

THE WHEATSVILLE BREEZE

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

FALL 2023

Annual Election Issue



MESSAGE FROM THE GM

Bill Bickford
General Manager



Welcome to fall, Wheatsvillagers!

As we finally see our record summer heatwave subside a bit, it's time to look forward to my favorite season of the year. From cooler temperatures to pumpkin everything to gathering with friends and family, there's a lot to like about autumn.

We kick off our fall festivities with the 10-year anniversary of the opening of our South Lamar store! Our second location officially opened for business on September 20, 2013. As the Store Manager at the time, I consider that date to be both a career highlight for myself and an important milestone in Wheatsville's history. We're planning some deli specials that day to celebrate, so keep your eye out for more news in our weekly email and in-store signage.

Next up, we get into October, which is National Co-op Month, declared as such by then-Secretary of Agriculture Orville Freeman in 1964. We historically celebrate by holding our Annual Owner Gathering, which is scheduled for Saturday, October 21. Wheatsville's board and management will look back at the prior fiscal year and discuss the health and future of your co-op. We have a special surprise in store for attendees this year, along with the usual meal coupon, so I hope to see several of you there!

In addition to celebrating co-ops, October is also National Fairtrade Month, a fact that Fairtrade America promotes with a picture of our own fair trade mural at Guadalupe being painted. We carry a wide assortment of fair trade products all year round, of course, but by the end of the October, you should start to see our fair trade holiday gift items appearing on the sales floor. If you're looking for high-quality gifts

that also help to further a vision for a better world, look no further than your local co-op!

As if that wasn't enough, there's still one more Wheatsville-related holiday happening in October—Mangiasaurus Day! Back in 2004, then-mayor Will Wynn proclaimed October 25 to be Mangiasaurus Day in Austin. And while the friendly dino may have been property of the late Mangia Pizza at the time, he would later claim the co-op's roof as his new roost while fending off the threat of sign ordinances. This year, we are planning a special event to honor our mascot's special day, so stay tuned for more Mangiasaurus news in the weeks ahead.

Throughout all of the events listed above, we also have our annual co-op election happening. Co-op owners should have received a link to the ballot via email. However, if you missed yours or have not given us an email address, you can also ask for a paper ballot at either store. I encourage all co-op owners to cast their ballot to help fill next year's board seats and decide which non-profits we will support in 2024 through our Community Action program. We received an unprecedented number of applications this year and have put forth our largest slate of organizations yet! All of them do fantastic and important work in our community, and we appreciate your help in deciding who the co-op should support in the year ahead.

Thank you all for your ongoing patronage of the only retail food co-op in the State of Texas. We cannot fulfill our vision to serve as the heart of this community without your steadfast support, and I hope you look forward to our fall festivities as much as we do!





TASTE OF PLANT BASED

When people think of Wheatsville they often think of us as the destination for vegetarian and vegan options. We know that, and wanted to celebrate all the wonderful plant-based options that we offer. So, we contacted our favorite local vendors, started preparing a batch of popcorn tofu and planned our second annual Taste of Plant Based event!

On a sweltering hot July day, we hosted over 25 different plant-based local businesses for hundreds of delighted customers at our South Lamar location. We did things a little differently this year and took the party outside. We outgrew the store! When attendees arrived the first thing they saw were rows of tents in our parking lot with a large stage near the west end. A line formed early on at the Wheatsville tent because word got out that the first 40 people to arrive got a limited-edition custom tote.

The first band, a country trio fronted by Devin Jake, took the stage. As the crowd spread out across the event they were greeted by many well-known brands. Good Pop parked their ice cream truck and were handing out free popsicles and Richard's Rainwater was giving out ice cold sparkling water. New brands like Funky Mello were roasting up vegan smores and our favorite fermented salad dressing company Cultured Carrot were sampling their whole line of products. Just like last year the deli staff were frying popcorn tofu in our mobile fryer. This was easily a crowd favorite. The Wheatsville Bakehouse got in on the action to sample our famous vegan cookies

and donuts; over 500 deliciously sweet samples were enjoyed.

The Wheatsville Board of Directors was even on hand handing out coupons and discussing the benefits of co-op ownership. When the second band, Pearl Z, took the stage things really started to heat up. Central Texas Pig Rescue was in store talking about their amazing pig sanctuary near Bastrop. They even brought along Carlton, their spokepig.

The festive atmosphere carried on into the store. The Hospitality Desk was loaded with samples from brands like Nuts 4 Cheese and Pie Jacked. Hot samples were available inside, such as warm empanadas from Mmmpanadas and fresh baked cookies from Celeste's Best. We had not one but two wine demos with multiple selections of vegan wines to try. In the Community Room our good friends Planted Society were on hand to extol the benefits of a plant-based diet and offer over 3 hours of samples, cooking classes and demonstrations.

We had such a great time and are looking forward to the next one. We would like to extend a huge thank you to all of the vendors, musicians, staff and customers that came out to make this an amazing event!

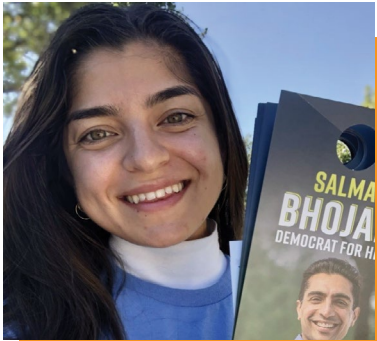
- *Nick Conn*
Marketing Director



ANNUAL OWNER ELECTION



SEPTEMBER 6 - NOVEMBER 7



BRIANNA MENARD



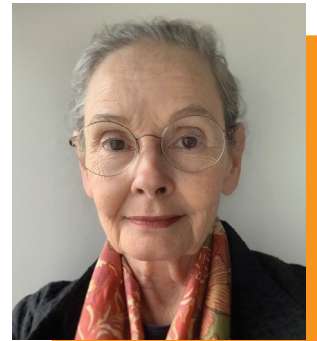
LISA MITCHELL

Incumbent



MERIJAYD O'CONNER

Incumbent

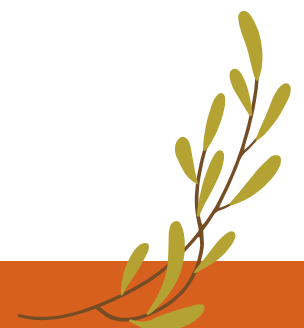
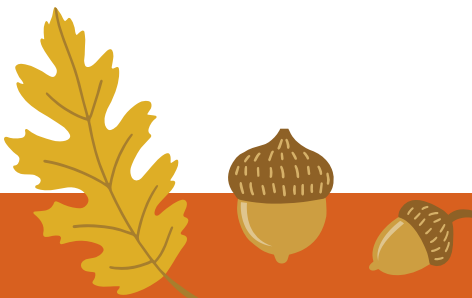


MENDY NOBLES

It's that time of year again! Our Annual Owner Election commenced on September 6th and runs until November 7th. We need the participation of our ownership to seat Wheatsville's nine-member 2024 Board of Directors, as well as select our ten nonprofit Community Action Partners. You must be an owner to vote in Wheatsville's annual election. To vote, check your email (don't forget to search your spam folders!) for a message from our Simply Voting software, complete with a link to the digital ballot, elector ID and password. Additionally, there are paper ballots and election info packets located at the Hospitality Desk at both locations. If you have questions or need your digital voting information sent again, please email julia@wheatsville.com.

The top three candidates with the most votes will serve on the Board of Directors for 3 years, with the remaining candidate serving for one year, helping to make big picture decisions about the co-op.

Click here to read up on the five Board of Directors Candidates 2024.





2023

Wheatsville Community Action Partners

- JAN** PEOPLE'S COMMUNITY CLINIC - \$9,565.83
- FEB** THE SAFE ALLIANCE - \$8,356.41
- MAR** LET'S FEED AUSTIN - \$8,648.41
- APR** AUSTIN WILDLIFE RESCUE - \$8,919.48
- MAY** URBAN ROOTS - \$9,497.36
- JUN** MEALS ON WHEELS CENTRAL TEXAS - \$8,066.90
- JUL** SUSTAINABLE FOOD CENTER - \$7,450.41
- AUG** AUSTIN HUMANE SOCIETY - \$8,121.62
- SEP** CASA OF TRAVIS COUNTY
- OCT** COOPERATIVE COMMUNITY FUND
- NOV** CENTRAL TEXAS FOOD BANK
- DEC** CARITAS OF AUSTIN

FALL OWNER DRIVE:

MONDAY, OCTOBER 2ND – SUNDAY, OCTOBER 8TH

Ownership sits at the heart of Wheatsville Food Co-op – it's what makes us very different from other businesses and we are now over 27,000 owners strong! We are hosting an Owner Drive from October 2nd through October 8th to spread the love to more Austinites! Upon sign-up, owners will receive a special new owner-exclusive tote filled with swag and co-op goodies. Already an Owner? Invite your friends and neighbors to join! There are hosts of economic benefits when you join the co-op. Owners receive exclusive offers, along with co-op wide deals for everyone. In addition to the savings you get when joining the co-op, you are also becoming part owner, and have a say in the co-op. You can vote for the Board of Directors or run for a seat on the board and be a bigger part of how we help our local community. The Wheatsville Election is happening now and runs until November 7th. Cast your vote when you join! Please visit the Hospitality Desk at the Wheatsville location of your choice. To find out more details about how you can benefit from becoming an owner at the co-op. If you have an ownership inquiry or need to update your mailing info, please contact Julia Barron at julia@wheatsville.com.

WHEATSVILLE COOPERATIVE COMMUNITY FUND

October is National Co-op month, and our Community Action group is the Co-op Community Fund! So, what exactly is the Co-op Community Fund? Wheatsville has a Community Fund in our name, and we use the earnings from it 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 toward local non-profits in Austin. We focus on groups that are working toward a similar mission as Wheatsville. The Wheatsville Co-op Community Fund supports the two cooperative principles of: Cooperation among Cooperatives and Concern for the Community. This year we donated money from the fund to two organizations that are actively engaged in the work of racial justice and empowering Black communities: Torch Literary Arts and the African American Youth Harvest Foundation. Each organization received \$1500 thanks to customer round-ups during the month of October.

- *Julia Barron*
Ownership & Outreach Coordinator

So far this year we have raised and donated
\$68,626.22
 for ATX nonprofits and community groups as part of our Community Action program.



VOLUNTEER SPOTLIGHT

- *Julia Barron*

Ownership & Outreach Coordinator

Wheatsville staff had a blast volunteering at Austin Humane Society in support of their Community Action month in August. AHS is the longest-standing no-kill, nonprofit pet and adoption center in Austin. AHS is dedicated to saving Austin's homeless cats and dogs, educating our community about responsible pet ownership, and reducing pet overpopulation.

The shelter has a fantastic, friendly, and passionate team that helped make our time there educational, meaningful, and fun. After AHS staff gave an informative tour of the shelter, volunteers did everything from sorting through cat and dog toys, to cleaning out and refreshing cat condos, folding laundry, and more. Before ending our time at AHS, we were able to hold and play with a few adoptable furry friends...it was too cute!

Visit austinhumanesociety.org to learn more about the shelter and to view all available cats and dogs looking for their forever homes.



2024 COMMUNITY ACTION PARTNER NOMINEES

African American Youth Harvest Foundation

Any Baby Can

Austin Creative Reuse

Austin Habitat for Humanity

Austin Humane Society

Austin Parks Foundation

Austin Wildlife Rescue

Caritas of Austin

CASA of Travis County

Central Texas Food Bank

Central Texas Pig Rescue

Colorado River Alliance

Common Threads

Creative Action

Ecology Action of Texas

Farmshare Austin

Foundation Communities

Friends of the Children Austin

Good Work Austin

Hospice Austin

Keep Austin Beautiful

Lirios Pediatrics - Free Care for Kids

Meals on Wheels of Central Texas

Mothers' Milk Bank at Austin

Multicultural Refugee Coalition

NICE Project
(Narcan in Case of Emergency)

Partners for Education,
Agriculture and Sustainability (PEAS)

People's Community Clinic

Planted Society

Power for Parkinson's

Rainbow Connections ATX

Rebuilding Together Austin

Red Salmon Arts

Solar Austin

Sustainable Food Center

Texas Legal Services Center

Texas Water Trade

The Foundation for the
Austin Sanctuary Network

The SAFE Alliance

Thinkery

Torch Literary Arts

Trinity Center

Urban Roots

VELA

to learn more about nominees,

[CLICK HERE](#)



CO-OP POWER

Hey Cooperators! It's election season again! Democratic Member Control is a core principle of cooperatives, and we hope that all owners participate in the Wheatsville election. We are excited to have some great candidates for the board of directors and some fantastic Community Action Partners. One other item you will notice on this year's ballot is an update to our bylaws.

The board of directors is recommending an update to our bylaws to change the required time frame governing elections. Over the last few years, we have received feedback from several potential board candidates about the logistics and time frames for running for the board and this has prompted us to recommend a change.

Our current bylaws require a minimum voting period of 60 days. This election time frame made sense when it was established, but it has not been reviewed for many years. This voting period has caused time pressures for both the board and for perspective board candidates. Newly elected board members are seated at the end of January and the election ends in early November. The board has approximately nine months from the time directors are seated as a new board to completing the election. A 60-day voting period constitutes a significant period of this nine month time frame limiting time for recruiting candidates, the candidate application process, and for the candidates to complete the qualification requirements prior to finalizing and announcing the ballot.

As a part of our review, we looked at how other co-ops conduct their elections and our owner

voting patterns. Most co-ops have elections open for between two and four weeks with a few co-ops that have elections lasting as short as one week. We found that we were an outlier. Since the pandemic, we have converted primarily to an online voting platform and have found that providing online voting has greatly increased owner participation with the vast majority of voting occurring within a few days of the start of the election. Some owners prefer submitting paper ballots and a majority of these are submitted during the Fall Owner Gathering.

The board recommends updating the bylaws to require a minimum voting period of 21 days. We believe that this change will provide more time for candidate activities and put us in line with other co-ops. Based on the voting patterns, we believe that this change will provide owners more time to learn about candidates without affecting owner participation in the vote. The board hopes that owners agree with this analysis and votes in favor of the proposed update to our bylaws.

- *Brandon Hines*

Board President



Total number of
fully invested owners

27,081





Fall

FOR THESE WINES

- *Janelle Rodriguez*
Wine Clerk South Lamar

We do autumn a little differently in Texas. Around this time in other states, people are waking up to chilly mornings and feeling the crunch of fallen leaves under foot. Not here. Scorching temperatures often follow us well into the holiday season. There is an upside to it though. Wines that are typically enjoyed in the summer months can still be savored into autumn. Here are our favorite fall wines:



BONNY DOON Pink Wine of the Earth (South Lamar exclusive)

It's no coincidence that this wine's label has a UFO on it, because it is out of this world. This rosé is from the esteemed Bonny Doon Vineyard in the Central Coast of California. There are notes of wild strawberry, peach and guava. Some might detect a scent of white pepper. With a strong acidity and crispness on the palate this exceptional wine is best enjoyed with a classic charcuterie board.



LUBANZI WINES Chenin Blanc

(Fair for Life, B Corp, Climate Neutral, 1% for the Planet)

Have you ever gone on a picnic and forgotten to pack a corkscrew? That's not a problem with Lubanzi's line of canned wines. We carry many varieties of Lubanzi wines, but a real standout is the Chenin Blanc. Topping many wine critics list, this wine offers a clear minerality with flavors of melon, peach and lemon peel. A staff favorite.



LONE BIRCH Pino Gris

(Guadalupe exclusive)

It's rare that we get to feature Washington wine. This exceptional Pinot Gris from the Yakima Valley has a light straw color with the crisp and refreshing taste of apple and pear. A tad dry with a complex minerality, this wine will pair great with rotisserie chicken or shellfish.



LOCAL VENDOR HIGHLIGHT



The Cultured Carrot was founded by two local Austin women, Palak Sadarangani and Kristin Simpson. Palak is a health coach practicing an Ayurvedic lifestyle and Kristin is a pharmacist with a holistic lifestyle approach. The team was inspired by the health benefits of fermented foods and their positive impact on the microbiome and gut health. Their dressings are the next evolution of ancient fermentation and are a delicious and easy way to incorporate powerful benefits into family meals.

Stop by our Produce Department at both locations to check out this awesome local vendor – The Cultured Carrot!

After researching and studying the microbiome, both founders were surprised to learn that 80% of our immune system is found in the gut. Consuming fermented foods helps to bolster our immune system and improve overall health. They found that traditional ferments on the market like kimchi, sauerkraut, kombucha, kefir and miso were not always easy to incorporate into their families' diets. Thus, the idea of creating fermented vegetable dressings for salads, marinades and sauces was born.



The Cultured Carrot products are made with 100% organic veggies and avocado oil. You can often find The Cultured Carrot team demoing products at both Wheatville locations. Next time you see them, be sure to stop by their table, say hello and taste the uniquely delicious dressings they have developed! They have four great flavors available on Wheatville shelves including:

- UNBEETABLE · ROOTING FOR YOU ·
- BELEAFING · CAULIPOWER RANCH

- *Tanya Carney*
Store Director South Lamar

KHACHAPURI

Georgian Cheese Bread!

Yummy



BREAD



- 1 3/4 c bread flour
- 2/3 c warm water
- 1 tsp yeast
- 1 tsp sugar
- 1 tsp salt
- 1 Tbsp olive oil

CHEESE FILLING



- 3.5 oz feta, crumbled
- 3.5 oz mozzarella, grated
- 3.5 oz cheddar, grated
- 1 egg
- 1 Tbsp flour
- 2 eggs yolks for topping

Khachapuri is traditional Georgian dish of fresh baked bread filled with a rich creamy cheese sauce. Served warm from the oven, it makes a delicious snack or side to a meal. It is such a staple that there is a khachapuri index that is used as an informal measure of inflation in Georgia. This recipe is ideal for a weekend. You can start the bread in the afternoon and have a completed dish by dinner time.

01 Start by making the dough. Bloom the yeast in warm water for a few minutes. This is a good way to make sure the yeast from the back of your fridge is still active. Next combine the bloomed yeast with the flour, sugar, salt and oil. This is fairly soft dough and is easily made by hand. Mix together all the bread ingredients and knead the dough for five to ten minutes until elastic. Roll the dough into a ball, cover, and allow to rest for 45 minutes.

02 The dough should be about doubled in size. Fold the dough like an envelope then roll back into a ball and allow to rest for another 45 minutes. Once it has rested, divide the dough into two equal sections. Roll the dough into two balls and allow to proof for 30 minutes. While the dough is finishing the final proof you can prepare the filling. Traditionally khachapuri is made with a mix of fresh and aged cheeses. Many varieties of khachapuri are named based on the region from which the cheeses originate. I used a mix of feta, mozzarella, and cheddar in my recipe. You can be creative with the filling

and add some local Dos Lunas cheddar or some fresh chèvre. Some varieties of khachapuri incorporate potatoes in addition to cheese! Mix together your selected varieties of cheese with an egg and some flour until you get a spreadable paste. If the mixture seems too dry or crumbly, you can add a little water to get it to a spreadable consistency.

03 Next, prepare your dough. Flatten and roll each dough ball into an oval shape. Spread some of the cheese mixture over the top of the flattened dough all the way to the edges. Then gently roll the edges of the dough toward the center to create a small bumper of dough. Twist the open ends of the dough into little handles. The dough should look a bit like a boat. Fill each of the little dough boats with the remaining filling. Bake in a preheated oven at 450 degrees for about 13 minutes.

04 Before the dough is completely done, pull the khachapuri out and use a spoon to make a small depression in the center of the cheese filling. Place an egg yolk in the middle of each and return to the oven for several minutes to finish cooking. Once the dough is a uniform golden brown and the cheese is hot and bubbling, pull the khachapuri out and brush the edges with butter. Place an extra butter pat in the center of the cheese by the egg yolk and serve while still hot. This dish is excellent on its own or you can pair it with a soup or salad to make a meal.

- *Katie Brown*
POS Coordinator

THE WHEATSVILLE WIRE

Annual Owner Gathering

ANNUAL OWNER GATHERING

Wheatsville's Board of Directors would like to invite all owners to the Annual Owner Gathering on October 21 from 11am-12 pm at our South Lamar location. This is a fabulous opportunity to participate in your cooperative, learn how the year went financially and hear about Wheatsville's impact in the community. The annual meeting highlights a Community Action Partner and local vendor. We will hear from this year's board candidates and we will have some fun raffle prizes. We look forward to gathering with you and celebrating Wheatsville!



PARTY ON THE PATIO - OKTOBERFEST

Join us for a night of merriment on Thursday, September 21 from 5-8 pm at our Guadalupe location. We will be grilling up sausage plates and serving them with a cold beer for only \$10. Our friends from Independence Brewing will be on hand to sample some of their brews and traditional folk songs of the Alpine region will be performed by Eurofest. Non-alcoholic and vegan options are available. Prost!

TASTE OF THANKSGIVING

Saturday, November 4th
12-2 pm

Both Locations

Come try a selection of our Thanksgiving sides, appetizers and desserts.

FREE



COMMUNITY OWNER GATHERING

Calling all passionate Wheatsville owners! Do you have some Wheatsville history to share? Were you a part of Wheatsville's creation? Are you a new owner and would like to connect with other cooperators? Do you have some ideas about the next wave of cooperation? Mark your calendar and join us for the next Community Connect with the Board of Directors Owner Engagement Committee. September 20th 6:30 - 7:30 pm on Zoom. Click [here](#) to register.



FERMENTATION WORKSHOP

Join Wheatsville and The Cultured Carrot on Saturday September 30th 10 - 11:30 am for a free fermentation workshop! We will be sharing the beauty and benefits of fermented foods with the basics of vegetable lacto-fermentation. All equipment will be provided, and you will take home your own jar of root vegetables to ferment. Space is limited, reserve your spot. Click [here](#) to register.

NOTICE TO CUSTOMERS

Personal checks will no longer be accepted beginning December 1, 2023





Staff Spotlight



Hello, I'm Adrienne Oakes. I've been working at Wheatsville for a little over a year. I started out as a produce clerk, then moved to the Front End as a cashier. Most recently I am a Front End Manager on Duty and I love being in my new role at Wheatsville.

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

My hometown is Phoenix, AZ. I moved to Austin in 2012. I really loved what I had heard about this city and was looking for a place to settle down. I stayed here for almost six years before moving to Brooklyn, NY. Two years ago, I moved back to Austin to finish my undergrad degree in social work.

WHY WHEATSVILLE? WHAT APPEALS TO YOU ABOUT THE CO-OP MODEL?

I was a long-time shopper at Wheatsville before I became employed here. The energy in this store has always drawn me back again and again. I applied to Wheatsville as I was exiting the service industry after 16 years. I needed a soft place to land and gather myself while making the transition from one career to another. It's a great place to work. The staff is so friendly and I'm fortunate I get to positively contribute to the inclusive Wheatsville co-op culture.

WHAT'S YOUR FAVORITE PRODUCT AT WHEATSVILLE?

I think the Grain Trust Hibachi Fried rice is so under appreciated. You can find it in the frozen section! Also, I love Tony's ChocoLonely plain milk chocolate bar. It's large and in charge, and perfectly satisfies my chocolate cravings.

SOMETHING PEOPLE DON'T KNOW ABOUT ME?

I have a rather large immediate family. I have six sisters and three brothers. Two of the brothers are twins. Most of my family still live in Phoenix. These days my home life is much quieter. I live with my two year-old dog, Cinnamon.



WHEATSVILLE TAKES TO THE STREETS... *for Pride*



This August, Wheatsville showed our Pride! The marketing staff headed downtown for this year's Pride Parade to celebrate the Austin LGBTQIA+ community with thousands of others. This year's theme was "Keep Austin Queer'd." Wheatsville staff and their families gathered near the Capital to march along a colorfully decorated Wheatsville delivery van. Thousands of onlookers cheered us on with chants of "Wheatsville" and "I love my coop." Crowds of parade-goers were delighted as Wheatsville staff ran up and down the street with a giant inflatable dinosaur on their shoulders.

Leading up to the festivities, Wheatsville celebrated Pride Month in a variety of ways. Customers could purchase an enamel Pride pin and 100% of the profits went directly to Rainbow Connections ATX. RCATX improves the quality and vitality of life for LGBTQIA+ older adults by providing connections, support, and advocacy in the greater Austin area. In addition to this year's fundraising, staff

were treated to a limited-edition Austin Pride shirt. We wanted staff to look their best at the parade, and they sure did!

At Wheatsville we celebrate Pride every day by focusing on a workplace free of discrimination and being a safe and inclusive environment for our customers and our staff.

What's the deal...with Apeel?

Q: What is Apeel?

A: Apeel is an invisible coating to prolong the shelf life of produce made up of monoglycerides and diglycerides. These are edible fatty acids commonly found in the peels, seeds and pulp of fruits, vegetables and other plants.

Q: Will Wheatsville be stocking produce with the new Apeel coating?

A: Wheatsville does not currently carry any produce using the Apeel coating and has no plans to start doing so. We are committed to carrying the highest quality products available with a focus on natural, organic and local. A quick check of Apeel's own store locator tool shows that there is only one retailer in the Austin market currently carrying Apeel-coated products.



Hey, Tanner here! I'm the Bakehouse supervisor here at Wheatsville. While this is my first time working in a bakery, it's not my first time with a co-op — I worked with another in Oregon in 2020. Here are my must-haves at our lovely South Lamar store.

TOP 10 FAVORITES



CUVÉE COLD BREW:

I didn't know coffee could be this smooth! It's my go-to delicious dose of caffeine when I'm working the late-night donut shift – and it makes the most satisfying sound when you crack it open and infuse the nitrogen.



BULK FRESH-GROUND PEANUT BUTTER:

The other half of my favorite snack. Apples and PB have that sweet and salty combo I need in my life, but let me tell ya... the fresh ground stuff takes it to the next level.



WHEATSVILLE BAKEHOUSE RAINBOW KRISPIES:

Shameless bakehouse plug! It was love at first smell for me. I'm transported to my grandma's house each time I eat one.



BLUE BELL COOKIES 'N' CREAM ICE CREAM:

One of the things I miss about where I grew up in Oregon is Umpqua Ice Cream. It's the local brand over there and tantalizing to the taste buds. But Blue Bell is right up there with it!



EL MILAGRO THIN TORTILLA CHIPS

Perhaps a hot take, but I love tortilla chips as thin as they come. It can't handle the weight of the salsa as well, but something about that crunch!



DRUNKEN GOAT CHEESE:

I'm a cheddar cheese die-hard, but when I want to seem sophisticated putting together my charcuterie board, I go straight for this one. Not too hard or soft, a mild taste but with plenty of depth. And the purple rind is super eye-catching!



WHEATSVILLE'S IN-HOUSE BREAKFAST SAUSAGE

Picture it: you're makin' a little breakfast for you and your loved ones on Sunday morning, listening to Jack Johnson, falling in love with the smells coming from the frying pan while you cook this up. It's the perfect vibe.



CALIFIA BARISTA BLEND OAT MILK

When I'm making coffee at home, I want to imagine I'm at a café in Paris admiring the Eiffel Tower, and a good cup of joe is half the battle! A little bit of this is all I need to complete the daydream.



GRANNY SMITH APPLES:

One half of my favorite snack. Tart, eye-catching, classic.



WHEATSVILLE BAKEHOUSE WHOLE WHEAT SANDWICH BREAD:

Smelling this bread come out of the oven in the morning, it's no wonder I can't resist it. The molasses gives it a hint of sweetness and a rich brown color – I just keep it in my fridge and it's ready for my sandwiches all week!