

THE WHEATSVILLE BREEZE

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



Keep Those New Year's Resolutions: Winter Greens Guide *by Ralf Hernandez, Produce Coordinator*

Kale Curly, Lacinato, or Red



Lacinato Kale

Attributes: Loads of vitamins A and C. Retains its general shape and texture when cooked. Does not "cook down" like other greens. Slightly bitter raw.

Uses: Sauté, wilt in soups, add to raw salads, steam.



Curly Kale



Red Chard

Chard

Red, Rainbow, Swiss, Green

Attributes: Mild, pleasant flavor is good raw in salads. Resilient enough to be used in gratins. Don't discard the stalks, they have great flavor and crunch!

Uses: Raw in salads, sauté, steam, gratins.



Spinach

Spinach

Attributes: Delicate, mild flavor. Packed with calcium, vitamins A and C.

Uses: Extremely versatile; mild flavor is not

overpowering when incorporated into dishes. Raw in salads, sauté, in pasta. Delicate nature means little preparation and short cooking time.

Collard Greens

Attributes: Rich in fiber. A Southern cooking staple. Hearty, chewy texture and a stronger, cabbage-like taste.

Uses: Steam, sauté, braise with ham, bake with Gruyere in a gratin.



Collards



Dandelion Greens

Dandelion Greens

Attributes: High in calcium, vitamins A, C, and K.

Uses: Steamed or sauté. Pairs well with rich flavors like bacon, potatoes, goat cheese.

Bok Choy

Attributes: Tender and mild flavored. Packed with Vitamin C.

Uses: A "go to" Asian green. Stir fry, eat raw in salads, raw in slaw.



Baby Bok Choy

Mustard Greens

Attributes: Southern cooking staple. Peppery flavor mellows out the longer you cook it. Remove the stalks when cooking.

Uses: Sauté, steam, braise. Often used in Southern and Indian cuisine. Adds a peppery bite to dishes.



Mustard Greens

Try out this fantastic recipe from *Bon Appétit*:

Collard Green & Radish Slaw with Crispy Shallots

Ingredients

2 small shallots, sliced into rings
6 TBS vegetable oil
kosher salt
1 bunch collard greens (about 10 oz.), center ribs and stems removed, thinly sliced crosswise
6 small radishes, trimmed, sliced
2 TBS white wine vinegar
freshly ground black pepper

Preparation (Total time: 20 minutes)

Cook shallots and oil in a small saucepan over medium-high heat, stirring occasionally, until shallots are golden, 8–10 minutes. Using a slotted spoon, transfer shallots to a paper towel-lined plate; season with salt. Transfer oil to a small bowl and let cool.

Combine collard greens, radishes, and vinegar in a large bowl; season with salt and pepper. Drizzle with shallot oil and toss to coat. Top with crispy shallots.

Do Ahead: Crispy shallots can be made 2 hours ahead. Store shallots and oil separately at room temperature.
Servings: 4

Owner APPRECIATION DAYS!

OWNERS RECEIVE 10% OFF ANY ONE SHOPPING TRIP!

→ SATURDAY, JAN. 17TH
THRU SUNDAY, JAN. 25TH!



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COMMUNITY ACTION WEDNESDAY

Community ACTION WEDNESDAYS

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

The group selected for January is **the People's Community Clinic.**



People's Community Clinic is a unique Austin institution and one of the oldest continually running independent clinics for primary care in America. They offer comprehensive health and wellness care to the uninsured and have been locally managed and operated for over 40 years.

We will be hosting another Children's Book Drive for PPC! In years past, our shoppers, owners, and staff have donated hundreds of books to the clinic's young patients and we look forward to continuing this tradition. If you have any gently-used English or Spanish children's books, feel free to drop them in the donation box at the front of the store.

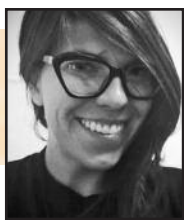
In February our group is **SafePlace.**



Their mission is to end sexual and domestic violence through safety, healing, prevention and social change. Their work has helped create change in attitudes, behaviors and policies that perpetuate the acceptance of, and impact our understanding and responses to sexual and domestic violence. In addition to receiving 1% of February's Wednesday sales, we will be hosting a Diaper & Personal Care Drive. While you shop, keep an eye out for products labeled with a SafePlace shelf sign. This will help you select their most requested items for the donation Drive. Wheatsville will also be participating in the SafePlace Illuminate walk at the Mueller Hanger this year. Come out and join in this amazing event! www.safeplace.org

Community Action Recipients for 2015

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



You Own It!

by Erica Rose, Ownership & Outreach Coordinator

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



Total Co-op Owners as of December 4, 2014: **16,718!**

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

Correction

Terms for newly elected Board members were misstated in 12/2014. *Breeze/Annual Report*. The correct terms are:

- Doug Addison** was elected to serve a two-year term.
- Reyna Bishop** has been elected to serve a three-year term.
- Kitten Holloway** has been elected to serve a three-year term.
- Deborah Ingraham** has now been elected to a three-year term.
- Nada Lulic** was elected to a two-year term.
- Allison Maupin** was elected to a one-year term.



Wheatsville DONATES \$10,000 to Farmshare Austin

Farmshare Austin is a local nonprofit dedicated to educating and training people who want to become farmers. From sustainable organic growing practices to land preservation, they're working together with the next generation of farmers to create more local, organic food. Our donation helps support farmers as they learn the tools of the trade.

Dear Wheatsville,

I would like to say a huge 'thank you' to you all on behalf of the Farmshare Board. Your contribution to our Indiegogo Campaign had such a meaningful impact on that campaign as well as on our ability to provide an incredibly successful first semester for the students on the education farm.

To recognize your generosity we would like to make Wheatsville Co-op the first Business Member of our organization. We have seen how organizations like ours and food cooperatives like Wheatsville have worked together in other parts of the country and are excited to see what our two organizations can do together.

With profound gratitude,

Daniel Hope, Farmshare Austin, Board of Directors

THANK YOU! One of Wheatsville's BIG Direction goals is to make more Local, Organic, Sustainable food. By shopping at the co-op you help make this donation possible. and help our community cultivate tomorrow's farmers



About Farmshare Austin

by Taylor Cook, Executive Director of Farmshare Austin



Austin is blessed with an incredible local food culture and a growing number of farmers, producers, retailers, and culinary professionals who have made the region a major food destination. Farmshare Austin is a non-profit dedicated to supporting the local food system and making it more inclusive primarily by growing more farmers who will be good environmental stewards, help meet the demand for high-quality local food, and increase access to healthful organic produce. The organization has a four tiered mission:

- Education** Provide education to aspiring commercial farmers;
- Food Access** Improve the availability of healthy, sustainably produced food, to portions of the population that currently have the least access;
- Land Preservation** working to develop strategies to improve availability, access, and use of environmental resources required for farming; and
- Research** Support, promote, and/or conduct on-farm and partnered research on sustainable and organic farming practices.

In 2014 Farmshare launched its program, Farmer Starter, with six students living, learning, and working on a five acre educational farm in eastern Travis County. The produce grown at the farm is donated to El Buen Samaritano's food pantry and supports the Sustainable Food Center's Happy Kitchen and Farm to School programs. In the coming year Farmshare is looking forward to continuing the Farmer Starter program, maximizing the impact of the food access strategy, introducing regular volunteer opportunities, and launching its first series of Community Classes in February hosted at Boggy Creek Farm. For more information about upcoming events and opportunities to support Farmshare Austin visit www.farmshareaustin.org.

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

The Wheatsville Board of Directors generally meets at 6pm the last Tuesday of every month. Check wheatsville.coop/membership/board-of-directors for details. Owners are encouraged to attend. Something that you would like discussed? Use the Open Time Form on the Board's webpage.

Wheatsville 2015 Board of Directors

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

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

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



Resolution Support *By Cody Atkins, Wellness Coordinator*

If your New Year's resolution is to eat better, to be more active, to lose weight, or to have more energy, then you may want to start incorporating

smoothies into your daily diet. Smoothies are a versatile and delicious way to boost your nutritional intake. Whatever your specific nutritional goal or need is, our full selection of smoothies and drink mixes can help you achieve it! Here's a few of our popular smoothie products available in the Wellness Department:

Greens

Health Force Vitamineral Greens*

Formulated by Dr. Jameth Sheridan, this superfood blend of greens from the earth and ocean is raw, vegan, and goes a step beyond organic to be tested 100% free of pesticides, insecticides, herbicides, irradiation, and GMOs. Not content with standard USDA Organic testing, Health Force calls products that meet this standard TruGanic™. Beyond these great qualities is a product that has been pulverized to the point that is dissolvable in liquid without the scratchy fibrous qualities found in many green foods products. This item is both a staff and customer favorite.

Proteins

Plant Fusion Plant-based Protein*

This plant-sourced blend of proteins is perfect if you are looking to add some protein to your diet. Each serving contains 21 grams of protein while adding only 120 calories to your shake. The protein blend comes from organic sprouted quinoa, organic sprouted amaranth, yellow peas, and artichoke. And while you will find enzymes for digestibility and branch chain amino acids (BCAAs) for muscle recovery, you won't find any GMOs, gluten, soy, or dairy in this product!

SFH (Stronger Faster Healthier) Whey Protein

SFH has a premium line of whey protein that is

derived from A2 milk. A2 milk differs genetically from A1 milk. Most milk sold in grocery stores is either A1 or a combination of A1/A2 milk. Research hasn't been conclusive but many believe that A2 milk is easier to digest due to the type of beta-casein, which constitutes 30% of milk's protein, it contains. Coincidentally, milk from goats also contains the A2 beta-casein but unlike goat's milk, A2 cow's milk does not have a goat's milk-like taste.

Weight Loss

Garden of Life RAW Fit

RAW Fit is a certified USDA Organic, raw, plant-based, vegan shake that is formulated with weight loss in mind. In addition to 28 grams of protein, RAW Fit also contains green coffee bean extract, chromium, and cinnamon to support healthy blood-sugar levels. Ashwagandha is an ingredient in RAW FIT which can help reduce stress related cravings. There is also a healthy dose of soluble and insoluble fiber to help keep you feeling full. To top it all off RAW Fit contains probiotics and enzymes to support a healthy digestion that can make the most of the nutrition you put into it.

Total Nutrition

Vega One

Vega One is formulated by former professional triathlete and two time Canadian 50km Ultra Marathon Champion, Brendan Brazier. With total nutrition in mind, Vega One can cover a lot of your dietary needs. Each serving contains 17 grams of protein, 6 grams of fiber, almost 7 grams of omegas, 1.5 grams of greens, 1 gram of Maca, 200 mg of antioxidants, 300 mg of enzymes, 1 billion probiotics, and 50% of your daily vitamin and mineral needs. Vega one is a great way to bolster your daily nutritional intake and just like Brendan Brazier, Vega One is vegan.

*Available as a smoothie add-on in the Deli

From chia seeds, to flax seed oil, to local bee pollen, to fiber powders, and superfoods, we have a full spectrum of items for vegans and omnivores alike. Stop in and ask one of the helpful Wellness staff members and we'd be happy to show you a product just right for your needs!

Superfood Smoothies

By Lisa Weems, Deli Coordinator



For most of us, the New Year brings resolutions to take better care of ourselves. The Wheatville Deli offers a wide range of healthy and delicious smoothie options to help you with your

health and wellness goals.

We start our custom smoothies with a base of **banana** (an excellent source of vitamin B6 that also contains vitamin C, manganese, and dietary fiber) and add your choice of **apple, orange juice, or soy, rice, almond, coconut, or cow milk**. We then blend in your choice of fruits—**strawberries, pineapple, peaches, mango, blueberries, and/or raspberries**, as many or as few as you like! Add in any of our extras for a small additional charge, from **yogurt or nut butters** for a tasty protein boost, to omega-3 powerhouses **chia seed or flaxmeal**, to **plant-based nutritional supplement powders**. You could create a custom smoothie every day of 2015 and never drink the same one twice!

We revamped our smoothie menu a few years back to incorporate an even broader range of ingredients, specifically vegetables. Our January **Resolution Smoothie** is a nutrient-rich treat that starts with our housemade Gingerade, a perfectly spiced fresh ginger infusion mixed with citrus juices. We blend this tasty brew with banana, spinach, cucumber, and carrot—perfect for a healthy breakfast or post-workout replenishment. We are happy to add the veggie of your choice to your smoothie—just ask your friendly deli counter clerk what is available!

Happy new year! Here's to a healthy and smoothie-filled 2015!



Wildway

Grain-Free Granola

Apple Spice, Coconut Cashew, Banana Nut

Wildway is a gluten-free, grain-free granola that is also vegan and mostly raw, made entirely of fruit, nuts, and seeds, with a touch of spice. Produced in small batch quantities right here in the heart of Texas (San Antonio), Wildway uses all-natural whole food ingredients that contain no added sugars or sweeteners of any kind—no sugar substitutes, no agave, not even honey. Instead, each granola variety is naturally sweetened by the fruit it contains. Wildway is also oil-free, dairy-free, and suitable for those following the principles of the Paleo diet.

Texas Keeper Craft Cider



Texas Keeper was started in 2013 by three long-time friends born and raised in Austin, who literally hand built the cidery. Their name comes from the Hicks' Texas Keeper, an apple variety first cultivated in Lamar County, Texas around the 1880s. Before modern refrigeration, "keepers" were apples that stored well, improved with age, and were therefore available for longer periods of time (unfortunately, the Texas Keeper apple has joined the ranks of many old Texas cultivars that have disappeared from production and are now believed extinct). The Cidery is on an old friend's 20-acre ranch down in deep South Austin on the confluence of Bear and Onion creeks, in a beautiful spot full of old oak, pecan, and cypress trees. Texas Keeper's focus is on small batch production; check in with us to find out more about which current cider offerings we're carrying.



New at Wheatville *by Nina Norton, Category Management Coordinator*

Yellowbird Sauce

Jalapeño Sauce, Serrano Sauce

Local Austin favorite and would-be Sriracha supplant Yellowbird Sauce has introduced two new fiery hot sauces in addition to their signature Habanero: a scarlet-hued Jalapeño sauce and a vivid green Serrano. Both new sauces are somewhat milder on the heat side than the Habanero (as you would expect), with Jalapeño being the relatively milder of the two. Crafted using real ingredients with no added preservatives or artificial anything and slow cooked to perfection, Yellowbird's focus is on bringing out the unique flavor of the individual spicy peppers used in each formula, rather than the heat. Use liberally on tacos, burgers, sushi, pasta, steak, fish, eggs, pizza... anything you can think of!



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Meridian Hive Meadery Haven Peach Ginger, Frontier Dry Hopped, Discovery Orange Blossom

Mead is one of the oldest alcoholic drinks known to man, created by fermenting honey with water, with the occasional addition of various fruits, spices, grains or hops. It may be still, carbonated, or sparkling; it may be dry, semi-sweet, or sweet.

Meridian Hive Meadery, founded in 2012, produces these artisanal hand-crafted honey wines in East Austin. We're carrying Meridian's 'Discover' hydromel (traditional mead), 'Frontier' metheglin (mead with herbs and/or spices added, in this case hops), and 'Haven' melomel (mead that contains fruit; peach & ginger in this version). The three tip-les range from sweet to semi-sweet with ABV's from 6.5% to 7% and pair particularly well with spicy foods such as Indian or Thai and strong blue or soft-ripened cheeses.



Barton Creek Crossing Apple Butters

Unsweetened Apple, Cinnamon Apple, Granny Smith Apple

Local producer Barton Creek Crossing was founded by the Kruse family of Dripping Springs, and produces pure and simple apple butters filled with clean, old fashioned goodness. We love that all ingredients in Barton Creek Crossing's spreads are verified Non-GMO, that they use USDA organic spices and other ingredients whenever possible, and that locally collected rainwater helps thin out the spreads to a smooth consistency. While the Cinnamon and Granny Smith varieties are each fairly low in sugar for fruit butters of their kind, the Unsweetened uniquely has no added sugar at all, for pure, apple flavor. Each spread is packaged in a charming glass mason jar mug with a handle, perfect for reuse.

Treeline Nut Cheese Chipotle Serrano, Green Peppercorn

Artisanal producer Treeline Cheese makes wonderful French-style soft cashew-based nut cheeses that are great for the lactose intolerant, vegans and lovers of fine cheese. Treeline's cheeses are tangy, creamy and spreadable, but contain no lactose, soy, or palm oil (also gluten free). Two new varieties each consist of cashew cream cultured and flavored with either chipotle and serrano peppers or piquant green peppercorns, and possess a slightly tart flavor and creamy texture some find comparable to Boursin. Perfect on bagels, crusty bread or crackers, and excellent with raw vegetable and chips, too! Made in upstate New York.

Staff TOP 10 PICK



MATT OTTO: FRONT END SUPERVISOR, S. LAMAR



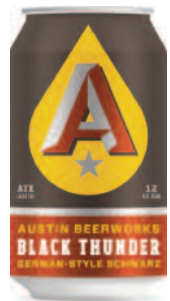
#1 Skull & Cakebones Bing Bong

LOCAL GOES LOCAL. TOPPED WITH SRSLY CHOCOLATE. TAKE ONE AND PASS IT TO THE LEFT.

#2 Chocolove Almonds & Sea Salt in Dark Chocolate



DURING OWNER APPRECIATION DAYS, I BUY THIS SUPER AWESOME ONE DAY DEAL BY THE CASE.



#3 Austin Beer Works Black Thunder

THE BEER LEAGUE SOFTBALL SEASON CAN'T START SOON ENOUGH.

#4 Bulk Dark Chocolate Sprouted Almonds

PINCH OR POUND? POUND, PLEASE.

#5 Way Better Snacks Sweet Chili Corn Tortilla Chips

I'LL HAVE A BAG OF THESE ON SUPER BOWL SUNDAY.



#6 Wheatsville Chicken Salad

IT'S THE LITTLE BITS OF APPLE THAT GET ME.



#7 Love Bean Superfood Fudge Spread

TOP SOME SNACKIMALS WITH THIS AND A BANANA SLICE. YOUR KIDS WILL THANK YOU.

#8 Wheatsville BLT

ADD SOME AVOCADO AND CHEESE, THREE LETTERS ISN'T ENOUGH.

#9 Mill King Calow Milk

PURE GOODNESS!



#10 Wheatsville Spicy Guacamole

NICE KICK, GREAT FLAVOR, MADE WITH LOVE.



The King of Cheese

by Shane Shelton, Specialty Coordinator

Parmigiano-Reggiano is widely considered "The King of Cheeses." Its name is a protected designation of origin in Europe. Parmigiano-Reggiano is made in the areas of Parma, Reggio Emilia, Modena (also known for its fabulous Balsamic vinegar) Bologna and Emilia Romagna. Only cheeses made in these areas and made with specific ingredients and aging times can carry the name Reggiano-Parmigiano. Parmesan is the French adjective for the Parmigiano and is used in the U.S.A. as the name for various hard cheeses. Parmigiano-Reggiano is the real deal, top of the line, A#1 grating cheese! It really doesn't get any better than this.



Parmigiano is made from raw cow's milk. The cows must graze on the grass of the area and are fed hay as part of their diet. Their local grass gives the cheese its distinctive nutty flavor. The whole milk from the morning milking and the skimmed milk from the previous evening's milking are mixed and the leftover cream from the skimmed milk is used to make mascarpone.

After the cheese is aged for 12 months, an inspector from the Consorzio Parmigiano-Reggiano inspects each wheel, using a small hammer. They will hit the cheese in various spots and listen to hear if there are fissures inside the cheese. No fancy electronic equipment necessary, in Italy they do things old school! All cheeses that pass the inspection are branded with the Consorzio's seal. All cheeses that fail are stripped of all markings, a sad fate for a cheese that aspires to greatness. The cheese that passes the test is then left to age for another year. These master cheese makers are not playing around!

We'll be cracking a wheel of **Parmigiano-Reggiano** early on the morning of **Sunday, January 25th** and the fresh cheese will be our Super Awesome One Day Deal for that day! **Save \$9/lb!**

Parmigiano-Reggiano is lower in fat and sodium and higher in vitamins and minerals than most cheese. It contains 19 of 21 amino acids the body needs, and a 1 ounce serving provides as much as 30% of a person's RDA for calcium. Parmigiano contains more protein than most meats and contains other essential vitamins and minerals such as, potassium, magnesium, zinc, iron and copper.

Parmigiano is traditionally used as a topping on pasta and soups, but in the areas of Modena and Parma, chunks are eaten with splashes of balsamic vinegar, nuts and wine. Parmigiano is also delicious eaten with honey, and don't you dare throw away the rind! It is sublime when added to soups and broths. Just use it as you would a soup bone.



King Cake by Robin Roosa, Bakehouse Supervisor

King Cake is associated with the Epiphany season and more specifically with the pre-Lenten activities of Mardi Gras. Epiphany marks the end of the Christmas season and honors the Three Kings who brought gifts to the Christ child 12 days after

Christmas. French colonists are credited with bringing the Mardi Gras tradition to Louisiana in the 1600s and the Gâteau de Rois (or King Cake) in the mid 1800s.

January 6 marks the beginning of the King Cake season which ends on Fat Tuesday or Mardi Gras, this year on February 17. While there are many different versions of the King Cake in many countries, the American version is, at its simplest, sweet yeast bread sometimes twisted or rolled, and traditionally topped with white icing sprinkled with three colored sugars. Concealed in the cake is a small plastic or porcelain baby (representing the baby Jesus). The colors purple, green and gold symbolize the Three Kings and represent justice, faith and power. The dessert's ability to engage friends and family in the "search for the baby," the small figurine located inside the cake, is a fun and delicious way for folks to celebrate.

Wheatsville Bakehouse will be making King Cakes for the first time this year. Our version is a large ring of cinnamon-scented yeast dough, rich with butter and egg, glazed with white icing and sprinkled with purple, green and gold sugar. For safety reasons, our baby will be in plain sight (not hidden inside the cake) and we will decorate the cake with colored beads for a final festive note. You may hide the baby in the cake before serving, if you like, but be sure to warn your guests to be on the lookout for the prize! Tradition says that whoever gets the baby is King or Queen for the day and provides next year's King Cake or hosts the party.



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SUPER AWESOME → 1 DAY DEALS!

DURING Owner APPRECIATION DAYS

Saturday, January 17 (May be combined with OAD discount!)

ANYTHING* IN THE BULK DEPT. SCOOP & POUR BINS

*our Co-op Basics prices are as LOW as we can go so discounts do not apply to these items.

→ 10% OFF!

Sunday, January 18 Refrigerated

MEDITERRANEAN CHEF GRANDMA'S HUMUS (LOCAL) 9oz

\$2 OFF!

→ \$2.99

Monday, January 19 Wellness Dept.

Garden of Life RAW Meal, RAW Protein, RAW Fit, and Perfect Food Greens

→ 50% OFF!

Tuesday, January 20

TEXAS JUICING ORANGES 10LB BAG

\$2 OFF!

→ \$5.99

Wednesday, January 21 3.2oz (excludes all other Chocolove Bars)

CHOCOLOVE ALMONDS & SEA SALT CHOCOLATE BAR

Reg. \$2.79 each

→ 3/\$4

Thursday, January 22

ALL OPERA PRIMA WINES

Reg. 3/\$10

→ 4/\$10

Friday, January 23

ALL DELI-MADE TAKE N' BAKE PIZZAS and ALL FROZEN PIZZAS

→ 50% OFF!

Saturday, January 24

TENDER BELLY DRY-RUB UNCURED MAPLE or HABANERO BACON

\$3 OFF!

→ \$6.99

Sunday, January 25

FRESHLY CRACKED! PARMIGIANO REGGIANO

\$9 OFF!

→ \$14.99/lb

DEAL PRICES FOR OWNERS ONLY — Not an Owner yet? Find out how YOU can become one at the Hospitality Desk.



**TRAVIS
AUDUBON**

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

They protect critical habitat for the endangered Golden-cheeked Warbler at their 690 acre Baker Sanctuary. Their ten acre Chaetura Canyon Sanctuary is world renowned for research and conservation of Chimney Swifts. TAS spearheads conservation programs locally and supports them abroad. They lead field trips and bird walks both at local birding hotspots and exotic get-aways. They offer an exciting array of monthly speakers, workshops, youth birding camp, the annual Birdathon, and seasonal and monthly bird counts & surveys. TAS offers classes from the basics of birding to advanced classes. Their outreach programs educate the community about the vital connection between conservation and sustainable, healthy human habitats.

www.travisaudubon.org/fieldtrips.html

LOCAL, HANDMADE TEMPEH AND TEMPEH SAUSAGE

Available at
Wheatville

or order
direct at:

theheartlyvegan@gmail.com



**The
Heartly
Vegan**

heartlyvegan.com

100% organic ingredients

non GMO, gluten-free vegan

You're Going to N

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

FAST

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

GOOD

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

CHEAP

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



A Few Reasons People ♥ Wheatville:

1. Best food in the city, ON THE PLANET
2. Over 2000 LOCALLY Made Products
3. Cheerful Staff! We really GLAD you're here!
4. Easy to find bathrooms
5. TINY CARTS for KIDS
6. Special Orders are EASY!
7. \$100,000+ donated to area non-profits and community groups in 2014!
8. You get a NICKEL every time you reuse a bag or container
9. Owner Appreciation Days, 10% OFF ONE ENTIRE SHOP
10. Super Awesome ONE DAY Deals!
11. Popcorn Tofu!
12. Buffalo Popcorn Tofu!
13. Easy Store Layout!
14. We compost EVERYTHING!
15. We RECYCLE our hearts out!
16. Housemade bread baked FRESH daily with 100% ORGANIC FLOUR
17. Over 500 Owner Deals and Co+op Deals EVERY WEEK!
18. Easy Returns! Don't like it? Bring it back!
19. 100% Fair Trade, Organic Coffee Bar!
20. Popcorn Tofu Po'Boys!
21. Vegan WONDERLAND!
22. We'll help get your groceries in your car!
23. Best bumper sticker reading in town!
24. Outdoor and indoor eating!
25. Compostable cups, cutlery and to-go containers!
26. Over 75% organic produce!
27. Stickers for the kids!
28. Owners get to VOTE in elections!
29. Skylights and flowers
29. That co-op smell!

THE
Secret IS OUT of the
ORGANIC, HEMP-WOVEN, FAIR TRADE BAG.

We've got great groceries at great prices.

Feed a BIGGER CART!

Your ROADMAP to SHOPPING

FAST, CHEAP and GOOD!

We've been working hard this past year to increase the amount of great prices we offer our shoppers! Our grocery co-op offers tons of value and these signs are your roadmap to savings. We aim to help you get more bang for your buck and help you do more of your shopping at the co-op.

Zip in for a quick cup of organic fair trade coffee and breakfast taco made with cage-free eggs. BOOM, you've just been served up a hot breakfast FAST, CHEAP and GOOD – all for UNDER FIVE BUCKS!

Need to do a quick mid-week shop in a hurry? Stop by and load up on locally made organic whole wheat tortillas, humanely raised ground beef and a great selection of fresh fruits and veggies on Co+op Deals. We'll open another register if there's more than two people in line and you'll be out in a flash - FAST, CHEAP and GOOD!



Save MORE!

Become a MEMBER of the co-op!



For a one-time investment of \$70, you can become a member of the co-op and can vote in annual elections, run for the board of directors and get great discounts on Owner Deal items and 10% OFF during Owner Appreciation Days!

Owner Appreciation Days

Four times per year we offer 10% OFF ONE ENTIRE SHOP* during Owner Appreciation Days. Buy as much as you like, including all sale items! SAVE BIG and stock up!

*Excludes Co+op Basics items already at ROCK BOTTOM prices!

Co+op Basics

Co+op Basics offers a variety of popular, affordable grocery and household staples – the building blocks for hearty meals and day-to-day living, at GREAT prices! Just look for the purple signs.

Co+op Deals

Look for the green Co+op Deal signs to find great savings on some of our most popular products. These deals are negotiated for over 150 retail grocery cooperatives nationwide which means we've got BIG buying power to offer some of the best prices in town.

Owner Deals

Membership at the co-op has its perks! Look for the magenta Owner Deal signs to find great prices negotiated right here at the store with our brokers and vendors. With your support, this program has grown from a handful of sales to HUNDREDS.

Everyday Value

Look for the yellow signs to find our BEST best prices on popular, everyday items and let Wheatsville be your one stop shop! Why shop somewhere else when you can get what you need at the co-op for the same price or less?

More Ways to Save!

Owner Appreciation Days

Four times per year we offer 10% OFF ONE ENTIRE SHOP during Owner Appreciation Days. Buy as much as you like, including all sale items! SAVE BIG and stock up!



Patronage Rebates

Ever wonder why we ask if you're an owner of the co-op? Well that's because we keep a running tally of how much you've spent with us during the year. In profitable years, owners receive a percentage back on the grand total.

Stay in touch!

Some of our best deals and giveaways are highlighted in our weekly newsletter and on Facebook, Twitter and Instagram. Follow us for all the latest news and savings! Also, make sure your address is up to date if you're an owner. We'll send you the Breeze newsletter full of information about co-op events & happenings plus occasional coupons and fliers. Don't miss out!

SAVE with Co+op Basics! by Raquel Dadomo, Brand Manager



Co+op™ basics

Co+op Basics offers some of our most popular grocery and household staples at affordable prices.



Co+op™ basics

Great food, great prices!

Co+op Basics

Great Food, Great Prices!

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

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

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

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

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



Co-op Basics FAQ

Can I use manufacturer's coupons?

Absolutely! If you find a manufacturer's coupon in the paper or online, feel free to redeem it at either of our stores.

Can I get a case discount or use my Owner Appreciation Day discount?

In order to give our shoppers these great prices all year round, we are unable to allow any further price reductions on Co+op Basics items. However all purchases will count towards your patronage rebate.

Does Wheatsville accept WIC or SNAP cards?

We are happy to accept Lone Star cards, but at this time are not able to redeem WIC benefits.

Let us know what you think!

Leave us a comment at the Hospitality Desk and let us know if Co+op Basics makes your shopping easier! Remember, YOU OWN IT!



Co+op™ basics

***** 5 star yelp review

"I'm a diehard Wheatsville fan because it's one of the cheapest places to get a healthy lunch." – Alex R.

Housemade in our Deli

Rice & Beans \$1.99

Made with organic brown rice, organic black beans and freshly made salsa.

***** 5 star yelp review

"I love Wheatsville. Affordable, local, organic, and all that good stuff." – Joseph C.

Locally Made, Certified nonGMO

Organic Whole Wheat Tortillas \$1.99

10ct.

**** 5 star yelp review

"I always look at the flyers to see the stuff that is on special and stock up when they have really good sales. I say stop in and buy something! check the place out, you won't be disappointed!" – Daniela H.

Field Day

Organic Broth \$1.99 32oz.

Free Range Organic Chicken or Organic nonGMO Certified Vegetable

**** 4 star yelp review

"...local organic, free range, grass fed, GMO free products seem to be the norm here. I appreciate this big time—vegetables, fruits, meat, dairy, etc." – Liz H.

Humanely Raised, Antibiotic & Hormone Free

Ground Beef \$4.99 lb.

Local Vendor Spotlight: Buddha's Brew Kombucha *by Chris Moore Bulk & Chill Coordinator*



Wheatsville has been carrying **Buddha's Brew locally made organic kombucha** since August of 2009. In the beginning, Buddha's Brew made a few traditional flavors— **original, grape and blueberry**. Over the years they have developed many new combinations and seasonal offerings such as **Peach-Mint, Tangerine Sea Salt and Hop'D**.

I had a short Q&A with Kimberley and John-Paxton, the owners of Buddha's Brew.

How long have you guys been in business?

We started at the Farmers Market in 2006 and then we moved to our current commercial kitchen in 2007.

Which is your favorite flavor of kombucha?

My current favorite is **Basil Honey Ginger**, right now it's a seasonal but soon it'll be a regular flavor in our regular jars! My other favorite is **Peach-Mint**, it's delicious, the fresh mint and peach pop so well with our kombucha tea.



What is your favorite thing to purchase at Wheatsville?

South Austin People (SoAP), Skull & Cakebones, Happy Hemp, Love Bean and Good Seed are a few examples of our favorite things to get at Wheatsville. Also enjoy just browsing the aisles seeing what's new, enjoying a sandwich for lunch and checking out other alive foods!

Why did you start making kombucha?

I was introduced to kombucha through a close friend. I began drinking it daily and loved how it made my body feel. Then all of a sudden the national brand changed their recipe as they expanded and I didn't feel the same after drinking a bottle. It was then I decided to brew my own traditional kombucha. Once my friends had a taste, they kept asking for more and a business was born. Additional info: Buddha's Brew Kombucha's mission is to brew the most probiotically powerful kombucha on Planet Earth and have a blast doing it. With our process each batch is carefully fermented to have an exceptionally high count of traditional kombucha probiotics. Offering kombucha that is both alive and delicious is very important to our entire Buddha's Brew team!

Wheatsville is proud to have Buddha's Brew Kombucha on our shelves and we're very happy to have a successful relationship with such nice people!



YOU Can Cook Wings for Your Football Party

by Mark Maddy, Meat & Seafood Coordinator

Few things in life say football and party like chicken wings. Hot wings are a staple menu item in sports bars all over the US and deep frying or roasting are the most popular methods of cooking wings. Some BBQ joints offer smoked wings.

I think wings have been relegated to sports bars and wing shops for far too long—wings are amenable to many flavor profiles and cooking methods. I don't see any reason why you couldn't braise them and let them crisp up in the pan! I don't follow a recipe but boldly mix flavors and techniques to achieve wings that are specialized beyond the humble sports bar wings. Here are some ideas to fix wings your own way.

Rubbing and Marinating

The great thing about chicken wings is they can take more intense flavors. You can easily use rubs and marinades that are designed more for red meat and pork rather than poultry.

Rubs

Tony Chachere's Original Creole Seasoning is what I use the most for a wing rub. It has great flavor, no MSG, and it is always in my kitchen. Also carried here at Wheatsville, **The Paleo Powder** is a no-gluten no-MSG product made here in Texas, and **the Salt Lick** makes a couple of rub options. Lemon Pepper is another great flavor.

Marinades

Like rubs, you can use just about anything for marinating wings. Try one of the **Wheatsville Marinades** like **Teriyaki** or **Mojo**. Howard Miller, S. Lamar Meat Dept. Supervisor, likes to mix ranch dressing or buttermilk with **Yellowbird Sauce**.

Sauce

I like to make a kitchen sink sort of sauce, but Sriracha is pretty much always an ingredient. Vinegar is always a good addition, along with some sort of fat. I usually use a mild oil like canola, but butter is the traditional way to go. I then add a little mustard and honey and start adding hot sauces like Yellowbird. If you don't want to make your own sauce, there are plenty of excellent pre-made sauces. I really like the **Stubb's Wing Sauce**. **The Texas Texas Dang Good Sauce** is an all around good sauce for anything and goes well with wings.

Bringing It All Together

If you are deep frying wings, use a rub, fry them, and then toss them in sauce, but I usually roast them. I rub them and put them in the oven without sauce until they start to dry out, about 10 minutes, then I start basting them. I remove them from the oven and toss them in sauce several times during cooking.

You can also dredge them in a flour and rub mixture and just let them be in the oven. The flour gives them a nice crust that is like fried chicken. The rub added to the flour kicks up the flavor.

I cook them for no less than 45 minutes at 375°– 400° F, but I open the oven four times to baste and my family likes a little carbon on their wings. If you leave the oven closed, use the lower temperature for a few less minutes.

Sometimes having loose suggestions rather than a set recipe is intimidating but wings can be a great way to stretch out and share some adventure with your family and friends—especially with beer and sports!



TEXAS

FARMERS MARKET

CEDAR PARK | MUELLER

EVERY SATURDAY

CEDAR PARK 9 AM - 1 PM

EVERY SUNDAY

MUELLER 10 AM - 2 PM

LOCAL, SEASONAL FOOD FROM REAL AREA FARMERS

PLUS ARTISAN FOODS · LIVE MUSIC

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46923 MUELLER CIRCLE (N. HWY 1825) | AUSTIN 78723

TEXASFARMERSMARKET.ORG

Local Vendor Focus: SRSLY Chocolate *by Adrienne Santchi, Grocery Coordinator*



Ultra Local!
Bob and Robin
both work at
Wheatsville!



SRSLY Chocolate (pronounced seriously) is our Vendor Focus for February, just the right company to see more of during the Month of Love. **Bob and Robin Williamson** are the owners of SRSLY Chocolate, a bean to bar chocolate company located right here in Austin, TX! Bob and Robin were nice enough to answer some questions about their lovely chocolates!

How did you get started making chocolate?

Bob used to bake baguettes and pastries for the farmers markets in Tallahassee, FL. One day, he decided to make chocolate from scratch for a croissant recipe. After pulsing cacao nibs in a food processor and watching the transformation to chocolate, he was hooked. From that moment onward, we've focused on making really great handcrafted bean to bar chocolate.



Valentine's Taste of Love

by John Robertson, Packaged Supervisor & Romantic

"How do I love thee? Let me count the ways"
– Elizabeth Barrett Browning

Show that special someone how much you care by treating them to a brilliant Valentine's Day spread. You don't have to be a chef or any sort of culinary master, though it does help a little bit if you're a hopeless romantic. I am referring to what my beautiful wife describes as "snack dinner", though it is truly so much more.

Beginning with a delicious wine, which Robert Lewis Stevenson referred to "bottled poetry" and layering in favors that complement the particular variety you desire, you can create the perfect beginning to the perfect evening. The cheeses and other foods (particularly ones with aphrodisiacal properties for this particular occasion), when paired with a harmonizing wine can tickle your taste buds along with your fancy. The following are a few of my favorites, and hopefully will get your creative juices flowing to be inspired to experiment with some of your own.

Let's begin with one of the latest stars of Wheatsville's wine portfolio, the **Alianca Dao**. This tantalizing red has a silky, supple black fruit character with soft tannins and a hint of vanilla on an elegant finish. Paired with the slightly sweet yet with just the right kick, **peppadew pepper**, that has been stuffed with **Manchego cheese** and baked until the cheese has melted, is a combination sure to melt your lover's heart.

Another red wine that is quickly becoming one of my favorites is the **Organic Paolo Marcarino Barbera**, an intense ruby red wine with violet hues and pleasant acidity making it perfect to combine with cheeses such as the **Cottonwood River Cheddar**, from up-and-coming cheese maker Jason Wiebe. This staff favorite has a distinctively rich bite and a sharp finish, and couples well with this Barbera and thin slices of the **Colameco herb crusted salami** from our meat department.

Perhaps we should take a cue from our resident cheese monger and partake in the creamy ash-ripened goat cheese, **Bonne Bouche from Vermont Creamery**. Bonne Bouche is French for "tasty bite" and certainly lives up to its name. Top this with some grilled peaches and lightly drizzled with honey, then a glass of our customer favorite whimsical wine, **Casal Garcia Vinho Verde**, and you have, like your date tonight, a match made in heaven.

And finally the crowning moment. For that very special evening, try the delicately elegant true **Champagne by Nicolas Feuillatte**. A flute filled with bubbles and a mouth filled with Wheatsville's Bakehouse crusty bread topped with the local **Brazos Valley Brie called Eden**, and you are truly in paradise. Add a few oysters on the half shell, and you are guaranteed a night you will never forget. Bon jour, soir & nuit and bon appétit!



With a commitment to produce the finest chocolate in a sustainable manner, we use organic & fair trade cacao and cane sugar to handcraft each bar. Our cacao comes from a cooperative in the Dominican Republic that reinvests back into the community, building roads, clinics and schools. Our cacao beans are sorted, roasted, cracked, winnowed and stone ground in granite mills to produce an elegant and assertive chocolate. Gentle, low and slow roasting develops great flavor while preserving delicate aromas. Stone ground chocolate has a rustic texture that reminds us of its origin. Each bar is hand wrapped with love We're serious about what we do!

What is your favorite flavor?

Bob: Oaxacan Espresso. Cacao and chilies have been used together for millennia. This ancient combination is exciting and intriguing in our bar. Add a little locally roasted coffee from our friends at Third Coast Coffee and you've got a really fantastic chocolate bar that incorporates and highlights its rich Mesoamerican history with local ingredients.

Robin: 70%. Honestly each flavor has gone through a phase of being my favorite at one point or another. I'll get stuck on one for about five months and then rediscover a new one and then get hooked on that! Right now I'm finding myself reaching for the 70% plain dark a lot more. It's a perfect match to whatever mood I find myself in. It's rich, dark slightly malty fruity flavor really hits the spot!

Is there an unusual way to use your chocolate bars?

I think there's someone in Austin that does chocolate massage... whatever that is. So yeah, I'd think that qualifies as unusual. But really, chocolate is an amazingly versatile thing. You can eat it in so many forms from a simple, elegant chocolate bar to rich luscious hot chocolate to chocolate brownies. Chocolate is great with anything!

Are there any new flavors on the horizon?

Yes... too many really. In a perfect world, I'd release a new flavor every week, *ad infinitum*. But really, a new flavor every few months is the way to go. We've been working with local Texas olive oil for a bar. Local is a big focus for us. It's really hard to take cacao that's grown two thousand miles away, preserve its sense of *terroir* and try to synthesize it with its production here in Texas. What else? Halvah. Cardamom and Pistachio. Texas Lavender. Keep your eyes peeled for some really interesting stuff.

Why did you move from Florida to Texas?

Because everything is better in Texas! But really, Robin used to live here in Austin about six years ago. She loved it and when I came to visit, I fell in love instantly. No offense to our Floridian brethren. Austin's got a great food scene and really great citizens who help foster a supportive environment. It called out to us like it has to so many new residents. We're pumped to be a part of it!

Where do you see SRSLY in five years?

We see ourselves as a regional chocolate maker with deep Texas roots providing one of a kind handcrafted chocolate made with organic and ethically sourced cacao. Our vision has us doing a couple of really great things in 2019: working directly with cacao farmers, building our own facility, employing fellow Austinites. It's a long road but we're up to task!

CLASS: Chocolate Making
Instructor: Bob Williamson
DATE: Saturday, February 7
TIME: 1pm-3pm
COST: \$35
WHERE: 4001 South Lamar Community Room
RSVP: <http://wheatsvillechocolatemaking.eventbrite.com>

Ever wondered how chocolate was made? Learn how cacao is transformed into chocolate with SRSLY chocolate's own Bob Williamson. Watch as cacao beans are cracked, winnowed and refined into chocolate. Taste some fantastic chocolates from SRSLY chocolate while we learn about cacao's history and impact, past and present. Learn the basics, ask some questions and go home with a bar of fine flavor craft chocolate!

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 youths 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.

wap

We support
Wheatsville Food Co-op!

www.workersassistance.com
512.328.8519



Alliance Work Partners



Peer Assistance and Leadership



Texas HIV Connection



Coordinated Training Services



Youth Advocacy



Child Care Food Program



Staff Spotlight- Kelley Spivey

by Heather Fisher, Office Admin & Payroll Coordinator

HF: What is your Wheatsville history?

KS: I started a little over 2 years ago as a kitchen steward and now I'm a cook.



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

KS: I'm from Athens, GA for the most part and I moved to Austin about 2 1/2 years ago.

HF: What is your favorite product at Wheatsville?

KS: Coffee and beer!

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

KS: Swimming at Bull Creek.

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

KS: I co-starred in a graphic novel that Maximum RocknRoll recently said was "all the worst aspects of punk rock".

HF: Fill in the blanks:

KS: I've always wanted to go to Scandinavia and if I had it my way, Finnish would not be so difficult to learn.

MORE HAPPY PEOPLE!

Staff Anniversaries!

★ Tammy Brookshire 26 years as of 2/6 (AP coordinator)

Kim Tehan-Barrow 25 years as of 1/14 (order clerk)

Dan Gilotte 17 years as of 2/18 (general manager)

Susan Amicarella 6 years as of 2/9 (order clerk)

Chris Moore 5 years as of 1/6 (chill & bulk coordinator)

★ Brooks Wood 5 years as of 2/22
(visual merchandising coordinator)

Liz Patterson 4 years as of 2/14 (order clerk)

Joe Mata 3 years as of 1/4 (meat assistant)

Rory Alexander 3 years as of 1/5 (Guadalupe store manager)

★ Caroline Robertson 3 years as of 2/9 (pricing clerk)

PJ Miera 2 years as of 2/5 (grocery clerk supervisor)

★ Alex Neiheisel 2 years as of 2/5 (packaged lead)

Steven Short 2 years as of 2/21 (packaged clerk)

Sam Williams 1 year as of 1/8 (deli clerk)

John Caton 1 year as of 1/15 (Bakehouse delivery driver)

Robin Simoneaux-Williamson 1 year as of 1/23 (deli clerk)

Kevin Moore 1 year as of 1/27 (packaged clerk)

★ Annie Hughes 1 year as of 1/31 (front end clerk)

Laura Kuhl 1 year as of 2/10 (deli clerk)

★ Glen Ferguson 1 year as of 2/10 (baker)

Austin Cuddihy 1 year as of 2/10 (produce clerk)

★ Tony Cusimano 1 year as of 2/18 (Bakehouse clerk)

★ Mike Cantu 1 year as of 2/27 (baker)

Sign up for the Wheatsville Email List!

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

Go to www.wheatsville.coop to sign up!

Staff TOP 1 PICK



HEATHER FISHER: OFFICE ADMIN & PAYROLL COORD.



Jaime's Spanish Village Chile Con Queso

THIS IS THE STUFF DREAMS ARE MADE OF; QUESO - I PUT THAT ON EVERYTHING!

El Milagro Tortilla Chips with Sea Salt

PERFECTLY THIN AND READY FOR SALSA, QUESO AND/OR GUACAMOLE!

Yeti Roasted Strawberry Frozen Custard

CREAMY AND DELICIOUS, NOT TO MENTION ALL NATURAL INGREDIENTS AND LOCAL!



Banana Organic Peanut Butter Chewy Banana Bites

ORGANIC, NON-GMO LITTLE BITES OF 'NANA GOODNESS BATHED IN TASTY PEANUT BUTTER. ELVIS NEEDED THESE!

Margarita Organic

White Tortillas

ONCE YOU TRY THESE, THERE IS NO GOING BACK!



SRSly Sea Salt & Almonds Chocolate Bar

A CHOCOLATE BAR UNLIKE ANY OTHER. IT'S ALL ABOUT TEXTURE.

Skull & Cakebones

Mutha Fudga Cake

THE MOISTEST VANILLA CAKE SMOOTHED IN CHOCOLATE GANACHE. SHHH, THEY'RE VEGAN!



Yellowbird Habanero Hot Sauce

VERSATILE, SPICY LOVE! CAN'T WAIT TO TRY OUT THEIR NEWEST FLAVORS.

Wheatsville's Housemade Casera Salsa

THIS IS THE PERFECT CONDIMENT FOR ANYTHING AND EVERYTHING YOU EAT!

Manic Panic Hot Hot Pink Semi-Permanent Hair Dye

MY GO-TO COLOR WHEN I NEED A PICK ME UP...AND VEGAN TO BOOT!



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

Here's what's on deck for January and February, but check our website's Calendar Page for the most up-to-date information.

If you are an experienced, energetic instructor that would like to lead cooking demos, workshops, or hands-on fun activities for kids and/or adults, please submit your class or workshop proposal on our website.

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

EVENT: Introduction to Raw Food
DATE: Saturday, January 10
TIME: 11am-12:30pm
WHERE: 4001 South Lamar Community Room
COST: \$35
RSVP: <http://wheatsvillerawfoods.eventbrite.com>

Curious about the raw food diet or just want to add some nutrient dense food to your healthy diet? Join instructor Chris Green in exploring some of the basic principles of raw food and learn how to create sprouted nut milks, creamy nut spreads, green smoothies, gently dehydrated seed crackers, and some sweet and yummy deserts. All recipes are vegan and free of gluten, dairy and soy.

EVENT: Gluten-Free Baking
DATE: Saturday, January 17
TIME: 2pm - 4pm
WHERE: 4001 South Lamar Community Room
COST: \$35
RSVP: <http://wheatsvilleglutenfree.eventbrite.com>

Gluten-Free Baking
 Come learn how to make delicious gluten-free baked goods that pass for the real thing. Students will make gluten-free pizza dough and learn new tricks to avoid the "off" flavors and unsatisfying textures found in so many commercial gluten-free products. Come have fun, learn new techniques, and sample some tasty treats! Attendees will leave with recipes, a Gluten Free Resource List, experience and comfort preparing GF pizza dough.

EVENT: Kids Cooking Class
DATE: Monday, January 19
TIME: 10am-12pm
WHERE: 4001 South Lamar Community Room
COST: \$20
RSVP: <http://wheatsvillekidscookingclass.eventbrite.com>

Wondering what to do on your day off from school? Kids ages 9-12 are invited to participate in a hands-on cooking class with instructor Laura Minnigerode. Our mission will be to learn to cook a spaghetti dinner. To begin, we will meet secret agent spaghetti and her side kick, pasta sauce. It turns out, a good marinara is a secret advantage. Before we are done, we will cook an amazing pot of noodles while, in a secret location, a spaghetti squash will be baked to perfection. We'll toss together a salad. Everyone will take home some fun recipes and skills, and our mission will be accomplished!

EVENT: Green Smoothie Revolution
DATE: Tuesday, January 20
TIME: 7pm-8:30pm
WHERE: 4001 South Lamar Community Room
COST: \$35
RSVP: <http://wheatsvillegreensmoothie.eventbrite.com>

Ready to upgrade your diet and honor those healthy New Year resolutions? Instructor Chris Green will teach you about the nutritional benefits Green Smoothies can offer. Don't let that imposing bunch of kale scare you away! With a few additional ingredients, your taste buds won't even recognize it, but your body will thank you with radiant health. Sample three great recipes that will give you the fundamentals for creating your own delicious Green Smoothies.

EVENT: Edible Austin, Bacon & Beer Festival
 Porchetta class & tasting event with Chef Andrew Curren, limited seats
DATE: Wednesday, January 21
TIME: 7pm-8:30pm
WHERE: 4001 South Lamar Community Room
 Tickets to this event are by pre-sale only when purchased with Bacon & Beer Festival tickets. Event details and ticket information edibleaustin.com/index.php/events/1601-baconandbeer

EVENT: Energetic Rejuvenation
DATE: Tuesday, January 27
TIME: 4:30pm-6pm
WHERE: 4001 South Lamar Community Room
COST: \$35
RSVP: <http://wheatsvilleenergize.eventbrite.com>

If you are a healer or a giver feeling anxious or tired towards your profession, this fun and interactive group experience will give you a boost. Learn how your energy gets blocked and what you can do about it, and how to rejuvenate from natural infinite sources. Reverend Octavia, Shamanic Energy Healer, will facilitate multiple experiences such as a short journey, movement and games so you can feel strong and ready to serve again. Be prepared to move and shake!

CLASS: Chocolate Making
Instructor: Bob Williamson
DATE: Saturday, February 7
TIME: 1pm-3pm
COST: \$35
WHERE: 4001 South Lamar Community Room
RSVP: <http://wheatsvillechocolatemaking.eventbrite.com>

Ever wondered how chocolate was made? Learn how cacao is transformed into chocolate with SRSly chocolate's own Bob Williamson. Watch as cacao beans are cracked, winnowed and refined into chocolate. Taste some fantastic chocolates from SRSly chocolate while we learn about cacao's history and impact, past and present. Learn the basics, ask some questions and go home with a bar of fine flavor craft chocolate!

EVENT: MOVIE NIGHT: Growing Cities
DATE: Tuesday, February 24
TIME: 7pm-9pm
COST: FREE - Snacks and drinks will be served.
WHERE: 4001 South Lamar Community Room
RSVP: <http://wheatsvillegrowingcities.eventbrite.com>

In their search for answers, filmmakers Dan Susman and Andrew Monbouquette take a road trip and meet the men and women who are challenging the way this country grows and distributes its food, one vacant city lot, rooftop garden, and backyard chicken coop at a time. Join them as they discover that good food isn't the only crop these urban visionaries are harvesting. They're producing stronger and more vibrant communities, too. This film features local Austin Growers from HausBar Farms and Springdale Farm!



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