Heather Whittier | Maxamillian Montiel   |
| John Parks | Gail Austin  |             |              | Carolyn Heath | Jennifer Walsh   | Isaac Grombacher | Dorothy Jean McKetta  |
|            |              |             |              | Carson Kelley | John R Allison   | Jared Quarnstrom | Kate O'Connor-Schnack |
|            |              |             |              | Cecelia Burke | Katie Anderson   | Majida Al-Husaam | Angela Pollitt-Caruso |
|            |              |             |              | Ching-Pei Lin | Kelly Townsend   | Sharon Drinkwine | Michael Anthony Corey |
|            |              |             |              | David Stephan | Kortni Hampton   |                  |                       |
|            |              |             |              | Donna Morstad | Laurel Marotta   |                  |                       |
|            |              |             |              | Frank Carrico | Maribel Falcon   |                  |                       |
|            |              |             |              | Fred Voorhees | Mcallen Halsey   |                  |                       |
|            |              |             |              | Gunjen Mittal | Megan Sullivan   |                  |                       |
|            |              |             |              | James Chapman | Rebecca Gibson   |                  |                       |
|            |              |             |              | Jason Tallent | Sara Stevenson   |                  |                       |
|            |              |             |              | Jefe Greilich | Shirley Weiler   |                  |                       |
|            |              |             |              | Jordan Deathe | Susan Leibrock   |                  |                       |
|            |              |             |              | Julene Conway | Taylor Barnett   |                  |                       |
|            |              |             |              | Karen Hadnagy | Valerie French   |                  |                       |
|            |              |             |              | Kristen White | Vanessa Gavril   |                  |                       |
|            |              |             |              | Lacy Slabaugh | Andrew Cockcroft |                  |                       |
|            |              |             |              | Mark Blumberg | Arcadia Falcone  |                  |                       |
|            |              |             |              | Michelle Camp | Cameron Molberg  |                  |                       |
|            |              |             |              | Owen Williams | Elizabeth Hanna  |                  |                       |
|            |              |             |              | Parvathy Prem | Ellen Underwood  |                  |                       |
|            |              |             |              |               | Joshua Hilliard  |                  |                       |

**DOGGONE IT! WHERE DID YOU GO?**  
Members- if you've moved and you're not getting the Breeze in the mail, please take a minute to update your address.

**YES! UPDATE ME!**

Member Number \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

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

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

[www.thunderingpaws.org](http://www.thunderingpaws.org)

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- \* Reiki
- \* Polarity
- \* Shiatsu
- \* Aromatherapy

ELLEN FELDMAN

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# *There's A New Kid On The Block*

## **Pharmacy opens across the street from Co-op**

TAS Specialty Pharmacy is built on exceptional customer service and the clinical expertise of our pharmacists.

***We are a full-service pharmacy able to fill all prescriptions and also specialize in:***

- Infectious Diseases (*HIV/AIDS/Hepatitis*)
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- Hormone Therapy
- Oncology
- Transplant
- Pain and Addiction Management
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*Coupon must be accompanied by a prescription  
from doctor or veterinarian. May not be used  
toward co-pay.*

# Dana & Mark Attend Niman Ranch Dinner

by Dana Tomlin, Deli Manager



Mark Maddy, Wheatsville's Meat & Seafood Buyer, and I were invited to the Annual Niman Ranch Hog Dinner in Iowa, also known as the Farmer Appreciation Dinner. This is an annual event in which all of Niman Ranch's hog farmers are appreciated with a large dinner prepared by renowned chefs. Five hundred farmers were in attendance this year along with retailers, wholesalers, chefs, and media folks. As Wheatsville Food Co-op, we stood out among the others because we carry an broad line of Niman Ranch products AND because we butcher their product at our store.

We arrived a day before the dinner and were able to take a tour of Niman Ranch founding farmer Paul Willis's family hog farm. We were introduced to people involved in the farming community and were then invited back to Paul's home on the prairie, where we were treated to a Hog Roasting dinner, complete with side dishes created by the families.

I'm grateful to have been invited to participate in this beautiful event. To be able to see with my own eyes the farmers that produce the food that we put in our homes, and cook for our families is a heart-warming experience and there are really no words for the power of it. I kept a photo journal while I was on the trip and I'd like to share it!

We see the crops that are rotated annually and the mature corn that will be made into sweet corn



Folks who run the smoking facilities



Back at Paul Willis' we enjoy our dinner and meet some new friends!



The next day back at hotel we all attend the Sustainability Panel. An engaging, emotional and inspirational discussion about how we can make a difference.

Niman Ranch gets feedback from last year about presentations and changes. People want to know about sustainable practices are eager to learn from each other.



Sometimes it's hard to feel like you're making a difference but in the end, decisions are made by the people that show up. We showed up and we are proud to be making the decision to carry Niman Ranch.

We will have more articles to come about Niman Ranch, our trip and ongoing



efforts towards humanely raised, sustainability.



Paul Willis speaks in house on his farm in front of map of farmers. He tells us about the kinds of hogs they raise and why certain breeds have been chosen.



Meeting Mark Lane, field agent and liaison to the farmers speaks to us about the kind of feed hogs are given, the audits farmers undergo to be part of Niman, how they've worked hard to keep it cost-effective for small farmers to have their hogs processed, and also described their tracking methods for each animal.



Paul Willis has kept his farm in its true form of prairie, this helps conserve soil and build nutrients, hay ride tour



The Quality Control Table where they demonstrate how they grade the loins for ph, water content, and color.



Sarah Willis and Mark Maddy



Tour of the organic farm where the Niman Ranch hogs live. We see the hogs in their living spaces, how they are interested but not afraid of people and how they are able to eat, drink, rut and wallow freely. Paul Willis also shows us one of his piglets!



# Human Power

by Amy Babich, WV Owner



When Kingsley Amis, the English novelist, visited Nashville, Tennessee in 1967, he was especially struck by “all those horrible towering silver-grey poles and the brilliantly offensivised greens, reds, and yellows, and nobody on foot.” He also noted, “It was odd to walk there anyway, as I found the time I walked, the only pedestrian, along a couple of hundred yards of pavement at ten in the morning and found a prowl car keeping pace with me in old-movie style.”

These remarks, from Amis’s Memoirs, are especially striking because Kingsley Amis was no great walker or fitness nut. He was a sedentary, academic, literary Englishman who grew fat as he got older. But even sedentary Englishmen walk. Americans, especially in the southern United States, probably walk less than any other people in the world.

Austin is basically a non-walking city, as anyone who walks here quickly discovers. Three-fourths of our city’s curbside miles are free of sidewalk. We have high-speed, multilane car roads without sidewalks, and bus stops that consist of a sign stuck in the dirt by the side of the road. (Airport Boulevard, from 46th to 51st Street, is one such place.)

We have had mayors who verbally urged the public to get out and walk more. They didn’t build sidewalks; they just gave advice. Philanthropist Susan Dell is organizing a walk to call attention to the importance of walking for health. Again, no mention of sidewalks. When wealthy Austinites think of walking, they think of driving to a park and walking on a trail. They think of triathlons, charity walks, and marathons. But they don’t seem to think of sidewalks and ordinary, daily walking for transportation in ordinary clothes.

As I get older, friends of my own age seem to drive more and walk or bicycle less. They move to parts of town where no one walks or bikes. They buy and wear shoes that they regard as unsuitable for walking. They drive in the winter without outdoor clothing. This is the non-walking lifestyle.

I’m told that when chickens are confined to a cage for a long time, they won’t go out even if the door is opened. My chickens are confined at night, but run in the yard by day. The morning (October 9, a day to remember) it rained hard, for the first time in months. The chickens squawked in their pen, wanting to get out, but I couldn’t let them out until the rain slowed down. As soon as I opened the door, all three ran eagerly into the rain. Chickens that are not confined to cages object to being shut in, except to roost at night. People seem to be the same. If we don’t walk, after a while we don’t want to walk and may think ourselves incapable of it. If we walk every day, we don’t like to be deprived of walking.

Modern people sit a great deal. Sitting is useful. Anthony Trollope said that the way to finish a novel was to stick the seat of the writer’s pants to the seat of the chair—“with glue, if necessary.” Without sitting still, I could never finish this column. But sitting is not much fun for the body. The body likes to move around outdoors. And the mind is connected to the body.

On Sunday, October 2, San Antonio held its first ciclovia. The event was called SíClovía, to give it a Latin American flavor and to say, “Yes! A ciclovia!” and to show how the word ciclovia is pronounced. (When we write Spanish words in English, we often omit the accent marks. Then we pronounce the word wrong. I am in favor of using the accent marks.) Ciclovia means “bicycle path,” but the Sunday ciclovia in Bogotá, Colombia, is a weekly public event for everyone, not just bicyclists. Since 1976, every Sunday from 6 AM to 2 PM, at least 70 miles of street are closed to motor vehicles and opened to walkers, bicyclists, skaters, and everyone else. People in wheelchairs or with walkers can move freely. One day a week in Bogotá, the streets are for people to enjoy.

The first San Antonio SíClovía was much smaller, and it’s not a weekly event yet. But it was a great success. Four miles of Broadway were closed to cars and opened to public recreation from 10 am to 2 am. At least 15,000 people turned out to enjoy the carfree street. Now that San Antonio has held a ciclovia, perhaps Austin will finally get around to doing the same.

It’s Sunday, and the rain has stopped, and I have almost finished this column. Soon I will get to walk to the store to buy a newspaper. I’m sure I’ll see all sorts of amazing things. I can hardly wait.

## International Cooperative Alliance: Principles for Coops

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

*Co-operatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the tradition of their founders, co-operative members believe in the ethical values of honesty, openness, social responsibility and caring for others.*

**EASY STREET RECUMBENTS**  
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Of.....  
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Austin's voice for bicyclists: [www.lobv.org](http://www.lobv.org)

Yes, Austin now has a bike advocacy organization! We're building on our past success and building our membership. Check us out, join up, and help the LOBV make Austin even more bike friendly! Join today at [LOBV.org](http://LOBV.org) or at Easy Street, a proud supporter

5555 N. Lamar Blvd. #C105 (hidden behind the hair salon)  
11-6, Wed-Sun, 453-0438, [EasyStreetRecumbents.com](http://EasyStreetRecumbents.com)

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