

THE WHEATSVILLE BREEZE

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



What we've Accomplished *and* What More Could we Accomplish?

by Dan Gillotte, Chief Executive Grocer

Wheatville at 40! With tips on how you can help your co-op be all it can be!



When I think back to the great things we've accomplished at Wheatville in the past 40 years, I'm stunned and impressed. I personally feel so lucky to have been a part of it for (almost) half that time. I'm also appreciative of all those that came before me and everyone who has worked alongside me to bring Wheatville to the great place we're at today!

A co-op is an amazing combination of owners, staff, vendors and the community coming together to have a grocery store that represents the wishes and hopes and values of a pretty diverse group of people. We may not all agree about everything, but we respect and value the concept of our cooperative enterprise being open to everyone and serving our owners needs (even if those needs may be different than one's own).

Our founders knew that Austin needed a food co-op. I think our owners today know that Austin needs a food co-op. The great thing is that we owners, staff, vendors through working together can help to ensure that Austin and Central Texas and maybe even beyond will have a food co-op with multiple locations for the next 40, 80, or 100 years!

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Owner APPRECIATION DAYS!

OWNERS RECEIVE 20% OFF ALL SHOPPING TRIPS!

→ THURSDAY, OCTOBER 20TH
THRU SUNDAY, OCTOBER 23RD!

Wheatville Election

Voting starts **Thursday, September 15**, and ends **Sunday, November 13**, at **4:30PM**.



To learn more about the candidates, please read the Candidate Forum on pages 8-9 or on wheatville.coop.



Saturday, October 8th

1-3pm S. Lamar Parking Lot

The Fall Owner Gathering is an annual party and business meeting with owners. We go over our goals, progress, meet board candidates, and PARTY! This year, we have lots of fun planned to celebrate our 40th Anniversary!

If you're an owner, make sure you join us for this special day. Learn more about how your co-op works - meet staff members, board members, and other owners just like you for an afternoon filled with music, food, and giveaways, and good times.

Whether you've been an owner for 4 hours or 40 years - everyone is invited. Our co-op is strong because of members like YOU. THANK YOU for making Wheatville a great place to work and shop - see you in October!

Music Dead Music Capital Band and Lost Pines

Food Popcorn Tofu, Wheatville Favorites, and BIRTHDAY CAKE!

Meet Board Candidates & see how co-op owners make a difference in Austin at our Member-BIZ Fair!

Prizes Gift Card Giveaways + MORE

Kids Tiny cart races, face painting, caricature artist, & crafts by SPILLED MILK SOCIAL CLUB!

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Austin TX 78705

Caring for Our Community: Wheatsville Community Action



Each year during our annual election Wheatsville Owners vote for 10 local non-profit organizations to support from January through October. Wheatsville then donates \$1,000 at the end of the organization's assigned month to the non-profit.

In addition, Wheatsville also accepts cash donations at the register throughout the month.

The group selected for September is **the Sustainable Food Center** and the group selected for October is **the Central Texas Food Bank**



Wheatsville is happy to announce **the Sustainable Food Center** as the Community Action Group for September! Founded in 1993, with roots dating back to 1975 as Austin Community Gardens, Sustainable Food Center is involved in every step of our local food system. SFC's mission is to cultivate a healthy community by strengthening the local food system and improving access to nutritious, affordable food. SFC envisions a food-secure community where all children and adults grow, share, and prepare healthy, local food.

From seed to table, SFC creates opportunities for individuals to make healthy food choices and to participate in a vibrant local food system. Through organic food gardening, relationships with area farmers, interactive cooking classes and nutrition education, children and adults have increased access to locally grown food and are empowered to improve the longterm health of Central Texans and our environment.

www.sustainablefoodcenter.org



Our Community Action Group for the month of October is the **Central Texas Food Bank**. The Central Texas Food Bank (CTFB) is a leader in the fight against hunger. For nearly 35 years, their mission has been to nourish hungry people and lead the community in ending hunger. They work with food donors across the country, financial supporters and volunteers to fill unmet needs in Central Texas. This

has allowed them to bring 28 million meals to our community each year and into the hands of families and local nonprofits that turn to them for help.

There are three key ways they do this:

1. They share free food and their knowledge on low-cost, healthy eating with families in need.
2. They assist families who qualify for federal assistance programs.
3. They make food affordable for charitable and government partners. The quality food and food resources CTFB provides means that their partners can spend their limited resources to enhance their programs.

Central Texas Food Bank is a registered 501(c)(3), is not a religious, political or advocacy organization.

www.centraltexasfoodbank.org

In June: **\$4,478** was donated to the **American Honey Bee Protection Agency**.

In July: **\$9,087** was collected for the **Workers Defense Project**.

During August, **\$10,101.24** was raised for **Meals on Wheels Central Texas**.

Thank you!

HIGHER WAGES and LOWER PRICES:

Shop Wheatsville and **MAKE CHANGE!** by Raquel Dadomo, Brand Manager



Yep, you read it right. As we all know the cost of living is going up in Austin, and in order to keep our co-op staff members healthy and happy, **Wheatsville has increased entry level wages for all staff member to \$13.01 as of January 4, 2016.** Compensation includes a full benefits package in addition to 401K eligibility for full-time employees. The \$3+ increase in entry level wages affected over 80% of staff members employed by Wheatsville Food Co-op.

Since 1976 the co-op has been on the leading edge of social change, now 40 years later, the co-op continues along that path with a new generation of forward-thinking, progressive leadership. In order to make sure we stay in alignment with the cost of living we're using nationally indexed figures that are updated annually. In addition, entry level wages will be reviewed every year to make sure the co-op is in alignment with market changes that may affect the overall cost of living.

Wheatsville gained valuable insight and help tackling wage satisfaction by working with National Co-op Grocers co-op and creating a livable wage and benefits model that can be replicated in co-ops across the country, whose staff are also struggling with significant cost of living increases.

So how do we pay for our wage increases? Well, we've done a lot of work finding ways we can work smarter and keep our stores humming along but the other part of it comes from you - and it's actually pretty simple - **GROW SALES!**

Now we all know that our shoppers and owners have LOTS of grocery choices here in Austin, and we want to make it as EASY as possible for you to choose Wheatsville which is why we've made some pretty spectacular progress on **LOWERING PRICES for ALL SHOPPERS!**



Thanks for making Wheatsville Food Co-op one of the best food co-ops in the country! We're 40 and keep getting better and better. It's no accident - it takes everyone tugging just a little harder on their side to raise this barn - and we appreciate our almost 20,000 owners and shoppers that give us a hand. **THANK YOU for an amazing 40 years.**



You Own It!

by Erica Rose, Ownership & Outreach Coordinator

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



Co-op Owners enjoy:

Owner Appreciation Days - 20% off of all shopping trips, on 4 days twice per year

Owner Deals - sale items just for owners

Patronage Rebates - a share of Wheatsville's profits (during sufficiently profitable years as determined by the Board of Directors)

Democratic Participation - vote in the Wheatsville Election...plus more!

Stop by the Hospitality Desk when you are ready to join!

Total Co-op Owners as of August 31, 2016: **19,779!**

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

News & Updates

KEEP UP WITH ALL THE LATEST NEWS & STORE HAPPENINGS!
Sign up to receive our weekly email at WWW.WHEATSVILLE.COOP or

Follow us on:

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

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

Wheatsville 2016 Board of Directors
Doug Addison, President
Reyna Bishop Michelle Hernandez
Kitten Holloway Deborah Ingraham
Rose Marie Klee Nada Lulic Boyt
Andi Shively

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

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

DOGGONE IT! WHERE DID YOU GO?
Owners - if you're not getting the Breeze in the mail, please email your new address to Erica Rose at membership@wheatsville.coop



Over 250 Co+op Basics Items

Quality pantry basics that don't cost a bundle including organic, nonGMO verified Field Day brand items. From brown rice to deli-made Rice & Beans we've got your budget in mind.

Super Awesome Weekly Deals

Every week you'll find one of our most popular produce, meat, or seafood items at an amazing price - often the BEST PRICE in TOWN!

Fresh Deals & Co+op Deals

You'll find great prices on seasonal fruits and veggies, local and humanely raised meat, sustainable seafood, delicious deli, and cheese. PLUS incredible value on your favorite packaged grocery and wellness products!

BIG 3-DAY DEALS

Each month, we'll have a great deal on one of your favorite departments! Stock up and SAVE BIG!

Owner Appreciation Days

20% OFF ALL SHOPS for OWNERS Oct. 20-23 2016 and April 20-23 2017! Shop as many times as you want - and we'll give you 20% OFF

Excludes Co+op Basics - our prices really are as low as we can go on those items.

Things you can do to support your co-op!

SHOP & EAT

With almost 2,000 locally made items in store every day, bakehouse breads, salad bar, hot bar and so much more - we've got your meals covered! And don't forget - your favorite foods are also available for delivery through Instacart! Stock up the office kitchen or send food to a friend that needs a helping hand.

TELL A FRIEND

If you like what we do, or have a favorite food, tell a friend about us. We've been around for 40 years in Austin, but there are hundreds of new people arriving here every week. Let 'em know how we shop local.

LUNCH & PARTY

From office or school lunches to conferences, we offer a variety of affordable options for ALL DIETS! Check out our menus online or pick one up in-store. Keep us in mind for all your holiday parties - we'd love to make some food for you!

NEVER MISS A SALE!

Find us on FaceBook, Twitter, and Instagram and see what's new. We've got lots of giveaways, great prices, and new products every week! Sign up for our weekly email (upper right corner of our website) and get an email from Dan, our Chief Executive Grocer each week! NEVER MISS A SALE AGAIN!



Organic Month, Non-GMO Month & Co-op Month

by Niki Nash, Packaged Manager



Field Day Organic & NonGMO Project Certified products at great prices!

These are both Organic and NonGMO: Canned Beans & refried Beans, EV Olive Oil, Apple Cider Vinegar, Pasta, Pasta Sauce, Veg Broth, salad dressing...many more are enrolled in the program but not yet certified.

The beginning of fall means celebrating **National Organic Month** in September and **Non-GMO Month** and **Co-op Month** in October. National Organic month focuses on the benefits of growing, buying and consuming **Certified Organic** foods and products. Certified Organic items are in the national spotlight more now than ever before but there are still opportunities for education and outreach in our local community. Throughout September, look for samples, sales and product features at Wheatsville that are intended to celebrate organic farmers and producers as well as to provide an opportunity for shoppers to see just how delicious and affordable Certified Organic foods can be.

October's Seventh Annual Non-GMO Month

Celebrate the public's right to choose food and products that do not contain genetically modified organisms (GMOs) with an emphasis on products that are certified with the Non-GMO Project Label.

The Non-GMO Project is a non-profit 501(c)3 organization that offers North America's only third-party verification and labeling for non-GMO food and products. There are currently nearly 35,000 Non-GMO Project Verified products from more than 2,500 brands, many of which can be found at Wheatsville! These items will be featured in displays on sale and available for samples and free giveaways.

Check out the Non-GMO Month website for a wealth of information on GMOs, government involvement and resources such as product and brand lists www.nongmomonth.org. Be sure to follow the Non-GMO Project on social media for the latest updates all year round.

SEPTEMBER ORGANIC MONTH CHALLENGE

- 1. PREPARE** one meal with as many organic ingredients as possible. Don't forget to serve an organic beverage and enjoy an organic dessert. Make it a celebration!
- 2. GO SHOPPING** Fill one grocery bag with organic products. Remember, organic isn't just in the produce aisle, it's in the frozen section, in the wellness department, and everywhere between dairy and canned goods.
- 3. WEAR** and use organic cotton, from socks to shopping bags. Enjoy comfort and style while you support agriculture that builds healthy soils and protects the environment.
- 4. INDULGE** Take a long bath in water scented with organic oils. Nibble on rich organic chocolate. Sip organic wine, or beer. Buy yourself a bouquet of organically grown flowers.
- 5. SAY THANKS** Thank an organic grower or producer because they're the ones who bring organic food and fiber products to the tables and stores. Grab a friend and go to your local farmers market where you can buy organic products directly from a certified organic grower and say "Thanks!"
(from www.organicitsworthit.org)

WHAT ARE GMOs

GMOs, or "genetically modified organisms," are plants or animals created through the gene splicing techniques of biotechnology (also called genetic engineering, or GE). This experimental technology merges DNA from divergent species, creating unstable combinations of plant, animal, bacterial and viral genes that cannot occur in nature or in traditional crossbreeding.

Virtually all commercial GMOs are engineered to withstand direct application of herbicide and/or to produce an insecticide. Despite biotech industry promises, none of the GMO traits currently on the market offer increased yield, drought tolerance, enhanced nutrition, or any other consumer benefit. Meanwhile, a growing body of evidence connects GMOs with health problems, environmental damage and violation of farmers' and consumers' rights.

ARE GMOs SAFE TO EAT?

Most developed nations do not consider GMOs to be safe. In more than 60 countries around the world, including Australia, Japan, and all of the countries in the European Union, there are significant restrictions or outright bans on the production and sale of GMOs. In the U.S., the government has approved GMOs based on studies conducted by the same corporations that created them and profit from their sale. Increasingly, Americans are taking matters into their own hands and choosing to opt out of the GMO experiment.



Increasingly, Americans are taking matters into their own hands and choosing to opt out of the GMO experiment.

OCTOBER IS CO-OP MONTH!

co-ops grow communities

Co-ops around the world share a set of guiding principles with your local food co-op, including "cooperation among cooperatives," and "concern for community." When you buy delicious, healthy food at the co-op, you're supporting a business that cares about people and contributes to a livable, sustainable community. And when you choose products from co-op growers and vendors, that impact grows and grows!

Throughout this flyer you can learn how the following partners are helping co-ops grow livable communities across the globe:



Promoting Gender Equality

Alaffia's Togolese women's cooperatives celebrate their members unique skills, traditions and knowledge. They receive fair wages and are able to support their families, while maintaining traditions and managing a sustainable resource: shea butter. The goal is to alleviate poverty and encourage gender equality through projects focusing on education, health and reforestation.



Equity & Cacao

Kuapa Kokoo, the cooperative of family farmers who own Divine Chocolate, has prioritized equal participation and access for women since its founding in 1993. Women learn a range of income generating skills and are encouraged to take positions of responsibility throughout the organization. Besides providing employment, Kuapa Kokoo offers literacy and numeracy training to enable women to earn income by starting other businesses.



Cultivating Communities

The 1,100 farmers of the ANAPQUI Cooperative have been growing certified organic quinoa for Alter Eco using traditional farming techniques since 1983. Harvesting by hand in the Bolivian Altiplano, they benefit from a living wage, thanks to Fair Trade practices. With an on-site processing plant, farmers reap the profits of direct exporting, improving their living conditions, their children's education and access to health services.



Coconuts to Clinics

The people of Dr. Bronner's know the farmers who grow their coconuts and the workers who process them, at their sister company Serendipol, in the heart of Sri Lanka's "Coconut Triangle." This Fair Trade certified supply chain helps fund community development projects like improving medical clinics, renovating schools and providing electricity.

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Local Vendor Spotlight: Bola Pizza by Chris Moore, Bulb & Chill Coordinator

We've been carrying Bola Pizza here at Wheatsville since July 2012. Jamie Bowers, co-owner of Bola Pizza with her partner Christian Bowers, talked to us about their business.

1. What inspired you to make pizza and how long did it take for your business to take off?

We started having pizza parties at our house when our friends started getting married and having kids. It was a good way to get people together. It was even more fun when Christian started inviting some food bloggers he knew. We were invited to do the Green Corn Project Fall Festival that year (2010) and that was our real start. We were invited to the Sustainable Food Center's Downtown farmers market and started catering. Frozen pizzas were launched by persistent customer demand—thank you for the persistence!!! We weren't sure about doing a frozen pizza at first because they're not known to be very good. The frozen pizzas are still in the process of taking off. We are a super small company, but growing every year. This is probably the first year frozen pizzas are self sustaining.

2. What are some of your favorite things at Wheatsville?

We love the range of local products, especially eggs, cheese, fresh produce. I love to look through the personal and household sections. Wheatsville always has so many unique and beautiful things. I'm also addicted to the southern fried tofu!

3. Do you have anything new in the works that you would like to share with our patrons?

We are working on developing two new pizza flavors. We have also had requests for a frozen or refrigerated bread product that we are testing.

4. What is behind the name Bola and is there a story?

I got my first dog, Bola, from the Williamson county shelter when I was 19. I like to say we grew up together. I started making pizzas around the same time. Later, when I was in school at UT, I hosted pizza parties. My friends spoiled him feeding him the crusts (aka pizza bones). Years passed, then Christian and I decided to relaunch the pizza parties at our house. We used his special dough recipe and Bola was just as spoiled by our guests. Bola loved his pizza crusts and all the attention he would get at parties. Unfortunately, he didn't make it to the founding of our pizza business, so we named it after him.

5. Is there anything else you'd like to share with our owners?

Christian came up with our three day cold fermented dough recipe because it tastes so good. I learned later from a nutritionist that it's also very good for you. As the structure of the dough is developing, it is also breaking down the gluten in the flour. So it's **much lower in gluten than a standard bread or pizza crust**. The process also starts to break down the flour itself which allows your body to process the protein in it. Not being able to digest the wheat protein is what causes gluten intolerance. Flour quality is a big issue as well. We use **King Arthur which has no bleach, no bromate and is non-GMO**. King Arthur farmers are not allowed to spray Round Up on their crops as is standard practice with most of the wheat industry. We are committed to using the highest quality ingredients. Our other suppliers are: **Andrew & Everett, Bel Gioso, Applegate, Niman Ranch, Kitchen Pride and organic crushed tomatoes from California.**



Staff TOP 10 PICK



SIR REAL: PRODUCT SPECIALIST



1. 4th Tap Suneater Ale

ELEMENTS OF LEMON PEEL AND ROSEMARY. LIQUID SUNSHINE.

2. Kohana Blend Coffee

LOW-TEMP, THREE BEAN, POST-ROASTED BLEND. KING OF COFFEE.

3. Munkebo Farm Duck Eggs

HAPPY DUCKS, SUNNY YOLKS, INHERENTLY ALKALINE. TOP OF THE MORNING!



4. Three Twins Dad's Cardamom Ice Cream

SPICED BUT SUBLIME. AN EXCELLENT ANTI-INFLAMMATORY.

5. Cappello's Sheep's Milk Frozen Pizza

GRAIN FREE, PALEO FRIENDLY. DELIGHTFULLY SCRUMPTIOUS CRUST.



6. WV Deli Migas Tacos

CAREFULLY CRAFTED, INSANELY DELICIOUS. BEST IN TOWN.

7. Alianca Dao Portuguese Red Wine

DRY, LEATHERY, MASCULINE. GREAT WITH RED MEAT.



8. Siete Almond Flour Tortillas

THE MOST FLAVORFUL TORTILLA EVER.

9. Sabor Spicy Salsa

LOCAL, FRESH, SPICY. THE NAME SAYS FLAVOR.



10. Loch Duart Salmon

FRESH, NEVER FROZEN. VELVETY GOODNESS FROM SCOTLAND. (seasonal)

Wheatsville at 40! continued from Page 1

Your co-op creates a powerful impact in many areas and the concept underlying **Wheatsville's BIG Direction** is intended to grow that impact through adding more store locations. We know that this approach can work and be powerful because it's already been happening with our soon to be 3 year old South Lamar location. This store has allowed us to have positive impact on many local vendors and growers by creating a 78704 outlet for their great products—some of which weren't as available before we opened the second store. When a new shopper chooses Wheatsville, they can get a lot of the national brands they can get elsewhere, but they'll also see our enthusiasm for our favorite local products.



Give us a few minutes with a new customer and they'll probably walk out of the store with their first pint of **Sweet Ritual** or **Lick Ice Cream**, some **Yellowbird sauce**, **El Milagro Chips** and some **Kosmic Kombucha** or **Bud-dha's Brew** to wash it down or maybe a **4th Tap** or **Oasis Brewing Company** beer. On that same trip, this hypothetical new Wheatsville shopper will probably go home with an amazing **Tecolote Farms tomato**, or those incredible **Johnson's Backyard Garden Carrots**—and that doesn't even touch on the great products made in house by your wonderful Wheatsville deli and bakehouse staff like **Popcorn Tofu**, our delicious **organic Bakehouse bread**. This new shopper will have had their eyes opened to the AUTHENTIC local Austin food scene and probably start making more choices that support their new found loves. At Wheatsville our enthusiasm for products we love really goes a long way toward helping shoppers adopt a more local-centric pantry and fridge.

As the friendliest stores in town, we work toward transforming society to become a more kind and generous place. If getting your groceries, a chore for most people, can become a pleasant, calming or even joyful experience (as countless people tell us shopping at Wheatsville is), then we are making a difference and can make an even greater difference as we bring more locations to more people.



Wheatsville's next 40 years are fixin' to be as exciting or maybe even MORE exciting than the first 40, but we need YOUR help to make it so. What can YOU do? Here is a (non-exhaustive) list:

First and foremost, SHOP YOUR CO-OP. It seems basic but we know that many of you shop at 2-3 other grocers each week. Don't worry, we understand (and we're willing to share) BUT, we hope you will consider choosing Wheatsville first and doing all you can to do MORE of your shopping at YOUR co-op. This year our Super Awesome Weekly Deals are intended to help encourage more frequent shopping by you, so take us up on it, OK?

Tell your friends about Wheatsville and why you care that they try us out! Maybe even take them here for lunch or some breakfast tacos. It doesn't take much to make somebody a regular at Wheatsville once we get them past the doors. You are our best ambassadors for this and we encourage you to help us out this way! Your friends will probably end up thanking you. (If they don't, we will.)

Choose Wheatsville for catering your office parties, holiday events, or friendly gatherings. Get the person who orders your office snacks to use Instacart to order from Wheatsville. Who wouldn't want Popcorn Tofu in the employee fridge!?

Share our deals and other Wheatsville posts in your social media. Social media word of mouth really helps and it's one of the easier ways to support your co-op. We always post our Super Awesome Weekly Deals and other great deals. Sharing these with friends can introduce us to new shoppers and get positive word of mouth out about your co-op!



VOTE! It's Our Future by Doug Addison, Board President

Hey Wheatsville owners! It's election time again, and I'm not talking about that YUGE election coming up in November. No, I'm talking about something more important, at least to the future of your favorite local food co-op.

Where do I get a ballot and how do I place my vote?

Get a ballot online, in either store, or in this copy of the Breeze. Paper ballots can be mailed or hand delivered to the store. To vote online, just visit www.wheatsville.coop to submit your vote electronically. [Note: You will be asked for your owner number, first and last name, and (optionally) email/phone/address which may be used to help resolve any questions on the ballot should the issue arise.]

When does the election start and how long do I have to vote?

Voting starts Thursday, September 15, and ends Sunday, November 13, at 4:30PM.

The election results will be confirmed Monday, November 14, at 5PM at the Guadalupe Store. Confirmation meetings are always open to owners. Ballots are maintained for 30 days after the election should there be questions about the results. The election results will be certified by the Board at the next following Board Meeting, which will be held on Tuesday, November 15, at 6:30PM at the south Lamar store.

I'm not familiar with any of the candidates running for the Board. How do I decide who to vote for?

The Board hears this often from owners. We have tried to make it easy for you to get to know your candidates by providing information about them through a variety of media. On the following pages, you will find concise statements from each candidate describing themselves, their values, and why they want to serve on the board. Each candidate will also record a video statement which will be available on the Wheatsville website. Finally, you will be able to meet our candidates in person at the Fall Owner Gathering on Saturday, October 8, at the south Lamar store. Find more information about the Fall Owner Gathering on lower on this page.

How do Board Candidates Get on the Ballot?

An owner can secure a place on the ballot in two ways. The first is through our Board qualification process, which includes:

- Being an owner in good standing,
- Submitting a complete application by August 1st,
- Attending a candidate orientation session,
- Attending a Board Meeting on or before August 16,
- Providing a resume two references,
- Agreeing to abide by the Board of Directors' Code of Conduct,
- Answering a series of questions about cooperatives.

NOTE: The board limits the number of candidates it will endorse to 2 per vacant seat + 1 (with a maximum of 9 total candidates per year).

The second way an owner can get on the ballot is to submit a petition signed by 100 or 1% (whichever is greater) of the owners in good standing as described in section 5.2 of the Wheatsville Bylaws. No candidates have been added to the ballot by this method this year.

Democratic participation by co-op owners is one of the cooperative principals laid out by the International Cooperative Alliance. The people you elect to the Board help to shape your co-op. These folks develop the policies that govern how the co-op is managed and they, along with your fearless Chief Executive Grocer, are the visionaries for the future of Wheatsville. Voting really does matter and we hope you will take a few minutes out of your busy schedule to submit your vote.



Cooperative Principles

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training and Information
6. Cooperation among Cooperatives
7. Concern for Community

Cooperative Values

- Self-help
- Self-responsibility
- Democracy
- Equality
- Equity
- Solidarity
- Honesty
- Openness
- Social Responsibility
- Caring for others



Fall Owner Gathering



Save the Date! Saturday, October 8th

1-3pm at 4001 S. Lamar

Member Fair - Music - Giveaways - Snacks - Fun

Co-op members are invited to join us for our annual owner business meeting. We'll meet our Board of Director candidates, review FYE 2016, and celebrate Wheatsville's 40th birthday with the Lost Pines and The Dead Music Capital Marching Band! Come support our co-op, meet fellow members, and support our community's local businesses at the Member-Owner Business Fair. Candidates for our monthly Community Action program will be there representing local non-profits. We'll have food, giveaways, a caricature artist, face painting, and fun for the kids! Join us!

Volunteers needed for our Fall Owner Gathering Crew!

Be part of the fun! Work with our Board Members and staff at this year's Fall Owner Gathering on Saturday, October 8th. Volunteers are needed about 12pm to help set-up chairs, decorations, tables, food, tents, and blow up balloons, and shortly after 3pm to help break-down.

If you have some time before or after our meeting and would like to volunteer for the Fall Owner Gathering Crew, please email jle@wheatsville.com

Looking for the latest Fall Owner Gathering news? Sign up for our weekly email: www.wheatsville.coop

CANDIDATE FORUM

Doug Addison



Doug Addison (Incumbent)
Years in Austin: 21
Polycot Associates, co-owner, senior developer

In three terms on the board, I have witnessed both rousing successes and frustrating challenges, and I have enjoyed (or endured) them all in the company of some of the most intelligent and committed Austinites I've known. With seven years of Wheatsville board service under my belt, I continue to think I have valuable expertise to share with my fellow board members and other co-ops, insightful leadership and counsel to offer to Wheatsville's management, and responsive representation for Wheatsville owners. When I first ran for the board in the wake of the "Great Recession," I had a vague idea that I could somehow affect changes to our economic system through leadership in a cooperative business that I have long patronized. Now in the midst of my first year as board president (and, incidentally, a worker-owner and web developer with one of Austin's newest worker cooperatives) that vision has become a reality. I look forward to continuing my commitment to Wheatsville in a fourth term.

NOMINATION COMMITTEE
Endorsed

Julie Le



Julie Le (Incumbent)
Years in Austin: 25
Microbiologist III,
Texas Department of State Health Services
Birth Doula CD(DONA),
Mama Fox Doula Services

Hello, My name is Julie Le. I grew up in Austin and shopping at Wheatsville since 2012. I shop at Wheatsville because I believe in cooperative values particularly, care for community. When I shop at Wheatsville, I know that my purchases are going directly back into our local economy, allowing our community to thrive, and take care of each other. In addition to currently serving on the board of directors, I am also the Volunteer Coordinator of Giving Austin Labor Support, a local community doula program, a professional birth doula with Mama Fox Doula, and a Microbiologist with Texas Department of State Health Services. As a board member, I want to help our co-op continue its legacy of community stewardship and providing access to healthy, sustainable food solutions for all of Austin.

NOMINATION COMMITTEE
Endorsed

Bo Delp



Bo Delp
Years in Austin: 2 years and 2 months
Workers Defense Project,
Better Builder Program Director

My name is Bo Delp. I'm running for Wheatsville Board of Directors because I am dedicated to listening to fellow owners and carrying out your vision of a vibrant, growing cooperative. I believe Wheatsville must continue to serve as an alternative to greed and corporate capitalism destroying our planet. I'm the oldest of four, and grew up in a small town out in East Texas -- right next to the sweet potato capital of the world. It has its challenges but I sure do love Austin, and I became a Wheatsville owner as soon as I moved here. I serve on the Senior Leadership Team at Workers Defense Project, a local nonprofit winning migrant workers. After receiving my PhD, I served as an appointee under President Obama at the Environmental Protection Agency, where I helped implement carbon pollution standards and agriculture-related policies.

NOMINATION COMMITTEE
Endorsed

Jennifer Findley Murphy



Jennifer Findley Murphy
Years in Austin: 16
District Attorney's Office/
Senior Victim Witness Counselor

My introduction to the Cooperative way of living began in August of 2000 when I moved into the Avalon Co-op through the Inter-Cooperative Council. I served as Trustee for the duration of my time with ICC and loved every minute. Since moving to Austin, I have been a loyal Wheatsville customer, though haven't always been able to get to the North location. As soon as the South location opened, I renewed my ownership and have been proudly frequenting the Co-op since. The Cooperative lifestyle is rooted deeply within me and I have longed for the opportunity to get back to my foundation. I am incredibly excited to serve my cooperative community in the position of a Board Member and look forward to not only the challenges that lie ahead, but the chance to give back to the staff and community that provide such a positive experience to me weekly.

NOMINATION COMMITTEE
Endorsed

Don Jackson



Don Jackson
Years in Austin: 13
City of Austin,
Economic Development/Project Coordinator

I have lived in Austin for 13 years, and have been actively engaged with the local cooperative movement for most of that time. I am a member of three Austin-area cooperatives: Black Star Co-op, Wheatsville Co-op, and UFCU. I was a founding Board member of the Austin Cooperative Business Association. I also served on the Board of Directors of Black Star Co-op when it first opened doors, an experience I remember with great affection. I believe that the cooperative movement is a vital part of building a more ecologically and socially sustainable world. I have always been inspired by Wheatsville's efforts at local and natural sourcing, and by its recent decision to pioneer the first living wage policy among Austin groceries. These commitments show why Wheatsville is such a national leader in the co-op movement. I look forward to the opportunity to volunteer my service to the co-op.

NOMINATION COMMITTEE
Endorsed

Lisa Mitchell



Lisa Mitchell
Years in Austin: 17
State of Texas Environmental Specialist/
Project Manager

I'm grew up in San Antonio. I've always been interested in the humane treatment of animals, serving on animal welfare boards and teaching Animal Law. Concern about inhumane treatment and transport of animals naturally developed an interest in humane and sustainable food sources. Prior to moving to Austin, I lived in Chicago and Portland, where I sometimes shopped at co-ops. I liked the community feel. When I moved to Austin I shopped at Wheatsville from time to time, but grew to appreciate Wheatsville more when I was shopping at farmers' markets and competitors' stores. Wheatsville offered all the fresh items that I could find at a farmers' market. I was inspired to run for the Board because of the sense of community and the co-op mission. I feel at home when I go to Wheatsville. I'd like to be part of its future.

NOMINATION COMMITTEE
Endorsed

Lyz Nagan



Lyz Nagan
Years lived in Austin: 2
Clockwork, Communications Director

Thanksgiving 2013, a few months after my boyfriend moved here and about a year before I did, we had to shop for our first big holiday together -- we were contributing pecan pie. As a life-long co-op member (in Minneapolis), I Googled "Austin Co-op." Despite living about 5 blocks from Whole Foods, I didn't think twice about making the trip to Wheatsville. What I found was exactly what distinguishes co-ops from most grocers: a neighborhood-scaled experience, responsible and local products, and engaged employees. After moving to Austin in 2014, I immediately became a member of Wheatsville. I knew that part of making my home here would be to join, not just shop. Now, two years -- and many shopping trips -- later, the next step is running for the board and to make it part of everyone's local "home" experience. For me, it's a chance to become involved in an organization that offers a unique, accessible, and sustainable food opportunity.

NOMINATION COMMITTEE
Endorsed

1. What role do you think Wheatsville will play in Austin's future?

Wheatsville will continue to be a leader in areas defined by our cooperative's Ends Policies. Through it's livable wage initiative, Wheatsville will set an example in how to provide meaningful and satisfying jobs to Austinites. In its relationship with vendors and emphasis on friendly customer service, the co-op will provide a access to high quality and reasonably priced local and organic food. And through strategic planning and conversations, the board and operations will seek out opportunities for expansion and alliances that will grow the co-op economy in Austin and elsewhere.

I want to see Wheatsville increase owner participation in board work and community outreach. I also want to support Wheatsville in creating innovative models for expanding access to healthy food around Austin, and continue its leadership in fair, livable wages, and expanding the cooperative business model in our city.

Austin is growing. Wheatsville must grow with it. Austin has food deserts and is economically segregated. Wheatsville should be an oasis of affordable, sustainable, and healthy food solutions in underserved communities of color. Capitalism is destroying Austin's culture. Wheatsville must be a bulwark of genuine empathy, kindness, and generosity.

Wheatsville should strive to be the example for co-ops of all kinds, and sets a precedent for what local businesses should strive to achieve. Promoting equality, and a healthy, positive, enjoyable working environment. Wheatsville is a leader among our community of what can and should be expected of local employers.

Wheatsville is a local leader in regional sourcing, community engagement, and socially-responsible business in general. I think Wheatsville will maintain and build on these roles, especially by continuing to offer local producers a ready market as the store continues to grow in sales, memberships, and locations.

With the increasing interest in healthy eating, sustainable growing practices, and reducing carbon footprints, Wheatsville will give Austinites the tools to make socially responsible food choices. I'd like to see Wheatsville's relationship with local growers publicized more to underscore that strong partnership and how it impacts carbon reduction.

As Austin grows, maintaining organizations that embody the city's values is critical. I think Wheatsville is a long-time establishments that can accomplish that, and is in a great position to grow alongside it. Food is a powerful cultural symbol and unites people if we consciously create accessible and friendly food communities.

2. In what ways are you working to contribute to and improve the Austin community?

In addition to my seven years on the Wheatsville board, I assist several Austin non-profits and advocacy groups in my day job as a co-owner and senior web developer with Polycot Associates, a worker cooperative. I also serve on the board and planning committee for the annual Austin Funky Chicken Coop Tour.

I have extensive experience as a public servant from the U.S. Forest Service to the State Lab. Also, I serve as a board member for our co-op. I am also the Volunteer Coordinator for Giving Austin Labor Support, our local community doula program.

At Workers Defense Project, I work long hours and serve a historically marginalized community of low-income, largely immigrant families. Using my political background, we work together to win better working conditions through strategic campaigns, direct action, and public policy advocacy. I also like to shop at Wheatsville!

I've spent my entire professional career devoted to social work, serving those who need it the most here in Travis County. I've also been a volunteer mentor and fundraiser with Big Brothers Big Sisters where I have been mentoring the same young woman for the past 10 years.

Outside of work I have spent most of the last decade volunteering heavily for cooperatives and community-oriented business projects. I took a little break for a few months (to get married) but I've recently begun to renew this volunteer work.

I serve on the City of Austin's Animal Advisory Commission. I often walk or ride my bike to work. I usually walk or take a ride share or the red line when going out to dinner, which thankfully now is often at locally owned restaurants sourced by local farms.

Quite honestly, I am just starting, and my interest in Wheatsville is a part of this. I am an ardent "think global, act local" citizen. I support local vendors, shops, food producers, and restaurants. Community is a feeling, an experience, achieved through small gestures -- like knowing your neighbors and participating in your neighborhood economy.

3. If you can find healthy, organic food at another grocery store, why choose Wheatsville?

As a cooperative business, Wheatsville offers three distinctions that set it apart from other grocery stores: ownership, values, and community. Wheatsville promotes better citizenship and democratic participation in its customer-owners. It places values that are important to me on equal or higher footing than profit. And Wheatsville strengthens our community by being a truly locally-owned business.

I choose to shop at Wheatsville because I believe in cooperative values and supporting cooperative economies. They're good for communities and they're good for people!

Austin corporations respond to a demand for healthy, organic food because they can profit more. Wheatsville is committed to buying local, and provides these choices because it's moral and ecologically sound. Corporate commitment is fleeting, but as owners our cooperative values are enduring and should be supported with our dollars.

I truly believe in the cooperative movement and want to support Wheatsville and what it represents in our community. I always leave the co-op feeling better than when I arrived because the employees are so happy and kind, and want to encourage others to share in that experience.

The actual quality of Wheatsville's products exceeds most other Austin groceries easily, especially for meat and produce. Besides simply being higher quality, Wheatsville is committed to its members' interests and preferences. This goes beyond taste and brand to integrating real values into the store's policies and selection.

I like Wheatsville's friendly and helpful staff, the good produce selection, the brand diversity, and the no-hassle factor of easily getting in and out. Most of all, I like that Wheatsville is not a giant corporation, but instead is a community gathering place for celebrating healthy foods.

As a member, I feel invested in the community, even when I'm just picking up eggs. I enjoy Wheatsville's scale and environment. It has a neighborhood vibe. I recognize faces, and I am not overwhelmed -- and yet always get what I need. Not only is the store local, the offerings are, too. This range of feeling connected, at ease, and satisfied, is what drives my choice.

4. Which of the 10 cooperative values resonates with you most, and why?

Self-responsibility -- We are all accountable for the choices we make about the lives we live.
Democracy -- In cooperatives, we can practice a concept that seems to have atrophied in other spheres of society -- equal participation.
Social Responsibility -- Our business enterprise and organizations (not just cooperatives) are obliged to operate for the benefit of society at large.

I resonate most with the value of Social Responsibility. With the growth of Austin, I want to expand our mission of providing healthy, sustainable food solutions to all members of our community.

Genuine democratic control is the surest way to ensure our cooperative creates the spaces for equity, honesty, openness and our other values to thrive. The Wheatsville Board of Directors must serve as representatives of our owners to ensure the cooperative's policies reflect that conversation.

Though all the values touch my heart, the one that resonates most deeply within me is Equality. I am a strong advocate for equal rights, respect, and compensation for all amongst our community. My specific areas of passion include women's rights and supporting the LGBTQ communities.

P6: Co-operation among Co-operatives resonates most with me. Cooperatives offer an important opportunity for community-driven, values-based business. We are most effective when we collaborate as a sector. The long-term health of any one co-op demands on the health and enrichment of the entire cooperative ecosystem.

Social Responsibility. It's empowering to make positive food choices to feed our own health. In so doing, we can empower local farmers by supporting their businesses and reducing carbon footprints. Understanding where we fit in the food production

Equity. We don't live in an equal society, so I am a firm believer in doing what I can to create equitable access to the things that make people's lives better, like food, housing, transportation, and education. I think it's imperative that we come together as a community to empower and support individuals and micro communities.

Voting begins Sept. 15 and ends Nov. 13, 2016
All Wheatsville Owners are eligible to vote. You must include your name, address, and owner card number. All information is confirmed and confidential. **One owner per ballot, please.**

Name _____

Address _____

City _____ State _____ ZIP _____

Owner card # _____

Phone _____

Email: (optional) _____

Board of Directors

Vote for 5 candidates to fill: 5 terms.

All candidates have been endorsed by the Board Nominations Committee. Candidate Forums available at wheatsville.coop, the Hospitality Desk, and in the Breeze.

- Doug Addison** (incumbent) _____
- Julie Le** (incumbent) _____
- Bo Delp** _____
- Jennifer Findley Murphy** _____
- Don Jackson** _____
- Lisa Mitchell** _____
- Lyz Nagan** _____

Submit ballot at the Hospitality Desk or mail to: **Wheatsville Food Co-op, Attn: Election, 3101 Guadalupe St, Austin TX 78705** or vote online at www.wheatsville.coop



Make It Count: Tips & Guidelines for Voting

Last fall, owners submitted 899 valid votes in the Wheatsville Election. With two stores and nearly 20,000 Owners, we are confident we will far surpass that number and are striving for another enthusiastic turnout of participative co-op owners. Here are some tips to ensure that your vote is tallied correctly and we have another successful election!

Tip #1 – Voters Must be Current Co-op Owners

Democratic control of the co-op is a benefit outlined in the Cooperative Principles and is reserved for co-op owners. Encourage your family and friends to join so they can participate in the election, too!

Tip #2 – Ballots Must Contain the Voter's Name

While we maintain the anonymity of the votes, **all ballots must have a name listed to verify against our owner database.** Voters should use the same name on their ballot that is listed on the ownership account. Using alternate names or nicknames can impede the verification process and may prevent your vote from being tallied. Ballots missing a name or those that are cast by non-owners will be declared invalid.

Tip #3 – One Name per Ballot

If you live in a household with more than one owner, each owner should submit a separate ballot. If more than one name is placed on one ballot, it may be difficult to determine if both owners intended to vote for the same candidates and/or Community Action groups.

Tip #4 – One Vote per Owner

Each owner is entitled to one vote during the Annual Wheatsville Election. Duplicate ballots will be declared invalid unless the owner contacts the Vote Coordinator and requests to cast a replacement ballot.

Community Action

Vote for up to 10 local organizations.

*Organizations with an asterisk were Community Action recipients during 2016. Organizations without asterisks were nominated through application.

The 10 non-profits receiving the most votes will be assigned a fundraising month in 2017. November and December are reserved for the Wheatsville Cooperative Community Fund.

Note: Selection of recipients for Community Action donations is by non-binding vote. These votes provide advisory input from the owners to the Board and management.

- _____ ***American Honey Bee Protection Agency**
Saving honey bee populations, pro bono hive relocation.
- _____ ***Austin Pets Alive!**
No-kill animal shelter, run almost exclusively by volunteers.
- _____ ***Central Texas Food Bank**
Distributes food and groceries throughout Central Texas.
- _____ ***Hospice Austin**
Hospice care & health care for terminally ill persons.
- _____ ***Meals on Wheels Central Texas**
Prepares and delivers healthy meals to homebound persons.
- _____ ***People's Community Clinic**
Non-profit, primary health care facility.
- _____ ***SafePlace**
Safety for those affected by sexual & domestic violence.
- _____ ***Sustainable Food Center**
Cooking classes, nutrition education & farmers markets.
- _____ ***Urban Roots**
Sustainable agriculture internships for Austin youth.
- _____ ***Workers Defense Project**
Seeks to improve working conditions of low-wage workers.
- _____ **American Red Cross Serving Central TX**
Offering extensive help across the U.S. to those in need.
- _____ **Austin Angels**
Provides "Love Boxes" for foster children in the Austin community.
- _____ **Austin Community Steelband**
Providing musical education to disadvantaged youth.
- _____ **Austin YMBL Sunshine Camps**
Empowering low income youth through outdoor experiences.
- _____ **Bliss Kid Yoga**
Empowers children and families in need through yoga.
- _____ **Brighter Bites**
Produce distribution & nutrition classes for the community.
- _____ **Caritas of Austin**
Fighting poverty & homelessness through rehabilitation.
- _____ **Foster Angels of Central Texas**
Offering foster children in Central Texas what they need.
- _____ **Friends of McCallum Students**
Support to upcoming youth in the McCallum district.
- _____ **Girl Empowerment Network (GEN)**
Supports and guides girls to make wise choices.
- _____ **Giving Austin Labor Support (GALS)**
Support to empower women through birth experience.
- _____ **Health Alliance to Austin Musicians**
Affordable health care for uninsured local musicians.
- _____ **Helping Hands Food Bank at AIDS Services Of Austin**
Empowering people living with HIV/AIDS through healthy meals.
- _____ **Hill Country Conservancy**
Preservation of the Central Texas Hill Country.
- _____ **The Johnson Center of Child Health & Development**
Clinical care, research and education for disabled children.
- _____ **Kids In a New Groove**
Music mentorship to youth in foster care.
- _____ **Multicultural Refugee Coalition**
Resources for refugees to enable self-sufficiency.
- _____ **Partners for Education Agriculture & Sustainability (PEAS)**
Environmental education, gardening & summer camps.
- _____ **Prison Literacy Project**
Providing free reading materials for the incarcerated.
- _____ **Thundering Paws Central TX Animal Sanctuary**
No-kill animal shelter committed to their animals.



Tip #5 – Be Thorough

Filling out all the contact information on the ballot may help the Vote Coordinator contact you should there be a problem with your ballot. It is also a convenient way to update the contact information on your ownership account.

Note: When a ballot contains errors, the Vote Coordinator will make attempts to contact the voter before officially declaring it invalid. We want to make sure that every owner receives the opportunity to participate in the election!

This year we will be collecting electronic votes at www.wheatsville.coop and at the Voting kiosk near the front of the stores. Or you can mail in the ballot included in this issue of the Breeze.

If you have any questions about voting, feel free to contact me at membership@wheatsville.coop. Don't forget to remind friends and family to vote. I am looking forward to seeing all the votes pile in!

Meet the Candidates at the
Fall Owner Gathering
Saturday, October 8th 1-3pm at 4001 S. Lamar
From 1-2 meet our Board of Director candidates and review FYE 2016. Meet candidates for our monthly Community Action program who will be there representing local non-profits.

After the meeting from 2-3pm: Member Fair - Music - Giveaways - Snacks - Fun



Guide to Apple Basics

by Ralf Hernandez, Produce Coordinator



As a shopper entering the produce aisle, you are hit with a staggering variety of colors, shapes, and sizes; it really is a beautiful thing. We are very fortunate, as variety is such a wonderful privilege to have. The majority of folks have a good idea of what they like and what they are looking for when they shop. In the spirit of fun and adventure, we have developed an apple guide to help usher you

through some of the more common and popular varieties we carry at Wheatsville. You can match your preferences and needs with a different variety than your regular "go to" apple. Here they are in deliberately unbiased alphabetical order:

Braeburn

Color varies from orange to red over a yellow background. Tart/sweet flavor, with a hard/crisp texture. Great for snacking and baking.



Fuji

This variety was introduced to the U.S. from Japan in the 1980s; currently, the U.S. produces more of this extremely popular apple. Fuji's have a very sweet flavor with a hard/crisp texture. Excellent for snacking, baking, and salads.



Gala

Pinkish-orange stripes over a yellow background. Gala's are sweet, with a delicate crisp texture. These have been one of the most popular apples at Wheatsville, and are primarily used for snacking and salads.



Golden Delicious

Considered an all-purpose apple. Mellow sweet flavor with a delicate crispness. Great for snacking and baking. Really good for salads, as their flesh stays white longer than other apples.



Granny Smith

Green skin, with a really tart flavor. They have a hard/crisp texture. Great for salads and snacking. The apple for most pie bakers.



Honeycrisp

A relatively new and wildly popular apple; people frequently ask for these by name at the beginning of apple season. Excellent crisp texture with a juicy and sweet flavor. These are not as commonly cultivated as other apples (supply is lower but the demand is really high), which translates into a higher price.



Pink Lady

Vibrantly colored pink skin. Firm and crisp flesh, with a fantastic tangy/tart flavor. These are my favorite apple for snacking. They also hold up really well when baked.



Of course, throughout the season we have other apple varieties (Ambrosia, Jonagold, etc.) available, but this should be a good start at broadening your apple horizons. As always, please ask your friendly produce clerk for recommendations and samples.

Spiced Apple Bundt Cake

Total Time: 1 hour 15 minutes; 20 minutes active. Servings: 12
This nutty apple cake is perfect topped with a maple syrup glaze, too.

- | | |
|-------------------------------------|-------------------------------------|
| Pecan Filling Ingredients | Cake Batter Ingredients |
| 1 cup chopped pecans | 1 1/2 cups all-purpose flour |
| 1/4 cup brown sugar, lightly packed | 1 1/2 cups whole wheat flour |
| 1 tsp cinnamon | 1/2 cup sugar |
| | 1/2 cup brown sugar, lightly packed |
| | 1 tsp salt |
| | 1 tsp baking soda |
| | 2 tsp cinnamon |
| | 1 tsp nutmeg |
| | 1/2 tsp allspice |
| | 1/2 tsp ground ginger |
| | 2 eggs, beaten |
| | 3/4 cup vegetable oil |
| | 1 cup unsweetened applesauce |
| | 1 tsp vanilla extract |
| | 3 cups peeled and diced tart apples |

Preparation
Preheat oven to 350°F.
1. To make the pecan filling, mix together the pecans, sugar and cinnamon in a small bowl and set aside. For the cake batter, whisk together the flours, sugars, salt, baking soda and spices in large bowl. In a separate bowl, mix together the eggs, oil, applesauce and vanilla. Add the wet mixture to the dry ingredients and stir just until blended. Fold in the diced apples.

2. Grease the Bundt pan, spoon half the batter into the bottom of the pan, sprinkle evenly with the pecan filling and top with the remaining batter. Place in the oven and bake for 45-50 minutes. Check for doneness and continue baking if needed. Let the cake cool in the pan before turning it out

Serving Suggestion
Perfect for a casual gathering, this cake is extra-special when glazed. Just mix together 3/4 cup powdered sugar and 1 table-spoon each of maple syrup and apple juice (or milk) and drizzle it over the cooled cake. Top with chopped pecans if desired.
strongertogether.coop/recipes/spiced-apple-bundt-cake

Gingered Beet and Apple Salad

Total Time: 30 minutes. Servings: 6
A great recipe for beet fans and beet hesitators alike.

- Ingredients**
- | | |
|-------------------------------|----------------------------|
| 1 pound beets, peeled | 2 Tbs apple cider vinegar |
| 1 apple (about 1/2 pound) | 1 Tbs fresh ginger, minced |
| 1/4 pound carrots, peeled | 2 Tbs olive oil |
| 1/2 cup fresh parsley, minced | Salt and pepper to taste |
| 2 Tbs apple cider | |

Preparation
1. Using the shredding blade of a food processor or a grater, shred the beets, apple, and carrots. Mix well with the remaining ingredients. Season with salt and pepper. Serve immediately or refrigerate to let the flavors blend.
2. Try using other varieties of beets, like golden or chionga beets, for an even more colorful salad.

Serving Suggestion
Pair this sweet vegetable slaw with salty or spicy dishes flavored with miso or tamar, or serve as a side to hot-and-sour soup or pork.
strongertogether.coop/recipes/gingered-beet-and-apple-salad

Owner

APPRECIATION DAYS!

**OWNERS SAVE 20% OFF ALL SHOPS*
OCTOBER 20-23 2016 AND APRIL 20-23 2017!**

Shop once, twice, or more times during Owner Appreciation Days and get 20% OFF your total every time you shop. Stock up and SAVE BIG including items already on Co-op Deal! Not an owner yet? Stop by our Hospitality Desk and find out how to join almost 20,000 other co-op members!

And remember, ALL SHOPPERS GET GREAT DEALS EVERY WEEK! From great prices on your favorite products to BIG MONEY OFF in your favorite departments. Join our EMAIL LIST (upper right corner of our website) for the LATEST DEALS or check in on FB, Twitter, and Instagram!

*Excludes Co-op Basics items – these are priced as low as we can go!



Local Vendor Spotlight: 4th Tap Brewing Co-op by Shane Shelton, Specialty Coordinator

4th Tap co-founder and President, John Stecker, shared some info and insight about the first worker-owned cooperatively-governed brewery in Texas.

1. Can you tell me how 4th Tap got started?

We had all been homebrewers for a very long time, and we slowly built ourselves into a weekly "club" event. We were

clearly doing something right because we began to get increasingly frequent requests to send beer out to events. We spent many years brewing weekly and sending our beer out to parties, weddings, SXSW events, etc., which really helped us to develop our unique approach to beer styles. It will be six years this December when we decided to make a real go at opening a production brewery, and from when we came up with the name 4th Tap Brewing Cooperative. At the time, we already had strong biochemistry and engineering backgrounds, but we recognized we needed more. Chris Hamje went to work in the Black Star Co-op brewery for a number of years while I spent time getting a crash course in business education while working at another company here in Austin. We also went through the Cooperation Texas training program to learn more about how to build and participate in a worker-cooperative. From there, it was raising the money, finding a location, and getting it built. That last sentence really does not do justice to the absurd amount of work it took to get from idea to functioning brewery. Bottom line, a whole lot of real sweat and blood went into building this place.

2. What are some of the challenges and benefits of being the first worker-owned cooperatively-governed brewery in Texas?

Explaining what a worker-cooperative is to just about everyone! Second, answering the question, "why didn't you just open as an LLC?" which I am sure we have still not answered to many people's satisfaction — but we don't really care. We believe in our structure, and that is, ultimately, all that matters. Beyond those two questions, there have been plenty of business and legal hurdles. From working with credit unions, taxes, loans, and TABC/ITB filings, everything is a bit more difficult. It has also been compounded by the fact that Texas views us as a non-profit organization while the federal government views us as a for-profit. One of our core principles here is the triple bottom line— people, planet, and profits—so that has been a point of frustration at times. As for benefits? Our team. We have an amazingly dedicated and passionate team that share in the work load to such a high degree. They go so far above and beyond and I have to attribute some of that to our model.



3. What are some of your favorite pairings or recipes using 4th Tap beers?

The Renewal, with spicy food, will do you right. The tart, almost mild-sour quality from the real tamarind does a great job of balancing a good spicy dish. We've also received messages and pictures from people who have used our Sun Eater to make rosemary lemon bread, and to marinate a chicken breast for a rosemary chicken dinner. Our Long Walk really goes well with a romaine and mandarin orange salad. Also, surprisingly, gingers snaps and Long Walk. Seriously, give that a try.

4. Tell us a little about your beers and your brewing philosophy. What makes 4th Tap unique?

There are so many beers being brewed in Texas, especially in Austin, and much of it is really, really good. Just from Austin alone, I can go out and find great examples of most styles of beer. For that reason, we wanted to make sure that we brought something new to the table. We focus on creating out-of-style, interesting, but still very drinkable beers made for our home here in Texas. We also spend time looking for local or exciting ingredients that can really enhance the qualities we like in different styles of beer. We don't add ingredients to a beer for the novelty of it, or just to punch you in the tongue with it. If we're adding something different, we're adding it for a good reason.

5. What are some of your favorite things about Wheatsville?

Short lines! Seriously, I hate waiting in long lines and Wheatsville keeps them in check! In broader sense, we love that Wheatsville makes it a priority to not just provide local and organic food, but to often communicate the story of the suppliers. Wheatsville is a supporter of the local food economy, which supports the local financial economy, and that is an important and worthy undertaking. Wheatsville is also a living and breathing example of a cooperative business model in action! Also, I appreciate Wheatsville being the neighborhood grocery store back in my north-campus-living college days. Y'all kept me fed!

I ♥ Wheatsville!

Each week we capture all the love you give us—in person, on comment cards, emails, Facebook, Yelp, Twitter etc. Here are a few of the comments we've gotten that we thought would be fun to share!

After giving the customer back something they had lost "Are you serious? You guys are the best!"

"I love that I can look at the ingredients in your bread and pronounce and understand what they all are. It's the only grocery store in town that I can do that."

"A friend who just moved to Austin from San Francisco met me at WV this morning. After buying his coffee and oatmeal + having an extremely hospitable encounter with Chris at the register, he told me: 'This is a great store. I've got to come back here.' I said: 'You know, it's a co-op.' He said: 'Really? I've never been to a coop that's this NICE.' I'm so proud to share my co-op with people." Steven T, owner

"I must say, you guys do the best job bagging of anyone in town."

"Y'all know how to cook beets. Other places overcook them but you always do them just right!"

"The beet hummus changed my life, the color is so appealing and the taste is out of this world!"

"The people working in produce were so helpful. I love coming to shop here!"

"I'm not an owner, but Wheatsville is my Saturday ritual."

"I'm on a fixed income but when I have extra to spend I like to do it here" Janet, owner

"This is the best grocery store ever, it's so clean & organized. I love it already."

"Every time I come in here, you're always smiling. I really appreciate that!"

"My kids and I love your vegan donuts. They are the best vegan donuts we have tried. We love the new cream filled donut as well!" Blessing L.

"I just wanted to compliment Mikey [Carrillo]. He's just great. Also Trae [Branham] was so helpful. He wanted to help me find everything I was looking for. And you smiled at me when I was coming in. I like that! This place is great!"

"I haven't been coming here as much and I'm going to rectify that. I need my dose of happy... lunch, groceries, whatever. I come here for the vibe." Phil P

"I love my co-op! I come and I ask for the weirdest things, and no one is ever like, 'Uh, that's weird.' You are all so helpful and nice!"

"My wife brought all of our Wheatsville groceries home from our weekly shop yesterday. Our 17 year old saw all of her favorite foods being unloaded and exclaimed, "I LOVE WHEATSVILLE!!" CC

"I have never been here before, but this store is great! It has everything!"

"I'm so happy that Wheatsville is still here after all this time!"

"I love this place! Every time I walk in here I just feel so happy. You guys make me happy!" Cindy

"This place smells great! It makes me feel like I should eat more healthy."

Woman to friend after trying samples of products they have never seen before: "Now you know why I love this place"

"Wheatsville is my home, my heart, my life. I became a member in 1976 when it was a "buying club" in a dusty backroom space behind the bicycle shop. Our two stores are like "Disneyland" we do very powerful things together—more than any of us can imagine. Remember the old sitcom "Cheers?" Their motto/mantra was: "where everyone knows your name." Here at Wheatsville the (unspoken) motto/mantra (to me) is: "where no one needs to know your name!" <3 Judy M.

"I really like the layout of the store, the salad was great. I didn't even put it together that this was the same store that I used to visit on the drag all the time. I'll be back!"

"Anytime we go to any other grocery store my daughter will get upset. She loves the kids carts, stickers and free Co-op Explorer fruit"

"It's so refreshing to shop at a store where people offer assistance to me instead of me having to search for someone who works here! Great job!"

Customer Satisfaction Survey



More Happy People is an important BIG Direction goal for us as a co-op which is why we regularly check in with YOU, our shoppers, to see what makes you happy and where we could improve. Look for your invitation to take our online Shopper Satisfaction Survey in your email inbox starting September 14th!



Participants have been randomly selected by the Survey Research Center at the University of Wisconsin-River Falls, our survey administrators. SRC's participation will ensure an unbiased assessment of the data and your anonymity.

As an incentive, \$100 Wheatsville Food Co-op gift cards will be given to 3 randomly selected survey respondents. Check your email inbox and be sure to give us your thoughts by September 26th!

Workers Assistance Program, Inc.
Creating Better Workplaces, Schools & Communities
When there's a need ... we have a service.

We support Wheatsville Food Co-op!
www.workersassistance.com
512-328-8519

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

PAL® | Peer Assistance Leadership:
Mentoring students through a program, adopted by the state, as an elective course to fight teen pregnancy, gang participation, and climbing dropout rates.

Alliance Work Partners:
Outfitting the workplace with healthier, more productive employees and lowering healthcare costs by providing world-class employee assistance programs.

Texas HIV Connection:
Focusing at both the state and personal level on decreasing the spread of HIV by increasing education and participation in the act of prevention.

Coordinated Training Services:
Providing training statewide to expand the prevention infrastructure, guided by the latest in technology, research, and quality standard approaches.

Youth Advocacy:
Empowering youth to communicate with respect, lead substance-free lives, and experience greater opportunities by focusing on the client's strengths.

Child Care Food Program:
Offering nutrition training and funding for food supplements to day care providers to assist in compliance with the USDA's Child & Adult Care Food Program.

TRAVIS AUDUBON

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

Staff TOP 1 PICK

MILLIE, FRONT END CLERK, GUADALUPE

1. Gopal's Texas BBQ Power Wraps

SINK YOUR TEETH IN, HERBIVORES!



2. Prickly Pair Farm Flowers

LOCAL BLOOMS— A FEAST FOR THE EYES.



3. Jilz Gluten Free Tuscan Crackers

PACKS A GRAIN-FREE CRUNCH-PUNCH.



4. Mother's Cafe Cashew Tamari Dressing

MOTHER KNOWS DRESSING BEST.

5. New World Sprouts Super Sprout Salad With Dressing

LIVING NOURISHMENT.



6. World Waters WTR MLN WTR

DEHYDRATION DAYS ARE DONE, SON.

7. Hearty Vegan Blackeyed Pea Tempeh

NOW THAT'S WHAT I CALL TEMPEH!

8. Wheatsville Yellowbird Guacamole

INFLAMED TONGUE CRIES OUT FOR MORE!

9. El Milagro Tostadas

UP YOUR TOSTADA GAME!

10. Hail Merry Persian Lime Miracle Tarts

NOT RESPONSIBLE FOR NEW ADDICTIONS.





Co+op Basics SAVES BIG BUCKS!

We've got over 200 items in our Co+op Basics basket including ALL of our delicious Field Day brand items. **Co+op Basics save you BIG BUCKS** on your favorite pantry staples and Field Day offers helps you fill your cabinets with great food that's GMO-free, preservative-free, and doesn't contain artificial colors or flavors. And the best part (besides the low price)? **Most are certified organic!** WOOHOO!

Check out all of our new household and pantry staples the next time you shop. From organic cookies, organic salad dressing, organic peanut butter, organic jelly, fair trade organic coffee and many more, we've got the foods you love at **EVEN BETTER prices!**

We know you like shopping at the co-op but we also know you have lots of choices. Co+op Basics offers shoppers and owners the best prices possible so that you have more money to spend on the things that are the most important to you. We appreciate your patronage and thank you for supporting the only retail grocery co-op in TEXAS! *Co+op Basics offer ALL SHOPPERS the LOWEST PRICES AVAILABLE. No further store discounts can be applied to these items.



Co+op Explorer Kids get a FREE PIECE of ORGANIC FRUIT every time they visit! To become a card-carrying Co+op Explorer, kids 12 and under simply need to bring you (their grown-up person) to the Hospitality Desk and ask to join the club. That's it!

When you sign up - each kiddo will be issued their very own super-official Co+op Explorers membership card, sticker, temporary tattoo, and HIGH FIVE! Pretty cool!

They'll also be eligible to WIN a PRIZE each month through our in-store coloring challenge AND we'll send a birthday e-mail (actually it goes to you, their grown up, but if you could pass it along we'd appreciate it) letting them know they've got a BIRTHDAY SURPRISE from all of us here at the co-op!

Since we launched our Co+op Explorer's program last year, we've had over 300 kids SIGN UP! WOOHOO! Glad to see so many kids putting those tiny shopping carts to good use!

Once kids are signed up, here's how it works:

1. Kids and parents stop by our fruit basket near the tiny carts.
2. Choose a piece of organic fruit from the basket.
3. Take a sticker & wear it to show off their Co+op Explorer pride!
4. Peels can be thrown away in any of our compost bins.

That's all there is to it! If you have any questions, please ask at the Hospitality Desk.



PICKIN' AND GRINNIN' IN SUPPORT OF LOCAL FARMERS

FARMGRASS

OVER \$16,000 DONATED TO FARMERS SUFFERING FROM MEDICAL EMERGENCIES SINCE 2014

FARMGRASS FEST

FARMGRASS.ORG

Farmgrass News

by Talia Bryce, Farmgrass President/Founder

Farmgrass has lots of exciting news! In just our third year as Austin's only nonprofit dedicated to helping local Central Texas farmers suffering from medical emergencies, we are proud to announce that we have officially donated over \$16,000 to multiple farmers in need.

Our first annual Farm to Feast event in March 2016 was a resounding success, raising \$30,000 in just a couple of hours. The event, hosted at Tillery Place, featured live music, an auction and a locally sourced goat-roast catered by Odd Duck. We not only brought the farm to the table but brought the farmers to the tables, giving guests a chance to meet and greet the very folks who grow their food.

In mid-May, our third annual music festival, Farmgrass Fest sought to add to the already record number of donations with not one but two full days of stellar Americana music, camping and excellent local food vendors at the Simmons Family Farm in Niederwald.

Inclement weather threatened to shut us down, resulting in muddy fields (hello hay bales!) and other challenges (thanks Simmons family tractors!). Despite the unpredictable weather, the festival was able to continue without a hitch. The rain came and we grew, sprouting delightful new friendships which bonded the farmers, staff, musicians and guests together.

We are looking forward to cultivating **Farmgrass Fest 2017** and making it the best one yet. Be sure to save the date for **May 13, 2017** and stay tuned for more opportunities to support your Central Texas farmers.



co-ops grow communities

continued from page 5



Eco-Forward Coffee Farming

Equal Exchange partners with CESMACH co-op, which borders a UN-protected biosphere reserve in Mexico. Through thoughtful organic coffee farming, they strive to sustain rural farming communities while protecting incredible ecosystems.



Sustainable Family Farms

Organic Valley is owned and run as a cooperative by the producing farmers. As a cooperative, Organic Valley has been able to expand their farmer member base across the country and make high-quality organic food more accessible while creating a more sustainable business model for small family farms.



Cooperation is Sweet

Citadelle Cooperative, the world's largest supplier of 100% pure maple syrup under the Shady Maple Farms label, helps its more than 2,000 owners earn fair wages and provides ongoing training on how to produce delicious, pure maple syrup sustainably. They are also diversifying into cooperatively produced honey and cranberries.



Caring for Community

Theo Chocolate is improving the lives of Congolese farmers by training them to grow high quality organic, fair trade cocoa, doubling farmer incomes and enabling farming families to reinvest in their communities and have access to necessary health care, in an area emerging from decades of poverty and violence.

To learn more about how co-ops are growing communities at home and across the globe visit: www.strongertogether.coop



Rainforest Restoration

Yerba mate, cultivated and sustainably harvested in South American Atlantic rainforests, helps Guayaki's partners create over 1,000 living wage jobs while supporting reforestation projects. This truly sustainable system generates a renewable income stream which enables these farming communities to improve living conditions at the same time.



Stitching Together Opportunity

Since forming their first co-op in 1999, Maggie's Organics has helped to start five more in two countries that supply organic cotton and apparel. Their latest project is Opportunity Threads, a 100% worker-owned co-op in Morganton, NC. Most worker-owners are Mayan immigrants who left Guatemala during civil war. The co-op is a thriving example of reshoring U.S. industry while empowering workers.



Staff Spotlight: Cade Karrenberg, Perpetual Inventory Coordinator

Interviewed by Heather Fisher - Payroll & Benefits Analyst



HF: What is your Wheatsville history?

CK: I was hired in April of 2015. I started in the Meat Department and then moved to the Packaged Team as an Order Clerk and then as a Lead. Currently I'm in Org Support as the Perpetual Inventory Coordinator. We're still trying to figure out what that is.

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

CK: My origin story starts in Miami, FL. I moved to Chicago and lived there for about 4 years. Off to Las Cruces, NM for 6 years, and then did a short stint in El Paso. Then I was lured to Austin. I actually drove into Austin on a Friday night and started work at Wheatsville the following Monday.

HF: What is your favorite product at Wheatsville?

CK: Chocolove Sea Salt Almond chocolate is always high on the list of favorite snacks. Barbara's Jalapeño Cheese Puffs are also up there. I wish I could say all the great, organic produce (which I do love!) but honestly I'm a junk food junkie.

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

CK: Anywhere I can take my dog to run around: Greenbelt, Walnut Creek, Shoal Creek Trail, Red Bud Isle.

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

CK: I'm not a bad shot as an archer: I have a 5-foot, 35-pound long bow.

HF: Fill in the blanks:

CK: I've always wanted to build my own house and if I had it my way, building a house would not be so hard.

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La Rioja Wines: From Co-op to Co-op! *by Shane Shelton, Specialty Coordinator*



Wheatsville Coop is proud to announce our partnership with **La Rioja** winery, located in the pristine Famatina Valley in the heart of Argentina's La Rioja province. As the largest and most successful winery co-op in Argentina and one of the largest producers of fair trade, organic wine in the world, La Rioja consists of almost 500 family growers, mostly small-scale farmers with less than seven acres of land each.

By bringing these wines to the United States and selling them exclusively to co-ops, La Rioja hopes to continue to make a positive impact in the area.

This includes creating sustainable villages with solar power and organic certification for its farms. This may sound too good to be true but it is not— and I haven't even got to my favorite part yet, the wines. They are simply fantastic!

Malbec Medium bodied and exceptionally smooth, with soft red berry aroma and flavors.

Chardonnay Vibrant and delicate featuring aromatic flavors of tropical fruit.

Cabernet Sauvignon Smooth and fruity, with concentrated flavors of succulent fruit and a bit of spice.

Bonarda/Malbec blend A smooth and medium-bodied wine, bursting with juicy red berry and ripe plum flavors.

All of the wines from La Rioja are fairly priced wines of exceptional quality. When you buy La Rioja you are getting more than just a great value, you're also helping to make positive change, from co-op to co-op!



La Rioja has invested more than \$11 million Argentinean pesos for various projects aimed at improve living conditions for its growers and workers in this historically poor area of Argentina. This includes:

- building a secondary school in the province
- planning a new health clinic offering outpatient services, maternity care and general medical care
- installing solar power
- providing clean water via a new water system.

