

THE WHEATSVILLE BREEZE

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

SUMMER 2023



Message from Bill
Summer Wines
Prickly Peppers
Staff Spotlight

MESSAGE FROM THE GM

Bill Bickford
General Manager



Howdy Wheatsvillagers,

It's been a few months since we first announced Owner Extras, our new exclusive benefit for Wheatsville owners. We officially launched the program with the start of our new fiscal year in June, and we're excited to share that owners are now reaping the benefits with each and every shop!

In case you missed the prior announcement, this program grants owners an additional 10% off all sale items marked with our green Co+op Deals signage. As our flagship sales program, these deals were already some of the best and most numerous sales in our stores, with more than a 1,000 SKUs marked down in any given week. With Owner Extras, they now offer even better savings for co-op owners! If you haven't taken advantage of this program yet, I would encourage you to check out our latest sales flyer to explore some of your opportunities to save this week.



The success and long-term sustainability of this new owner benefit hinges upon the participation of our ownership. In modeling the cost and impact of this program, we determined that it can pay for itself if each active owner—defined as those who have shopped within the past year—**visit our stores just one more time per year on average.** We hope that

this day-to-day benefit will encourage you to come and see us just a little more frequently. As Board President Brandon Hines notes elsewhere in this newsletter, the strength of our shared cooperative enterprise depends heavily on the regular participation of our community of co-op owners. We literally cannot do it without you!

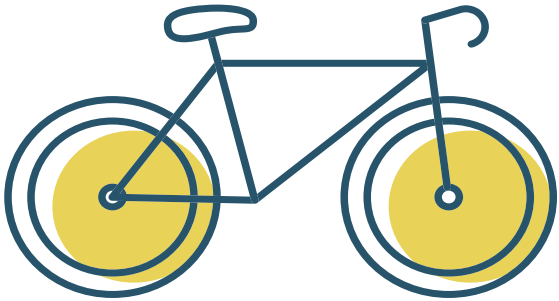
In addition to highlighting this new program, I also wanted to take a moment to thank those of you who participated in our recent shopper survey. Because this was sent to a random sample of owners and shoppers, many of you reading this may not be aware it was conducted. Nonetheless, we appreciate the candid and insightful feedback of those who participated. We look forward to using your feedback to continuously improve the co-op shopping experience and to further refine our products and services with the goal of better meeting your needs. Serving as the heart of this community is our highest purpose, and your feedback is critical to that process.

And finally, I would be remiss not to highlight the many events we have undertaken at both co-op locations as yet another reason to come and see us. If you haven't been to one yet, we would love to see you at one of our Party on the Patio events, held each third Thursday of the month on the Guadalupe patio. Come enjoy an affordable meal and beverage (adult or otherwise) along with live local music. Our Taste of Plant-Based sampling was on Saturday, July 22. We went even bigger this year, with sampling and activities throughout the store and spilling out into the parking lot.

Thank you all for your ongoing support and patronage of the only consumer-owned grocery co-op in Texas. Take care y'all!



BIKING MADE BETTER



After another great Bike to Work event this year, I'm feeling inspired to share some of my favorite products for biking around town in the hot Texas summer. Here's a list of the items I personally find incredibly helpful while hitting the trails and commuting by bike year-round,

and especially in the hot summer months. - *Hannah Cassana*
Wellness Manager



ALCHEMY GOODS JOYRIDE BACKPACK

This backpack is made from up-cycled materials, and it's one of the best commuter backpacks I have ever used (and I have tried a lot of different brands and models over the years). It's a roll-top, so it can expand or be packed down depending on your needs. It also happens to be my favorite travel bag because the rectangular bottom and ample space allows me to maximize its capacity while still being comfortable to carry. *Bonus: reflective patch, outside pockets, and water-resistant lining in case you are caught in the rain.*



KLEAN KANTEEN INSULATED WATER BOTTLE

This powerhouse water bottle will keep your beverages icy cold for up to 75 hours. This is my go-to for staying hydrated as I ride around.



ELECTROLYTE POWDERS

It's super important to replace electrolytes lost through sweat. Wheatsville stocks a variety of electrolyte tablet and powder options including NUUN tablets, Trace Minerals packets, LIQUID I.V. packets, Ultima sugar-free packets, and more. I am a fan of them all, and I keep a stash in my bike bag for easy access while out cycling (or doing anything outside, really).



SCHMIDT'S DEODORANT

This brand of deodorant really holds up under stress, sweat, etc. It's all natural and smells great too. I like the Hemp Seed & Patchouli and the Charcoal & Magnesium is a customer favorite.



THE SEAWEED BATH CO. SPF SPORT SPRAY

This is my go-to sunscreen. It's clear, water resistant (up to eighty minutes), and hypoallergenic. Plus, it works well and is super easy to apply.



WILD CARROT HERBALS GAIA GOO SALVE

This is the product that launched Wild Carrot Herbal's line of the herbal bodycare and it really stands the test of time. It's one of my favorite herbal first aid items to carry with me for bumps, scrapes, bug bites and other minor skin irritations.



HONEST CLEAN CONSCIOUS™ WIPES

Wiping away trail dust and sweat can be the difference between leaving a ride feeling refreshed or grimy and these plant-based wipes fit compactly in my bag .



OLBAS INHALER

This herbal nasal inhaler gets me through allergy season with its refreshing vapors that open nasal passageways and provide cooling relief. This is especially nice to have handy when spending long periods of time outdoors and exposed to pollen.



KAL CHEWABLE QUERCETIN TABLETS

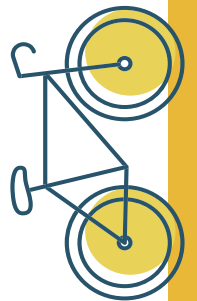
I chew one of these tasty pineapple-flavored quercetin tablets before heading outdoors to fill my respiratory tracts with pollen. I find that it really helps to reduce my allergy response and inflammation. Also they are delicious and naturally flavored!



EVERYONE LAVENDER HAND SANITIZER SPRAY

This hand sanitizer is easy to carry, all-natural, highly effective, and smells great!

Happy Summer!



May 19th was Bike to Work Day, a globally recognized event that celebrates the bicycle as an option for commuting to work. Cyclists from all over the city stopped at Wheatville for free coffee, fresh juice, and breakfast tacos.



Greener Pastures Chicken started up in Elgin, Texas in 2018 where they're still farming today.

Von Miller, Co-founder, grew up raising chickens in Desoto, Texas, and went on to major in poultry science at Texas A&M University

while playing college football. Initially, Von took Poultry Science as an "easy class" so he could focus on football. He would fall asleep in class and the professors would make him stand up in front of the whole class and talk about chickens. Now an outside linebacker for the Buffalo Bills, Von continues his award-winning football career while pursuing what's become a passion of raising happy chickens.

Cameron Molberg, Board President, has been working in organic agriculture for over 15 years with a focus on projects in regenerative organic production systems. Known to some as an "encyclopedia in blue jeans," Cameron serves as a resource for farmers, consumers, and organizations across the country.

So why should someone but a Greener Pastures chicken? First, they are the only farm in Texas that raises their birds on grass while supplementing their diet with certified organic feed. Second, the chickens

live an outdoor lifestyle with full access to sunshine and fresh air. This affects the chemicals they secrete, their body composition, and ultimately the finished product. Third, Greener Pastures is a regenerative farm that adds from 1/4 to 1/2 inch of soil back to the Earth each year. Fourth, and most important, the texture is going to be superior to a traditionally raised chicken. Greener Pastures Chicken actualizes a vision of happy chickens, regenerative organic agriculture, and a better food system for all.

Greener Pastures has 12 staff members working hard to bring this wonderful product to your local co-op. When asked what the best part about working for the company Jose Olalde said "It is a privilege and there is a pedigree around Texas about working at Greener Pastures Chicken. People in the farming community around Texas know about Greener Pastures. When I show them pictures, they think it's pretty cool. I feel pretty lucky."

Wheatville currently carries Greener Pastures Chicken at both store locations. We're in the process of bringing in other parts as well. Hopefully this will be a new favorite for you all. We're so happy to partner with such an amazing farm!

- *Kerie McCallum*
Category Management
Coordinator



CO-OP POWER

New Hiring Initiative

As part of our commitment to actively pursuing Diversity, Equity, Inclusion and Accessibility in our workplace, we are happy to announce that we have started a pilot program with two of our Community Action Groups—Caritas and OutYouth. Through this program, we are directly providing both organizations with current job postings and up-to-date job descriptions to assist them in guiding the people they serve to available jobs at a welcoming and safe working environment or to provide resources to develop their skills so that they may be able to join us in the future.

As we strive to actively incorporate the seventh Cooperative Principle of Concern for Community in every aspect of our work, it is important that Wheatsville explore new ways to support the organizations who are directly working to find solutions for the difficulties the people within it face. We believe that this initiative holds the potential for long-term benefits for some of our most marginalized neighbors, and we are excited to see how it helps us grow and strengthen our co-op community.

- *Alexandra-SanMiguel*
Human Resources Director

Board Compensation

Each year, Wheatsville's Board of Directors reviews compensation for directors, as outlined in Article 5.11 of our bylaws. We report our decision to the co-op members for full disclosure and process transparency. Giving directors compensation for their time takes into consideration the many hours directors spend in co-op service, including board meetings, committee work, training, outreach, and other activities. Board members have long received a 10% discount on most purchases at the co-op. Additionally, the board has monthly stipends, currently set at \$300 for the President, \$200 for the Secretary & Treasurer, and \$150 for all other directors. Stipends are not intended as compensation for hours worked, but rather as a way to signal the value of the Board's work to the cooperative and recognize the effort required to serve effectively. Compensation to board members via discounts and stipends is common among food co-ops. Previous research on comparably sized food co-ops found that most have monetary compensation varying from \$300 to \$4800 per year for directors, and discounts varying from 5% to 20%. Increased stipends for officers are also a common practice. During our annual review of compensation, the board discussed this research previously conducted regarding common practices amongst food cooperatives across the nation. After considering our current compensation as well as the financial position of the co-op, the board felt that the current arrangement is both appropriate and sustainable for board members as well as the cooperative. The board voted to make no changes to Board Compensation for 2023. For those interested in sharing their opinions, or learning more about board work, we hold "open time" at the beginning of each regular monthly meeting for whoever may want to come. You can find more information or sign up for open time in the board section of Wheatsville's website.

- *Stephanie Wong*
Board Director

WHAT'S NEW

We have some exciting new items featured in your co-op!

Deli

Credo Queso, Frito Pie, Fajita Steak and Beyond Steak now available at the South Lamar Deli Counter!

Stop by the Deli Counter in South Lamar between 11am-9pm for lunch and dinner. We have reintroduced classic Frito Pie to our menu along with a new fajita steak option for burritos, bowls, wraps and salads. We are also pleased to announce that we have fajita marinated Beyond Steak as an additional vegan option. Popcorn Tofu continues to be served hot and fresh and can be added to any of your entrees! Top off your meal with vegan queso from a local favorite, Credo.



Produce

Stoke Juice!

Stoke cold pressed juice blends are now available in both of our Produce departments. Stoke uses organic and local produce when available and promotes sustainability with their glass bottles. Each juice bottle has \$2 deposit and can be returned cleaned to the Hospitality Desk for your money back or credit toward your next purchase.



Meat

Shrimp Marinades – Garlic Herb, Fajita, Honey Chipotle

Did you know that we use marinades made in-house at our deli and in the Meat and Seafood Department? We have three freshly made marinades: Garlic Herb, Fajita and Honey Chipotle. All three options are available in our Quick to Fix chicken program. Recently, we also started offering marinated shrimp skewers. Stop by either of our locations for all of your quick dinner fixes and grilling needs!



- Tanya Carney
South Lamar Store Director

Summer Sipping

Take a journey through the world of wine this summer at Wheatville Food Co-op, where an extraordinary selection awaits you. With an extensive assortment of reds, whites, rosés, and sparkling wines, there is a variety to suit every palate.



Introducing **MONCARO PINOT GRIGIO** - a crisp and refreshing white wine that promises to delight your senses. Upon first sip, your taste buds will be greeted by bright notes of juicy green apple and zesty citrus, beautifully balanced with hints of white peach

and delicate floral undertones. The wine's lively acidity adds a refreshing zing, making it a perfect choice for those seeking a light and enjoyable summer sip.

When it comes to food pairings, Moncaro Pinot Grigio truly shines alongside the indulgent flavors of **Celebrity Garlic & Herb Chèvre**. The wine's crisp acidity and subtle fruitiness create a harmonious contrast with the creamy richness of the cheese, while its citrusy undertones beautifully complement the garlic and herb-infused flavors. Together, they create a symphony of tastes that will leave your palate craving for more.



Looking for a sparkling wine that brings effervescence and elegance to any occasion? Bursting with lively flavors and a delicate pink hue, **UNDERWOOD ROSÉ BUBBLES** is a celebration in every sip. The tasting

experience begins with vibrant aromas of ripe strawberries and fresh raspberries, complemented by subtle floral notes. On the palate, the wine unfolds with a playful effervescence, revealing crisp flavors of watermelon and citrus, balanced by a hint of sweetness.

Looking for a cheese to pair with? The harmonious union of Underwood Rosé Bubbles and **Supreme Brie Bites** is an experience that will excite your taste buds. The wine's effervescence cuts through the creamy texture of the Brie, creating a delightful contrast. The fruity and floral notes of the Rosé Bubbles enhance the richness of the cheese, while the wine's refreshing acidity cleanses the palate, preparing it for the next delicious bite.



CASAL GARCIA VINHO VERDE is a vibrant and refreshing wine that captures the essence of Portugal's Vinho Verde region. With its pale straw color this wine is a true embodiment of summer in a glass. Upon first sip, your palate will be

awakened by lively flavors of green apple, citrus, and a hint of tropical fruit. The wine's crisp acidity and subtle minerality add a refreshing and invigorating touch, creating a perfect balance.

If you are looking for a cheese to compliment this wine look no further than **Mt. Vikos Greek Feta**. The wine's zesty citrus notes and vibrant acidity complement the creamy and tangy character of the feta cheese. The combination of the wine's refreshing qualities and the cheese's rich and slightly salty taste creates a harmonious balance on the palate. Each sip of Casal Garcia Vinho Verde is enhanced by a bite of Mt. Vikos Greek Feta, and vice versa, resulting in a truly delightful experience.

- *Janelle Rodriguez*
Grocery and Wellness Clerk

All wines and cheese are available at both locations.

VENDOR OF THE MONTH



Austin's own Goodpop offers plant-based frozen treats with fair trade ingredients and absolutely no artificial sweeteners. Choose from dairy-free ice cream sandwiches, delicious fruit popsicles, or decadent fudge pops, all made with natural fruit juices, organic cane sugar, and agave nectars.

Goodpop began one scorching Austin summer day back in 2009, when University of Texas student Daniel Goetz needed something refreshing. Daniel couldn't think of any options other than the Austin summertime staple, the snow-cone. At the snow-cone stand, he asked, "What's in that syrup?" The employee responded with a shoulder shrug. Craving a more wholesome, delicious treat, Daniel searched out places who carried traditional Mexican natural frozen fruit bars. What he found put him in a similar predicament: artificial flavoring, coloring, and ingredients he couldn't pronounce. Daniel loves Austin and thought the city deserved better. Two months later, GoodPop hit the farmer's market. It wasn't long before GoodPops became a hit at Wheatsville as well!

GOODPOP

Is an Austin favorite that does good in our community. They focus on four areas of charity: supporting equity and inclusion, ending hunger in America, nurturing a healthy environment, and helping animals find homes. Local non-profit Emancipet, which provides low-cost healthcare for animals, benefits from GoodPop's support. You also might catch them handing out free samples on hot days.



More than 20 varieties of GoodPop are available at Wheatsville, including summertime favorites Hibiscus Mint Pops, Orange Creamsicle Pops and other "cleaned up classics" such as Chocolate Vanilla Sandwiches and Fudge n' Vanilla Squares.

Come try some at Wheatsville today!

- *Alyssa Hamil*
Grocery Merchandiser

PICKLES PLEASE!

Yummy

How to Preserve Peppers as Pickles & Hot Sauce



Pickled peppers are a delicious and tangy addition to any meal. They are easy to make at home and can be customized to your liking.

The basic steps for making pickled peppers include combining water, vinegar, sugar, and salt in a saucepan and bringing it to a boil. Wash

the peppers and place them in a clean glass mason jar. If you prefer less spicy pickles, remove the seeds. I recommend wearing gloves if the peppers are of a very spicy variety or if you have a sensitivity to capsaicin. Cover the prepared peppers with the boiled vinegar solution and add in any desired seasoning and spices. Allow the pickles to cool to room temperature before refrigerating. The peppers will be ready to enjoy after 8-12 hours. Sometimes even the pickled variety ends up in the fridge for longer than is ideal. Last year, my

pickled peppers languished in the back of the fridge all summer before I found them again while deep cleaning before the holidays. The peppers still had a vibrant color and good flavor but had lost all their crunch and texture. Rather than toss them, I strained and blended them, resulting in hot sauce! The pureed peppers made a serviceable sauce but were much improved with a little seasoning. I like to season my hot sauce with ginger, cumin, and coriander to give it more dimension and flavor.

Once you have blended the peppers, you can get creative with your seasonings. Mellow out a spicy habanero with some pureed bell pepper or add a little sweetness to a Carolina reaper with some pineapple or blueberries. Add more sugar to make a sweeter sauce or add smoked paprika for a smoky taste. You can also try pickling your peppers in tequila for a boozy hot sauce. There are so many possible variations. I hope this helps you find your perfect sauce recipe.

- *Katie Brown*
POS Coordinator

10-15 washed and trimmed peppers
(halved and seeded if desired)
1 cup white vinegar
(I often mix apple cider and white vinegar)
½ cup water

¼ cup sugar (optional)
2 tbsp salt
3-4 whole garlic cloves (optional)
peppercorns (optional)

01 Place the cleaned peppers into a mason jar.

02 In a small saucepan, heat the vinegar, water, sugar, and salt stirring until the sugar is dissolved.

03 Pour the vinegar solution over the peppers and cover. Allow to cool to room temperature before refrigerating.

04 Enjoy the peppers as pickles after 24 hours or leave until soft and puree into a sauce. Add spices and other seasonings to taste.

THE WHEATSVILLE WIRE

WHAT YOUR CO-OP HAS BEEN UP TO IN MAY, JUNE AND JULY

GOODNESS RECOGNIZED

This past May Wheatsville Food Co-op was nominated by local Austin organization Recognize Good for their Ethics in Business Award in the small business category. This prestigious award recognizes the best in Central Texas leadership on the pillars of respect, fairness, honesty, justice, and sustainability. Staff were interviewed extensively by student examiners from Concordia University.



GROCERIES IN A SNAP

Wheatsville Marketing and I.T. departments are currently working on a project to enable SNAP payments through our Instacart platform. This would give homebound or low-mobility Co-op customers the ability to have SNAP groceries delivered directly to their home. Wheatsville, Instacart, the USDA, and various financial institutions are working together on this project.



CO-OP BASICS

Did you know that there are hundreds of organic and non-GMO products available at everyday low prices at Wheatsville?

Co-ops around the country joined together to participate in the Co+op Basics program which provides a wide variety of food and household products. Look for the purple tag!



SURVEY SAYS!

In April, Wheatsville partnered with the University of Wisconsin to conduct a customer satisfaction survey. The results are critical in determining what direction your Co-op will take in the coming years. Five surveyors were chosen at random to receive a \$100 gift card for participating!



Staff Spotlight

ASK ME!!!
No.1 Most
KNOWLEDGEABLE

Hi! My name is Austin and I have been working at Wheatsville for 11 years. I started in the deli department at the Guadalupe location. I became a Manager On Duty in the spring of 2014, and eventually transitioned into my current position, Facilities Manager, in the winter of 2023. I am a proud father, fortunate stepfather, and honored husband to my beautiful wife.



WHERE ARE YOU FROM AND WHEN DID YOU GET TO AUSTIN?

I moved to ATX from Bend, Oregon in the summer of 2012. I had never been to Austin at the time and moved here with short notice. I started to develop hometown blues in Bend, so I decided to take a risk and move here. It was the best decision of my life.

SOMETHING ABOUT ME THAT NOT MANY PEOPLE KNOW:

-My daughter and I love searching parks for bugs and snakes. Her favorites include roly polies, grasshoppers, and ants. I really like spiders. We purposely grow dill in our yard so we can watch the caterpillars.

-I like to garden and have about 130 square feet of raised garden beds in my back yard. I also have a 100 square foot, 6-foot-tall tomato cage out there as well. I'm not any good at it, but I really enjoy doing it.

WHERE ARE YOUR FAVORITE PLACES TO GO IN AND AROUND AUSTIN?

I really enjoy going to any park with my wife and kids. Some of our favorites include Charro Ranch Park near Dripping Springs and Mueller Lake Park. We also really enjoy going to The Southeast Metropolitan Park Primitive Trail. We live in Hornsby Bend, so there are a handful of nice parks to go to, especially for bird watching.

WHY WHEATSVILLE?

Wheatsville is a place where I can be myself. I appreciate the diversity of the Co-op both with customers and employees. Wheatsville has a very special place in my heart. A lot of my growth as a person is because of Wheatsville. I like that it is a place where I can spread my knowledge of the Co-op and I'm encouraged to do so.

FAVORITE PRODUCTS AT WHEATSVILLE?

I really enjoy grilling at home, so pretty much all our meats and seafoods in the Meat Department. My favorites are the marinated chicken thighs, and the greatest cut of meat of all time, tri tip. I also really enjoy Clean Cause brand energy drinks. Wheatsville breakfast tacos are my classic go-to and have been for years.



WHEATSVILLE CELEBRATES JUNETEENTH 2023

As we celebrated this third federally recognized Juneteenth holiday it was important to us to remember and honor the long and turbulent road it has taken to get such recognition, and to also open our eyes and recommit to the work that still needs to be done towards creating a truly transformed society based in equality and respect. Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. In one of the most inspiring grassroots efforts of the post-Civil War period, newly freed Black men and women transformed June 19 from a day of unheeded military orders into their own annual rite, "Juneteenth," beginning one year later in 1866. In 1979, Texas became the first state to make Juneteenth an official holiday.

Here at Wheatsville we use this day to reflect on our mission that was created by our cooperative founders. Over 45 years ago: The purpose of Wheatsville Co-op 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. With that in mind they named our store after Wheatville, the first post-civil war Black community in Austin. We feel that we have honored their legacy, but we also believe that we can do more. In the wake of the murder of George Floyd, we like countless others were compelled to evaluate our role in systemic racism and inequality. We committed to honoring our namesake and to make a positive impact in fighting racial injustice and advancing inclusion and diversity as a whole. Here is an update on what we have done and where we are headed.

IN THE STORE

In 2020 Wheatsville made Juneteenth a paid holiday for all staff. Part of our ongoing mission over the last few years has been to elevate our Black vendors. We have accomplished this by creating special signs to put them



front and center for Black History Month. We have also worked one-on-one with many vendors to make them our Vendor of the Month in conjunction with special sales. One such example is

Funky Mello.

Launched in 2018 by Zach Harper and Delisa Johnson, it has become a much beloved brand here at Wheatsville. Their vegan

marshmallow cremes are delicious by themselves our added to your favorite desserts. Shortly after their launch, they began selling at Wheatsville and it has been a sweet relationship ever since. Try the many varieties of their marshmallow cremes or come meet the owners at our Taste of Plant Based event on Saturday, July 22 from 11 am to 2 pm at our South Lamar location.

OUR COMMITMENT

We are also pleased to announce that we will again be giving direct support to the Black Community this year. Last year we donated to organizations that were actively engaged in the work of racial justice and empowering Black communities. This year we are committing \$3500. This money was raised in part from customer donations to our Co-op Community Fund.

THIS YEAR TWO RECIPIENTS WILL EACH RECEIVE \$1500.

THEY ARE:

TORCH LITERARY ARTS

AFRICAN AMERICAN YOUTH HARVEST FOUNDATION

In addition to the above commitments, we are donating \$500 to Black Women in Business for their annual Back to School Drive. The back-to-school drive gives children everything they need to start the school year right. From school supplies to clothing, all donations go to help families in need.

If you are interested in donating, please contact Julia Barron, Wheatsville's Ownership & Outreach Coordinator at julia@wheatsville.com.



Howdy! My name is Nick and I have been the Marketing Director for Wheatsville since 2019. In addition to my time at Wheatsville I have worked for co-ops for the last 18 years! I love that Wheatsville has something for everyone. Here are some of my favorite things.

TOP 10 FAVORITES



ORGANIC STONE FRUIT:

When I am looking for something sweet and refreshing on a hot summer day nothing beats our fresh stone fruit selection. Wheatsville is where I had my first Fredericksburg Peach.



CREDO SPICY QUESO:

I think there is a theme here. I love good chips and sauces to dip them in. Credo is one of my absolute favorite local companies and their dips just so happen to be vegan so everyone can enjoy them.



WHEATSVILLE ICED COLD BREW:

Warning! This cold brew is not for the faint of heart. My friends and I joke that this is rocket fuel. Rich, delicious rocket fuel.



COPPER RIVER SALMON:

I always look forward to this time of year. Copper River is some of the best salmon on the market and only available for a limited time. This fish is wild caught and loaded in Omega-3. I grill it with a few wood chips for a smoky, rich flavor



NUTS FOR CHEESE:

This cheese must be magic. Made from nuts, like the name suggests, it can be enjoyed by all dietary types. Even the most discerning cheese lover will appreciate this incredible cheese.



BAWI LA PIÑA:

I didn't really drink agua frescas until I moved to Texas, and now I can't stop. Pineapple is my favorite fruit, so you know that I love this tremendously refreshing beverage.



SEOUL GOCHUJANG:

I love this sauce! I use it as a glaze on tofu or beef. This slightly spicy fermented chili paste can transform a dish from ordinary to extraordinary.



MESOCANO FOODS SOÑORA FLOUR TORTILLAS:

Wow! Another local company. Mesocano is known for their flan (which is delicious) but my favorite product of theirs is the tortillas. They are so tasty and the perfect thickness. These are so flavorful and go great with a meal.



SABOR MEXICANO HOMEMADE CHIPS:

So simple yet so delicious. I have had a lot of chips in my life, but this may be my favorite. This hearty chip can be loaded down with nacho fixings and still retain its big crunch.



TACODELI CREAMY JALAPEÑO SAUCE:

This is Tacodeli's take on the classic salsa doña and it is wildly addictive. I am embarrassed to write this, but I have devoured almost an entire container in one sitting. You have been warned!

Community ACTION

2023

Wheatsville Community Action Partners

- JAN** PEOPLE'S COMMUNITY CLINIC
- FEB** THE SAFE ALLIANCE
- MAR** LET'S FEED AUSTIN
- APR** AUSTIN WILDLIFE RESCUE
- MAY** URBAN ROOTS
- JUN** MEALS ON WHEELS CENTRAL TEXAS
- JUL** SUSTAINABLE FOOD CENTER
- AUG** AUSTIN HUMANE SOCIETY
- SEP** CASA OF TRAVIS COUNTY
- OCT** COOPERATIVE COMMUNITY FUND
- NOV** CENTRAL TEXAS FOOD BANK
- DEC** CARITAS OF AUSTIN

So far this year we have raised

\$53,054

for our community action partners!

Thank you for rounding up at the registers!

MEALS ON WHEELS VOLUNTEER SPOTLIGHT

Wheatsville staff volunteers helped deliver meals to Meals on Wheels Central Texas clients last month, and it was so enjoyable and fulfilling to aid in supporting homebound Austinites by providing them with nourishment and valued connections. Volunteering for MOWCTX provides a golden opportunity to directly help individuals in our community, serving over 5,000 seniors in Central Texas through the organization's life-sustaining programs. Part of the Austin area community since 1972, The MOWCTX believes in holistic case management and also offers the following services to clients through their many

programs: in home care; minor and major home repairs; grocery shopping assistance; a monthly supply of shelf-stable groceries; extra, daily, shelf-stable meals for the nutritionally at-risk; veteran services; problem-solving therapies; rural meal delivery; Alzheimer's respite care; and pet food and pet health care for our clients' dogs and cats. Additionally, all their programs are provided free of charge and are designed to nourish and enrich the lives of the people served, allowing them to live at home with dignity and independence.

- Julia Barron

Ownership and Outreach Coordinator

JULY CAP: SUSTAINABLE FOOD CENTER

Our July community action partner is the Sustainable Food Center! SFC supports healthy food access across Texas, with a mission to transform the food system to nourish our health, land, and livelihood. Their work supports local, small to mid-sized farms so they can thrive. They also increase access to healthy, local food and offer education and resources to help individuals and families maintain a healthy diet. We are very proud to offer SFC's Double Up Food Bucks at both of our locations. Double Up Food Bucks doubles the amount of Lone Star (SNAP) benefits individuals and families can spend on fruits and vegetables at farmers' markets and

mobile markets in Austin. You can now shop at either Wheatsville location with your SNAP card and receive a 50% discount on fresh and frozen fruits and vegetables!

PRIDE + PRIDE PIN SALE

What a great Pride Month we had in June, and it doesn't stop there! We're excited to have the Wheatsville team marching in the Austin Pride Parade this August. Catch our crew, along with our Bakehouse van float on August 12th as we march to Keep Austin Queer'd!

2023 marks our 4th annual summer Pride Pin sale benefiting a local organization making a difference in the Austin LGBTQIA2+ community..

This year we've selected Rainbow Connections ATX, the Queer portal to all of Family Eldercare's resources and programming. RCATX improves the quality and vitality of life for LGBTQIA2+ older adults by providing connections, support, and advocacy in the Greater Austin area. We are so happy to announce that we have sold out of pins! Thanks for supporting your community and fellow Austinites! To learn more about Rainbow Connections, visit rainbowconnectionsatx and catch them at the Austin Pride parade on Saturday, August 12th alongside the Helper Bees and Austin LGBT Coalition as they march next to their truck float, showcasing 60+ LGBTQ+ persons.

Co-op Conversions of Businesses and the 'Silver Tsunami'



We are the Austin Cooperative Business Association (ACBA). We are a non-profit that advocates and represents cooperative organizations in Central Texas. The ACBA is also a member organization with 15+ cooperative members, including Wheatsville! We do many things including free educational webinars, technical support for co-ops, and potential co-ops, advocacy for cooperatives, and more. We want to take this space to talk about another thing we do, co-op conversions.

A co-op conversion is when the workers of a business buy-out the business from the owner to run that business as a cooperative. We have co-ops that started as co-op conversions like Polycot, a web consulting and managed web development/design services co-op, Key Figures, a professional bookkeeping and financial management co-op, and the recently converted Natural Magick, a magick supply store co-op. Now that they are worker cooperatives, the workers greatly benefit from having democratic control of their workplace and profit sharing!

It is an interesting time for co-op conversions because of the 'silver tsunami'. The 'silver tsunami' for co-op businesses means as Baby Boomers start to retire and sell or close down their businesses, they can sell their businesses to their workers instead. Baby Boomers are the largest generation and own many businesses so there won't be another time like this in history, or at least for a long time. The ACBA and the cooperative movement want to take advantage of this moment in history for a proliferation of worker cooperatives.

If you or someone you know wants to sell or close their business, they can email info@acba. coop to talk to us about the possibility of a co-op conversion. People can donate their business to their workers or outright sell it. Obviously, a co-op conversion can only happen if the workers want it and have the means to buy the business, which is where we come in. The ACBA can engage the workers about the benefits and requirements of becoming a worker cooperative. If the workers are interested, we can provide the technical assistance and potentially the access to capital to make it happen.

Henrik "Henny" Tucker with the ACBA