

THE WHEATSVILLE BREEZE

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

Join us for a



Taste of Thanksgiving Sampler

Saturday, November 22nd
1-3pm, both stores

From entrees and sides to relish and pie, come and taste how our Wheatville Deli makes Thanksgiving so special.



Celebrate THANKSGIVING

Our Thanksgiving Vision

This Thanksgiving Wheatville Food Co-op is committed to offering you a fast, friendly and fun holiday shop. We will welcome you with a smile and aim to give you the most peaceful, stress-free shopping trip in town – including all the ingredients and pre-made foods for a vegan, allergen-friendly, or gluten-free meal.

From complete holiday feasts made with care in our kitchen to the locally sourced fruits, vegetables and ingredients lining our shelves, we want you to feel good about your food and the people who grow and make it. To us, Thanksgiving is about connecting with friends, neighbors and community and we are looking forward to sharing it with you!

Thanksgiving Holiday Hours:

Wednesday, November 26th – OPEN 7:30am-11pm
Thursday, November 27th – CLOSED Thanksgiving Day
Friday, November 28th – OPEN 10am – 10pm
Back to regular hours 7:30am-11pm on Sat. Nov. 29th

Adios Bill and Welcome Sal!

by Dan Gilotte, Chief Executive Grocer

photo Ben Mason



Bill Bickford

After 14 years of working his way up at Wheatville, South Lamar Store Manager Bill Bickford is heading off to an exciting new adventure as the General Manager of Lexington, Kentucky's Good Foods Co-op! While we will miss our first-ever South Lamar Store Manager greatly, we couldn't be more excited that Bill's time at Wheatville and his hard work

and dedication have made him ready to take the helm of another food co-op! We'll also miss Bill on our softball team. So long Bill, looking forward to the amazing things you'll do at Good Foods. Thanks for your excellent service to your (first) co-op!

And, even though we're sad to lose Bill, our gloom was lifted by the hiring of cheerful and energetic Sal Mendivil as the new South Lamar Store Manager.

Some of you 787South folks may recognize him from a long stint at our across-290 competitor, Central Market Westgate. Sal is delighted to be working at a business that focuses so much on staff and customer satisfaction and we look forward to utilizing his sharp 'n' smart eyes and mind on our store merchandising and other important aspects of running an excellent retail store. Sal is super stoked that his daughter is super excited about Wheatville's Popcorn Tofu! Sal is also a big fan of yummy food, so when you see him, ask him what's good!



Sal Mendivil

Pie & Coffee Social

Saturday, November 8
11am-1pm OR until the pie is gone!

in the 4001 South Lamar Community Room



Please bring a non-perishable food donation for the Capital Area Food Bank.



casa brasil
HARVEST TO HOME COFFEE

Join us for a special pre-holiday celebration! We'll be serving up our delicious housemade Pumpkin Pie and Coconut Cream Pie (vegan) alongside freshly brewed Casa Brasil coffee. Our friends from Casa Brasil will show you how to brew a perfect cup of joe and answer questions.

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Community Action Wednesday



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

In August, Wheatsville made a huge leap in donations to our community action group and collected **\$8,004 for Meals on Wheels and More**. This is nearly \$1,000 over the average amount collected during a four week period for one community group!

The following month Wheatsville and our patrons gave **\$8,167 to the Austin Children's Services!** We are overwhelmed with the generosity of the folks coming through the co-op doors and could not be happier with the impact we are making together in our community.

The group selected for November is **the Wheatsville Community Fund.**

Wheatsville has a Community Fund in our name and we use the earnings from our fund to support local community groups and the cooperative movement! All funds collected will go into the Twin Pines Cooperative Fund, while the interest collected from those donations will be used towards local non-profits in Austin. We focus on groups that are working toward a similar mission. The Wheatsville Co-op Community Fund supports the two principles: cooperation amongst cooperatives and concern for the community.



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 – 10% off of one shopping trip, four times a 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 October 15, 2014: **16,446!**

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

DOGGONE IT! WHERE'D 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



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:



Community Action Recipients for 2014

Month	Recipient	Amount
January	People's Community Clinic	\$5018
February	SafePlace	\$6225
March	Sustainable Food Center	\$5194
April	Ecology Action	\$5684
May	Urban Roots	\$6688
June	Austin Pets Alive!	\$7715
July	Hospice Austin	\$7035
August	Meals on Wheels and More	\$8004
September	Austin Children's Services	\$8167
October	Capital Area Food Bank	total not in yet
November & December	Wheatsville Co-op Community Fund	



CAPITAL AREA FOOD BANK OF TEXAS

Our Community Action Group for the month of October was the Capitol Area Food Bank of Texas. **During November and December we will continue to accept food donations** for this amazing non-profit. Place your non-perishable food donations in the bins near the doors

CAFB make healthy food available for families that are in crisis and Wheatsville is happy to help.

www.austinfoodbank.org

2014 Violet Crown Arts Festival

Saturday, December 6th

Sunday, December 7th

10AM to 5PM

Brentwood Elementary School

6700 Yeats

Introducing The Accordion Player from the Brentwood Wall of Welcome, who wears the diadem of Violet Crown Community Works.



Violet Crown Community Works is happy to announce Brentwood Elementary as host for a free family friendly, neighborhood festival.

You will find unique artwork from talented sculptors, potters, and fiber artists, painters, jewelers, glass artists, woodworkers and metal smiths. Shop for hand made gifts and great quality art, and support local cottage businesses. Plus talented entertainers will be performing onstage from 10am-5pm. It's always free admission and a fun-filled weekend for all!

The festival will be in the parking lot on the west side of the school. Some parking is available in the neighborhood, but we encourage you to walk, bike, or take Capitol Metro bus service.

Please visit violetcrowncommunity.org for more information and updates about artists participating plus the complete schedule of entertainment.

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

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except where otherwise noted or not known

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

Wheatsville 2014 Board of Directors

Doug Addison	Reyna Bishop
Marcia Erickson	Christina Fenton
Michelle Hernandez	Kitten Holloway
Deborah Ingraham	Steven Tomlinson
John Vinson	

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

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

One Year Later: We're SO Thankful for Your Support! by Raquel Dadomo, Brand Manager



After 37 years the co-op grew to two stores on September 20, 2013. This expansion has allowed us to move closer to our **BIG Direction goals of supporting more local, organic food, more co-op economy and more happy people.** We're two stores, but we're ONE CO-OP. Here are some of the amazing things we've done in the year since we opened our doors on that dark and rainy morning.



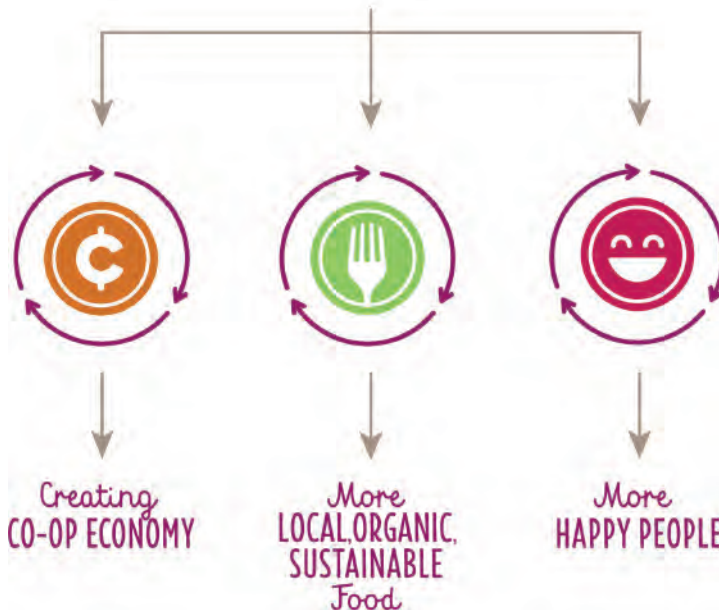
Within the past year since we opened, we have **added over \$10 million dollars in sales to the co-op economy for a total of \$29,091,297 which is a 56% increase** over the previous year. With more people shopping at the co-op we're able to support more programs.

We had 150 Wheatsvillians on staff before we opened second store and have added 96 employees for a total of 246 positions. **We increased the number of good co-op jobs by 64%.** Fun Fact: Of the 60 people hired at our job fair back in June, we still have 48 of them with us today. WOOHOO!

This past year, **from September to September we welcomed 3,838 NEW OWNERS to our co-op.** Fun Fact: We added 400 new owners in just 10 days following our store opening. WOW!

We've steadily **increased our local vendor support from about 1700 items** to include over 2,000 locally made products – an increase of almost 18%.

We have consistently sourced an average 80% organic produce between both stores which means we are effectively getting more local, organic, sustainable food on our shopper's table.



Since we opened the S.Lamar store on September 20th, **we have given \$93,041 dollars back to organizations that support our community.** We've given \$19,801 back in donations and sponsorships and raised \$73,240 for our Community Action non-profit partners. Last September our donation to Meals on Wheels and More was \$2,925. This past September we were happy to give that same group our highest donation to date - \$8,004.

All of this was part of the vision we created together, and part of the reason we decided to grow. Wheatsville might be the only retail grocery co-op in Texas but we're **THRIVING in AUSTIN** because of YOU. We are so thankful for your support and hope your holiday season is happy and peaceful.



Winter Squash Guide Ralf Hernandez, Produce Coordinator

Easy Squash Cooking by Howard Miller, Meat Supervisor

Acorn Squash



FLAVOR &

TEXTURE: Tender-firm, holds up when cooked. Versatile, mild flavor
USES: Baking, stuffing, mashing.

Pie Pumpkin



FLAVOR & TEXTURE: Mildly sweet. Creamy, rich texture
USES: Pies, custards, baked goods, curries, stews.

Spaghetti Squash



FLAVOR & TEXTURE: Stringy, spaghetti-like strands. Not very sweet with a mild, versatile flavor.
USES: Baked and the strands separated, then mixed with tomato sauce, pesto, or your favorite pasta topping.

Butternut Squash



FLAVOR AND TEXTURE: Sweet and slightly nutty. Smooth texture, falls apart when cooked.
USES: Soups, purees, pies.

Red Kuri Squash



FLAVOR & TEXTURE: Chestnut-like flavor, mildly sweet. Dense texture holds up shape when cooked.
USES: soups, pilafs and gratins, baked goods, curries.



Sweet Dumpling Squash

FLAVOR & TEXTURE: Rich, honey sweet flavor. Dry, starchy flesh similar to a potato.
USES: Baking with cinnamon and butter

Delicata Squash

FLAVOR & TEXTURE: Rich, sweet; tastes like chestnuts, corn, and sweet potatoes. Edible skin.
USES: Sauté, bake, broil.



Hubbard Squash



FLAVOR & TEXTURE: Yellow flesh is moist.
USES: Generally peeled and boiled, cut up and roasted, or cut up small and steamed or sautéed: longer time baking in the oven is needed. Perfect for pies.

Kabocha Squash

FLAVOR & TEXTURE: Similar in sweetness and texture to a sweet potato.
USES: Soups, curries, stir fry, salads.



Easy Squash Cooking Techniques

Winter squash is super easy to cook, delicious, and good for you, too! Pair with nuts, brown sugar, honey, maple syrup, bacon, cheese, pretty much everything!

Roast It!

Squash is easy and delicious when roasted in the oven.

- Preheat your oven to 425 degrees.
- Peel and cut squash into evenly-sized pieces.
- Put squash in a pan or oven-safe skillet.
- Toss with a little olive oil. Add some herbs, spices, salt, pepper, etc.
- Throw it in the oven! Check for doneness by poking with a fork. Use your nose and ears, too! The kitchen should smell like nicely cooked veggies.

Steam It!

- Fill the bottom of a large pot with about 1" water. Insert your steaming basket. The water level should be below the steamer basket.
- Heat water to boiling, then reduce to a simmer.
- Peel and cut squash into evenly-sized pieces. Put them into the steamer basket and cover the pot.
- Test for doneness by poking with a fork. It should take about 30 minutes.



Try this at home!

When it comes to cooking at home, choosing the right ingredients and understanding basic kitchen skills can make the difference between a good meal and an amazing one. In the Co+op Kitchen video series you'll find handy hints from chefs and food enthusiasts who love sharing their passion for great food, plus easy recipes for delicious homemade meals. See what's cooking in the Co+op Kitchen!

Visit www.strongertogether.coop/coop-kitchen.



Be sure to check out the **FREE Co+op Kitchen iPad® app** in the App Store™.

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We've Got Thanksgiving Covered! *by Lisa Weems, Deli Coordinator*



Make this Thanksgiving a time to relax and reflect with family and friends, by enjoying a complete holiday feast homemade

for you by the talented cooks and bakers in our co-op's kitchen! Count on your Wheatsville Deli to have tons of made-from-scratch holiday starters, soups and salads, hearty entrées, seasonal sides and delectable desserts for your table. By leaving the work to us, you can have a full meal that is genuinely homemade without spending hours in the kitchen!

We'll have plenty of appetizers available for all your holiday gatherings. These tasty nibbles are the perfect way to welcome your family and friends coming to share your table on Thanksgiving! Put out a nice assortment of starters for folks to snack on, and enjoy a leisurely intro to your holiday. Our cool and creamy **Spinach Feta Dip** and our garlicky **Cashew-Tamari Dip** go perfectly with a bowl of baby carrots and broccoli florets for dipping. Our herby **Garlic Chive Cheddar Cheese Balls** and savory, vegan **Walnut Pecan Pâté** are delicious when spread on crackers or our fresh-baked **Wheatsville Bakehouse crostini**. We are also debuting our new **Vegan Cheese Ball** for the holidays this year! This rich treat blends almonds and cashews with tofu and subtle seasonings for a luscious spread that all of your guests will love. With a little advance notice, our Deli can also provide a number of gorgeous catering trays for your holiday, including **Cut Fruit**, **Raw Veggies**, **Dessert Trays** and more!

If you're planning on a bigger gathering or want to have a number of courses this holiday, soup and salad begin the meal. Simple soups work best as starters, and our holiday favorites are **African**

Peanut, Roasted Winter Squash and Apple, and our new **Sweet Potato Chowder**. Salads can be as simple as cruising our **Salad Bar** for your favorite ingredients like baby spinach, organic dried cranberries and feta cheese, and tossing them all together with a sweet vinaigrette just before your guests sit down.

Moving on to the main course, you can choose from take-home **Roasted Whole Natural Turkeys**, platters of **Tofurky** with our own vegan **Mushroom Gravy**, and **Leek-Roasted Carrots and Tempeh**, which makes a colorful and hearty vegan main course unto itself, or can simply be a delicious side dish for your table. If you decide you'd like to get a **Roasted Whole Natural Turkey**, we are only cooking them to order, so please let us know by Sunday November 23rd and we'll take care of it for you!

As always, we will have a bountiful selection of classic Thanksgiving side dishes for you: hand-creamed **Garlic Mashed Potatoes**, fresh and light **Green Beans Amandine**, everyone's favorite **Vegan Mac 'n' Cheese with Broccoli**, deceptively simple **Creamy Coconut Mashed Sweet Potatoes**, traditional, savory **Sausage Bread Stuffing** featuring house-made Niman Ranch sausage from our Meat Department, and our famed **Vegan Cornbread Dressing**. We'll also be featuring some delicious seasonal items in rotation throughout the holidays, such as **Butternut Squash and Red Onion Salad**, **Roasted**

Brussels Sprouts & Carrots, **Shepherd's Salad**, and many more! We hope you'll enjoy eating them as much as we enjoy making them!

And no holiday table is complete without a heaping helping of our ever-popular, veggie-packed vegan **Mushroom Gravy** and our tart, gingery **Cranberry Orange Relish** to make the most of your main course. We will also be offering **NEW Dinner Rolls** from our amazing **Bakehouse** in both white and whole wheat varieties.

Our holiday fare will be available from our full-service case at the Guadalupe Deli Counter and will also be stocked for your convenience in our self-service cases at both stores starting Saturday, November 22nd. We will also be running **Thanksgiving Feast** on our hot bar from Saturday, November 22nd through Wednesday, November 26th, so you don't have to wait until Thanksgiving to get a taste of the holiday!

Again this year we will be putting together our **Holiday Helper Bags**, packing a cornucopia of our best-selling holiday side dishes and appetizer in one easy, convenient grab'n'go package, including **Garlic Mashed Potatoes**, **Green Beans Amandine**, **Cornbread Stuffing**, **Cranberry Relish**, **Mushroom Gravy**, **Coconut Mashed Sweet Potatoes** and a **12 pack of Whole Wheat Dinner Rolls!** These bags, one of which should feed a family of 4-6, will be available in our self-serve area starting on Tuesday, November 25th. Now it's easier than ever to get your holidays happening—grab one and your seasonal sides are covered!



Saturday, November 22RD 1-3PM at both stores

Plan your holiday feast at our
Taste of Thanksgiving Sampler

Taste a wide range of dishes, including PIE!
There will also be sampling throughout the store during the event, so be prepared to try lots of tasty treats to help you plan your holiday feast.

Thanksgiving dishes will be served on our hot bar from 11am-8pm on Nov. 22nd in case our samples leave you wanting more!

As always, your Wheatsville Bakery will be whipping up a delectable assortment of seasonal pies for your holiday dessert table: **Pumpkin, Pecan, Coconut Cream and Apple Pies**, all freshly baked for you! Our traditional and vegan pies are handmade by our bakers, featuring house-made pastry crusts made with organic flour and graham cracker crusts. Add organic vanilla ice cream, or vegan whipped cream; your meal will be complete! Pies will be available starting Saturday, November 22nd.

To help you plan your holiday feast, the Deli will be hosting the **Taste of Thanksgiving Holiday Sampler** at both Guadalupe and South Lamar on **Saturday, November 22nd from 1-3pm**. Taste our holiday foods – including PIE! There will also be samples throughout the stores during the event, so be prepared to try lots of tasty treats to help you plan your holiday feast. We'll also be offering our Thanksgiving dishes on our hot bar from 11am-8pm on November 22nd in case those samples leave you wanting more!

So there you have it—Thanksgiving simplified! Experience our holiday food during our Taste of Thanksgiving Sampler. Take a look at our Holiday and Catering menus available at the Hospitality Desk or Deli Counter or online. Holiday dishes will start hitting our shelves and cases on Saturday November 22nd. You can always give our Hospitality Clerks a call with questions at 512-478-2667 (Guadalupe) or 512-814-2888 (South Lamar). We look forward to cooking for you and yours, and helping make this Thanksgiving one to remember!



Stuffing Takes Center Stage *by Lisa Weems, Deli Coordinator*

We spend a lot of time focusing on turkey during Thanksgiving, but there are other iconic dishes for the season that deserve just as much attention. My personal favorite has always been the stuffing (or “dressing” for you Southerners out there). Stuffing is a relatively simple dish to prepare and allows for infinite variations according to your personal taste and the other elements of your Thanksgiving meal. The Wheatsville Bakehouse is here to make your stuffing prep even easier with prebagged bread for stuffing this Thanksgiving. We will be offering both regular **sourdough cubes and chunks of our famous vegan cornbread** baked at a low temperature until crispy and ready to serve as the canvas for your creative and delicious additions! Here's how to make your own unique stuffing in a few easy steps.

Prep your base flavorings: First, you want to cook the vegetables and other items that form the flavor base for your stuffing. Sautéed onion and celery are classic, but consider adding in some seasonal fruits, such as apples or pears. If you would like to add a meat element to your stuffing (I highly recommend Wheatsville's housemade pork breakfast sausage—its seasonings marry perfectly with the traditional flavors of the holiday meal), now is the time to cook that as well. Just sauté it in a skillet until just cooked through, then use the drippings to cook your veggies.

Deglaze the pan and mix your stuffing: Deglazing is a simple cooking technique that delivers big flavor to your dishes. Once your vegetables are softened and beginning to brown, add liquid to the pan and scrape up any browned bits that are stuck to the bottom of the pan. Chicken stock is the classic choice, but you can also use white wine or vermouth to add another layer of flavor—just be sure to allow the wine to cook for a few minutes to burn off the alcohol. Add all of your flavorings to the bread cubes and mix well so that the bread begins to absorb the juices. If the stuffing still seems dry, just add a bit more stock or perhaps a splash of heavy cream until you achieve the desired texture.

Add in some more flavors: Use your imagination here! Dried fruits such as cranberries, cherries, or apricots, local Texas pecans, or raw Gulf oysters (unlike sausage or bacon, oysters will cook through while the stuffing bakes, so they don't need to be pre-cooked) are delicious additions!

To stuff or not to stuff? I prefer to cook my stuffing in a separate baking dish and not inside the bird, because I love the interplay of crispy and creamy that an oven-baked stuffing brings to the table. A stuffed bird also takes quite a bit longer to cook through, since the stuffing must be cooked to a safe temperature, which may lead to the turkey breast being overcooked. If you do want to stuff your bird, be sure that your stuffing is completely cooled before loosely packing it into the cavity of the bird. Check the temperature of the stuffing when your bird is done—it should be at least 165 degrees.

I encourage you to take advantage of the convenience of our stuffing mixes to create a new traditional dish for your holiday table. However, if you are pressed for time, the Wheatsville Deli will, as always, have available our delicious **Sausage Bread Stuffing** and our famous **Vegan Cornbread Stuffing** for your Thanksgiving ease. Whatever your choice, enjoy this wonderful season and spending time with friends and family!

LET US ROAST YOUR TURKEY FOR YOU!

If you would like to simplify your holiday, our Whole Roasted Natural Turkeys will feed a family of six with ample leftovers. We roast these turkeys following a traditional recipe of onions, carrots, celery, herbs and spices. These will be roasted to order, so a pre-payment is essential to making sure you get what you need. Order online at www.wheatsville.coop, by phone of the Hospitality Desk by **Sunday, November 23rd.**



PIES!!!!

by Robin Roosa, Bakehouse Supervisor



Thanksgiving is a favorite holiday that brings families and friends together to share a bountiful meal. The crown jewel of this feast, as far as those of us in the Bakehouse are concerned, is the pie. We make our way through the turkey and stuffing and green beans and squash, so we can finally dig into a luscious piece of pie. Pumpkin, pecan, apple, topped with whipped cream or ice cream or just plain—we love pie!

Pies are known to have been eaten in ancient Egypt. The first pie recipe, published by the Romans, was a rye crusted goat cheese and honey pie. Sounds like something you might find at a trendy SOLA restaurant, doesn't it?

Pie crusts (originally called *coffyns* by the English) used to be very thick—up to 3 inches—and served as a baking vessel for the fillings inside rather than as a delectable treat. The crust was pretty much inedible and was discarded. The English settlers brought pie to America and learned from Native Americans to use the local bounty like squash, pecans and apples to make their pie fillings. The rectangular box shape of the *coffyns* soon evolved into a circle to literally “cut corners” in order to save money on costly wheat flour.



Bakers Kelly Dugan, Christine MacArthur, and Loraine Rosales show off our housemade pie crust!

Thankfully, much has changed and much has stayed the same. This year we hope you will not discard our thin and delicious pie crust but enjoy it in tandem with the yummy fillings. For the first time ever, Wheatsville is making our own pie shells from scratch. We have co-operatively partnered with Red Rabbit to use their dough sheeter to help us make the 1000+ pie shells we will need to meet our customers Thanksgiving pie needs. Our pie shells will be vegan-friendly and made with organic wheat flour and sugar.

We are offering a full menu of traditional pies: **Classic and Vegan Pumpkin Pies, Pecan Pie, Apple Pie** and our ever-popular **Vegan Coconut Cream Pie** made with a graham cracker crust.

As pie lovers, we encourage you to consider a pie buffet as a fitting end to your family's Thanksgiving feast. And if you are a guest at Thanksgiving, a pie is always a welcome hostess gift. The more pie the merrier.



LOCAL, HANDMADE TEMPEH AND TEMPEH SAUSAGE

Available at Wheatsville

or order direct at: theheartvegan@gmail.com

The Heartly Vegan

Frozen for Freshness

heartlyvegan.com

100% organic ingredients non GMO, gluten-free vegan

Conans PIZZA since 1976! Hey Vegans! We have **daiya**

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CENTRAL - 478-5712
SOUTH - 441-6754

\$3 OFF ANY LARGE (WITH THIS AD)

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DEEP PAN - THIN CRUST - SALADS - WINGS - LOCAL - BEER - VEGAN



Your Sensational Thanksgiving Centerpiece *by Mark Maddy, Meat & Seafood Coordinator*



It's Thanksgiving and we all know what that means to most people—turkey. Turkey is a great protein, it's one of the very few meats that are acceptable to eat every day. Turkey is indigenous to the U.S. and it is also large enough to feed a substantial mass of in-laws and outlaws alike.

Wheatsville will have plenty of turkey and ham options this year.

Remember, none of our turkeys have ever been given hormones or antibiotics. They are all vegetarian-fed and are free-range. Wheatsville now offers online pre-ordering for our Thanksgiving meats. We recommend pre-ordering for the limited supply items: **Local Coyote Creek Organic Turkey, Mary's Heritage Turkey, and Local Pederson Hams.** Our Hospitality Clerks will also be glad to help you place a pre-order.



Estimated Cooking times:

14-16 lbs 3.5-3.75 hours
16-18 lbs 3.75-4 hours
18-20 lbs 4-4.5 hours
20-22 lbs 4.5-5 hours

Grateful Harvest Natural and Organic Turkeys

These free-range turkeys from a family farm in California are the best priced turkeys at Wheatsville. Choose from Natural or Organic. **Our cost is your cost!**

Mary's Heritage Turkeys

Heritage Turkeys are **Bourbon Red and Narragansett** breeds that originally inhabited the Americas. These turkeys are raised naturally and can fly. Because they are more active, they have naturally darker meat, larger thighs and smaller breasts. This will change cooking times and temps, so a thermometer will be very important. We have fewer of these turkeys so pre-order or buy early.

Mary's Natural and Organic Chef's Breast

These are a whole bone-in turkey breast that are great for a smaller group of people or as an additional supplement to your whole turkey.



photo Adam King

Local Coyote Creek Organic Turkeys

We are proud to offer this local organic turkey for the first time. Coyote Creek is a familiar name in the Texas farming community for providing organic feed, and this year they have agreed to raise turkeys for Wheatsville. We have a limited supply, so place your order early.

Coyote Creek is an organic farm and feed mill that is directly responsible for growing Texas agriculture by 8000 acres by providing a market for local farmers to sell their organic crops. What started as an egg farm has grown into a substantial contributor to Texas and Southern agriculture.

Coyote Creek turkeys are of the **Broad Breasted variety**—the standard breed of turkey that has been roasted in households for many generations. They are moved around the farm on a daily basis to allow them to forage and eat small critters which makes up about 30% of their diet. The rest of their diet is Coyote Creek Organic turkey feed. This feed is nutritionally designed for the changing needs of the turkeys.

Turkeys take about 3 times longer to reach maturity than chickens do, about 140 to 150 days. We are offering them from 14 to 22 lbs.

Check out the Wheatsville website (wheatsville.coop/news-and-events/news/category/meat-seafood) in the Meat Department blog posts from **Adam King** at Coyote Creek. It is a great way to keep up with the turkeys.

Brining Turkey

To guarantee a moist and flavorful turkey, use a brine. In its simplest form, a brine is salt, sugar and water. Beyond that, there are plenty of options to bring exciting flavors to your turkey. Dried fruits and herbs are great additions to the salt and sugar. You can also use broth or even juice.

If you are looking for an easy solution, try out the new **Wheatsville Turkey & Poultry Brine**. We've developed this great flavor profile and all you have to do is pick your liquid. A nice trick to help keep some free space in the fridge is to add ice to your brining vessel. Use an internal thermometer to make sure the temperature round your turkey stays below 40°F. Use the melting ice as additional water for your brine.

For Families that do Ham:

Smoked hams are a holiday favorite, because they are full of big flavor, and can feed a crowd. Niman Ranch smoked hams are brined in a salt and maple sugar solution, then slow smoked over applewood. Although these hams are fully cooked, they need a good while to heat. For the larger hams we recommend an hour or more in the oven to heat it through. Before reheating is a great time to add a glaze to your ham.

The Bone-In Spiral Cut Half Ham is what you picture when you think of a bone-in ham. Since it is essentially already cut, some curing needs to occur and nitrates have been added to this ham. It is a large ham, 8-10 lbs and can feed 10 to 14 people. It includes a glazing package. Save that smoky bone for your next pot of beans.

The Boneless Uncured Half Ham is nitrate/nitrite free (except those occurring naturally). They are 5-6 lbs and will feed 8-10 people.

The Petite Ham also has no added nitrates/nitrites. They are smaller for a more intimate gathering of 2-3 people. They are also great for recipes that call for ham.

The Jambon Royal Ham is uncured and 4-5lbs. This is more of a European-style ham in its cut and preparation. It has stronger salt and smoked flavors and is great as a dinner ham, although shaped differently than the hams you might be used to seeing. It's fantastic sliced thin for sandwiches or appetizers.

Try out these tasty pork treats while you can—the bone-in and boneless half hams are here only for the holidays.

Local Pederson's Bone-In or Boneless Smoked Half Hams

A great choice for the taste of Texas, these hams are from Hamilton and are in limited supply. Order early.

Consider Seafood

If you are looking to break away from the classic meal, **TrollerPoint Coho Salmon** can be cut to accommodate a large place setting.

Don't Forget Breakfast

It's stressful enough just dealing with the dinner preparation. Make things easier with Wheatsville's **breakfast sausage** or **cold smoked salmon** on a bagel with cream cheese and capers. Try some **Olli Charcuterie** or **Organic Prairie summer sausage** or **Boar's Head salami** with some delicious cheese and any of the fantastic pickles that Wheatsville has to offer.

Whatever your Thanksgiving needs, we want to give you a great deal on turkey and provide a sensational centerpiece for one of the most special meals of the year.



Holiday Bulk Herbs & Brine

By Cody Atkins, Wellness Coordinator



If I asked you how old the nutmeg in your pantry is, would you be able to tell me? Is it from last year? The year before? Can you even

remember? The quality and flavor of herbs diminishes with time and this is the time of year when we break out those less commonly used seasonal favorites. If your seasonal seasonings are more than a year old, consider replacing them with fresh spices from our Bulk Herbs department.

Shopping in bulk is the way to get the freshest product. Most of the time, the supply chain for bulk products is shorter than pre-packed items. In addition to this, we refill our jars of bulk herbs and spices multiple times per day, ensuring that you are buying the freshest possible product.

Shopping in bulk is very economical, freeing up some of your hard-earned cash for other uses this holiday season. You can buy as little as you'd like so if you have a recipe that only needs a half-teaspoon of an herb or spice, you can buy just that much, no unused and wasted product (and money).

Bulk items are typically priced better than their pre-packed counterparts. **Save more by reusing your containers when you are cleaning your spice rack**—you can get a 5¢ bag credit. Be sure to get all your containers weighed at the Hospitality Desk before filling. Shopping in bulk makes sense and cents!

Brine

We've developed our very own brine mix for your turkey this year. Our brine features the usual salt and sugar but also has a cornucopia of other seasonings including a dash of ginger. Packaged in reusable mason jars, just add your own liquid and your chosen bird. You can use fruit juice (apple works just fine), broth, or water. With this pre-mixed brine, it's very easy to prepare the star of your Thanksgiving dinner! We have this brine featured with our other turkey accessories, near the turkey!

How to Use Wheatsville's Signature Brine



You will need:

- 1 12 oz jar of Wheatsville Turkey & Poultry Brine Mix
- 1 gallon brining liquid of choice (water, vegetable stock, or fruit juice such as apple)
- 1 gallon of heavily iced water
- 1 turkey (14-16 lb)
- brining container or bag

Directions:

Bring the gallon of brining liquid to a boil in large stockpot. Empty jar of Wheatsville Brine with the boiling liquid, stirring to dissolve solids. Remove from heat and allow to cool to room temperature, then refrigerate until ready to use. Ensure brining liquid is chilled before the next steps.

Place thawed turkey and gallon of iced water into a brining container or bag with chilled brine mixture. Keep chilled in refrigerator or place in a cooler with plenty of ice for 12-24 hours. Turkey can be rinsed in cold water before roasting. Note: do not brine a stuffed turkey.

How to Carve Your Turkey

Not as hard as it looks, just relax and get out your sharpest knife.

- Rest your turkey for at least 20 minutes before serving. It allows the juices to well up in the turkey, making it juicier. It also cools the surface so that you don't burn your fingers while carving.
- Take your sharp knife and cut the area between the thigh and the breast. Push down with the hand that's not doing the cutting and the thigh should separate easily. Cut the joint between the thigh and the drum and separate them.
- Don't try to carve the drumstick, just have one of the guests who like to get hands on with their food gnaw on it. Work the bone out of the thigh with your knife and fingers and carve the thigh.
- Now, make one long cut from just above the wing (leave the wing where it is, it helps stabilize the bird) all the way back to where the thigh used to be. This cut is made parallel to the table; just cut straight in.
- Next, go to the top of the breast and start at the outside and cut straight down to the first cut. The slices should fall right off. These slices should be just a little over 1/4 inch thick. Serve all of these slices from a deep dish with a lot of very warm turkey broth.
- Garnish with a couple of bay leaves, some whole cranberries and anything else that suits your fancy!



Thanksgiving Wines!

by Shane Shelton Specialty Coordinator

It's that time of year again! Time to gather with friends and family and give thanks for all our blessings. It is also time to consume some great grub and luscious libations, loosen your belt, take

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

That being said, there are a few guidelines you can follow when pairing wine with turkey that will complement the big bird and make your Thanksgiving feast a success. The key to pairing wine with turkey is to find wines that are softer, fruity, bright and less tannic. The following wines should fit the bill nicely.

Red Wine

Every year I suggest people try the **Le Grande Noir Pinot Noir with Thanksgiving dinner.** It has become something of a Wheatsville tradition and for good reason. The price is very reasonable and this wine just rocks! Le Grande Noir 2010 Pinot Noir offers pure aromas of cherry, currant, and savory spices. The grapes are hand-picked from the coolest growing area at the foothills of the Pyrenees. Good canopy management brings grapes to ripeness at cool temperatures, producing small quality yields of delicate Pinot Noir grapes. The velvety tannins in Le Grande Noir are nicely balanced by ripe red fruit flavors layered with vanilla and spice.



Veramonte Pinot Noir, Baron Philippe De Rothschild Cadet d'Oc Pinot Noir and Parducci Small Batch Pinot Noir are also excellent choices for your thanksgiving celebration!

White Wine

If you are looking for a white to serve with your holiday meal you might want to try **Root: 1 Sauvignon Blanc.** Sauvignon Blanc is generally light and crisp, with grassy or herbaceous flavors and a bright acidity that helps it cut through the rich foods on your Thanksgiving table. Root: 1 comes from the Casablanca Valley in Chile where the long growing season allows the Sauvignon Blanc grape to develop natural sugars that balance its characteristic acidity. The name Root: 1 refers to the fact that their wines are made from grapes grown on original, ungrafted roots, producing pure fruit flavors and aromas.

Veramonte Sauvignon Blanc, Terranoble Sauvignon Blanc, and Nicolas Sauvignon Blanc are also excellent choices for your festive feast!



Turkey Cooking Instructions and Tips

Helpful hints on cooking turkey from Grateful Harvest Expert, Paul Gingerich

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

Making Stock If you want to make your own turkey stock, buy some extra parts of turkeys and simmer while you are roasting the turkey. Little known fact: necks make the best broth.

Shhhhhh!!!... Here is my secret to a moist turkey: I carve the turkey into a deep sided platter and pour the broth from the roasting pan over the turkey for flavor and moisture. You can reserve some of the stock for gravy or use the extra stock you get from cooking a few extra pieces.

To stuff or not to stuff? Stuffing a turkey will gain you a great tasting stuffing, but the bread can dry the turkey. It's your call.

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

Staff TOP 10 PICK



GEORGIANNE AUSTIN: OPERATIONS LEAD, S. LAMAR



Field Roast Apple Sage Sausage

GREAT IN LASAGNAS, ON TOP OF PIZZA, OR SLICED UP WITH

YOUR BREAKFAST- WE USE IT IN EVERYTHING!

Uncle Matt's Orange Juice

I LOVE THAT IT IS NOT FROM CONCENTRATE, ORGANIC, AND, MOST IMPORTANTLY, DELICIOUS!



Califia Farms Almond Milk

MY FAVORITE OF THE NON-DAIRY MILKS FOR FLAVOR AND TEXTURE. I ALSO APPRECIATE THAT THE BOTTLE IS RECYCLABLE.



Grind Your Own Organic Peanut Butter

EASY WAY TO GET NON-SEPARATING, NOTHING-BUT-PEANUTS NATURAL PEANUT BUTTER! I CAN NEVER BUY ENOUGH!



El Milagro Tortilla chips

SALT-FREE AND LOCAL, AND THEY PAIR GREAT WITH ALL KINDS OF DIPS. WHAT'S NOT TO LOVE?

Big B's Cold Pressed Cider

I WAIT ALL YEAR FOR THIS TREAT! IT'S GREAT CHILLED, WARMED OR EVEN MAKES A DELICIOUSLY FESTIVE COCKTAIL!



Honeycrisp Apples

A TASTY SEASONAL TREAT. I LOVE THESE SLICED UP WITH CHEESE OR NUT BUTTERS. GREAT WHEN JUICED, TOO!



Field Day Organic Roasted Garlic Sauce

THIS SAUCE IS FANTASTICALLY VERSATILE! I LOVE THE RICH GARLIC FLAVOR, BUT DON'T FORGET YOUR BREATH MINTS!



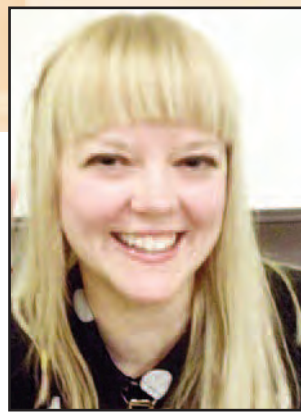
Himalaya Herbal Neem & Pomegranate Toothpaste

AWESOME ALTERNATIVE TO MINTY TOOTHPASTES, AND FLUORIDE FREE!



Aura Cacia Mineral Bath Relaxing Lavender

AFTER A WEEK OF WORK AND SCHOOL, A WARM BATH WITH THIS, PLUS A GOOD BOOK, IS MY FAVORITE WAY TO RELAX!



Special Diets and Thanksgiving

by Niki Nash, Packaged Manager

While Thanksgiving is traditionally a time for comfort foods, many people have dietary needs that can make it seem like a burden or even a cause for anxiety. More people than ever are adjusting their diets to exclude gluten, animal products and other foods on advice from their physicians or for personal reasons. Whether you are accommodating guests, creat-

ing your first gluten-free Thanksgiving meal or are planning a meat-free potluck dish, Wheatsville has you covered! I'll let the Deli tell you about their delicious house-made foods while I fill you in on the excellent foods featured in the co-op's aisles.



The famous **Tofurky® Roast** is a great go-to solution for a vegan Thanksgiving. Made by Turtle Island Foods, a family-owned, independent company, Tofurky® is delicious as a **main course as well as great for leftover sandwiches. Be sure to thaw the Tofurky® roast for 24 hours in the fridge for easier preparation.** Full instructions and information are available on the Turtle Island website: tofurky.com (including a recipe for Deep Fried Tofurky!).



Fans of **Gardein™** meatless foods will love their **Holiday Roast**, which is made using organic ancient grains flour and filled with cranberry and wild rice stuffing. Serve with on a bed of roasted carrots, parsnips and Brussels sprouts for a crowd pleasing, filling main meal.

Gluten Free Stuffing

Ian's Gluten Free Savory Homemade Stuffing is not only gluten free but dairy, egg, nut and soy free, making a perfect choice for those who are avoiding one or more of these foods. Convenient as well as NonGMO Project certified, this stuffing mix ensures that no one has to miss the Thanksgiving stuffing. Or make your own stuffing using the ever popular **Udi's Gluten Free Bread.**



Gluten Free Broth

Pacific Foods Organic Chicken Broth and Organic Vegetable Broth are both gluten-free and the vegetable broth is vegan. These packaged broths are a great time saver.

Gluten-Free Pie Crust

Wheatsville's baking supply section has a variety of gluten-free baking flours including **Cup 4 Cup**, an all-purpose flour developed by a top New York chef. See if you can fool your friends with their recipe for "Grandma's Pie Crust". http://cup4cup.com/storage/recipes/C4C_GrandmasPieCrust.pdf

Vegan Pie Crust

You can make your own vegan pie easily using **Wholly Wholesome Traditional Organic Pie Shells** or **Organic Whole Wheat Pie Shells**, found in the freezer section.

Gluten-free AND Vegan Pie Crust

If you want to have it all, **Wholly Wholesome** makes a frozen pie crust that is free of animal products *and* gluten. They even go so far as to manufacture the crusts in an environment free of gluten, wheat, dairy, egg, nuts and soy. Fill it with **Farmer's Market Organic Pumpkin Pie Mix** for a fast and delicious pie.

Top that Pie!

TruWhip is a gluten-free whipped topping made with no high fructose corn syrup or hydrogenated oils. It's ready to go out of the container to top any pie. (Contains milk protein).

Dandies Marshmallows also make a yummy addition to pies, especially sweet potato. Light and fluffy gluten-free Dandies melt just like regular marshmallows. Dandies are made on dedicated vegan equipment with zero animal products—that means no gelatin!

These are just a sampling of the many delights to be found in the aisles of Wheatsville. Whether you let one of these fine companies provide the convenience for you or you make it all from scratch, rest assured that we've got you covered for the full spectrum of dietary needs. Happy worry-free eating!



Local Vendor Spotlight: The Hearty Vegan

by Christopher Moore, Bulk & Chill Coordinator



Beth and Becky Taylor are a vegan mother-daughter team who make The Hearty Vegan tempeh—the only tempeh produced here in Texas for retail sale.

In the beginning, they made only **traditional tempeh**; then they began making delicious **breakfast sausages**. Responding to customer interest, they came up with **soy-free versions made from black-eyed pea and garbanzo beans**. Our deli jumped on the opportunity to use their locally made tempeh in our tempeh chili, tempeh tacos, ginger tempeh pasta and tempeh stroganoff.

Beth and Becky have been great about sharing recipes during their demos here at Wheatsville. You can check out some of their great recipes at www.heartyvegan.com. If you see them sampling their tempeh in the store, stop and have a delicious bite and get to know a couple of our friendliest and most beloved suppliers!

You can find all three varieties of The Hearty Vegan tempeh in our frozen section and in a variety of dishes made in our deli. The tempeh sausage is in our refrigerated case.

In the past two years, The Hearty Vegan products have begun being served at local restaurants and food trucks including Mothers Café, the Vegan Yacht, BBQ Revolution and Counter Culture. We're proud to have been carrying their delicious tempeh since the very beginning.

I asked Beth & Becky a few questions:

1. How long have you been making tempeh?

We started making tempeh for friends in 2004. In 2010, we began making tempeh in a commercial kitchen which allowed us to sell in grocery stores. Wheatsville was the first store to carry our products.

2. What is your favorite thing to buy from Wheatsville?

Our favorite thing to buy at Wheatsville: Becky loves the salad bar—anything with cashew tamari dressing. Beth loves Wheatsville's raisin bread made in house, African peanut soup and the produce section.

3. What is your favorite recipe to use your tempeh in?

We have so many favorite tempeh recipes but with the weather getting cooler our thoughts turn to Tempeh Shepherd's Pie.

4. What do you love about Wheatsville?

What we love about Wheatsville: seeing the smiling faces of our friends who work there. Also how many items are local, organic and vegan. Wheatsville has all the food we love.

5. Favorite place to eat in town?

There are so many fabulous restaurants & food trucks, it's impossible to choose!



The Hearty Vegan Team: Sean, Chris, Becky, and Beth.

Tempeh Shepherd's Pie

A perfect winter warmer!

During the colder months I like to make up a big casserole dish and eat it all day long. There is a perfect balance between the three scrumptious layers – savory mushrooms, creamy mashed potatoes and rugged tempeh with pecans.

Ingredients:

Tempeh Layer

- 2 8-oz packages Hearty Vegan Tempeh
- 1 cup water
- 1 TBS lemon juice
- 2 TBS tamari or soy sauce
- 1 large onion, chopped
- 2 TBS vegetable oil
- 1/2 tsp thyme
- 1 tsp ground coriander
- 1 pinch black pepper
- 1/2 cup pecans, toasted and chopped

Creamy Potato Layer

- 3 large potatoes, cubed
- 3 TBS vegan butter substitute
- 1/2 cup non-dairy milk
- salt & pepper to taste

Savory Mushroom Gravy Layer

- 2 TBS vegetable oil
- 1/2 pound mushrooms, sliced
- 3 TBS tamari or soy sauce
- 1 pinch ground black pepper
- 1 1/2 cups hot potato water
- 2 TBS cornstarch, dissolved in 1/2 cup water

Directions:

Tempeh layer:

Cut frozen or thawed tempeh into large cubes. In a sauté pan bring water and tamari to a boil. Place the tempeh in the pan, lower heat, and simmer uncovered for 20 minutes. If the liquid evaporates, add a little more water to the pan.

While the tempeh is simmering, sauté the onions in the oil with the thyme, coriander, and black pepper until the onions are translucent. Stir in the chopped pecans. Add the tempeh and lemon juice. Remove from heat. Crumble or mash the tempeh into the pan (a wire whisk works well for mashing).

Mashed potato layer:

Place the cubed potatoes in a saucepan and cover with lightly salted water. Bring to a boil, and then simmer the potatoes until soft. Drain, saving the hot potato water to use in the gravy. Mash the potatoes with the butter substitute and milk. Salt & Pepper to taste.

Savory Mushroom Gravy Layer:

Sauté the mushrooms, soy sauce, and black pepper in oil, stirring occasionally, until the mushrooms are tender. Add 1 1/2 cups of the potato water and bring to a boil. Slowly stir in the cornstarch mixture and cook at a low boil, continuing to stir, until the gravy is clear and thick.

Now you are ready to assemble your tempeh shepherd's pie!

Oil a 9 inch square casserole dish. Layer the tempeh mixture, then the mushroom gravy, and then the mashed potatoes. Dot the top with butter substitute and sprinkle with a touch of salt & pepper. Bake at 400° for 15-20 minutes until the top becomes golden. *Makes 8 servings*



Launched 2013

the **AUSTIN MUSIC** experience

KUTX.org 98.9 fm KUTX MUSIC 98.9

Vegan Thanksgiving with all the Trimmings! Cooking Class

- DATE: Saturday, November 8
- TIME: 2pm – 4pm
- WHERE: 4001 South Lamar Community Room
- COST: \$35
- RSVP: <http://aveganthanksgiving.eventbrite.com>

From soup to dessert, **Beth and Becky Taylor** have been delighting friends and family by hosting a vegan Thanksgiving feast for over two decades. And now with their new cookbook, **'Vegan Duet'**, they are ready to share their expertise with the others. Using their own locally made **Hearty Vegan Tempeh** as the centerpiece, they will demonstrate how to prepare a vegan Thanksgiving with all the trimmings, starting with a rich and creamy Butternut Squash Soup and ending with flaky vegan pie crust. Protein-packed tempeh provides the perfect ingredient for two main course options: Tempeh Roast with a super easy Tahini/Mushroom Gravy and Tempeh Shepherd's Pie, You and your guests will never miss the turkey!



Trees to Truffles: Alter Eco Exclusive Truffle Assortment for the Holidays

by Niki Nash, Packaged Manager



limited time only at the co-op), their environmental partnerships may be just the thing.

Jaiva Krishi:

Mimicking the Rainforest

Alter Eco sources its coconut oil from Fair Trade Alliance Kerala, on India's Malabar Coast. Founded in 2005 Kerala has more than 3,500 members. This farmer-owned co-op practices *jaiva krishi*, a sustainable farming method that mimics virgin rainforest. FTAK farmers grow a host of tropical products such as cashews, coconut palms, coffee, cocoa, pepper, nutmeg, vanilla and other spices on their small plots. The mixed-crop plantations play an important role in preserving local biodiversity and, at the same time, safeguarding the food security of the farming members.

Wrap it Up in Eco-Friendly Packaging

Alter Eco has taken their commitment to sustainability one step further with these truffles by introducing new eco-friendly packaging. Alter Eco has developed a groundbreaking wrapper — printed with non-toxic compostable ink — that will decompose in yard waste and at-home compost bins. "Alter Eco's goal is to provide consumers with a decadently delicious taste experience, while never compromising our own values," said Edouard Rollet, Co-Founder and President of Alter Eco. "With these truffles, we've taken goodness to a whole new level."



Co+op Forest

Paddle up the Huayabamba River in Northern Peru, and amidst the roar of breathtaking waterfalls and chatter of tropical songbirds, you'll come across the Co+op Forest. At its "roots," the Co+op Forest is a carbon offset program. Trees naturally absorb excess carbon dioxide—a greenhouse gas—from the atmosphere, so planting trees is

one way to slow climate change. Even environmentally responsible businesses like co-ops contribute to the problem of climate change. Along with more than 140 other food co-ops, Wheatsville belongs to the National Cooperative Grocers Association (NCGA), a business services cooperative. In a typical year, NCGA staff log about 2.5 million air miles in order to conduct trainings and advocacy activities at and on behalf of co-ops, and those flights emit roughly 450 tons of carbon dioxide into the atmosphere. In an effort towards reaching NCGA's goals for sustainability, we are participating in a program that will make a tangible impact. Working with Pur Projet, a carbon insetting program started by Alter Eco founder Tristan Lecomte, NCGA's co-ops have funded the planting of 2,404 trees, plus preserved an additional 1,200 acres of other forest land in the region. When the Co+op Forest matures, it will remove more than 800 tons of carbon dioxide from the atmosphere.

Look for these good-for-the-earth truffles for sale at Wheatsville now, while supplies last. You can learn more about cooperatives and the Co+op Forest at www.strongertogether.coop, and find out about Alter Eco at www.alterecofoods.com.

I ♥ Wheatsville!

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

"I love Wheatsville so much, and recently became an owner! There is a great selection, especially if you have particular dietary needs. If they don't have something you want, you can request it! Be sure to check out their bulk spices section." Yelp

"I'm in shock, I just love this place. I am a vegetarian from San Antonio and you guys have all the things I can't find at home. I'm going to have to come back tomorrow before I leave to try everything."

"\$62,000 (so far this year) going back to the community, I love shopping here!" Kelly V

"I enjoyed watching them (Own a Grocery Tees) being screen printed in your parking lot!" Kathleen M

"I really like the attitude in here. It feels good. Y'all make me feel welcome."

"I'M AN OWNER! Me me me! I'm an owner and love Wheatsville!" the nice receptionist at St. David's



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

They protect critical habitat for the endangered Golden-cheeked Warbler at their 690 acre Baker Sanctuary. Their ten acre Chaetura Canyon Sanctuary is world renowned for research and conservation of Chimney Swifts. TAS spearheads conservation programs locally and supports them abroad. They lead field trips and bird walks both at local birding hotspots and exotic 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



Buying, selling, and leasing residential real estate while promoting energy efficiency and sustainability.

Chris Beer – Broker Owner
(512) 529-0314
www.greencityatx.com

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

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

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



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



We support Wheatsville Food Co-op!
www.workersassistance.com
512.328.8519

MORE HAPPY PEOPLE!
Staff Anniversaries!



Lee Jellison 22 years as of 11/23 (store receiver)

Cliff Bagley 7 years as of 11/7 (order clerk)

Carla Vargas Frank 6 years as of 11/12 (deli clerk)

Katie Browne 5 years as of 11/3 (front end clerk)

Cody Atkins 4 years as of 11/1 (wellness coordinator)

Lester King 4 years as of 11/29 (order clerk)

Dan Bruce 1 year as of 11/2 (prep cook)

Silver Spirit 1 year as of 11/2 (front end clerk)

Christine MacArthur 1 year as of 11/4 (baker)

Ian MacDougall 1 year as of 11/12 (steward)

Joey Martinez 1 year as of 11/12 (packaged lead)

Tree VanderMolen 1 year as of 11/12 (packaged clerk)

Brant Wall 1 year as of 11/12 (produce clerk)

Staff TOP 10 PICK
SILVER SPIRIT: FRONT END CLERK, GUADALUPE

1. One Degree Organics
 Veganic, Ancient Maize,
 Sprouted Cereal

IT'S SPROUTED,
 ANCIENT GRAIN GOODNESS



2. Stahlbush
 Blueberries

BEST BLUEBERRIES EVER! THEIR FACILITY'S RUN COMPLETELY ON COMPOST GAS!

3. Avocados

NATURE'S OWN VEGAN FATTY FILLER



4. Tempt Hemp Milk

FROM THE FORBIDDEN SEED.
 GREAT ON CEREAL OR DRINK
 STRAIGHT!



5. C20 Coconut Water

OH SO REFRESHING, SWEET, & CHEAP!



6. Runa Guayusa
 Beverage

LOW OR NO SUGAR, SUPER-BOOST
 HERBAL BEVERAGE



7. Sunwarrior Liquid Light
 Mineral Supplement

ENERGIZES & BOOSTS YOUR BODY'S
 MINERAL SUPPLY

8. Biokleen
 Laundry Powder

AFFORDABLE & EFFECTIVE,
 NATURE-FRIENDLY DETERGENT.

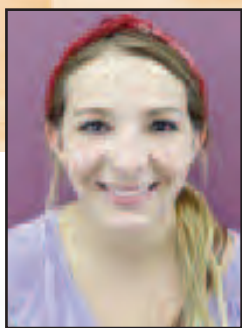


9. Thunderbird
 Energetica Bars

LOCALLY MADE.
 COMPOSTABLE WRAPPER.
 SHAMAN BLESSED!

10. Jasmine Green Tea In Bulk

A GREAT ALTERNATIVE TO COFFEE IN THE MORNING



Staff Spotlight- Regina DeAngelis

by Heather Fisher, Office Admin & Payroll Coordinator



HF: What is your Wheatsville history?

RD: I started working at Wheatsville at the end of August, so I've been working for a little over a month as a steward in the kitchen.

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

RD: I moved here to Austin at the beginning of August 2014 from Blacksburg, Virginia.

HF: What is your favorite product at Wheatsville?

RD: My favorite product at Wheatsville is Chameleon Coffee. Personally, I like the black coffee one the best.

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

RD: I like to go to Barton Springs and dip in when its hotter than 100 degrees outside, and then bake in the sun for a while.

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

RD: I have two cats named after literary characters, Gatsby from "The Great Gatsby" and Parsifal from "The Magicians Assistant."

HF: Fill in the blanks:

RD: I've always wanted to go horseback riding and if I had it my way, cars would not be on the road, people would just ride horses and bikes.

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