



Saturday, December 3rd & Sunday, December 4th

9am - 5pm **LOCAL ARTISTS! Live Music & Performers!**

The Arts Festival Is Moving 250 Yards South!

Back in 1984 the Wheatsville Co-op board was looking for ways to become more involved in our neighborhood. Judith Craft proposed the idea of hosting a local art and live music festival.

The Wheatsville Arts Festival has become a beloved neighborhood event heralding the holiday season. Great quality local artwork is a trademark for this show, in fact several successful artists got their start at the Wheatsville show.

Through the years, we have featured many well-known musicians, including Wheatsville members **Eliza Gilkyson, The Austin Lounge Lizards, Toni Price, Ted Roddy** (along with his numerous musical collaborators) and **The Diana Cantu Band**, who have closed the show for years.

Due to the expansion of the store, the area behind the building no longer has the capacity to hold the dozens of artists' booths and the stage. The Arts Festival has struggled for the past couple of years with the constraints of

- **Saturday:**
- 9-10 Kim Lehman Storytelling
- 10-11 Hailey Tuck
- 11:30-12:30 iMBiBE
- 1-2 Manteca Beats
- 2:30-3:30 Ted Roddy
- 4-5 Ben Livingston Band (That's What She Said)
- **Sat & Sun: LoveATX Aerial Acrobats & Circus Arts Performers**
- **Singer/Songwriters Stage: Cherrywood Road, Jerry Kirk, Bronwynne Brent, Christian Colbert, Peacefield, Geoff Union, and Kayla Ludy**
- **Complete listings: www.wheatsvilleartsfestival.com/music/**

- **Sunday:**
- 9-10 Kathy Murray & Bill Arthur Jones (Cherrywood Road)
- 10-11 Ezra Reynolds & Jesse Brooks
- 11:30-12:30 Unseen Eye
- 1-2 Christy & the Plowboys
- 2:30-3:30 Manteca Beats
- 4-5 The Diana Cantu Band

hosting a larger number of artists while also ensuring that grocery shoppers have a place to park.

This year, the owners of Spider House, I Love Video, and Eco Clean have offered to adopt the whole festival, so we are moving one block south to 2915 Guadalupe. The new venue offers plenty of space for more artists and music.

Please go to www.wheatsvilleartsfestival.com for maps, the music schedule, and list of participating artists. Admission, as always, is free.

Holiday Hours:

Friday, December 24th
Open 7:30am - 7pm

CLOSED Christmas Day

Sunday, December 26th
Open 10am - 10pm

New Year's Eve
Open 7:30am - 8:30pm

CLOSED
New Year's Day



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The 2012 Wheatsville Election ends Dec. 6th!
Cast your vote to elect our Board of Directors and choose our Community Action recipients.
Vote at www.wheatsville.coop or at the Hospitality Desk.



We've Got Mail

October 19, 2011

Dan Gillotte
Wheatsville Co-op
3101 Guadalupe St
Austin, TX 78705-2819



Meals on Wheels and More

3227 East 5th Street Austin, TX 78702
www.mealsonwheelsandmore.org
p. 512.476.6325 | f. 512.476.6478

Dear Mr. Gillotte,

On behalf of the clients and staff at Meals on Wheels and More, please accept our deepest gratitude for your donation of \$1810.13 received on 10/11/2011. Your generosity helps provide daily hot meals and other services such as small home repairs and rides to medical appointments to nearly 2,400 of your community's homebound elderly and disabled neighbors.

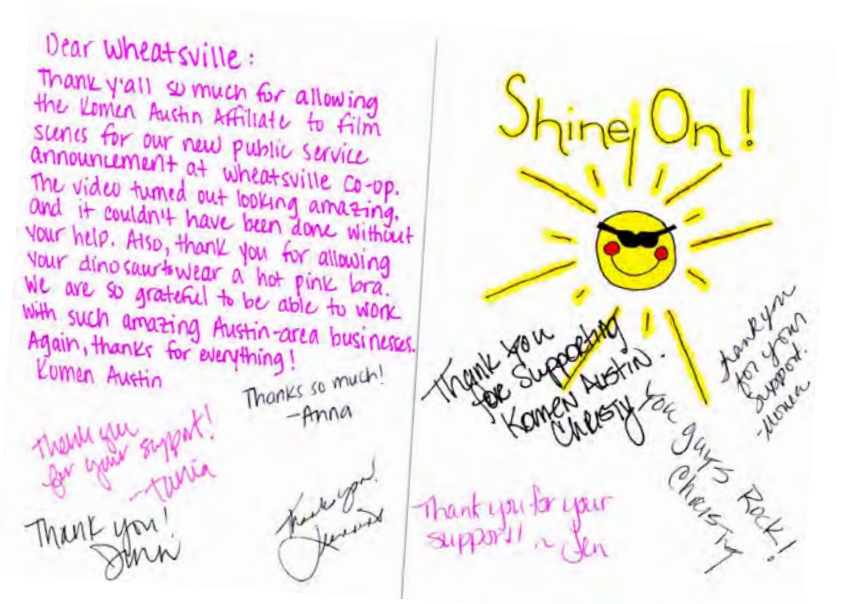
Over the past two years, the demand for our services has grown rapidly. As a result of that dramatic growth, we have had to start a waiting list. And we know that list will continue to grow since the number of elderly Austin residents is projected to increase 135 percent by the year 2020.

Because of your gift, we can continue to help those we currently serve, and we can get people off the waiting list as soon as possible. And your assistance ultimately benefits *the entire community* by helping people stay in their homes, delaying the need for assisted living or nursing home facilities – services we all pay for when those affected cannot.

We are sincerely grateful for your generosity. On behalf of those we help today and those we will help in the future, thank you.

Sincerely,

Dan Pruet
President and CEO



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.



Patronage Rebates



Thanks to another successful year, we are now distributing Patronage Rebates! **They will not be mailed out and must be picked up in-store.** Rebates may be applied to your purchase, redeemed for cash, or donated to our current Community Action Wednesday recipient.

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

The Wheatsville Breeze is a publication of **Wheatsville Food Co-op**

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Photos by: Aldia Bluewillow and 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\(at\)wheatsville.com](mailto:gm(at)wheatsville.com)

Wheatsville 2011 Board of Directors

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

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.

Guess What!! We have staff anniversaries

Ryan Soutter 8 years as of 12/16
(grocery clerk)

Brandon Smith 3 years as of 12/10
(deli clerk)

Tom Porcella 2 years as of 12/11
(deli clerk)

Lucy Mer 1 year as of 12/16
(deli clerk)



Holiday Gift Ideas! by Miranda Robinson, Housewares Lead



The Winter Holiday Season has arrived and Housewares is in full-on gift shop mode with goodies for all occasions, at prices to fit every budget. In addition to our usual offerings of kitchen utensils and textiles, candles and incense, and fun shopping bags, we're featuring seasonal favorites like wall calendars, toys and puzzles, and fair trade hats and scarves. This year we also have tons of day planners and journals, an expanded selection of holiday cards, and more gift-wrapping options than ever.

Back by Popular Demand: Handmade Fair Trade Accessories

Once again we are featuring handbags, wallets, tree-free journals, and cotton scarves from local fair trade distributor **Handmade Expressions**. We're also excited to introduce all natural cotton and hemp bags from **Earth Divas**, our newest partner in eco-friendly fashions. And keep your loved ones warm and toasty this winter in stylish knit pieces from **Andes Gifts**. This fair trade company employs artisans from knitting cooperatives and family-based knitting groups in the highlands of Bolivia and Peru. **New this year: funky leg warmers and animal hats in adult sizes!**



Fun & Functional: Kitchen Gadgets & Textiles

Kitchen utensils make excellent stocking stuffers – who doesn't love a good chopping knife, potato masher, or veggie peeler? We also have cast iron fondue pots, colorful baking & storage dishes, and decorative ceramic bowls and mugs. And don't forget to bring a towel! Check out our selection of tea towels, dishcloths, and napkins to put the finishing touches on your holiday table.



Light Up the Holidays: Eco-Friendly Candles and Gourmet Incense

Fill your home with earthy scents of pine, sage, juniper, and cedar with **wild crafted incense and smudge sticks by Juniper Ridge**. This California-based company uses sustainable harvesting methods and donates 10% of all profits to protecting the wilderness in the Western U.S. Candlelight is both cozy and festive, and adds a lovely ambience to any room. Give the gift of warmth and light with a **Manifestations Aromatherapy Pillar from Sunbeam Candles**. Made from a mixture of soy and beeswax, each 3x4" pillar features a different blend of essential oils with beautiful artwork and an inspiring message. Local candle manufacturer **Soy Delites** offers yummy fragrances in soy wax with cotton wicks for a clean, long-burning flame. Their 5 and 9 ounce glasses provide an especially beautiful light pattern, and the travel tins are ideal for stocking stuffers.



Special Scent for the Holidays:
Hill Country Xmas!

Staff Spotlight—Cody Atkins

by Beth Ley, HR Generalist



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

CA: I started at Wheatsville just over one year ago (Nov. 1, 2010) as Health Team Supervisor. However, I have worked in the grocery industry for 11 years. I came to Wheatsville for the privilege of working for a consumer cooperative, a business model that I truly believed in. It has been a blessing— from the personal and professional growth opportunities it has provided to being able to work alongside other local businesses, the owners and shoppers, and the Wheatsville team!

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

CA: I am a 100% true native Austinite! Born in St. David's!

BL: What is your favorite product at Wheatsville?

CA: Seed Savers seeds. They are heirloom vegetable and flower seeds. I'm addicted to collecting and planting them. I own about 30 packs.

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

CA: Depends. Catch a show in the Red River District, go to Barton Springs, find a random dive, catch an independent movie at the Arbor.

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

CA: I used to play in a weekly Air Hockey tournament years ago. For one week I was the top ranked player in Austin. I'll still take on any challengers that think they can take me!

BL: Fill in the blanks:

CA: I've always wanted to hit a Home Run and if I had it my way, The 2011 Alternative Softball League season would not be over.

Putting It All Together: Funky Gift Wrap and The Perfect Card

Give your gift that extra sparkle with handmade, **tree-free bags and paper from Handmade Expressions**, or a colorful and **reusable shopping tote or zipper pouch from Blue Q**.

Add a personal touch with a locally made card from Flat Flower Botanicals, Peacenotes, Ron Dessain, or Chris Bladgrave. **New this year: Designer gift wrap featuring motifs inspired by Frank Lloyd Wright,**



Alphonse Mucha, and Dard Hunter!



Stress Free Dinners & Parties by Dana Tomlin, Deli Manager



This holiday season our cooks and bakers will be whipping up a wonderful spread of holiday foods, freshly prepared for your table! We'll have tempting appetizers, velvety soups, crisp salads, hearty entrees and substantial sides, and of course, pies, cakes and other sweet treats to end your celebrations and year, on the happiest of notes!

Spend time with your family and friends giving gifts, trimming the tree and watching *It's A Wonderful Life* for the hundredth time. You don't have to spend your holiday chopping veggies, sweating over the stove or washing dishes—leave that to us! We're here and ready to make your holiday perfect by cooking a tantalizing array of delicious foods from scratch so you don't have to! Let the Wheatsville Deli help your holiday table shine!

Throwing a Christmas or New Year's party or just attending a large gathering? We have delectable **Catering Trays** to help make your **Holiday Party** a stress-free success!

Try starting off with a **Fresh Fruit Tray**, a large, colorful platter of mixed fresh fruit. You can also plan for a couple of **Sliced Cold Cuts & Cheeses Trays**—these deliver a hearty assortment of hormone-free Boar's Head meats and cheeses.

Our **Popcorn Tofu Party Bags** offer four pounds of our addictive and infamous vegan snack for the price of three pounds!

And you absolutely *must* try one of our delicious **Dessert Trays**! Our talented bakers make an assortment of gorgeous and freshly baked brownies and bars (many vegan and dairy options), artfully arranged to tease and tempt the most discerning palate. Grab a catering menu at the Deli, or check it out online for more options: www.wheatsville.coop/catering.html

However you choose to celebrate this holiday season, please count on your Wheatsville family to take care of feeding you and your family!

Party Trays

—Please order at least 7-10 days in advance of pick up date—

Fruit & Cheese Trays

Domestic Cheeses

—serves 24 — \$50

Bole size cheeses with an assortment of ripe seasonal fruits



Gourmet Cheeses

—serves 24 — \$60

Four or five fine-quality cheeses interspersed with an assortment of ripe seasonal fruits

Cheese Platter

—serves 4-8 — \$24

a tasty selection of mixed domestic cheeses

Local Cheese Tray

—serves 24 — \$100

4 handpicked local cheeses complemented with an assortment of ripe seasonal fruits

Brie with Preserves

—serves 24 — \$50

A wheel of mild Canadian Brie topped with organic preserves

Fresh Fruit Tray

—serves 24 — \$50

a delectable assortment of fresh fruits



Middle Eastern Trays

Platter —serves 10-12 — \$35 **Tray** —serves 24 — \$60

A garnished array of fresh authentic tabouli, creamy hummus, tasty vegetarian delicias, and pita triangles



Meat & Cheese Trays + Sandwich Fixin's

Order a combination of Sliced Cold Cuts, Sliced Cheeses, Sandwich Veggies and Organic Bread & Premium Condiments so your guests can make their own custom sandwiches and hors d'oeuvres

Sliced Cold Cuts & Cheeses

Delicious selection of sliced premium deli meats & cheeses for sandwiches and hors d'oeuvres —serves 24 — \$90

Sliced Cheeses

—serves 24 — \$25

Delicious selection of sliced cheeses for sandwich making

Sandwich Veggies

—serves 24 — \$30

Delicious selection of colorful fresh crisp veggies for sandwiches—a great accompaniment for cold cut & cheese trays

Organic Bread & Premium Condiments

—serves 24 — \$40

Four loaves of Rudi's Organic bread, Dijon mustard and mayonnaise

Bagel Tray

—serves 24 — \$30

Sliced local Rockstar bagels with Organic Valley Cream Cheese

Popcorn Tofu Platter

—serves 6-8 — \$20

Our most popular item—it even has its own Facebook page!

Popcorn Tofu Party Bag

—serves 10-12 — \$30

Our most popular item—it even has its own Facebook page!

Antipasta Platter

—serves 10-12 — \$15

Genoa and Biano d'Oro salami, olives, roasted red peppers, and cheese!

Fresh Veggies Tray

A beautiful assortment of fresh vegetables and our homemade Cashew Tomato Garlic dressing —serves 24 — \$50



Veggie Platter

A select assortment of fresh vegetables (no dressing) —serves 4-8 — \$15

Spring Green Salad

A selection of fresh spring mix and crunchy green leaf lettuce tossed with shredded carrots and alfalfa sprouts —serves 50 — \$30

Bakery Trays

Fresh baked by our in-house bakery, delicious for breakfast or dessert!

Banana Bread Platter

—serves 10-12 — \$20

Moist and tasty with a light nutty crunch

Muffin Tray

—serves 24 — \$50

Freshly baked muffins, muffins, muffins, YUM!



Dessert Tray

—serves 24 — \$50

An intensely delicious assortment of Wheatsville Bakery's most popular dessert bars



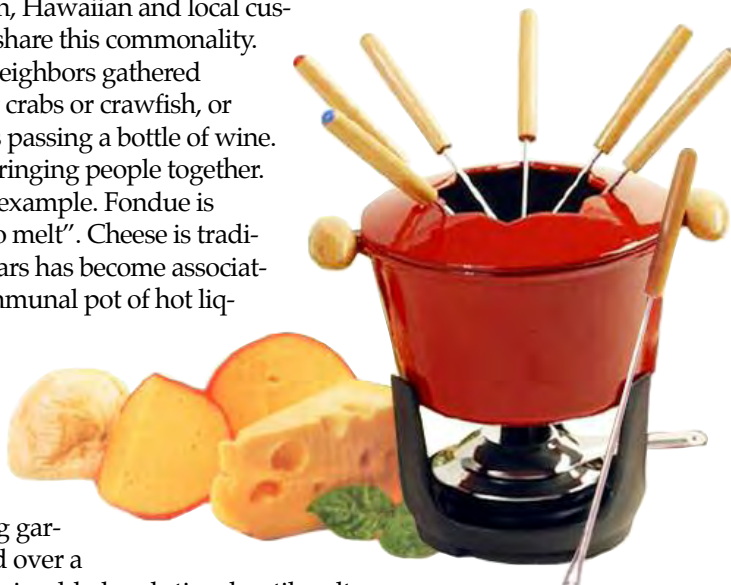
Fondue It Together by Greg Flores, Cheese Buyer

The tradition of sharing food and drink, eating from one communal dish, has been a part of cultures all around the world. Thai, Arabic, Indian, Hawaiian and local customs in the United States share this commonality. Whether it's friends and neighbors gathered around the table shucking crabs or crawfish, or friends sitting on the steps passing a bottle of wine.

The sharing of food and drink is a wonderful way of bringing people together.

The Swiss and French custom of fondue is a great example. Fondue is derived from the French word *fondre*, which means, "to melt". Cheese is traditionally the main ingredient in fondue, but over the years has become associated with other dishes where a food is dipped into a communal pot of hot liquid. The earliest known fondue recipe comes from a book written in 1699. It called for bread to be dipped into cheese that had been melted with wine. Other early recipes called for a preparation of egg and cheese. Recently, a recipe of a combination Swiss cheese, white wine and Kirsch (a brandy) has been associated with fondue. Fondue is prepared by rubbing garlic onto the *caquelon* (communal pot) that is then heated over a *rechaud* (spirit lamp). White wine, cheese and the kirsch is added and stirred until melted. A bit of cornstarch is used to prevent separation. Long forks are then used to dip, cubed pieces of bread into the melted cheese.

Wheatsville is now stocking fondue sets. Great for parties or as a gift.



Traditional Swiss Cheese Fondue

- 1/2 lb grated Gruyere cheese (rind removed)
- 1/2 lb grated Emmentaler cheese (rind removed)
- 1 clove garlic
- 1 cup dry white wine
- 1 Tbs fresh lemon juice
- 3 1/2 tsp cornstarch
- 1 Tbs kirsch (optional)
- pepper and nutmeg to taste

1. Rub the inside of a medium saucepan with the peeled garlic clove. Throw away the garlic. Add the wine and lemon juice and bring to a simmer over medium heat.
2. In a medium bowl, mix the Gruyere and Emmentaler cheese with the cornstarch and toss to coat. Stir the cheese mixture into the wine one small handful at a time. Make sure each handful is completely melted before adding another. The fondue can bubble a bit, but don't let it boil. Season with the nutmeg and pepper. Stir in kirsch (optional).
3. Transfer to a cheese fondue pot and keep warm with burner. Serve right away.



Celebration Ale

Brewed especially for the holidays, **Sierra Nevada Celebration** is perfect for a festive gathering or for a cozy evening at home. Celebration is a dry-hopped slightly strong ale that pours a beautiful rosy amber color with a very nice head. It features a big blast of Cascade, Centennial, and Chinook hops and a not-too-heavy mouthfeel. The flavor begins with a nice medium maltiness but this is quickly overtaken by an intense bitterness that finishes the taste and lingers for a time. The hop character imparts a lovely citrus aroma with a hint of Christmas tree evergreen as well as some welcome orange and grapefruit flavor. This is the perfect beer for any holiday party, but as always, supplies are limited since this is a seasonal. Be sure to stock up while you can!

Cakebread Wines for Christmas!

This Christmas why not give the gift of a superb premium wine! 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?



Prosecco for All Your Toasts!

Prosecco is the perfect sparkling wine for the holiday season. **Santa Margherita Valdobbiadene Prosecco** is a sparkling wine that is alive with tiny bubbles. On the nose Santa Margherita offers attractive notes of peach and floral tones alongside delicate scents of golden apples, all expressed with great cleanliness and elegance. On the palate there is perfect harmony between the fresh and appealingly lively sensations and the roundness and delicacy of the fruit. This is a great bottle of bubbly so be sure to have some on hand to ring in the new year in style!



Ham (and more) for The Holidays! by Mark Maddy, Meat & Seafood Buyer

Ham is the traditional centerpiece of Christmas dinner. We will have **Niman Ranch Spiral Cut Bone-in Half Hams, Boneless Half Hams, and Petite Hams**. All of these hams are deeeelicious, and we have an option that should fit any meal size. These hams are fully cooked—you could open one up and start eating on

your way home if you wanted to!

That doesn't mean you can't spice up your ham with your own culinary inventions or a tried and true Texas twist like a **Dr. Pepper Ham**—it's glazing adds some sweet with a tangy bite.

3/4 cup packed light brown sugar
1/2 cup Dr Pepper
2 Tbs orange juice
2 tsp Dijon mustard

If using an uncooked ham, remove the ham from the packaging. Set the ham, cut-side down, in a 13 by 9-inch baking dish and wrap tightly with foil. Let sit at room temperature for 1 1/2 hours.

Adjust an oven rack to the lowest position and heat the oven to 250°F.

Bake the ham until the center registers 100°F on an instant-read thermometer, about 1.5 to 2.5 hours (17 minutes per pound), depending on the weight of the ham.

If using a pre-cooked ham, follow directions on the package to reheat.

While the ham bakes, bring the sugar, Dr Pepper, orange juice, and mustard to a simmer in a medium saucepan and cook until syrupy and reduced to 3/4 cup, about 8 minutes.

Remove the ham from the oven and roll back the sides of the bag to expose the ham. Brush the ham liberally with the Dr Pepper glaze and return to the oven until the glaze becomes sticky, about 10 minutes. Brush the entire ham again with the Dr Pepper glaze, tent loosely with foil, and rest for 30 to 40 minutes before serving.

Don't forget the leftovers opportunities for ham: sandwiches, soups, in beans, on salads, ham and egg sandwiches, and eggs Benedict to name a few. If you got a bone-in ham, toss that bone in your pot of black eyed peas for New Year's Day.



If Thanksgiving has left you still craving turkey, we will have **Grateful Harvest Organic and Natural Turkeys**. Natural Turkeys will be \$2.99/lb. and Organic Turkeys will be \$3.49/lb.

If you'd like to serve something really impressive, why not try a **Niman Ranch Beef Rib Roast**. Give us a days notice and we can cut and tie you a beautiful Rib Roast. Here is a quick recipe for a successful Rib Roast.

Perfect Rib Roast

Preheat oven to 550°F degrees. Make a rub of salt, pepper and garlic powder and apply to any size roast, with or without bone. Place meat in a shallow roasting pan fat side up. Roast at 550 at 5 minutes per pound for RARE, or 6 minutes per pound for MEDIUM and 7 minutes per pound for WELL DONE. Turn off oven at the end of cooking time and **DO NOT OPEN OVEN DOOR FOR TWO HOURS**. At the end of the 2 hours, remove meat from oven to slice; it comes out perfect every time.

Delving even further into the traditional past, we offer **Leg of Lamb Roasts**, either boneless or bone-in, and **Lamb Shoulders**. Once again, please give us a days notice. Keep in mind that they are smaller than beef and sometimes a single roast may be not be enough for a larger gathering. We'll be happy to help you with advice about size and servings.

Fish is also a special way to celebrate the season. Sustainably-fished **Coho Salmon** makes an outstanding, nutritious meal. We remove the spine and ribs and give you a large butterfly-cut. We will have sides of **Sockeye Salmon** on hand as well.

One things we are all very excited about here at Wheatsville is **Windy Hills Organics Texas Boer Goat**, now available in the freezer. With a loin cut, stew meat, and ground meat, we've got the bases covered. Boer goats are selected as meat goats for their rapid growth rate and their excellent kid rearing abilities. These goats are raised naturally, which means no antibiotics, no hormones, fed no GMO corn or soy, pasture-raised, and humanely treated. Milder than lamb, goat is a great alternative for meal time. Because it's red meat you get plenty of iron and B-12, but it is leaner and lower in cholesterol than beef and lamb.

Whether planning an elegant traditional dinner or preparing a wild pagan feast, Wheatsville has what it takes for your celebrations.



Happy Holidays From Bodycare by Kim Tehan-Barrow, Bodycare Buyer



The holidays are upon us and we have lots of cool gifty items for you. As usual we will be focusing on all of our incredible local vendors as well as having some fun and silly stuff perfect for filling

those stockings.

Austin Natural Soap Company will provide us with all of their oh-so-popular bar soaps, as well as soap samplers in Flower Power, Lone star, and Austin Power—a perfect gift for those Austinites that have moved out of town and need a little Austin love.



South Austin People

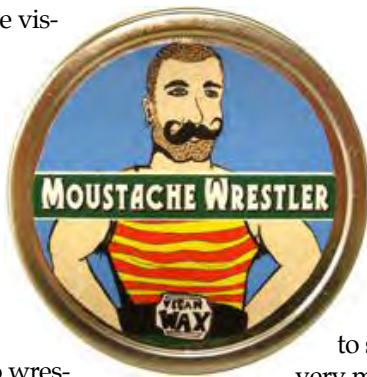
will stock us up on all of their soaps, lotions and body sprays so we can smell awesome for all of those visiting relatives.

A **Wild Soap Bar** from **Manor** will provide us with their beautiful rustic soap samplers as well as their new offering just for the holidays called **Tis' the Season**—featuring three bars of packaged soaps decorated with holly and berries.

Elle' Naturals will stock us up on all of her yummy lip balms and we will have bunches of **Moustache**

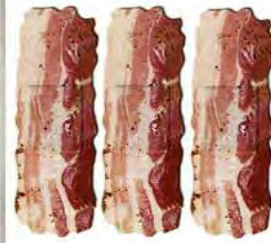


Wrestler moustache wax from **Lamar Soap Company** to wrestle those pesky 'stashes so you can look super dapper for the holidays!



This year we will also be carrying **Wellness Wraps**. These eco-friendly heat therapy wraps are made in Sierra Madre, California by Melissa Graves, an independent small-business woman. These beautiful handmade neck and back wraps are perfect to ease stress, pain, and muscle tension and come in lovely vintage and whimsical prints. Perfect to keep that holiday stress in check!

Now, for the fun stuff! We will have lots of crazy



band-aids in assorted fun designs like bacon, pickles, macaroni and cheese (is anybody else getting hungry?) monsters, fairies and monkeys, oh my! Perfect for stockings and easy on the budget! In addition, we will have lots of

roll-on perfumes, aromatherapy accessories and even moustache shaped soap—you know you want it!

So stop by and browse our incredible selection and remember to shop locally and support all of our fabulous local vendors. Have a very merry holiday season, Cheers!



Make It Divine

by Niki Nash, Merchandising Manager

Divine Chocolate has a gorgeous offering of fair-trade holiday chocolates this year!

Enjoy counting down the days to Christmas with the **2011 Advent Calendar**. Each day brings a scrumptious piece of heart-shaped milk chocolate to enjoy. On the back of the calendar, read about Divine's fair-trade practices and the stories of the West African cocoa farmers who grow such high quality cocoa beans.

Kuapa Kokoo is a cooperative of smallholder farms in Ghana that produce the cocoa beans for Divine chocolates. The cocoa is grown in the shade of a tropical rainforest and slowly fermented and dried in the sun by the farmers, who take great pride in the chocolate company they co-own.



- Kuapa Kokoo is organized by the farmers with the mission to effect:
- increased power and representation within the market for the farmers
 - social, economic and political empowerment
 - enhanced women's participation in all its affairs
 - environmentally sustainable production processes

Whether it's **Dark Chocolate Covered Salted Fudge**, **Milk Chocolate Coins**, **Dark Chocolate After Dinner Mints**, or a bar of

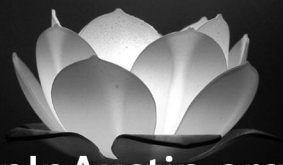
Milk Chocolate with Spiced Cookies, enjoy eating the treats and sharing the story of Kuapa Kokoo and its noteworthy farmers who are making a difference!

For more info about Divine, Kuapa Kokoo, delicious chocolate recipes, and wine pairings, visit www.divinechocolate.com



world peace begins with you

Sunday Prayers for World Peace
9:30-11am



MeditationInAustin.org

"go braless & be modest"

100% comfy cotton to wear over or under

Ttime flatwear

www.ttimeflatwear.com

"I'll never wear a bra again!"

micro thin quilted panels keep nipples undercover

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\(at\)wheatville.coop](mailto:aldia(at)wheatville.coop) to place your Mac in a loving home.





Community Action— a Look Back at 2011

by Gabriel Gallegos, Ownership Coordinator

Each year during our Wheatsville Election, co-op owners choose which local non-profit groups we will donate to. The

elected groups receive 1% of Wednesday's sales for a designated month as well as additional donations that shoppers make at the register. The new Community Action Groups for 2012 will be announced at the **Election Confirmation Meeting on December 6 at 5:30PM** in Wheatsville's Large Meeting Room. All owners are welcome to attend.

Here is a look back at what Wheatsville contributed to our 2011 Community Action Groups.

January – People's Community Clinic

Donation: \$1,534.15

Additional Contributions: Owners and staff donated 594 English and Spanish books to the PCC Children's Book Drive. These books were then made available to the children in the clinic's waiting room.

February – SafePlace

Donation: \$2,005.52

Additional Contributions: Wheatsville hosted an in-store personal care product and diaper drive for SafePlace. Also, in April staff members collected donations, participated in, and provided on-site food vending for SafePlace's Field Day. Wheatsville's relay team, The Wheatsville Smooth Cooperators, participated in relays such as the three-legged race, dizzy bat race, head ball and brought home five trophies for Best Relay Team Name!



March – Sustainable Food Center

Donation: \$1,789.65

Additional Contributions: Wheatsville donated 300 paper bags to SFC in April that were used by customers at the Downtown, Sunset Valley and Triangle farmers' markets.

April – Ecology Action

Donation: \$1,688.78

May – Yellow Bike Project

Donation: \$2,096.85

Additional Contributions: YBP supplied us with stickers to distribute to shoppers who donated \$1 or more. Wheatsville Staff members also volunteered their time at the Yellow Bike Project's Webberville shop repairing and restoring bicycles.



June – Out Youth

Donation: \$2,442.15

Additional Contributions: The teens of Out Youth handmade beaded bracelets that were made available to Wheatsville shoppers at the cash registers for a \$1 donation. This resulted in raising over \$900 in additional donations!



July – Emancipet

Donation: \$2,269.24

Additional Contributions: Wheatsville hosted a pet food donation drive for Emancipet.



August – Hospice Austin

Donation: \$2,045.71

Additional Contributions: Wheatsville shoppers donated two carloads of pantry items to the Hospice Austin Food Bank.

September – Meals on Wheels and More

Donation: \$1,810.13

Additional Contributions: **Donations to Victims of the Bastrop Wild Fires**
Thanks to our amazing staff and customers Wheatsville collected a total of **\$2,860.13** for victims of the Bastrop wild fires. We also took over 5 car loads full of donated items to Bastrop drop off sites.



October – Capital Area Food Bank

Donation: \$2,190.32

Additional Contributions: Wheatsville Staff volunteered to sort and pack food at Capital Area Food Bank.

Wheatsville also held a food donation drive for CAFB throughout the Fall season.



More Ways YOU Can Help

While Wheatsville staff members may be coordinating and attending these Community Action drives and volunteer efforts, most of the support comes from our owners! After all, it is YOU that selects the groups we support. Here are some ways to increase your participation in Wheatsville's Community Action:

Shop on Wednesdays – It's that simple! Wheatsville donates 1% of its Wednesday sales to the Community Action Group of the month. This is a really great day to do your big shop for the week.

Make Additional Donations – If you have a special place in your heart for the current Community Action Group, ask your cashier to include an additional donation to your transaction for any amount that you like. Additional donations are paid for by the customer rather than Wheatsville.

Donate Your Bag Credits – Yes, we can do that now! Instead of receiving 5¢ off for every bag and container you re-use, why not donate it to the current Community Action Group? Although it may not seem like much, all those nickels add up very quickly. Each month we give out around \$1,200 in bag credits. Just imagine if most of the customers reusing their bags donated their 5¢ credits to Community Action!

Donation Drives – We will occasionally hold donation drives for the current Community Action Group. However, the type of drive may change from time to time depending on what types of donations are relevant to the CAW Group. To find out if we are doing a Community Action donation drive, stay current with our weekly email list, Facebook fan page, and in-store signs. To join our weekly email list, visit www.wheatsville.coop



Holiday De-Stressing by Elke Stoeckelmann, Vitamin Lead



For many of us, the holidays bring too much food and stress. This can wreak havoc on our bodies and immune system. Here are some good-to-know basics about the digestive system, along with some tips.

Chew thoroughly.

Sounds elementary, but do you know why chewing is important? Thorough chewing moistens the food, providing a means for digestive enzymes, amylase and lipase, to begin the process of starch and fat digestion. So, without proper chewing, the digestion of fats and carbs, specifically, will be greatly hindered.

Chewing also alerts the stomach to make stomach acid (hydrochloric acid), and signals the pancreas to secrete its vital digestive enzymes. Also, digestive enzymes can only work on the surface of food fragments, meaning large food fragments result in incomplete digestion. Incomplete digestion means nutrients being left in the food and unabsorbed, turning into food for bacterial overgrowth in the colon, resulting in gas, indigestion, and a host of other potential problems; e.g. candida and an impaired immune system.

Ensure adequate amounts of digestive enzymes.

Digestive enzymes are produced within the body. People of all ages can have low enzyme production due to genetic disposition, eating habits, stress, etc. And, as we age, we make less.

Food in its raw state has enzymes to support healthy digestion. These enzymes are destroyed by heating; cooked and processed foods contain little enzyme activity. When eating a meal with both raw and cooked foods, it is helpful to eat the raw first, as this will get live enzymes into the mix, supporting digestion of the rest of the meal.

Digestive enzyme support can be obtained from supplementation too. **Enzymedica Digest Gold** is one of the best. **HealthForce Digestion Enhancement Enzymes** is also very impressive. If you have a compromised, over-burdened, or simply slow digestive system, you might want to take digestive enzymes with every meal. They can be taken just for just the larger meals too, or food you would not normally eat, or hard to digest foods.

Signs of insufficient digestion include feeling uncomfortably full after eating, bloating, belching, indigestion, food allergies, constipation, and peeling and cracked fingernails.

Identify and eliminate food allergens.

The intestinal brush border (absorptive surface of the small intestine) is negatively affected by food allergies, which cause inflammation along the intestinal tract wall, interrupt the absorption process and cause damage to the intestinal wall.

Most common food allergens include milk proteins, wheat, soy, some shellfish, and peanuts. A doctor can test you for food allergens or you can self-test.

To self-test, completely eliminate all possible food allergens from your diet for 2+ weeks. Better yet, also do a 1-2 week cleanse with supplementation.

Cleansing kits are convenient for this, taking the guess work out of what supplements you should take. We have some really good ones by **HealthForce**, **Renew Life**, and **Gaia**. After the cleanse, slowly reintroduce, one at a time, possible food allergens. Any reactions, including fatigue, constipation, joint discomfort, itchiness, and stomach or intestinal discomfort could be signs of a food allergy.

Support the gastrointestinal barrier (wall of stomach and small intestine).

While stomach acid (hydrochloric acid) is needed to digest food, it can damage the gastrointestinal barrier when a healthy mucous lining is not in place. Alcohol, over-the-counter anti-inflammatory drugs, chronic stress, and acid-forming foods can harm the mucous lining.

Choline provides support for a healthy mucous lining and is found in lecithin (phosphatidylcholine). We carry several good lecithin supplements, with **HealthForce Non-GMO Lecithin** being one of my favorites.

Support the growth of probiotic (good) bacteria.

When probiotic bacteria have colonized the colon, they crowd out the pathogenic (bad) bacteria and other microorganisms that compromise your health. Symptoms that could signal an imbalance of bad to good bacteria in the gut are: candida, frequent illness, intestinal parasites, fatigue, cracking nails, and allergies.

Regular probiotic supplementation can insure an optimal bacterial balance in the gut at all times. Antibiotics kill off all bacteria, good and bad, leaving the intestines in a very vulnerable position. It is advisable to take probiotic supplements for at least two weeks, after antibiotics. We carry many excellent probiotic supplements.

Provide for healthy intestinal transit.

Movement of the food through the digestive tract is very important. Fiber supports transit of food, and healthy elimination. Vegetables, fruit and grains provide fiber. Some fibers, like those found in flax, can also bind to toxins such as pesticides and carry them through for elimination.

Fiber supplementation can also be a great aid, for which **Renew Life FiberSMART** and **Garden of Life RAW Fiber** are excellent. Ingestible clay, such as liquid Bentonite or Zeolite, is very effective at absorbing toxins so they can be eliminated from the body. **HealthForce** makes some of the best ingestible clay! We carry their **ZeoForce Zeolite and Intestinal Drawing Formula**.

Learn how to deal with stress effectively.

Research shows that the intestine responds negatively to stress, during which the intestinal lining becomes leaky, absorption is less effective, and your body is unable to take up the nutrients it needs. If you are stressed, the brain sends out signals for fight or flight mode, not digestion.

Finding ways to deal with stress, such as relaxation techniques and exercise, and counteracting stress with enjoyment and play, is vitally important. And, of course, we have some great herbal supplements to calm the mind and body. **Wild Harvest Stress Guard**, **Herbalogic Decompress**, and **Gaia Serenity** are a few to note.

I hope this increases your knowledge of your body's digestive system and what you can do to help it along. I encourage you to do your own research too. Here is one website I found very helpful: www.whfoods.com

May your holidays be filled with love, play, and healthy digestion!



Congratulations to Our Newest Invested Owners 10/9/11-11/1/11 (79)

Jon Cook	Jane Capron	Josh Feldman	Nicholas Pino	Montana Pineyro
Tom Hull	Jenna Jasso	Karla Gillan	Suzanne McCoy	Tara Cunningham
Earl King	Kay Streich	Rabin Monroe	Christine Akin	Tracy Habenicht
Joel Mize	Matt Walker	Sara Bircher	Cole Weatherby	Cynthia Marcotte
Loren May	Tyler Smith	Shelly Moore	Daniel Willerd	Desiree Martinez
Marc Fort	Wayne Sears	Steven Seale	Danny Cochrane	Hillary Goldrick
Dana Black	Caren Morton	Sydney Crain	Georgia Keysor	Leigh A Schuller
Don Baylor	Dana Lachman	Aaron Curtiss	Juliet Gamarci	Erin Pearl-Lester
Edgar Pace	Delilah Mong	Brianna Neves	Kelly Hankamer	Frederick Alfredo
Ekrem Berk	Diana Gallia	Carey Burkett	Matthew Flores	Heather Alexander
Emily Dale	Emily Bowles	Chris Strader	Nicole Berland	Ruth Gardner-Loew
Greg Silva	Hali Pickard	Destiny Lehew	Rebecca Leamon	Elizabeth McKinnon
Tom Hirsch	Hilary Simon	Jeremy Brooks	Robin Garrison	Pamela Chamberlain
Brandy Shaw	Jamie Aprile	Jo Ann Merica	Tom Vandestadt	Nicholas Vanbuskirk
Brent Dixon	Jan Williams	Kayla Freeman	Zach Rodriguez	Montgomery Melamcon
Eileen Gill	Jill Johnson	Mark Sullivan	Jerretta Walker	

DOGGONE IT! WHERE DID YOU GO?

Owners- if you've moved please take a minute to update your address.

YES! UPDATE ME!



Owner 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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SUNDAY JANUARY 1 - OPEN AT NOON - NEW YEARS DAY

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<p>NORTH RESEARCH</p> <p>9407 N. IH35</p> <p>832-8544</p>	<p>SOUTH</p> <p>11657 RESEARCH</p> <p>502-9323</p>	<p>STASSNEY</p> <p>1516 S. LAMAR</p> <p>727 W. STASSNEY</p> <p>443-2292</p>	<p>CESAR CHAVEZ</p> <p>3111 E. CESAR CHAVEZ</p> <p>707-9069</p> <p>247-2222</p>

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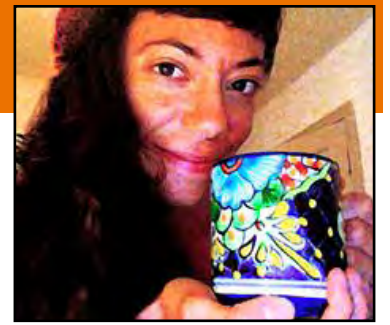
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Drink Your Vitamins for Seasonal Wellness

by Carla Vargas-Frank, Bulk Herbs Lead



The Wonderful World of Teas, Infusions, and Tonics!



I had an interesting interaction with a customer at the co-op just the other day. A woman was disappointed that we didn't carry "Chamomile Tea" in bulk herbs. When I pointed out a full jar of sunny yellow, honey scented flowers labeled "Chamomile" she looked surprised, "Is that the same stuff they use in the tea?"

This type of interaction is not uncommon in the bulk herbs department, and I realized that there is a popular mis-

conception when it comes to the difference between "tea" and "herbs." Part of this confusion might be due to the fact that there are technically two definitions for "tea," one referring to the **tea plant, *Camelia sinensis***, from which all "tea leaves" are derived (I am specifically referring to black, green, and white teas). The other definition refers to the actual preparation of steeping herbs or fruit in hot water to extract their flavor and beneficial health properties. Any herb can be prepared as a tea. I will differentiate the two by referring to the tea plant as "tea" and the preparation of herbs in a hot water extraction as an "herbal tea."

In my opinion, tea (in both cases) is one of the most underrated methods of taking herbs. We all know the wonderful antioxidant properties of **black, green and white teas**. All three supply a friendly amount of anti-oxidants and Theanine, an amino acid shown to ease physical and mental stress, as well as improve mood and cognition. Additionally, taking herbs as an herbal tea rather than in a capsule, is a very efficient way to assimilate the vitamins, minerals and other health giving properties that they contain into our bodies. Especially during the cold seasons, a hot herbal tea is a soothing and delicious way to supplement extra nutrition into your daily regiment. Think of it as a way of drinking your vitamins! A hot beverage is therapeutic in its own right. Taking the time to prepare and enjoy your own herbal tea can be a stress relieving meditative daily practice, aiding both in your physical *and* mental health.

Many herbs are high in vitamins and minerals, and many of their nutritive properties are water soluble, meaning that they extract especially well into water. For a sore throat or a cough, preparing an herbal tea of **slippery elm** helps to extract the plant's mucilaginous (slick and somewhat slimy) components and deposit them directly where they are needed – down the hatch, on the walls of the throat! Add a bit of raw honey and you've just increased your herbal tea's antiviral potential, and enlisted another sticky soothing agent to help coat the inflamed tissue.

While an herbal tea is made by infusing herbs into water (usually 1-2 teaspoons per cup), an "**herbal infusion**" is a similar type of preparation that requires larger amounts of herbs and a longer steeping time to obtain a more significant concentration of nutritional benefits. **A typical herb to water ratio in an herbal**



infusion is one weighted ounce of herb to one quart of water. A common way to prepare an herbal infusion is to fill a large mason jar with the suggested amount of herbs, bring water to not-quite-a-boil on the stove, pour the water over the herbs in the jar and screw on the lid, then let it infuse for 4 hours. When it's done infusing, you can strain out the plant material before drinking. One easy way to do this is to prepare your infusion before bed, let it steep overnight, and sip happily the next morning! What a great way to start your day! You can also store your infusion in the refrigerator safely for 1-2 days, generally.

Nettle leaf is also a wonderful example of an herb that really benefits from a water extraction. Nettle leaf is known to contain high amounts of iron, calcium, chlorophyll, vitamin C, magnesium, potassium, silicon, boron and zinc. It is also a good source of vitamins A, D, K and E and has long been a popular herb for allergy complaints thanks to its anti-inflammatory and anti-histamine properties.

Nettle is also one of a number of herbs that are considered to have a "tonic" effect on the body. **A tonic herb is one that is generally accepted as safe to consume over a longer period and contains nourishing and restorative properties to gently strengthen**

the system over time. Tonic herbs are fantastic candidates for herbal infusions. Other tonic herbs include **oat straw, dandelion root, and raspberry leaf.** A tonic dose is usually 2-4 cups daily, and is best used preventatively. This practice encourages toning of the body systems in order to be well prepared to fend off icky bugs that characterize the cold seasons (similar to the way that going to the gym every day will prepare you to safely run a marathon). However, if a seasonal bug *does* happen to get the best of you, both infusions and herbal teas are still greatly helpful after the onset of a cold or flu to promote healing and restoration – and dang it, they're just so downright tasty! Swing by bulk herbs and ask me about more of my favorite herbs for herbal teas and infusions, and in the mean time, **happy and healthy sipping to you all!**

As always, if you are pregnant, nursing, on certain medications, or are prone to allergies, it is suggested that you consult a trusted health practitioner before beginning to take herbs regularly.

For more information about making nutritive herbal infusions, check out Susun Weed's blog, at www.susunweed.com/How_to_make_Infusions.htm



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Jack Frost is NOT Nipping at My Nose

by *Dustin Chesnutt, Bulk Buyer*



Happy Holidays everyone! I hope you are as warm and cozy this season as I am. With Chesnutt as a last name, this brings out the natural comedian in all those around me. I assure you that I am quite resilient to that particular song by now... well mostly.

But never mind—it is time for joy, family and friends! So as you enjoy all the festivities this year, try out this recipe for **Farro and Roasted Butternut Squash** and share it with all your loved ones.

- 2 cups farro, rinsed and drained
- 2 tsp fine-grain sea salt
- 5 cups water (or stock)
- 3 cups butternut squash, 1/2-inch diced
- 1 large red onion cut into eighths
- 1 Tbs fresh thyme, minced
- 3 Tbs olive oil
- 1 Tbs balsamic vinegar
- 1 cup walnuts, deeply toasted
- 3 Tbs toasted walnut oil (or more olive oil,
- 1/4 cup goat cheese, crumbled



Preheat oven to 375.

Combine the farro, salt, and water in a large, heavy saucepan over medium heat. Cover and simmer, stirring occasionally, until the farro is tender, 45 minutes to an hour, or about half the time if you are using semi-pearled farro. Taste often as it is cooking, you want it to be toothsome and retain structure. Remove from heat, drain any excess water, and set aside.

While the farro is cooking, toss the squash, onion, a couple big pinches of salt and thyme with the olive oil and balsamic vinegar. Arrange in a single layer on a rimmed baking sheet lined with parchment. Bake in the oven for about 20 minutes. Toss the squash and onions every 5-7 minutes to get browning on multiple sides. Remove from the oven, let cool a bit, and mince just half of the red onions.

In a large bowl gently toss the everything (except the goat cheese) with the toasted walnut oil (or olive oil). Taste and add a bit of salt if necessary. Serve family-style in a simple bowl or on a platter garnished with the goat cheese. Serves 6 - 8 as a side, fewer as a main dish.

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Dripping Springs, Texas

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We will not sell, lease, lend or otherwise disclose your email address to any other entity.

The Wheatsville 2010-2011 Annual Report



The BIG Direction by Dan Gillotte, General Manager

I'm pleased to present to you an introduction to Wheatsville's BIG Direction, the plan and process that we will use to create a great future that we want for our co-op and our community and the world.

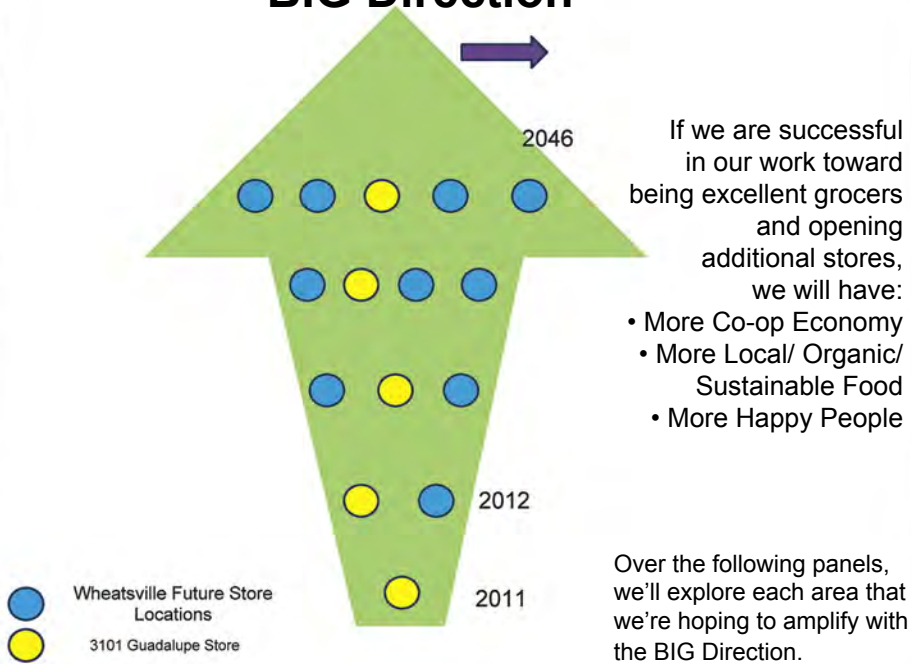
The BIG Direction is built from the foundation of our Board's Ends policies which direct us toward the reason Wheatsville exists and what we're trying to accomplish with our co-op. These ends basically boil down to creating More Co-op Economy, More Local/ Organic/ Sustainable Food and More Happy People.

A major component of the BIG Direction is for us to amplify all the good we do at 3101 Guadalupe by opening more Wheatsville stores into the future.



Look for Dan's Video of the BIG Direction on our website!

Wheatsville Food Co-op's BIG Direction



MORE Local/ Organic/ Sustainable Food

Local producers, humanely-raised animal products and organic food all lead to a more sustainable world.

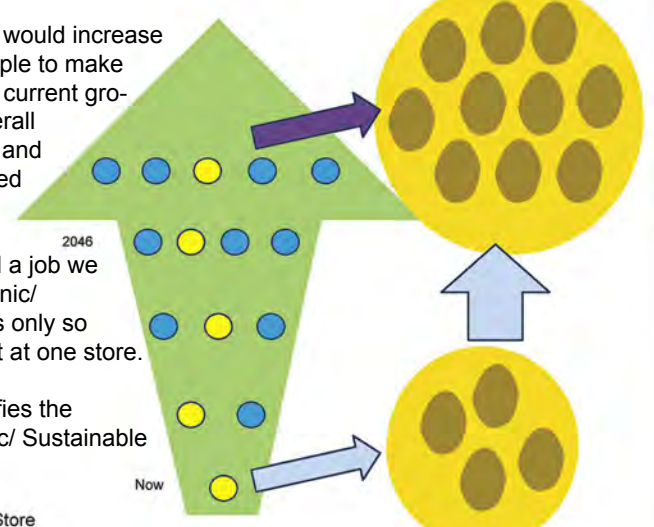
With 3, 4 or more stores in the future imagine supporting 10 or 12 or 15 local egg producers!

More Wheatsville stores would increase the opportunities for people to make better choices than their current grocer and increase the overall amount of local/ organic and sustainable food produced and consumed.

But, no matter how good a job we do at selling Local/ Organic/ Sustainable food there is only so many people that we'll fit at one store.

The BIG Direction amplifies the amount of Local/ Organic/ Sustainable Food we can support!

● Wheatsville Future Store Locations
● 3101 Guadalupe Store



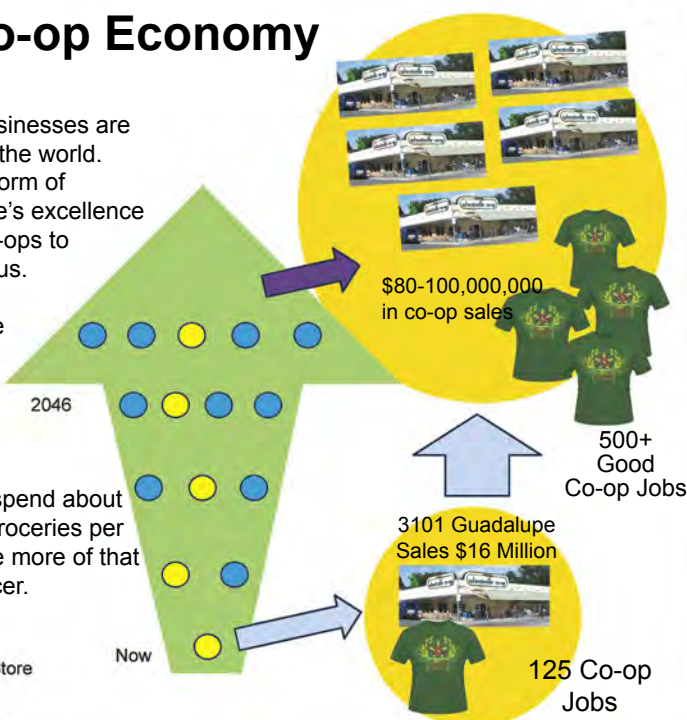
MORE Co-op Economy

More cooperative businesses are better for Austin and the world. Co-ops are a better form of business. Wheatsville's excellence encourages other co-ops to spring up to support us.

Wheatsville staff have high job satisfaction and therefore, more co-op jobs are better.

Currently Austinites spend about \$1,000,000,000 on groceries per year. We'd like to see more of that spent at a co-op grocer.

● Wheatsville Future Store Locations
● 3101 Guadalupe Store

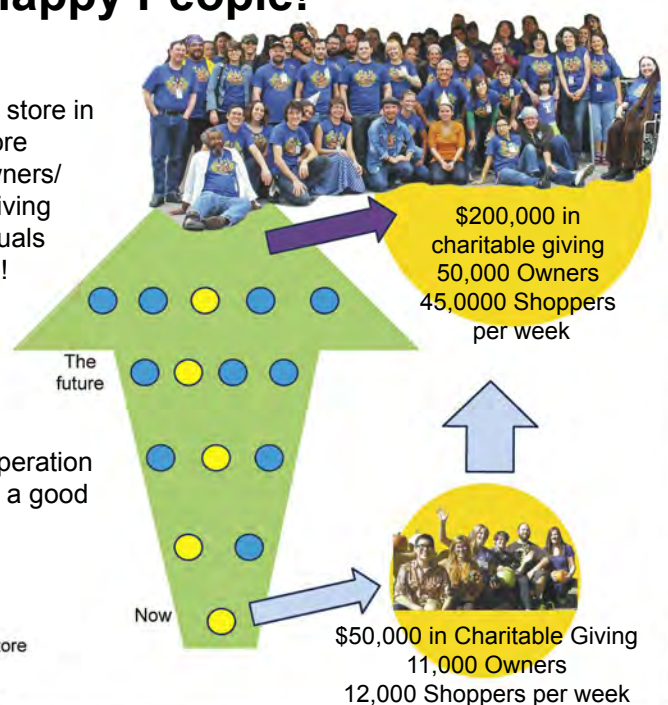


MORE Happy People!

Being the friendliest store in town and having More Shoppers/ More Owners/ More Community Giving and involvement equals More Happy People!

Amplifying the good we currently do at 3101 Guadalupe and building MORE community and cooperation throughout Austin is a good thing!

● Wheatsville Future Store Locations
● 3101 Guadalupe Store





Annual Financial Report prepared by Dan Gillotte, General Manager

Our second year in the renovated and expanded Wheatsville has been a great financial success. This report accompanies our income statement and balance sheet. The financials accompanying this report have been audited by our CPA and are after taxes, but before board allocations.

Income Statement

The income statement, sometimes referred to as a P&L or profit and loss statement, is a summary of revenues and expenses. It shows the financial progress of a company over a period of time. In this case, it shows Wheatsville's revenues and expenses for the fiscal year ending May 31, 2011.

Wheatsville's sales grew to \$14.565 million, an impressive 17.5% increase over the previous year. This growth is on top of 25.6% growth from the previous year when we completed our store renovation. Over the last five years our sales have more than doubled! Sales growth is one important indicator of a business's success and health, and Wheatsville is doing extremely well on that count!

Our cost of sales (or goods) is the amount of money we spend on product in an accounting period. It is the biggest single expense category at the co-op, with about 62¢ of each dollar spent by consumers at the co-op going to pay for our inventory of the products they buy. This includes merchandise from local and national vendors. Thanks to our growing sales volume and our partnership with other food co-ops across the country, we have continued to be able keep our prices competitive and our costs stable on products purchased nationally.

After cost of sales, our next biggest expense category is personnel. We spent about 23¢ of every dollar taken in at the registers on personnel expenses including wages, benefits and payroll taxes. This amounted to \$3,385,935, an increase of 14.4% over the previous year. This was due partly to an increased number of staff to help run our larger and busier co-op. We've added over 40 jobs since our renovation. We know that paying our staff well is an important value of our owners and I am proud to say that we continued to do that in this fiscal year. We also continued to have strong staff benefits in this past year and bonuses for financial success. Wheatsville continues to hold the cost of healthcare at a reasonable level – staff members on our group insurance plan haven't paid any increases in premiums since 2006 because Wheatsville has absorbed all of the annual increases. While other businesses are cutting benefits or making employees pay more, your co-op is going in the opposite and more positive direction!

Wheatsville Co-op INCOME STATEMENT

Fiscal Year Ending May 31, 2011
June 1, 2010 - May 31, 2011

SALES	\$14,564,956
Cost of Goods Sold	\$8,991,093
GROSS PROFIT MARGIN	\$5,573,864
Operating Expenses:	
Personnel	\$3,385,935
Depreciation & Amortization	\$316,388
Facilities	\$471,901
Advertising & Promotion	\$240,771
Operating Supplies	\$256,504
Other Operating Expenses	\$392,816
PROFIT ON OPERATIONS	\$509,548
Non-Operating Revenues & Expenses:	
+ Membership Joining Fees	\$24,525
- Membership Services Expense	(\$51,111)
- Board of Directors Expense	(\$45,733)
- Net Finance Expenses	(\$167,630)
- Ongoing Development Expense	(\$14,836)
- Long-Term Development Expense	(\$18,722)
+ Special Events Net Revenues	(\$564)
+ Other Non-Operating Revenues	\$7,749
EARNINGS BEFORE INCOME TAX	\$243,225
- Income Tax Provision	(\$19,875)
EARNINGS AFTER INCOME TAX	\$223,350

Our earnings before income tax for the year were \$243,225, or 1.53% of our sales. This allowed us to return another patronage rebate to our owners and retain patronage for improving our co-op for the future.

Board Allocations

Each year, the board decides how to allocate our net income. This year the \$223,350 earnings after tax were allocated by the board as follows:

- \$28,091 to investor shares dividends
- \$155,598 to patronage allocations (\$46,679 distributed and \$108,918 retained, see Doug Addison's article about Patronage Rebate)
- \$39,661 to retained earnings

Balance Sheet

A balance sheet is like a snapshot of the financial condition of a business at a specific moment in time, typically the close of an accounting period. The balance sheet is one way to assess the financial strength or health of a business. Our balance sheet continues to show a very strong financial footing.

The total assets of Wheatsville Food Co-op as of May 31, 2011 are an incredible \$5,942,036. Of that, \$2,066,773 is considered "current" meaning it is relatively liquid. This includes cash and cash equivalents, inventory, etc. One measure of a business' financial health is called the "current ratio". This measures the ability of a business to pay off its financial obligations in a timely manner. It compares the current assets of the business to its current liabilities. A ratio of 2 to 1 is considered very good during normal business times. Our current ratio is 1.86 to 1, a decent showing.

Our overall member equity, the amount of the co-op's assets that are owned by the members, is \$2,837,038. This equity includes member capital paid in by our owners (\$639,795), member investor shares (\$702,100) contributed by the 160 shareholders who invested in the co-op during our 2005 investor share drive, and retained patronage (\$719,866) the portion of patronage allocations not paid out in rebates since 2005. The rest of our equity consists of retained earnings, the amount of money we have earned and saved over the history of Wheatsville's life. Since the renovation we have our loan from the National Co-op Bank (NCB) which shows up as Commercial Notes, less current portion in Long-term liabilities and as Commercial notes, current portion in Current Liabilities.

The CPA-reviewed balance sheet shows Wheatsville to be a very healthy business at the end of our second year in the renovated and expanded store.

I can't express how pleased and excited I am about our continued financial strength. Our success is due to your incredible support and the hard work of our board and staff.

Wheatsville Co-op BALANCE SHEET

May 31, 2011 vs May 31, 2010

ASSETS	05/31/11	05/31/10	Year-to-Year Comparison
CURRENT ASSETS			
Cash & Cash Equivalents	\$1,589,423	\$1,229,247	\$360,176
Accounts Receivable	\$20,739	\$62,772	(\$42,032)
Inventories	\$383,191	\$352,696	\$30,494
Prepaid Expenses & Other Current Assets	\$73,420	\$39,382	\$34,038
Total Current Assets	\$2,066,773	\$1,684,097	\$382,676
FIXED ASSETS			
Property & Equipment	\$4,407,886	\$4,360,127	\$47,758
Accum. Depreciation & Amortization	(\$712,275)	(\$397,793)	(\$314,483)
Total Fixed Assets	\$3,695,610	\$3,962,335	(\$266,724)
INVESTMENTS & OTHER ASSETS			
Investments	\$179,653	\$127,755	\$51,898
Total Other Assets	\$179,653	\$127,755	\$51,898
TOTAL ASSETS	\$5,942,036	\$5,774,187	\$167,849
LIABILITIES & EQUITY			
CURRENT LIABILITIES			
Accounts Payable	\$527,800	\$418,095	\$109,705
Member Patronage & Dividends Payable	\$74,770	\$65,746	\$9,024
Accrued Liabilities	\$351,665	\$290,216	\$61,450
Commercial Notes, current portion	\$238,421	\$221,936	\$16,485
Total Current Liabilities	\$1,192,657	\$995,993	\$196,664
LONG-TERM LIABILITIES			
Commercial Notes, less current portion	\$1,851,342	\$2,089,763	(\$238,421)
Deferred Tax Liability	\$61,000	\$69,000	(\$8,000)
Total Long-Term Liabilities	\$1,912,342	\$2,158,763	(\$246,421)
MEMBER EQUITY			
Member Capital Paid In, incl. Donated Capital	\$639,795	\$564,335	\$75,460
Member Investor Shares	\$702,100	\$713,100	(\$11,000)
Retained Patronage	\$719,866	\$617,798	\$102,068
Cooperative Educational Fund Reserve	\$1,000	\$1,000	\$0
Retained Earnings	\$774,276	\$723,198	\$51,078
Total Member Equity	\$2,837,038	\$2,619,432	\$217,606
TOTAL LIABILITIES & EQUITY	\$5,942,036	\$5,774,187	\$167,849

Compensation of Directors is authorized in Article V of the Wheatsville Bylaws, and shall be reported in the Annual Report. All Directors receive a 10% discount on store purchases, and the President receives a quarterly stipend of \$900. In addition, meals are provided for meetings, and occasional expenses incurred while carrying out duties and responsibilities are reimbursed.

Your Co-op Patronage Rebate by Doug Addison, Secretary, Board of Directors

By now, many of you have collected your patronage rebate vouchers at the Hospitality Desk. I've got mine and picking it up reminded me what a thrill your Board got from approving this year's rebates, which are being given to a record 4,115 of Wheatsville's more than 11,000 owners. When we talk about how cooperative economics derives from mutual economic interest and the democratization of wealth in our community, the patronage rebate is one of the things we're talking about. Your patronage is the fuel that makes Wheatsville go!

Along with Owner Appreciation Days and Owner Deals, patronage rebates are one of the great, tangible benefits of your co-op membership. But they're not just great for owners—they help Wheatsville, too. Rebates strengthen the economic interest that we share as owners. Wheatsville is, after all, in business for the benefit of its owners. The more you shop, the bigger your rebate, and the more you do to make Wheatsville's future success possible.

Let's talk real dollars and cents (and tax code) to see how it works. Thanks to IRS Code and Texas business law, cooperatives like Wheatsville can reduce their tax bill by allocating some of their earnings back to owners. As you can see from the articles and financial tables presented in this section of the Breeze, Wheatsville's second successful year in the renovated store, the 2011 fiscal year which ended May 31, 2011, yielded about \$258,000 in taxable earnings. About \$167,000 of that was earned from owner purchases.



2011 Board President's Report by Rose Marie Klee, President, Board of Directors

This has been an exciting year on the Wheatsville Board of Directors, and perhaps especially for me! Having been on the Board since before we launched the investor-share program that helped fund the renovation of 3101 Guadalupe, I have had the privilege of witnessing and participating in the fabulous development of our organization at the opera-

tions and governance levels over many years. It is incredibly gratifying to have arrived at a milestone that has been so many years in the making, and doubly-sweet that our peers across the country recognize Wheatsville as a model of excellence on both the operations and governance fronts.

This 2011 Annual Report is a reflection of our enormous progress as an organization—we continue to supersede our past years' successes from financial performance and overall outcomes ("Ends"), to our annual gathering program, governance sophistication, and leadership within the cooperative community.

At the governance level, our success this year has relied upon a foundation which includes:

- The most amazing General Manager, who constantly delivers excellence and innovation;
- A succession of extremely dedicated, cooperative, and thoughtful Directors (THANK YOU ALL!);
- Revised Bylaws developed by the 2007 and 2008 Boards of Directors, who laid the foundations of good governance (with the goal of robust Bylaws that could carry us at least 30 years into the future) through our Bylaws revision project;
- A complete revision of our policy set developed by the 2009 and 2010 Boards of Directors, who delivered the next generation of Governance Policies and accompanying guidance documents; and,
- The strength which comes from connecting with the cooperative movement both in Austin and at a national level.

Because of the careful and deliberate work of past Directors, the current Board has the opportunity to dedicate significant time laying the next course. Over this past year we have become especially focused on learning how we, as leaders, should anticipate and grow into the trustees that our organization will need as we move in the BIG Direction (growing the cooperative economy and all of the associated community relationships and benefits). It has been interesting work, exploring our deepest purpose and imagining the ways that Wheatsville, as a cooperative enterprise, can have a real role in transforming society toward cooperation, justice, and non-exploitation. **We invite you to join the conversation by attending our monthly Board meetings and/or participating on one of our committees!**



At our August meeting, the Board of Directors voted to allocate \$155,598 of these earnings to eligible owner patrons. Federal and state laws require that cooperatives which use this tax break give at least 20 percent of this amount back to owners as cash or store credit, but the rest can be kept by the co-op. This year, we are giving 30 percent back to owners — that's \$46,679! — with an average rebate of \$7.91 and some owners receiving rebates of about \$100.

The tax-exempt remainder of 2011's patronage, which Wheatsville keeps on its balance sheet as retained patronage, is part of your equity in Wheatsville. The co-op has built up nearly \$720,000 in retained patronage over the years. That's a reserve of funds that we can tap to expand access to healthy, sustainable food and grow Austin's cooperative economy by building more Wheatsvilles.

Due to administrative constraints, Wheatsville has not issued rebates to owners with patronage less than \$500 over the period from June 2010 to May 2011. Check at the hospitality desk to see if we have a rebate voucher waiting for you. And keep shopping at Wheatsville to support our shared future success.



Board of Directors' Code of Conduct

The Wheatsville Board maintains "Board Process" policies, which describe the duties and expectations to which we hold ourselves accountable. Our policy B5, "Directors' Code of Conduct" specifies that we report on our adherence to the code of conduct policy in each annual report.

We take time at the very beginning of each year to discuss our Code of Conduct policy to ensure that the full Board understands our role in managing any real or perceived conflicts of interest. This year, in addition to submitting our signed code of conduct agreement / conflict of interest disclosures at the beginning of the year, we decided to do a mid-year update. Each Director completed the "Statement of Agreement" document in January and June 2011. Satisfactory completion of this document is also a requirement to be endorsed by the Board of Directors as an election candidate.

Our B5 policy was monitored in May 2011, and all Directors assigned a score for each sub-policy. The overall score, based on a scale of 1 to 5, with 5 being the best, was 4.8.

Policy B5, along with all of the other Board policies can be found on our website: <http://wheatsville.coop/Board%20Policy/bodgovpolindex.html>

Fall Owner Gathering

by Kitten Holloway, Board of Directors

Our Fall Owner Gathering at Urban Roots Farm in October was a fantastic event! Though we had a few less participants than had signed up for the original event date, we were happy to bring Urban Roots some rain and move the date!

Both adults and kids were entertained in a setting that gave our owners an opportunity to see first hand where some of the produce in our store is locally grown.

Kids were taken on a field trip of the farm while adults were treated to the exciting news about Wheatsville's 'Big Direction' presented by General Manager, Dan Gillotte. And, we heard from Brian Donavon from the Austin Cooperative Think Tank about the movement among cooperatives of all types in Austin to promote a stronger coop economy in our community.

Candidates running for the Board told us what a cooperative means to them and why they wanted to serve on Wheatsville's Board.

Owners had fun voting on the top three Wheatsville slogans (watch for these in the store in the near future!), listening to Vanessa Lively and her band, and giving Dan their two-cents about what it is they believe makes folks want to go that extra mile to shop at our coop!

We listened, talked, and played and put our belief in Coop Values into action!

On behalf of the Board of Directors, I want to thank Our 'FOG' Committee for an outstanding job and Urban Roots Farm for hosting our Fall Owner Gathering!



Wheatsville and the Austin Cooperative Think Tank: Growing the Cooperative Economy

by Kate Vickery & Mark Wochner

Austin has a long history of cooperative activity and the present time is no exception. Although the specific cooperatives operating in the city have changed over the years, the values behind them have stayed the same. **The International Cooperative Alliance** defines cooperative values as being “based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity,” and the 6th cooperative principal is “cooperation amongst cooperatives.” In this fundamental way, we are charged with supporting other members of our cooperative community. This support is something that we at Wheatsville are particularly interested in, and your Board of Directors has made this a high priority by writing into our Ends policies that “Wheatsville will be at the forefront of a transformed society that has a robust cooperative economy.”

We believe that a strong and robust cooperative economy is better for everyone: for our members, for the community surrounding Wheatsville, and for the business that is Wheatsville Food Co-op. We believe that co-op jobs are better jobs and that co-ops put a greater emphasis on being stewards of the environment, are more economically responsible businesses, and play a more positive, active role in the community. We believe that co-ops are, as the National Cooperative Grocers Association says, “stronger together.”

It should be no surprise then that when members of A+ Federal Credit Union asked us to join a discussion about cooperative values, we jumped at the opportunity and asked if others could be involved. This very first cross-sector gathering included members from Wheatsville, A+FCU, and Black Star Co-op. Following a meaningful discussion, we decided that we wanted to continue the dialog and include more members of the co-op community.

Starting with that first gathering, the fledgling **Austin Cooperative Think Tank (ACTT)** was born. At each subsequent monthly meeting, we welcomed new people from the housing co-ops, KOOP radio, worker co-ops, more credit unions, non-profits like Third Coast Workers for Cooperation, and many others. It wasn't long before we wondered if the Wheatsville meeting room would be large enough to hold everyone who wanted to be a part of our organization. We knew that we were on to something.

Over the past year, the Austin Cooperative Think Tank has evolved from a loose network of individuals into a fully realized organization with a mission, structure, goals, and projects. In its essence, ACTT is committed to growing the cooperative economy. We have worked towards this mission by expanding the network of cooperators



who meet monthly to talk about the cooperative movement and its values. After several months of meetings, we began to coalesce around major themes and potential project areas. These projects took shape and leadership at our first annual Austin Cooperative Think Tank retreat on August 27th.

We meet formally on a monthly basis and by the time you read this, ACTT will have its first, democratically elected, Steering Committee. We thrive on the influx of new people who are interested in learning about the cooperative movement as well as the constancy of folks who have been working within the movement for many years.

We are particularly excited about the role of ACTT in 2012, which has been recognized by the United Nations as the International Year of Cooperatives. IYC is an amazing opportunity to celebrate a cooperative movement that's been happening for centuries. We are at a critical moment of heightened social awareness - globally, we think - and this is a great opportunity for the cooperative model to be able to take root in more communities and benefit more people than ever before.

ACTT has a number of projects under way right now, including a **Mentorship Program** that pairs fledgling cooperators with experienced cooperators; a **Co-op Incubator**, which will help folks in Austin (and possibly beyond) start their own co-ops; and an **Education/Outreach initiative** which is developing materials and outreach programs to introduce co-ops and co-op values to a broader audience. We are also planning a number of social events and parties to celebrate the International Year of the Co-op in 2012! If you'd like to get involved in these projects, or if you have a project of your own, please get in touch with us. Email us at [austincoopthinktank\(at\)gmail.com](mailto:austincoopthinktank(at)gmail.com) to get connected.

Being a member/owner of the cooperative economy is like your own little personal revolution - one small attempt to make a difference in a deeply damaging economic system that benefits the very few at the expense of the many. Co-ops are fundamentally about serving the many—many consumers, many workers, many ecologies, many communities. In Austin, we are working to leverage the collective power of the cooperative economy through the Austin Cooperative Think Tank in order to further democratize our wealth, knowledge, experience, and community consciousness. Join us!

Members of ACTT include cooperators from these, and other, organizations in Austin!

A+ Federal Credit Union
Amplify Federal Credit Union
Artists Screen Printing Co-op
Black Star Co-op
College Houses Cooperatives
Community Cultivators
Corp to Co-op
Gaia Host Collective
Happy Hobo Co-op
Inter-Cooperative Council, Inc.
KOOP Radio
North American Students of Cooperation
Red Rabbit Cooperative Bakery
Sasona Cooperative
South Austin Food Co-op
Sunflower Co-op
Third Coast Workers for Cooperation
Tribe Creative Agency
University Federal Credit Union
Wheatsville Co-op
Whitehall Cooperative
Yo Mamas Catering Cooperative

If you would like to get involved, please send an email to [austincoopthinktank\(at\)gmail.com](mailto:austincoopthinktank(at)gmail.com).

Why We Serve

by Steven Tomlinson, Treasurer, Board of Directors

When I tell people that I serve on Wheatsville's board, they want to know why I care so much. “Sure, it's a funky, neighborhood store and all that, but is it really changing the world?” The Board of Directors recently put its collective mind to a few of the questions we're frequently asked:

What's the difference between Wheatsville Co-op and other friendly grocery stores that sell healthy food?

The difference is who owns it, and what they care about.

Wheatsville is a co-operative business, which means that the customers literally own it. The management is accountable directly to the member-owners, all the shoppers who buy shares in the co-op. We don't have “absentee” investors who care only about financial profits. We have member-owners who care about a range of good things—healthy food at affordable prices; a friendly, well-run store; a business that offers good jobs and makes a difference in the community.

For our co-op, profits are a means rather than an end. Wheatsville's ends (as stated explicitly in our “ends policy”) are to promote healthy food, hospitality and consumer empowerment. Our board and management talk constantly about how Wheatsville can advance these goals in our community and the wider world.

If we make profits along the way (and we do!), we spread them around. No one is getting rich off Wheatsville.

Instead, our shoppers get good prices on great products, our employees are well paid, and we save money to build more of this goodness in other neighborhoods. Again, it's the owners who tell us how to split the pie. Call it the democratization of wealth.

Plus, the value we create stays in our community. You can't say that about the money you spend at a multinational grocery chain.

Why be an owner instead of just a shopper?

There are, of course, financial incentives: The member discounts and 10% savings on quarterly owner-appreciation days add up to an impressive return on your membership—particularly when you consider what \$70 earns in your savings account nowadays. And that's before you factor in your share of the profits (in the form of a rebate at the end of the year). Plus, as an owner, you're eligible to purchase investor shares when the co-op finances a building project. The last round of investor shares paid 4% interest. Where else can you get such a good return on an investment in a business that's so good for your community?

Perhaps more important, buying in to the co-op makes you part of the adventure. You become a voting member of an organization that's reinventing business, part of the group that the board is working on behalf of. Once you're an owner, you can't help giving the co-op and its mission a bit of mindshare. You'll find yourself more curious about how business works—and how it could work.

Why volunteer for the Wheatsville Board vs. another non-profit?

Wheatsville is a special sort of community development organization. It's a genuine socially-responsible business, a viable alternative to corporations and their excesses. Wheatsville's board attracts talented, conscientious people who want to explore the full potential of business to serve the common good; and the time they invest helps build the prosperous, local, co-operative economy that the world urgently needs.

Rather than spend our energy raising money, Wheatsville is itself an economic engine for good. Shoppers give us money in exchange for things they already want, so the co-op can reach more people and have more impact than organizations that depend on charitable donations.

Sure, it's hard work, but it's also great fun to be part of a high-functioning team representing a growing community of people who believe in Wheatsville's ambitious mission.

