



**THE CO-OP ADVANTAGE** Join the challenge

# Eat Local America!

See articles on Pages 4-8 for more info about eating LOCAL!

**June 15th – July 15th**

- You're invited to try to consume 80% of your diet (4 out of every 5 meals) from food grown or produced locally.
- For the challenge, we define local food as food grown or processed in Texas.
- Sign up on the poster at the Member Center.
- It's honor system-based.

Look for the LOCAL signs to guide you in your choices.

Look on the Wheatsville website for a handy list of LOCAL SUPPLIERS  
[www.wheatsville.coop/local.html](http://www.wheatsville.coop/local.html)

## A New Legal Framework for Wheatsville

by the Wheatsville Board of Directors, Bylaws Committee

Wheatsville's legal foundation, represented by the Bylaws and Articles of Incorporation, could soon be changing. Beginning this month our website will feature information about Wheatsville's current bylaws, why the board is working to revise them, some of the changes that we're recommending, and the revision approval process. You'll also find information about the Wheatsville articles of incorporation and how they relate to the bylaws. Due to a new state law, we believe that it's in Wheatsville's best interest to also revise the articles as part of the bylaws revision process.

Changes to the bylaws and articles must be approved by the owners, so it's crucial that everyone is informed about the issues and the process. By making this information available to owners, the board hopes to stimulate ideas and provide opportunities for everyone to be meaningfully involved. Please take a few minutes to read the following and keep checking the website for updated information about changes to the bylaws and articles of incorporation.

### Our Work/Intent

The board intends to establish a new legal and policy framework for Wheatsville that is compliant with state law and consistent with our Purpose and Mission:

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

*The mission of Wheatsville Co-op is to serve a broad range of people by providing them goods and services, using efficient methods that avoid manipulation of the consumers, and minimize exploitation of the producers or damage to the environment. The primary focus for this mission is supplying high-quality food and non-doctrinaire information about food to people in Austin, Texas."*

*continued on Page 14*

## Dan the General Manager's Bits and pieces! by Dan Gillotte, General Manager

The project is moving right along. As you read this, the new offices will be taking form, though won't be habitable until the end of the month or early August, We sure are looking forward to their completion, though! In case you don't know, the current "executive suites" for Wheatsville Food Co-op is a 40 year old un-insulated trailer! At any given time, we may have about 15-20 souls trying to do their work in these cramped and hot spaces. And as if our building was not already impressive enough, we recently added a couple of boarded up windows after the hail storm busted our windows in May. Our new offices, while not palatial by any means, will allow for some much needed breathing room as well as climate control and bathrooms!

The new office building will also have a small private meeting room and a larger conference room that will be used for staff and board meetings as well as occasional other owner functions that we're still working out! Most importantly, we'll have a nice staff break area with bathrooms and running water, something we've never really had at Wheatsville!

### Appreciating You Instead of Aggravating You!

I started Member Appreciation Day in my first year at the co-op (10 years ago!) not knowing if they would be a success or not, or if we'd even continue to do them. Well, it's been a great success and I'm glad that this owner benefit has been such a great hit over the years.

But, as we look at our current parking situation and remember the crazy busy-ness of the March Member Appreciation Day, we are given pause. We want Member Appreciation Day to be fun and exciting for our owners. Busy yes, but not painful, frustrating or aggravating. During the last Member Appreciation Day, even before construction started and with staff parking off-premises, the parking lot was completely chock full for

nearly the entire day. Now with construction taking up 10 or 12 parking spots, we foresaw very difficult parking on our July Member Appreciation Day. So, we've come up with an alternate solution that we hope you will like. For July we'll be issuing all owners a coupon good for 10% off of any one shopping trip. The



coupon can be used on **any date from Monday, July 14th through Sunday, July 27th, 2008.** I hope that you find this a satisfactory solution and I hope that you'll stock up on your favorites using your coupon in July!

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Member Owned Business Directory

<http://wheatsville.coop/memberbusinessdirectory/mbdir.html>

# Transform Society! Benefit Community! Join the Wheatsville Board!

by Mike Crissey and Rose Marie Klee, Wheatsville Board Members

In a few months, we all have the opportunity to exercise one of our unique powers as owners of our co-operative – electing our Board of Directors. It's what sets our venture apart from most. We have local owners and stakeholders with equal power – one owner, one vote – and equal ownership. The predominant business model has corporations run by absentee owners who may be scattered around the country. Our board elections are one part of what makes us all more than simply consumers; our cooperative is accountable to all of us.

Our nine-member board is the link that we all have to our co-operative and our sole employee, the general manager; together we collaborate to ensure that we are accomplishing what we have set out to do. If you have thought about becoming more involved in Wheatsville, the board may be for you.

This election there are six (6) seats open: four (4) general seats, which have two-year terms, and two (2) staff positions, which are one-year terms. Overall, we're looking for people who can think strategically and long-term, work well within a group, represent the interests of all our owners, and understand the role of the board in our cooperative. If you have any questions, please contact the Board ([boardemail\(at\)wheatsville.coop](mailto:boardemail(at)wheatsville.coop)) or the Nominations Committee ([nominations\(at\)wheatsville.coop](mailto:nominations(at)wheatsville.coop)).

## Does it matter who is on the board?

*"Even though you are on the right track - you will get run over if you just sit there." — Will Rogers*

The board has always dedicated significant energy recruiting candidates to run for the board each year, including preparation of the application packet, meeting with all interested candidates, and being available to discuss questions. Earlier this year, when we had a vacant board seat, the board spent some time discussing an excellent article,

"Recruiting Leaders: What to Look for in New Board Members", which presents the idea that "explicitly determining leadership criteria has a powerful effect on both new and current board members." It truly has had a powerful effect!

We have also held discussion around the question, "Does it matter who is on the board?" While this question may seem mundane, it is actually quite fundamental to ask whether anyone and everyone is equally well-suited to be part of the governing body that provides the highest-level leadership for our organization. What naturally follows is a discussion of the most important qualities individuals who compose the governing body of Wheatsville should have.

At the recent Consumer Cooperative Management Association meeting in Portland, Oregon, we board members learned that this is an issue of particular importance to co-ops across the country. A seminar about how boards can create and maintain effective leadership was one of the best attended. It included directors from a wide cross-section of grocery co-ops from coast-to-coast and small, single stores to co-ops with multiple stores, gas stations and farms.

Our current renovation project has brought this question to the forefront in two ways. First, the general manager and the staff are dedicating a substantial amount of energy to the expansion of our store, and as we undergo these new and challenging experiences it is especially critical to have the best board we can to support our organization. Second, while we are involved in such a visible and mission-critical project, clarity of roles is crucial. All directors need to be unified in their understanding of the work of our board and the productive means of supporting the expansion.

### Directors need to:

- Learn and respect the boundaries of the relationship between the board and staff. We state expectations and delegate authority and then allow our GM the freedom to interpret our policies while acting within stated constraints without meddling in the details.

- Understand the standards of propriety that preclude them from getting overly involved in matters of store operations although they may have special interest or expertise in some area.

- Have appropriate expectations and interest of the true work of our board.

Misconceptions and false expectations create disruptions and distractions that keep the board from accomplishing our work and fulfilling our responsibilities. During this time when our organization is extending its available resources in the expansion project, it is especially critical. And it can be genuinely disappointing for elected candidates to discover their misconceptions about board work after they are seated rather than before they decide to run.

The board of directors has been constantly growing and maturing as a governing body, and as our store grows in size and complexity, so does the sophistication of our leadership. We are constantly discussing and implementing improved processes and practices, and this year we have been giving especial attention to the work of board perpetuation.

### What's new this election?

This exploration of how and why board leadership matters has prompted the Wheatsville Board to officially endorse candidates. The endorsement process is intended to be a step toward improving our nominations process with better communication to candidates and our entire ownership about the role and significance of this work. The endorsement criteria have been developed to set an accessible standard of minimum qualification for all candidates by requiring that they:

- Demonstrate a willingness to learn about the actual work of the board.
- Consider the most important skills for success on our board (such as enthusiasm, teamwork, and strategic thinking rather than those related to a professional discipline).
- Reflect some level of commitment and interest by spending the time required to fulfill the endorsement criteria.

Any candidate who completes the requirements will receive a written endorsement on the elections ballot. The ballot will include a brief explanation of what this endorsement entails. Candidates who are not endorsed by the board will be included on the ballot if their application is received by the August 8 deadline.

Before deciding to officially endorse candidates, the Nominations Committee researched our fellow co-operatives across the country to see what they were doing. The committee searched the Co-operative Grocers Information Network, an online discussion group for co-ops, and other co-ops' Web sites. Despite the policies or processes used for endorsements, the committee discovered the efficacy and legitimacy of nominations largely comes down to criteria. The process should be transparent; our ownership needs to be able to anticipate how the board will act and we must be able to explain why we made the choices we did.

Our board policies (B.8) give the entire board the responsibility of ensuring that our co-operative has not only effective but excellent leadership through recruitment, elections and constant development. Part of this responsibility is for the board to find qualified and skilled candidates.

### The Criteria For Candidate Endorsement

This election cycle the Wheatsville Board has decided to officially endorse candidates. To receive an endorsement from the Board of Directors a candidate must:

1. Attend at least one regular meeting of the Board of Directors, which are held on the fourth Tuesday of each month.
2. Attend one of three "Orientation for Prospective Board Candidates" sessions scheduled for June, July, and August.
3. Agree to abide by the director's Code of Ethics and Code of Conduct, if elected to serve on the Board.
4. Submit your candidate application, including a picture of yourself, to the Nominations Committee before the August 8 deadline.

Any candidate who completes the requirements will receive a written endorsement on the elections ballot. The ballot will include a brief explanation of what this endorsement entails. Candidates who are not endorsed by the board will be included on the ballot if their application is received by the August 8 deadline.

### The Questions We're Asking

We are asking candidates to answer these two questions:

- How does and should Wheatsville fit into the community and greater Austin?
- Why are you interested in serving on the Board of Directors of the cooperative?

And two answer two of the following four questions:

- Tell us about a time you were on a successful team.
- Give us an example of a situation when you learned something and then taught others.
- Describe a time that you compromised for the benefit of a group.
- As a member of the board you would represent the owners, yet they are a diverse group.
- How do you plan to represent the diverse voices of owners?

## The Wheatsville Breeze is a publication of **WHEATSVILLE FOOD CO-OP**

3101 Guadalupe  
Austin, Texas 78705  
512-478-2667

email [aldia\(at\)wheatsville.coop](mailto:aldia(at)wheatsville.coop)  
website <http://wheatsville.coop>

Editor & Production- Aldia Bluewillow

Contributors -

Therese Adams, Amy Babich,  
Theron Beaudreau, Bill Bickford,  
Aldia Bluewillow, BOD Bylaws  
Committee, BOD Nominations  
Committee, Bryan Butler,  
Mary Saucier Choate,  
Mike Crissey, Gabriel Gallegos,  
Dan Gillotte, Benjamin Gison, Rose  
Marie Klee, Merilee Kuchon,  
Johnny Livesay,  
Niki Nash, Jimmy Robertson,  
Allen Schroeder, Shane Shelton, Sara  
Smith, Christine Stout, Dana Tomlin

Photos: by Aldia Bluewillow

except where otherwise noted or not known,  
Better Eating for Life logo by Katie Cahill

**The Wheatsville Board of Directors usually meets at 6pm the fourth Thursday of every month** at 3105 Guadalupe (building North of store). Check [http://wheatsville.coop/pop\\_bodagenda.html](http://wheatsville.coop/pop_bodagenda.html) for details. Members are encouraged to attend. Something that you would like discussed at the meeting? Contact General Manager Dan Gillotte at 478-2667 or [gm\(at\)wheatsville.com](mailto:gm(at)wheatsville.com)

### Wheatsville 2008 Board of Directors

Rose Marie Klee, president  
Jane Kurzawa Cravey    Stephanie Johnson  
Bob Kinney                David Pease  
Jimmy Robertson        Tom Wald  
Mike Crissey                Theron Beaudreau

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

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

### IMPORTANT DATES FOR CANDIDATES

June 24 (Tues) — Regular meeting of the Board of Directors  
June 30 (Mon) — Orientation for Prospective Board Candidates, TBA  
July 16 (Wed) — Orientation for Prospective Board Candidates, TBA  
July 22 (Tues) — Regular meeting of the Board of Directors  
August 2 (Sat) — Orientation for Prospective Board Candidates, TBA  
August 8 (Fri) — Deadline to submit your application  
August 26 (Tues) — Regular meeting of the Board of Directors



Up until about a year ago my work required frequent travel across the state of Texas: to large cities such as Houston, San Antonio, and El Paso, and to smaller towns such as Amarillo, Henderson, Brownwood, and Childress. I quickly learned to stop by Wheatsville before I left, in anticipation of the dearth of quality produce & etc that I have come to expect from living in Austin. It also became my habit to make Wheatsville my first stop (after and often-times even before my own house) when I got back into town. In spite of this personal protocol, I am still continuing to realize the role of Wheatsville in my life.

What was apparent on those Texas travels is that access to high-quality and nutritious food is a privilege not enjoyed by all. It brings home the reasons that the cooperative pioneers in Rochdale, England felt compelled to create their own store back in 1844. Wheatsville's pioneers back in the '70s were similarly motivated. During those early days there were multiple co-op grocers in Austin, germinating from the dearth of whole grains and tofu as much as the dream of creating a better society through the co-operative economic model.

**So what difference does the Wheatsville Co-op make today?** I would love to hear your thoughts on that question, as I continue to develop my own ideas! There are many levels on which I ponder. For one thing there is my routine experience of the store: the great community and delightful interactions that seem to happen without effort and without fail. There are also the practical reasons that brought me to Wheatsville originally: the convenience of the store and my curiosity to explore the idea that "if Wheatsville does not carry it then perhaps I don't really need it." As I continue to learn about what it means that we are a cooperative I become increasingly enamored by the concept: the economic construct which embraces justice, equity, and empowerment seems like a happy remedy from the paradigms of greed and self-interest. The ability of our organization to be truly interested in the transformation of society toward cooperation and non-exploitation, because profit is not the only (or even the most important) measure of value, utterly **delights** me. I continue to wonder how we can bring this discussion to the surface... How can we excite a competition toward *excellence in values*? How can we better ensure justice and prosperity for all? How can we encourage the best ideal for what human beings and society can be and encourage it in ourselves, each other, our organization, and our community?

In the coming months, as part of our "strategic learning" on how Wheatsville can benefit community, the board will be discussing what other co-ops do to create benefit and how these impacts are measured by many different types of organizations. We are hoping to learn more about the fundamental

values and trends which are important in the world around us, so that we can anticipate the most suitable direction for our leadership of the organization. We are also very lucky to have the wisdom of the entire cooperative community to draw on!

I recently had the opportunity to travel to New Hampshire and Vermont to visit other co-op stores, and was warmly welcomed into the Hanover Co-op board meeting. Hanover is a \$66M/year operation, founded in 1936, which currently has three stores and a gas/service station. We are a long way from that size (and it may not ever be part of our plan), but with our current expansion project it is great to be thinking about what it could mean for our store to grow—from a *high-level* perspective...there are many possibilities that are not about increased product selection or even new store locations. For example, how many owners could Wheatsville one day have, and what would it be like if they all got engaged in societal transformation? What if we thought about ownership as a form of stewardship, and extended these ideas to community and citizenship with the idea that a future of equitable prosperity and justice is not only desirable but also possible? What if we just started having conversations about our deepest-held ideals?

In addition to studying some big-picture questions, the board is currently engaged in several significant projects. As Wheatsville grows, we are in especial need of an overhaul to our bylaws so that they can be better suited not only for today's needs, but can carry us forward for a long time to come. The detailed study of our founding documents (and associated legal requirements and best practices) has been incredibly educational. I have personally appreciated the opportunity to learn more about suitable structure and process for a democratically-controlled organization. We constantly explore the question of what protections and rights our owners should explicitly have in order to ensure the vibrancy and success of the Wheatsville Co-op. The bylaws committee has shown an amazing dedication and commitment to this work, and deserves our grateful recognition for their time and tireless efforts!

We are also looking toward the next group of leaders: next year we will seat the 34th Board of Directors, whose job it is to ensure that our organization serves the needs of, and provides benefit to, all of our ownership. As the store grows, so does the maturity and sophistication of our board and the skill needed for the stewards of Wheatsville. The nominations committee has stepped up to this work in a remarkable way: studying other co-ops and exploring ideas for a process which will help ensure success as we go forward. This is an especially important task during our expansion project, when the operational resources of our store are being stretched to new limits. The time has come for us as leaders to also 'expand' to be ready to take our work to the next level, as our store is physically reincarnated over the coming year. Much appreciation goes to the Nominations Committee for their enthusiasm and excellent work!

I recently heard a keynote speech that I found terribly inspiring, and I wanted to share a few ideas with you and ask if you might believe them: at a fundamental level we all want the same things (clean air, tasty food, a secure and well-paying means to make a living, meaningful relationships, and even world peace); human beings are hard-wired to experience pleasure from loving and being loved; solving some of the hardships in our community and in the world requires shifting toward a paradigm involving ownership, empowerment, and the cooperative sharing of the earth's resources; such a paradigm-shift requires us to move toward political and economic models which require greater accountability for actions and the effects of outcomes; such a shift requires an interest in cultivating our loftiest human potentials and believing that this dream is possible rather than accepting the status-quo.

Could this be? I dream and wonder and I do hope to see you soon at Wheatsville to exchange a warm smile and a friendly "hello!"

## We've Got Mail!

**Hello Aldia and all the wonderful Wheatsville staff,**  
My first Wheatsville membership was through my residency/membership at Taos Coop/College Houses back in 1988. My husband and I have sustained our "gold card" household membership for, I think, 18 years now. We love Wheatsville, we shop there, eat there, and rave to all the not-yet-member Austinites we meet that they need to become members of the only cooperatively run grocery store in Austin!

We know that the renovations will be well worth all the toil and trouble, but we also sympathize with how much it is disrupting to your worklives. I happened to be lucky enough to witness the recent Tibetan Buddhist monks' blessing of the new Wheatsville-to-be—aisle three has never been so amazing to behold! What a wonderful idea to invite them, and how impressive that they were willing to come and do this for you and for us. I was humbled by the experience.

Oddly, I had a pang the first time I saw that the fence that borders the parking lot was gone. Yes, I know it had to be done, and it was high time, but there was something magical about it canted the way it was, it seemed to defy gravity just by standing up each passing day. I have been interested for some time in the way we humans frame the views we see in photography—what is missing as well as what is present. Through this I became fascinated by other artifices which present a certain view. One day last summer I had my camera with me when I came to Wheatsville, and I took this shot framed by the selfsame magical



fence. Just thought you might enjoy sharing it amongst yourselves as a nod to the past as you look forward to a bright new future.

Anyway, as you face the inevitable shifts, changes, and crises that this upheaval brings to you, please know that your members are so very grateful for your service throughout. I don't know what we would do without our Wheatsville! Namaste, S

Hi S,  
I'm so glad you were fortunate to be here when the monks were blessing the store. It was a special moment that we'll never forget.

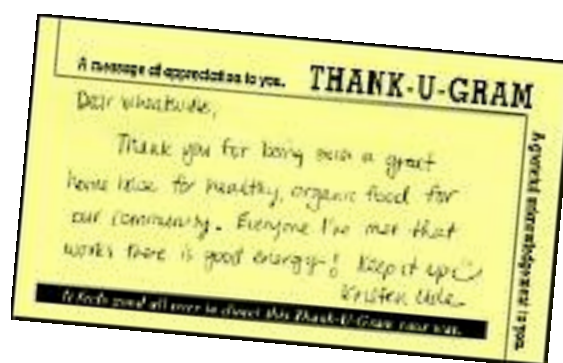
*They were on tour and were going to stay in Austin a few extra days so we invited them to come by. We lucked out! We've got a bunch of photos of the monks on our website ([www.wheatsville.coop/monksblessing.html](http://www.wheatsville.coop/monksblessing.html)) plus a link to learn more about the monks tour ([www.tibetanmonkstour.info](http://www.tibetanmonkstour.info)). A few of the photos are shown on Page 11.*

*I had just bought a new camera the day before their visit and these were the first photos taken with the new camera. What a great initiation!*

*Thanks for the photo! I've always been partial to that fence, too; I love the way the old wood weathered.*  
Aldia, editor

**S replied:**  
Thanks for the link to the monks' blessing, I enjoyed reliving it in picture form, and I had no idea they were raising money to help open a free medical center. As a surgical technologist this is close to my heart, and without your intervention I would never have known about their cause. You helped me to find a way to help them help others, how wonderfully cyclical! My gratitude to you, and your nifty new camera.

Thanks again for your appreciation and your reply. I am glad to know that I am not the only one who had an attachment to the fence. Long may its spirit inhabit the environs of Wheatsville!



**Dear Wheatsville,**  
Thank you for your generous donation of \$1037.22. Your support is truly appreciated!  
Best Wishes,  
Jeff, Ecology Action volunteer

*Thanks, Jeff. Last year, our members voted last year to donate 1% of sales to Ecology Action through our Community Action Wednesday program. We truly appreciate all the good work that y'all do, too.*  
Aldia, editor



During a long road trip around the Midwest last summer, I listened to a great story on NPR about locally produced food. The story was

solid, and treated the burgeoning local food trend as yet another extension of the slow food movement. At that point I had already heard the phrase “local is the new organic,” and having been to over twenty co-ops around the country (nine on that trip alone) had seen the emphasis being placed on locally produced food in action.

I can't help but think, “Is this really a burgeoning trend, or a return to our agricultural roots?” It seems logical to say that throughout the course of our agrarian history, the majority of food consumed by humans was locally produced. Only over the past few centuries has food from foreign producers been available. In many ways, these food items are frills, even if they have become staples to our diets. Foods such as bananas and apples are available year round, but that banana tree in my yard isn't producing, and I think I've only seen a handful of heirloom apple trees in Texas, which is hardly convenient or sustainable.

Organic foods practices are important, however, they are not always the most practical means of producing food for large populations of people. The last few years has seen the evolution of the Green Foodie. Organic food production may be better for the environment, but many would argue that this could be undermined by the amount of energy it takes to transport organic produce from places like California and Colorado. So, what is better? What is more important? Local? Organic? Both?

I can't say. This is a very subjective topic based on consumers' personal preferences, ethical and moral stances, and tastes. Reading up on some articles on local produce, one can find a myriad of arguments for and against the local food movement.

The f-bomb dropping, eccentric celebrity chef, Gordon Ramsay, has suggested pushing for legislation in the UK that would fine chefs for using out of season, non-locally produced food in their kitchens. This, of course, has caused many to attack his menus at the over twenty restaurants he owns in the UK alone, and his entire operation in Dubai. Is this going too far? Probably, but there is one point that I can agree with him about: freshness.

Chefs have been focusing on local produce for years. Regional seasonal menus highlight the area in which the chef lives, which in turn promotes the offerings of a particular geographic region. We are fortunate to have such a diverse set of geographic regions around us. Some of the finest farmland in the state exists just East of IH-35, the Blackland Prairie. Prime ranchland exists to the South and West, and the land ain't so bad to the North either. Throw in a year round growing season, and we're in business.

So what about freshness? Is a peach that is grown in California that is intentionally picked early for transportation purposes even comparable to a tree ripened Hill Country peach? Are tomatoes grown eight miles East of Austin, and delivered warm and ripe from the field better than tomatoes that traveled unripe and in cold storage for 1500 miles? You make the call, and the only way to do so is to educate yourself by taste testing.

Wheatsville has long emphasized the importance of food from local producers and farmers. As this 'trend' continues, and Wheatsville continues to improve our financial performance, we will be in a position to work with more farmers, and cultivate a mutually beneficial relationship with them. We are currently working with several small-scale farmers, and are limited to what we can carry due to our space constraints.

Last month's salmonella scare caused many national distributors to pull varieties of tomatoes out of warehouses, yet fortunately for us it happened at the beginning of our local tomato season, and we were still able to have high quality, locally produced, sustainable and organic tomatoes on our displays. This was good for the farmers we support, and our local economy. In my opinion, dear reader, a purple Cherokee heirloom is the finest tomato available, but it's only around a few months each year. I anticipate their arrival almost as dearly as I do peaches and nectarines, which says a lot.

Speaking of local farms, I'd like to spotlight three that we have been getting local produce from this summer season.

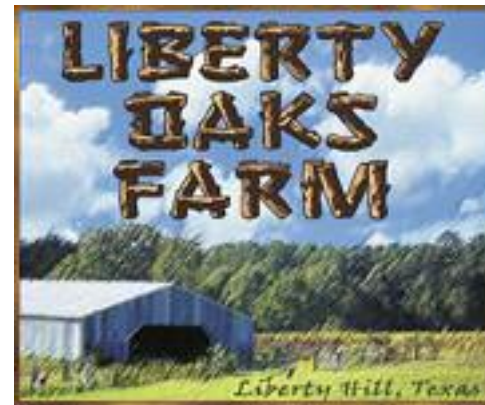
## Green Gate Farms

Location: 8604 FM 969 (E. MLK and Decker Lane, about 8 miles east of downtown), Austin, TX  
Proprietors: Skip Connett, and Erin Flynn

This farm is located on the Bergstrom homestead built by Swedish Farmer in the 1850's along Austin's historic greenbelt on the eastside. They are certified naturally grown, and use sustainable practices that are good for the soil and for us.



Green Gate has a CSA, and runs a farmstand every Friday and Saturday at the Center for Maximum Potential Building Systems. They offer a wide selection of seasonal vegetables, mostly heirloom varieties such as the wonderful tomatoes that we have been selling. Check them out on the web at [www.greengatefarms.net](http://www.greengatefarms.net)



## Liberty Oak Farms

Location: 311 Oak Ln. Liberty Hill, Texas (32 miles from Wheatsville)  
Proprietors: Julia Hollar and Lee Bello

These are the new kids on the block, only in their second year of vegetable production, and seem to have the right stuff that will make them last. They have applied for their registration as an organic producer and are working their way through the various stages of certification. Liberty Oaks starts all their plants from organic seeds, and fertilize using rock powders, compost, compost teas, blood meal, fish emulsion, and seaweed. They employ the use of cover crops, pull all weeds by hand, and biologically control insects.

Liberty Oaks grows mostly squash, tomatoes (heirloom) and beans. Next Spring they will be expanding to two acres of production. They also board horses. Check them out on the internet at [www.libertyoaksfarm.com](http://www.libertyoaksfarm.com).



## Buena Tierra

Location: Fredonia, Texas (110 miles NW of Austin)  
Proprietors: Stephen Kraemer and Carey Burkett (along with 10-year-old son, August)

Buena Tierra has been the gem of our local selection this season in produce. They offer a wide variety of certified organic produce grown on ten acres of their one hundred acre farm. They have red sandy loam (which you can see on the veggies from time to time, which I like) and good water. They grow basil, cucumbers, squash, greens (best kale ever!!!), eggplant, bell peppers, melons, potatoes, and other veggies. Their product is sold to Whole Foods, Central Market, Wheatsville, and some times they sell at farmers markets. Buena Tierra's season runs from April to July.

They are currently working on converting their farm and family vehicles to run on used vegetable oil. As of now, two of their tractors as well as their Isuzu delivery truck run on restaurant grease, provided in part by our neighbor Tom's Tabooley. Veggie oil has replaced 20 of the 22 gallons of fuel used to drive to Austin and back.

In today's world of large agri-business and factory farms, we often miss out on the human scale elements of our food production. Knowing the source of the produce, meat, cheese, eggs, and dairy that you consume is something that we should find important. It brings us back to our regional, cultural roots, and gives us the satisfaction that our purchases are benefiting families in our local area, and strengthening our local economy. In the years to come, with potential shortages and high prices of energy, food and other commodities on the horizon, a return to local commerce could be integral in the well being of our society. For now, enjoy the heat on the banks of the springs and eat local.



## FREE MAMMOGRAMS for Low-Income Women

The Community Women's Wellness Center offers free breast exams and mammograms to low-income women 50 and older, residents of Travis County, with limited or no health insurance. Women receive comprehensive breast examinations, learn how to do breast self-exam, and get blood pressure & weight checks. Call 232-4707 for eligibility and appointments.  
A project of the University of Texas School of Nursing.



## We have discontinued selling Sierra Springs



spring and distilled water in the 5 gallon plastic containers. **We will accept bottles for deposit return only until July 31st.** We can only accept bottles which were purchased here at Wheatsville. No deposit refund will be given for bottles from home or office delivery or broken/ cracked bottles.

You are welcome to keep your bottle if you so desire. (They make great drums!)



We will continue to sell Mountain Valley spring and distilled water in 2.5 gallon glass bottles.



## Deli Local! by Dana Tomlin, Deli Manager

We proudly offer a great selection of take home foods from several Austin businesses. These companies serve as the backbone of the deli's Grab-n-Go. These folks are in the store sometimes as often as once a day, checking

on their product. They enable us to offer a diverse selection of sandwiches, wraps, packaged lunches, hummus, and even hand rolled dolmas. I would like to take some time to give these vendors a shout out.

**The Green Cart Wraps:** Jeff, the owner, started his business down on the drag, selling them out of a mobile cart. We offer four different kinds of brown-rice based wraps. The Saigon Lotus, the Aegean, the Brahman, and El Sol Rojo



**The Mediterranean Chef:** Nikki Kaya makes the savory pies that we have in our full serve case. These pies are made with phyllo dough and stuffed with either a spinach or artichoke mix and presented in a unique spiral form factor.

**Tom's Tabooley:** Tom & Bridget own a store front across the street and have been bringing in their wraps, dolmas, hummus, tabouli for over 20 years now. We make fresh pitas featuring their fresh felafels at the deli counter. They also have their dolmas hand rolled fresh throughout the week.



**Out to Lunch Sandwiches:** Kathy offers a wide selection of quick and easy sandwiches. My favorite is the egg salad pita... I love that the bread has been substituted for pita, it makes this lunch choice so light & refreshing.



**Out to Lunch Hummus:** Not to be confused with the sandwich line, this company brings us several varieties of flavored hummus including my favorite, green chili hummus.

**Solar Falafel:** These folks have been in business for 17 years. They offer a selection of wraps and hummus which utilize family recipes. Try the turbo hummus out – it's got some spice to it.



**Kala's Kuisine:** Owner and founder Kala Uprety offers up a unique twist on traditional Nepali dishes by combining them with flavors from around the world. She offers a great selection of lunch plates (with fork included!!), wraps, and pasta. Her 3 packs of samosas with tamarind sauce are great: heat them up, remove one of the corners and pour in some of the sauce – no dipping required.



**Baraka bars:** Keith makes a great snack bar focusing on raw deliciousness packed full of wholesome nutrients. There are two varieties: Goji Spirulina & Almond Cacao.



The deli also uses a variety of ingredients in our daily use that are made from local businesses. It may not seem like a lot but these are some of the major staples in our daily use, bread, juice and tofu are pretty darn important to a deli.



- Goodflow honey & juices (orange, lemon & lime)

- White Mountain tofu
- New world bakery supplies us with fresh breads



## Hermit Crab Update

We lost a member of our hermit crab family—Speedy. He was the littlest and had a red shell that had been painted with a lightning bolt. Sairah buried Speedy in the front yard with a seashell as a marker. It said, "Speedy, I will miss you." Carol played *Taps* and we had a moment of silence. I told Sairah that this was the circle of life and that a hermit crab had to die to make room for another one, and joked with her that she replaced a hermit crab as well. Pets— who knew it would be so sad.

## Local Producers, Wheatsville and You

by Theron Beaudreau, Stocking Supervisor



What do all these things have in common? Well, they can all be found right here in the heart of Texas—obviously. But, more importantly, they are all taking part in a nationwide challenge to eat more local foods.

While it's true, you may have only just realized this challenge was afoot; and true, you may be largely unaware of your own level of participation—in fact, you may even been unsure of where to begin—you've nothing to fear. The competition is friendly, the challenge is honor based and Wheatsville is here to make it easy!

Here are some tips that can help you realize your full "locavorian" potential:

- Look for our green "made local" tags that will tell you the miles a product had to travel to reach our store shelves.
- Talk to our staff. Besides the occasional dose of moral support, our staff are well versed in "local lingo" and are prepared to go to great lengths (or in this case, short distances) to help you find what you're looking for.
- Start a garden in your own back yard or participate in one of Austin's local community garden spaces. There is nothing more satisfying than a homegrown meal. (Check out our seed rack near the member center and feel free to ask our staff or other co-op owners for gardening advice.)
- Visit one of Austin's many farmers market locations. There is no better way to get to know your local farmers and producers than building a direct personal relationship with them through the farmers market.
- Subscribe to a CSA and have the farm come to you! Many local farms participate in a Community Supported Agriculture program that will deliver a wide assortment of locally grown seasonal produce along with recipes, fresh herbs, cut flowers and other little bits of inspiration to keep you motivated.
- Be creative. There are at least as many ways to discover local foods, as there are to enjoy them! (And don't forget to pick up the latest issue of 'edibleAustin' at the member center for little added inspiration!)
- Lastly, and perhaps most importantly, don't be too hard on yourself. For some of us shifting to a diet of 80% local foods may not be much of a shift at all; for others it might be much more of a challenge. Remember to take it slow and keep in mind that the greatest success will not come from applying oneself to a strict regimented diet but by viewing this as an opportunity to explore all the possibilities our local communities, farmers and producers have to offer. Happy Grazing!



## Kuchon In the Kitchen

by Merilee Kuchon, Kitchen Manager

Well, it's summertime in Texas, which means it's time to shut off those ovens and fire up those grills! And what better accompaniment to your fruitwood-smoked favorites in the outdoors than a cool, crisp garden-fresh green salad with a fruity dressing packed with summer flavors?

Start off with some cool, slightly bitter greens like arugula, perhaps mixed in with some baby spinach, spring mix and dandelion greens. I always pick my salads based on what looks freshest in the market, or in my garden.

If you're an omnivore, you can add to those greens some crumbled crispy bacon. If not, try some feta for saltiness and toasted pecans for crunch, and toss it all together with some slivered red onion and a peach-buttermilk dressing that will have your guests clamoring for seconds.

This recipe is a great way to use older, not-so-pretty peaches; there's no need to take the skin off, as the red flecks add a lovely color to the salmon-colored dressing.

If you're going to a picnic or potluck, bring your prepped ingredients in separate containers and toss them all together when it's time to chow down to keep the salad from wilting.

### Texas Peach-Buttermilk Salad Dressing

- 2 ripe to overripe local Texas peaches, pits removed and flesh diced
- 1/4 cup grapeseed or canola oil
- 2 Tbs raspberry vinegar
- 1 Tbs local Goodflow wildflower honey
- 1 Tbs Dijon mustard
- 1/4 tsp freshly-ground black pepper
- 1/4 tsp salt
- 6 Tbs Organic Valley buttermilk

In a blender or food processor, add all ingredients except buttermilk. Pulse to combine and chop peaches finely. Add buttermilk and puree briefly until smooth. Chill until ready to serve. Be sure to stir again before dressing your salad. Makes about 1-1/2 cups dressing.

## Get to Know Your Staff!

Bryan Butler interviewed by Therese Adams, HR Coordinator



Hello Wheatsville Community, I'd like to introduce myself to all of you. In April, I was hired as Human Resources Coordinator to take over for Ellie Biegel. I am excited and honored to have the privilege of working here at Wheatsville, especially in such a rewarding role. My background includes work with various nonprofits and most recently at the State Bar of Texas. Since 2006, I've served as a Director for Black Star Co-op here in Austin.

Now I'll give you a closer look at a valued employee here at Wheatsville—Bryan Butler, our meat buyer. Bryan brought his talent to our team in 2005, and continues to make improvements to our meat case.

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

BB: As a child, I lived on a small organic run farm run by my father, south of Waco in a tiny town called Spring Valley. Oddly enough, I was a vegetarian until I was 8 years old. I moved with my folks in and around Waco until I was about 13 when I moved with my Pops to Lorena, a small town where I graduated from high school. After having some difficulties getting into a four year college, I opted for a trade school to make some money. I attended the TSTC Market Management and Meat Fabrication classes. I was "head-hunted" by the Fresh Plus grocery manager and offered a job. I moved to Austin in 1996 and worked for Fresh Plus for four years. In 2000, I took off for a couple years to pursue other things. In 2002, I returned to Austin and to Fresh Plus. In 2003, I lost my Dad to an unexpected heart attack. I only managed a few more months at Fresh Plus before Wheatsville's Deli Manager, Laura Farley, sought me out. Even though I'd never set foot in Wheatsville until I got the job here in 2005, I found it to be the kind of environment I'd been looking for—selling healthy foodstuffs to good folks.

TA: What is your favorite product at Wheatsville?

BB: I have lots favorites, but on the whole I love the mix of sustainable and fair-traded goods. I love the passion our buyers, past and present, have put into the dynamic product mix. I'm really fond of Thunderheart Bison products. I admire the compassion Hugh Fitzsimmons brings to his animals. I use Thunderheart as a benchmark for all other locally raised products I bring into the store. I love our organic watermelons, Yerba Maté (instead of coffee), Dale's Pale Ale (my new favorite beer out of a can), and all of our great smoothies. I also love all the silly gag gifts we get in the front of the store. Always good for a laugh.

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

BB: I love going to the Alamo Draft House. It has to be the coolest movie theater in the country. I also love getting drinks and eating with that crazy guy from produce, Johnny Livesay—the only person I know who has the appetite to match mine!

TA: Any big plans for the expanded meat case once the renovation is complete?

BB: The future of our meat case is very exciting—we're aiming for a stellar meat program. Based on the recent survey, most of our members have expressed that they want more. I plan to kick up the level of customer service and offer more education and cooking demos. We're going to have all the great sellers we have now and a heck of a lot more. We'll develop a range of quick-to-fix items, prepared for your convenience and ready to go home for dinner. We'll cut steaks to your spec, on a traditional style butcher-block meat counter. Also, we aim to have the best "sustainable" seafood counter in all of Austin. Something special for all of our four-legged members – I plan to offer small portions of meats ready to use in crafting great raw pet food. I'm really proud of what we're planning.

TA: What's your fantasy vacation?

BB: I never really get to go anywhere on vacations. Usually they're "stay-cations" and I just get caught up with things around the house. Fantasy vacation on the other hand is a whole other beast. I've been to Big Sur in California and I swear I was in heaven on earth. I could always go spend time there, quite cathartic for the soul. Wait, wait, you guys asked for fantasy vacation... hmmm I would have to say India.



## The Revolution will be Canned

by Shane Shelton, Beer & Wine Buyer



A short time ago Johnny Livesay, our produce manager with the big hair and the Hawaiian shirts, told me about this amazing new beer that comes in a can. I told him he must be mistaken. "Listen Johnny, great beer comes in bottles and not in cans," I said, very sure of myself. But Johnny persisted, so I decided to give it a try, and boy, am I glad I did. The beer in question was Oskar Blues Dale's Pale Ale and it is nothing short of amazing.



**Dale's Pale Ale**, America's first hand-canned craft beer, is an assertive but deftly balanced beer (somewhere between American pale ale and an India Pale Ale) brewed with hefty amounts of European malts and American hops. It is sooooo yummy—you just have to try one. I did and now I am a convert to the possibilities of the humble can.

You see, not only are cans portable and lake friendly, but also the cans Oskar Blues use have a special water-based lining so the beer never touches the aluminum. Unlike bottles, there is no contact with light, which can compromise beer and make it taste skunky. In addition to the Dale's Pale Ale, Oskar Blues also makes Old Chub and Gordon Beer.



**Old Chub** is Scottish strong ale brewed with hearty amounts of seven different malts. Ingredients include crystal and chocolate malts, a smidge of US and UK hops and a dash of beechwood-smoked grains imported from Germany.

**Gordon Beer** is a hybrid version of strong ale, somewhere between an Imperial Red and a Double IPA. All of these beers are fantastic and can be found in the beer cooler so do your self a favor and see how good a beer in a can be.

Viva la revolution!

## Continuing Support of Local Farms and Producers

by B.N. Butler, Meat Buyer

One of the most rewarding aspects of being a buyer for Wheatsville is the day-to-day interaction we have with local farmers and ranchers. Even though these people come from diverse backgrounds, they all seek the same thing—a fulfilling, independent means to make a living. Whether their motives are selling healthy food, reducing their carbon footprints, supporting local agriculture and the local economy, or continuing their family tradition, we appreciate seeing them at Wheatsville every day.

It's wonderful to see farmer **Kim Alexander** loading the dairy case with his farm fresh eggs and stop to help a customer understand the differences in our eggs. It's great to walk by and hear **Patty Jacobs** of **Bastrop Cattle Company** educating our staff about the benefits of grass-fed beef. In the future, I hope that we will be able to have them come to the store and speak to the public about their products, beliefs and most of all, themselves. They all have unique stories about why they choose to sell naturally raised food.

Since I've been here at Wheatsville, I've made it a point to commit myself to local agriculture. It's a rare thing for a week to go by that I don't get a phone call from a new rancher interested in getting their product into the store. Sometimes it goes beyond that and I'll get a phone call from a rancher who wants to change the way they raise their animals. That's one of the best moments for me because it tells me that slowly, things are changing for the better. It's really all about the "transformation of society" and making the world better for humans and animals alike.

I'd like to welcome a new local farm to our aisles—**Richardson Farms**, owned by **Jim and Kay Richardson**, located near Rockdale Texas, about 61 miles from Wheatsville. Farming has been part of Jim's life from early childhood and he spent many hours as a child farming with his grandfather near Gainesville, Texas. This experience gave Jim a passion for farming and a love of animals.



Jim has a unique perspective concerning animal care and welfare—Jim is a veterinarian, board certified in canine and feline medicine with 35+ years of veterinary practice. Throughout his professional working years, he has continued to farm and grow bountiful gardens. His dream has always been to share his love of farming with others, and as a result, is committed to Community Supported Agriculture and ag-education farm tours. Kay Richardson is a Registered Nurse and she is currently working part time at Richards Memorial Hospital in Rockdale.

We started carrying Richardson Farms pork products in the first part of June—**Bone-in Chops** and an amazing **Full-ring Country Style Sausage** that will just blow your socks off.

We welcome Richardson Farms to Wheatsville Co-op. We add them to an ever-growing list of fine local producers such as **Buddy's Natural Chicken**, **Thunderheart Bison**, **Bastrop Cattle Company**, **Bison Provision** and **Pederson's Natural Pork** products. So run don't walk to the store and get some of this local goodness!

# Is Locavoraciousness Enough? by Mike Crissey, Chill Buyer



Our co-op is joining 70 other co-ops coast-to-coast in Eat Local America, a challenge to our owners to try to eat 80% of their meals from food grown or produced locally from June 15 to July 15. As I pointed out in my last article ("Is a \$10 Gallon of Milk Hard to Swallow", May 2008) it's not just what we're paying for food it's whom we're paying for our food. A good portion of the money we spend on food—39¢ of every dollar, according to the USDA's Economic Research Service—pays all of the people who touch it (including your humble buyer) to get it from the farms to our plates.

The fewer steps between the farmer and us, the more value we're getting for your dollar. The person who produced our food will likely see more of the money you spend. The USDA Economic Research Service reported the portion of our dollar going to farmers decreased from 27¢ in 1982 to 19¢ in 2002. Think of it this way, it takes a lot of work to make a meal in a restaurant or microwave ready. And more of our money stays in the community.

We also have more control over our food because we can meet the people who make it. Our local farmers are our partners in our cooperative venture. We also help the environment because local food relies less on fossil fuels to get it to us.

At Wheatsville, we've been offering local foods since we started. This is just a sample of the local products we have in the dairy cooler:

- **Alexander Family Farms** Eggs from pasture-raised, antibiotic and hormone-free chickens raised on a local farm. Kim Alexander and his family deliver them each week.

- **Good Flow Juice Company** Juices and smoothies—hand-squeezed, mixed and bottled in downtown Austin from Texas fruit when available.

- **Wateroak Farm** Goat milk and yogurt from nearby Robertson County, Texas, where Mark and Pam Burow have been raising dairy goats for almost 10 years. Mark himself delivers his milk, yogurt, ice cream and cheese each week.

- Salsas from locally-owned **Ana's Unlimited** and **Out-to-Lunch**, tortillas from **Margarita's Tortillas**, and salad dressing from **Brothers & Sisters** and **Mother's Café**.

- **White Mountain Foods** Tofu salads and spreads and Bulgarian yogurt, all of which are minimally processed, non-engineered, additive free and organic when possible for almost 30 years.

The Eat Local challenge comes just as "locavore" has taken over our food lexicon. After years of steadily growing numbers of locavoracious eaters, Tom Philpott at *Grist* magazine points out "even the business media are taking it seriously" and in his May 30 column, "Farm Hands Down", highlighted a recent *Business Week* article trumpeting the "Rise of the Locavore."

The article has great news from the better food front with locavores as the standard-bearers. After declining for more than a century, the number of small farms has increased 20% in the past six years to 1.2 million, according to the U.S. Department of Agriculture. CSAs, or community-supported agriculture organizations, where people pay a local farmer for a weekly supply of produce during the harvest season, are sprouting up everywhere. In 2000, there were around 400 farms that had CSA programs; today there are more than 1,800 nationwide. Nationwide, the number of farmers markets ballooned by 50% between 2001 and 2006, *Business Week* reports.

And it mentions how co-ops are leading the charge by example of Bloomingfoods Market in Bloomington, IN. The article says that the co-op has been stealing market share with its local offerings from 180 farmers. They've grown from 2,000 owners five years ago to 7,000 owners today.

"We're seeing a real renaissance," Ellen Michel, marketing manager for Bloomingfoods, told *Business Week*. The magazine calls it a "dramatic shift in American tastes." I'll go with rising food awareness.

But Philpott has some gloom and doom for us. In his April 18 column "Hole in the Middle", he noted that despite the buzz around farmers markets, CSAs and the like, they remain "niche operations catering to a relatively tiny portion of the population." By some estimates, Philpott says, local-oriented farms supply 2% of U.S. food calories.

It appears that locavores' barks could be worse than their bites.

Philpott says the missing local portions on our plates should come

from mid-sized family farms, which generate between \$50,000 and \$250,000 in revenue a year.

They make up a third of the roughly one million "working farms," farms generating at least \$10,000 in annual revenue, according to a USDA report last year. They also outnumber large farms, which rake in more than \$250,000 a year and tend to be monocultures, by about two to one.

But they're faltering. On average, one of every ten will shutter its barns every five years. Between 1997 and 2003, 10.9% of farms making between \$50,000 and \$99,000 closed their barn doors, as well as 11.2% of farms bringing in between \$100,000 and \$249,000. Meanwhile, mega-farms with revenue exceeding \$5 million grew by 42%.

The problem is they have few places to sell their goods; basically, they can sell directly to consumers at farmers markets or through CSAs or sell them to gigantic corporate buyers.

Neither works well for mid-sized farms. A 2006 USDA study painted a pretty bleak picture money-wise for a mid-sized farmer. On average, farms with revenues between \$100,000 and \$249,000 have an operating profit margin of negative 1.8%. They lose money or make little money farming and close the gap with off-farm work.

"We need to find new ways to connect consumers with mid-sized farmers. The infrastructure for doing so—locally owned grocery stores, dairy-processing plants, slaughterhouses, canneries—has withered away as the food industry consolidated over the decades," Philpott says.

Remember in March when Brazilian JBS SA, the world's largest beef producer, scooped up the fourth- and fifth-largest meatpacking companies in the U.S. for just over \$1 billion?

Together, we have a co-operative that sells groceries, an integral part of the connection. I said it last time, but it's worth repeating. Let's vote with our dollars and decide which producers we'd like to weather the issues buffeting our food. Let's keep control of our food by deciding who is making it for us and how. We can help close the gap.

## Local Cheeses Awesome!

by Sara Smith, Cheese Buyer



The cheeses we get from our local vendors are some of my favorites. Thought I'd tell y'all a bit about 'em.



**P/2 Organics** is a local organic farm that started for the sake of self-sufficiency. Wheatsville members, **Tony Piccola and Suzanne Bartou**, now sell to large grocery store chains, small independent stores, and farmers markets in the Austin area. They grow a variety of vegetables such as okra, asparagus, zucchini, tomatoes and sweet basil. And their **fresh pestos** are to die for! Find many of their great flavors amidst the Pasta & Co.'s fresh pasta. The perfect pairing! (P/2 pestos are also great as a dip for crackers and chips, or paired with goat cheese on top of a homemade pizza!)

**Pasta & Co.**, established in 1983, has served Austin's **fresh pasta** needs for the last 25 years.

**Sheryl Simpson** and **Teresa Swann** produce classic Italian delights as well as flavored pasta and ravioli selections that reflect a diverse and ever-expanding range of culinary influences. They support other locally owned suppliers whenever possible.



**Wateroak Farm**, owned and operated by **Mark and Pam Burow**, has been in business since 1998. The farm sells **fresh, raw dairy goat milk** (fluid & frozen), **yogurt**, **super premium ice cream**, and my favorite—**whole milk ricotta in plain, jalapeño, tomato basil, and garlic & herb** (all of these products, by the way, are made from goat milk). Mark and Pam take pride in providing natural, wholesome, great-tasting products for their customers. Try their delicious, unusual ricottas with fruit and crackers, or on top of a steak or hamburger—yummy!



**Pure Luck** has won many awards for their **handmade artisan goat cheese** and **certified organic culinary herbs**. Everything **Amelia and her husband Ben** do is by hand on their family farm and goat dairy, and for the love of doing it!

At **Full Quiver Farms**, **Michael and Debbie Sams** are not certified organic, but they use

no preservatives, no added hormones, and no added color; nor are their cheeses homogenized. I love their **spinach feta dip** with a fresh sourdough baguette! The **strawberry cheese dip** is great on bagels or fruit & nuts, and I love to put some of their **chive cheese spread** in scrambled eggs. Just like mom used to make! Try out these wonderful, unique cheeses and support your local farms today!





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# Urban Roots— The Goodness is Growing by Johnny Livesay, Produce Manager

Urban Roots is a youth development program that uses sustainable agriculture as means to effect lasting change for youth participants, and to nourishing East Austin residents who currently have limited access to healthy foods. Young people cultivated a local, diversified organic farm, selling a portion of their harvest in the Austin area and donating a portion to local hunger relief programs. Through this process young people can connect to the land and learn the benefits of growing, eating, selling and donating organic food, as well as leadership, entrepreneurial and life skills, and the importance of giving back to their community.

I sent a few questions over to my friend **Max Elliot** who works with Urban Roots, and for some of their farm interns (youth workers). I hope that you find these answers inspiring, enlightening, and indicative of the good things that this program is doing for our community. Urban Roots is our Community Action Wednesday recipient for the month of July. They will receive 1% of sales each Wednesday, so come on out and support this great program.

## How did you become involved with the Urban Roots program?

About a year and a half ago, I was hired by YouthLaunch to create an after-school gardening program at Webb Middle School. Well, we learned a lot during that year. We saw that young people love planting and especially like to eat fresh produce that they had grown. But we also saw that there were a lot of challenges working on a small school garden. I felt that the youth had a hard time taking ownership over the site and because the garden was at school, the garden didn't provide them a new and fresh experience away from what they saw everyday. . . and so we decided that the best way that YouthLaunch could provide youth an opportunity to truly serve their community by growing an abundance of fresh, healthy food was to create an urban farming program where we could grow 15,000 pounds of produce on an acre of land. And so, in early 2007, we started laying out the foundation for Urban Roots to start in the spring of 2008.

## How do you feel teaching young people how to grow vegetables benefits community?

Urban Roots creates empowering opportunities for young people by using sustainable agriculture as a means to affect lasting change in the community. We talk a lot about food access and hunger. And over time, they begin to understand that their work out in the field is helping to directly feed those in need. This past spring, we donated over 300 heads of lettuce and over 500 pounds of onions to Meals on Wheels and our young people not only harvested and washed the produce, but also packed the bags at Meals on Wheels for homebound folks who received our produce. This summer, our youth will deliver and prepare our fresh produce at Caritas and will also serve the food that they grew and cooked to those in need. While we will not be able to solve all of the hunger issues in central, Texas, we will transform the lives of our youth farm interns who will gain an intimate understanding of the power that freshly grown food can have to fight hunger. And these lessons will serve them as well as the greater community for the rest of their lives.

## How important do you think locally grown produce will be over the next few years?

In 2000, most folks never had heard of the concept of a 'foodshed', but that phrase is becoming more and more common as we talk about health and environmental sustainability. With increased globalization, people are yearning for a real connection with their local environment and one of the most direct ways that con-



sumers can connect with the land is through their food. And I believe that cultivating the skills to grow your own food is especially empowering to everyone who gets their hands in the soil.

## When did you become interested in farming or growing vegetables?

When I was in college in New Orleans, I was feeling incredibly disconnected with the environment and had a pretty poor diet. And I had the romantic notion that working on organic farm would give me the opportunity to dial into the subtle seasonal shifts. In 1998, I interned on a diversified organic farm in Colorado that had chickens, cows, goats, pigs, sheep, turkeys, and a 100 member CSA while also providing hands-on educational experiences for young people.

## What aspects of your involvement with

## Urban Roots has brought you a sense of satisfaction or feeling of achievement?

On a farm tour at the beginning of the season, when I asked where was the spinach, most of our youth farm interns pointed in almost every direction. Most had never seen vegetables growing in the ground and couldn't identify a lot of harvested vegetables. But over time, they have developed intimate relationships with every vegetable grown on the farm. Many of our youth eat the produce straight out of the fields. I especially loved watching one youth intern try a cherry tomato for the first time. He initially spit it out, but after a little encouragement, he came around and has loved them ever since. He told me, "I never knew that I liked vegetables before I came out here."

## Local, organic, or both?

I have to admit that I'm becoming more and more of a proponent of 'local' over 'organic'. I don't believe that it makes much environmental sense for 'organic' produce to be shipped halfway across the world. But it's also important to understand that central Texas will never be able to supply all of its food needs from locally grown foods. Most folks might not realize that only a few crops like okra, eggplant, and basil thrive in our brutal August heat. And so, it's essential to think about where it makes most sense to grow foods in the most efficient and sustainable way. And that might mean that it makes more sense to grow some organic foods in places like California or in Mexico and ship them to our area.

I believe that local food, if stored well, can be more fresh and nutritious. Local food definitely contributes to the local economy in many ways and it also connects people to unique, seasonal varieties, thus providing

folks with a more rich, regional identity. It is my hope that the more that a local community demands sustainably raised or 'organic' produce, then they can convince local growers to farm that way. In an ideal world, there would be abundant local, organic produce accessible to everyone.

The following questions were answered by **Steve Young**, one of Urban Roots youth farm interns.

## What made you want to participate in the Urban Roots program?

I wanted to join to have a chance to really help the community. One reason was because of my grandma. She had a little garden; and I wanted to take after her a little bit. I don't live in New Orleans anymore and I used to go to her house and help her with her garden.

## What do you feel is important about what the program does for the community?

I think it's important that Urban Roots gives people in need healthy and affordable produce for them and their families. And I think we're doing it well.

## What is your favorite thing about being involved in Urban Roots?

It's being with the other people I am surrounded by at work. It makes me feel happy to be at work and everyone has the same goals - to help the community. It creates a strong bond between us.

## What's the best thing you've eaten that you have grown yourself?

I think it was just yesterday, when I realized it was cucumbers. I remember Max told me to try it. But I was a little scared to try it. But I tried it. And I think I ate the whole thing. It had this taste to it. It was fresh, real fresh.



## Paper vs. Plastic?!?

Paper vs. plastic. Plastic vs. paper. As you stand in line, you ask yourself which is the “greener” choice?

Of course, the answer is neither. Both use significant energy and natural resources to produce, and even if reused or recycled, produce significant pollution. Then why the big movement by politicians to ban plastic bags entirely? This is the result of dubious science, where they decide one is a more popular villain than the other.



At Wheatsville, we get occasional suggestions to charge for bags rather than give credit for bags not used. We think that penalizing shoppers for needing a bag would be customer-unfriendly. So let's consider our options.

Making a paper bag uses a significant amount of natural resources. Trees have to be cut, moved from the forest to the plant, then dried for three years before they can be processed. Moving large logs means fossil fuel consumption, either through trucking on roads that also destroy habitats, or in some cases by helicopter. Once dried, the wood then has to be cubed, “cooked,” then treated with water, sulfuric acid, and bleach to be made into paper pulp. Then it has to be processed, cut, printed, packaged and shipped, using more energy. Some estimate that paper uses 70% more energy, produces more air pollution, and up to 50 times more water pollution than plastic bags. So paper is actually a triple threat—cutting down forests which absorb greenhouse gases, an energy gobbling and polluting process, and at a much 5 times higher purchase price than for plastic bags.

Then there's plastic bags. Over 380 billion plastic bags are used in the US each year. Plastic bags are made of polyethylene, a byproduct of the oil refining process. Although they use less energy than paper to produce, according to the Environmental Protection Agency (EPA), plastic production uses 5 of the 6 top listed chemicals that generate toxic waste. Not to mention the hidden price of oil spills and the occasional military action.

What happens after these bags are used? Paper can be recycled, but that process is energy, water, and chemically intensive. Most paper bags that are recycled are made into cardboard. Paper bags are not as indestructible as plastic, but when they end up as trash they don't get the light, air and water necessary for decomposition since most landfills are covered. Plastic recycling uses less resources and takes up less space in landfills, but will not decompose at all. A lot of plastic ends up getting burned for energy, releasing toxic dioxin into the ecosystem. Windblown bags can end up in waterways, creating a hazard to wildlife as well as an eyesore.

But we do acknowledge that in some circumstances paper or plastic bags may suit your needs. Many people use paper bags to sort their paper recycling or use them for craft projects. Sometimes a plastic bag is best for carrying wet or spillable products. And people who bring their own bags sometimes forget them or buy more than their bags can hold. We also make boxes (reused from our deliveries) available. We want everyone to be able to carry their groceries in a way that's best for each situation.

So there you have it. We are all about choice at Wheatsville and we aren't going to settle the paper vs. plastic debate. We're just giving you information to make your own informed decision. As the greenest solution, we encourage everyone to think about bringing your own reusable bags. We will give you credit for 5¢ per bag when you replace using a large paper or plastic bag with your own bag. We have always been a leader in promoting the use of reusable bags and have sold thousands of them since we started selling them in the 1980s. We continue to offer new styles and sizes—see Christine's article to hear about the newest Wheatsville bags.

Information from Chris Durkin of Harvest Co-op Market, the Environmental Literacy Council, [Greenfeet.net](http://Greenfeet.net), [www.dhfs.state.wi.us/eh/hlthhaz/fs/WoodBrn.htm](http://www.dhfs.state.wi.us/eh/hlthhaz/fs/WoodBrn.htm), and the *Washington Post* was used in this article.

## Tees for Tots 'n' Totes by Christine Stout, Floor Manager

If you like to show your love of Wheatsville, there is lots of fun new Wheatsville merchandise around the store. Drink in style from the new travel mugs made from alternative corn and beet plastic.



We're partnering with the good folks at the Austin Farmers' Market to bring you refillable sports bottles that are made of non-leeching plastic. Take your bottle along when you're shopping at the Austin Farmers' Markets and you can get free refills of filtered water while you shop.

Tote your groceries in our handy green recycled-plastic-bottle grocery bags or carry in style with our extra-capacity tree logo canvas grocery bags.



I am most excited about new Wheatsville t-shirts for all of our littlest co-ops. Since my daughter Jade was born last September, I have been dying to have a little Wheatsville shirt for her. We have natural color organic onesies as well as some adorable baseball style onesies in a variety of colors. Also, t-shirts for toddlers in a bunch of fun colors. Coming soon... tie-dyed Wheatsville shirts for the kiddos!



I was so excited about all our new Wheatsville goodies that I set up a booth at the Kerrville Folk Festival!

Christine Stout



## Book Review by Niki Nash, Merchandising Manager

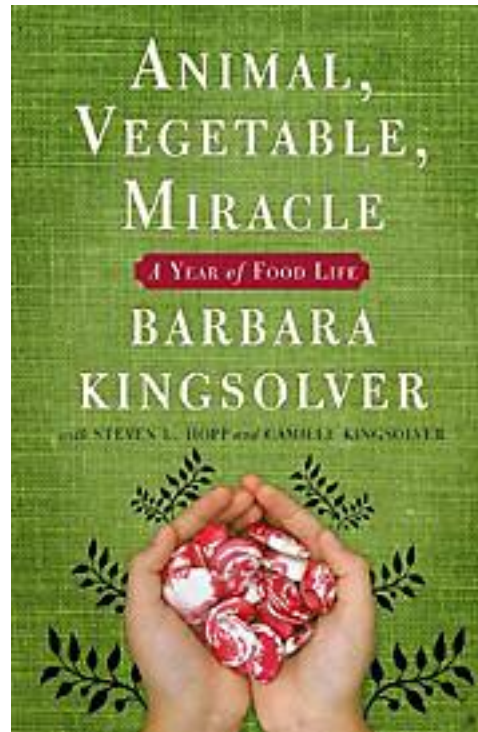
### Animal, Vegetable, Miracle: A Year of Food Life by Barbara Kingsolver with Steven L. Hopp and Camille Kingsolver

I picked up this book at the Book People at Austin-Bergstrom Airport while waiting for a flight and could hardly put it down. It's a first-hand account of one family's honest effort to

eat only food that has been grown or raised in their nearby area. While that story in itself is very interesting, the book is also spiced with discussions of broad scope food issues by the writer's husband, peppered with recipes and salted with insights by the writer's young adult daughter.

Neither preachy nor puritanical, Kingsolver takes a lighthearted approach to describing a years worth of hard work in the garden, the challenges of having too much zucchini, followed by too many tomatoes, the finer points of heirloom turkey mating, the thrill of hunting local morel mushrooms (or Molly Mooches), the ups and downs of her eight-year-old daughter's egg business enterprise and the simple pleasure of an asparagus harvest. Her husband Steven's contributions to the book are focused on specific matters that are at the forefront of our times such as biotechnology, the plight of the small farmer versus industrialized agriculture, carbon footprints, CAFOs (Concentrated Animal Feeding Operations) and CSA (Community Supported Agriculture).

It was marvelous for me to learn about not only what they ate during this time but also how well they ate the entire time, including during the stark winter months. Kingsolver's descriptions of the abundance of her garden, the delights of the local farmers market and the locally-made treasures they discovered such as artisan cheeses, kept my stomach growling and my mouth watering as I turned each page. That's the main reason why I wanted to write this review; this book invigorated my passion for *real* food. And whether its by reading this book, or this special edition of the *Breeze*, or by supporting a local farm, or growing your own food, or seeking out the Texas-made products in the aisles of Wheatsville, I hope that you too are thinking about the real food that is right here!



See the Animal, Vegetable, Miracle website for recipes, a farm tour and lots of links: [www.animalvegetablemiracle.com](http://www.animalvegetablemiracle.com)

**SUMMER READING LIST**  
Take a look at these other compelling books about food:

- *What to Eat* by Marion Nestle
- *The Way We Eat: Why Our Food Choices Matter* by Peter Singer & Jim Mason
- *In Defense of Food: An Eater's Manifesto* by Michael Pollan
- *The Omnivore's Dilemma* by Michael Pollan
- *The End of Food* by Paul Roberts
- *Plenty: One Man, One Woman and a Raucous Year of Eating Locally* by Alisa Smith

• *Sharing the Harvest: A Citizens Guide to Community Supported Agriculture* by Elizabeth Henderson & Robyn van En

## Farmland Grab— Scarcity of Farmland Creates Intense Competition

by Benjamin Gisin

The global food crises is contributing to new agricultural awarenesses, not the least of which is that food comes from farmland.

As obvious as it sounds, there is still a pervasive belief the world has an abundance of land that can be converted to farmland. This is simply not true as new farmland now comes at the expense of losing rainforests — some 10,000 square miles of South American rainforests are slashed and burned each year, 80 percent of which goes into marginal agricultural production. And all of the food from rainforest farms is consumed. If there are pockets of land that could be farmed, lack of fresh water for irrigation is often a limiting factor.

Quietly, but unmistakably, farmland in America is becoming more precious as its scarcity is recognized. Recent USDA statistics reveal farm real estate values jumped by 120 percent in the last 10 years. Out of this mix of farmland, the value of land for pasture has jumped 137 percent. Competition for land between corn, soybeans, wheat and hay is creating tremendous upward pressure on farmland values.

Jumping on the bandwagon of the global food crises is the UK based Emergent Asset Management company (an investment firm). The firm is enticing investors to invest in the company's new African Land Fund according to a recent news release by *Independent News and Media Ltd.* The fund is targeting to purchase and own farmland in Africa for which it hopes to achieve a 25% return on assets. The fund calls itself socially responsible as it plans to dispense of local farming practices in favor of industrial farming practices. Yet how does one extract a 25% return on farmland and not impact food prices and jobs for the poorest of the world's poor?

The nation with the world's fastest expanding economy, China, is also on the global hunt for land. In a recent report by *The Irish Times*, the Chinese government is working on a proposal to support and encour-

age Chinese companies to buy farmland abroad. China is losing its ability to be self-sufficient in food as much of its population moves from eating rice to meat and other protein rich foods.



*Corn, the largest U.S. crop by acres, commands roughly one out of every four acres of cropland in the United States. Global demand is up for corn and other grains such as wheat and rice. In addition, oilseeds such as soybeans are pushing on to more acres to meet biofuel and cooking oil needs.*

"China must go outward because our land resources are limited," said Jiang Wenlai of the China Agricultural Science Institute.

China is looking specifically at the continents of Africa and South America. The Chinese agricultural ministry is already talking to Brazil about the possible acquisition of land for soybean production. China became a net importer of food in 2004 and is losing some 500,000 acres of arable land to urbanization every year. Shrinking its own farmland base, China will become increasingly more aggressive as it forages the world for land and food.

Oil rich nations like Saudia Arabia have similar visions to invest in agricultural and livestock projects abroad to ensure food security and control commodity prices at home.

*World Grain*, recently reported that a consortium of 14 agricultural companies in India are working together to purchase 25 thousand acres of farmland in South America. The land being purchased is in Paraguay and Uruguay at a cost of \$1,215 per acre or a total of USD \$30 million. The companies plan to cultivate soybeans, corn and sunflower for the production of vegetable oils. The consortium will work together to resolve issues.

For Americans, production from domestic farmland is exposed to export risk. Food raised in America is not specifically earmarked for Americans, but for a global food market. Politicians have worked hard to create a global market through international trade agreements like GATT and NAFTA and the World Trade Organization.

In the final analysis, Americans must adequately pay its farmers to keep them on the

land and grapple with the uncomfortable topic of removing farmland from further urbanization. The will to do so, will receive a stimulus as the rising price of food is correlated to the ongoing loss of farmland.

*Benjamin Gisin has visited hundreds of farms in his agricultural banking, farm consulting and publishing careers. Today he writes and lectures extensively on the promise of local food systems, agricultural sustainability and food security. For more information visit Touch the Soil magazine: [www.touchthesoil.com](http://www.touchthesoil.com)*

# Wheatsville Blessed by Tibetan Monks



Six monk representatives from Gaden Shartse Monastery were in Austin for several weeks to promote intercultural exchange. We were delighted that they visited Wheatsville for a blessing of the co-op and our expansion project.

The Shartse monastery was established in the 15th century and today the monastery provides educational opportunities and is a thriving community. Accommodation, food, and instruction are all free and are provided by the monastic administration. Teachers are considered to be the source of both academic and spiritual development of their students. Following the democratic constitution promulgated by His Holiness the Dalai Lama in 1964, all Tibetan institutions now function as parts of a democratic government.



Unlike other active educational centers of its size in India, Shartse does not receive any government funding from India or abroad and the majority of revenue comes from tours abroad. Funds raised during the 2008 tour, will be directed toward equipping the New Gaden Shartse Charitable Hospital, which officially opened February 1, 2007 within Camp #1 of the Tibetan Settlement in Mundgod, Karnataka, India. The Shartse Hospital has opened to serve anyone in the region, monks, nuns, and lay people, both Tibetan and Indian.

More info about the monks and their fundraising tour is available at [www.gadenshartsetour.org](http://www.gadenshartsetour.org)



## Ellen Feldman Massage Therapy

- \* Swedish
- \* Reiki
- \* Polarity
- \* Shiatsu
- \* Aromatherapy

ELLEN FELDMAN



by appointment 451-5045



# Food Recovery at Wheatsville by Allen Schroeder, Bulk Buyer

There are many reasons for Wheatsville owners to be proud of what goes on around here. Here's another reason. Thanks to the concerned and persistent input from some staff, I looked into and found a great place to take our discarded food. This food includes: day old bread and deli items (no meat) produce no longer beautiful and sellable but eatable, and dated items from the dairy and frozen departments.

Prior to our new and improved program, keeping the eatable but not sellable food from being thrown away was an inconsistent and for several reasons problematic endeavor. Now, all edible food is being recovered and redistributed.

The organization that receives the majority of our recovered food is the **Blackland Neighborhood Community Center**. They are located two blocks west of I-35 on Salina, two blocks north of MLK.



They are one of the six Texas Health and Human Services outreach community centers here in Austin. We deliver our recovered food to them Mondays through Saturdays.

I volunteer my time to do the pick-up and delivery on Tuesdays, Wednesdays and Thursday mornings, at 7:30am. Beau McCarver picks up on Friday, Saturday and Monday mornings. Beau is chairman of the board at the community center and president of the Blackland Community Development Corp. that has overseen the refurbishing and maintenance of 40 houses for low-income people in that neighborhood.

They are one of the six Texas Health and Human Services outreach community centers here in Austin. We deliver our recovered food to them Mondays through Saturdays.

It does my heart good (and yours as well, I hope, now that you know), to see those folks on fixed incomes whose property values have soared, and homeless folk as well, come in and get their daily provisions of our nutritious foods along with whatever allotment the center receives from the Capital Area Food Bank. I usually don't wait around though to see them come through. I've got to be at work at 11am and usually have a list of chores to do at home first.

**Austin Wildlife Rescue**, also on MLK but further out past Springdale, gets a portion of the Tuesday and Thursday haul. I separate out a portion of the recovered produce for them, chop it into little chunks

(small enough so little raccoons and possums can get their paws around it), put it in freezer bags, label it and then deliver it to their freezers.

Saturday nights' recovery is saved for **Food Not Bombs**. They take the food and turn it into meals to be distributed to the homeless on Sunday mornings.



## Animals Grateful to Wheatsville



We are enjoying all the great food you are giving us!



All these delicious fruits and vegetables are helping us to heal so that we may someday be released back into the wild.



Much Love from All the Animals at Wildlife Rescue!



I hope you're pleased this is happening at your co-op. We couldn't in good conscience call ourselves a progressive grocer if we didn't take care of this very important detail. Next on our progressive agenda—being sure our compostables are being fully utilized.

Thanks to Allen for making this all happen! —ed

## Community Action Wednesdays

The group selected for July is the **Urban Roots** and for August is the **Meals on Wheels & More**



Urban Roots is a youth development program that uses sustainable agriculture as means to effect lasting change for youth participants, and to nourish East Austin residents who currently have limited access to healthy foods. Young people cultivate a local, diversified organic farm, selling a portion of their harvest in the Austin area and donating a portion to local hunger relief programs. Through this process young people can connect to the land and learn the benefits of growing, eating, selling and donating organic food, as well as leadership, entrepreneurial and life skills, and the importance of giving back to their community.

**Meals on Wheels and More** Volunteers deliver hot, nutritious lunchtime meals to the homes of homebound elderly or disabled people who can no longer prepare balanced meals for themselves. Other services offered include medical transportation, grocery shopping assistance, daily telephone reassurance phone calls, safety-related home improvements, and additional groceries free of charge.



### Use a Wheatville Credit Card!

Many of you already use credit cards at Wheatsville. Now, there's a really cool card, just for Wheatsville owners which will benefit Wheatsville, in turn benefiting you.

Every time you use your UFCU Wheatsville VISA® card, whether it's at Wheatsville or any other store, a portion of the fees normally charged to the retailer will go back to your friendly neighborhood grocery co-op. In other words, the more often you use your VISA® card, the more often you will be contributing back to the growth of Wheatsville.

It's also pretty cool that this VISA® card is brought to you as a joint effort of two local cooperatives, Wheatsville and University Federal Credit Union.

Please check the Wheatsville website ([www.wheatsville.coop](http://www.wheatsville.coop)) for a link to the application or visit UFCU's website ([ufcu.org](http://ufcu.org)) for more info.

### DOGGONE IT! WHERE DID YOU GO?

Members- if you've moved and you're not getting the Breeze in the mail, please take a minute to update your address.

### YES! UPDATE ME!



Member Number \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Mail to Wheatsville Address Update, Attn. Gabriel, 3101 Guadalupe, Austin TX 78705 or drop in the box at the Member Center or email changes to [membership\(at\)wheatsville.coop](mailto:membership(at)wheatsville.coop)

# ★ Guess What!! We have staff anniversaries to celebrate! ★

- ★ **John Perkins 9 years as of 08/11**
- ★ **John Livesay 6 years as of 08/22**
- ★ **Marisa Newell 4 years as of 07/28**
- ★ **Sara Smith 2 years as of 7/11**
- ★ **Elke Stoeckelmann 2 years as of 7/10**
- ★ **Miranda Robinson 2 years as of 8/14**
- ★ **Ray Wilder 1 year as of 7/9**
- ★ **Carlos Duarte 1 year as of 8/3**
- ★ **Annecy Liddell 1 year as of 8/19**
- ★ **Angela Moore 1 year as of 8/5**

**Are you our MySpace friend?**  
<http://myspace.com/wheatsvillecoop>  
 (Check out our videos! We've uploaded two of our television commercials including one from a few years ago featuring our friend Toni Pricel!)

## Mark Cowick February 13, 1957 - May 5, 2008



We are sad to report the passing of one of our long-time Wheatsville members, Mark Cowick. Mark was a member since the 1970s. In 1985, Mark was united in Wheatsville membership and marriage with Lynn Gilchist. While the family shopped, we watched their daughter Christi grow from a baby to a teenager. We shared their happiness at their adoption of their son, David-Steven. A few years ago, Mark and Christi were featured in a Wheatsville ad, telling the world of their great love for Wheatsville Frito Pie.

Mark always had some kind of sly, quirky comment to lay on me whenever I saw him in the store. Sometimes I couldn't tell if he was serious about his "complaints" but then the twinkle in his eyes gave him away before he busted out laughing.

Mark had a long career as a piano tuner and was aided by being blessed with perfect pitch. He worked at UT, Strait Music, and independently. Mark also had a full tenor voice and sang in the church choir for many years.

In April of 2007, Mark was diagnosed with multiple myeloma cancer. Despite times of intense pain, he spent a lot of time hanging out with his son at the playground. He still did some piano tuning. And he still continued to meet with his longtime friends, The League of Superheroes. For over 10 years the League (always prepared to fight crime and injustice) met on Saturday nights at Flipnotics to swap stories, complain about the state of the world, and tell jokes.

In April of this year, his condition deteriorated and he was hospitalized. He was able to go home but on May 3rd was taken to the ER with shortness of breath and a rapid pulse. He died on Monday, May 5th from complications from pneumonia.

Since Mark's passing, his friends and members of his church pitched in to renovate Mark and Lynn's home and furnishings. The memorial service at St George's Episcopal Church was packed with friends and family who told stories, both humorous and inspirational, about our friend, Mark Cowick. We will miss him.

## Answers to Your Questions by Gabriel Gallegos Membership Coordinator

Hello, everyone! Welcome to all of our owners, new and long-standing. Since I have been Wheatsville's membership coordinator, many people have asked me two very important questions that I thought I would answer in this month's *Breeze* issue.

### "What makes Wheatsville different from other stores?"

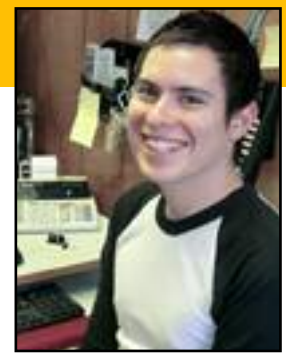
I am proud to say that Wheatsville has many revolutionary qualities! First and foremost, *we are owned by our members!* Like all co-ops, we believe in democracy and exercise it every fall during annual elections. It is then that co-op owners elect our board of directors, who in turn hire (or have hired) their one employee, a general manager who oversees day-to-day operations of the store. Wheatsville's owners also vote for the charities we donate to and which products (or type of products) they wish for us to boycott. So in every sense, this is *your* co-op!

Since our Invested Owners contribute capital (equity) to the co-op, they receive a slight financial compensation in the form of a Patronage Rebate after sufficiently profitable fiscal years. Every year, our board of directors reviews Wheatsville's financial status to determine whether a Patronage Rebate can be issued. This further solidifies your status as a co-op owner. If you are an Annual Member ready to upgrade your membership to Invested, inquire with one of our cashiers.

### "What exactly am I paying for when I purchase a membership?"

Wheatsville currently has two types of owners, Invested and Annual. If you have paid \$70 or more for your membership, then you've paid a \$15 joining fee plus \$55 capital per adult. The joining fee is taken into Wheatsville as taxed income and covers administration fees such as mailing expenses and record keeping. Capital, however, can be used for a wide range of "big picture" expenses including our current renovation, repairs, and store equipment.

Annual Owners have paid the \$15 joining fee, but no capital. Purchasing a membership in Wheatsville is a great way to support and invest in your co-op and community. It is because of our owners that Wheatsville has become so successful and is capable of beginning our much anticipated renovation project.



These are two wonderful reasons to be a proud owner of Wheatsville Co-op. I thank those of you who have asked these important questions and I am always open to answering more of them. Please remember to send all membership inquiries and address updates to [membership@wheatsville.coop](mailto:membership@wheatsville.coop). For more information on cooperatives, visit [www.ica.coop](http://www.ica.coop).

And...congratulations to all who have recently become Invested Owners of Wheatsville Co-op!

## ---- Our Newest Invested Owners April 11, 2008 - June 11, 2008 (178!) -----

Ali Kamas	Kim Cates	Anne Epstein	David Mc Daniel	Joshua Berry	Michaela Nielsen	Jennifer Walker	Elizabeth Haymon
Karin Hall	John Corry	Barbara Jann	Debra Bandera	Kate Graham	Michelle Jamail	Tracie Matysik	Elizabeth Sublette
Ty Smith	Ken Nunez	Thomas Jack	Donald Oxnard	Katie Malinski	Michelle Worrel	Tracy Cornelius	Frances G Greene
Tracy Coll	Molly Sachs	Jay Thomas	Dylan Mankey	Kay Mcallister	Mike B Linney	Kathryn Hoover	Jeannie Goldwire
David Allan	Joseph Rios	Max Gregor	Elizabeth Bruns	Keith Pflieger	Molly Sheridan	Robert B Morgan	Hannah Bronsnick
Ingrid Akers	Eric Knight	Laura Nunez	William Bohrer	Ken Robertson	Molly Woodard	Kirsten Bradbury	Kris David Kottke
Julie Green	Delia Davila	Patrick Rusk	Andrew Taylor	Kizzy Hannibal	Monte Becker	Myra Arredondo	Mark K Shackelford
Sam Kelly	Hazel Colina	Paz Ramirez	Ellen Sharporn	Larry Marshall	Natalie Rusnak	Kirsten Coleman	Kayla Killingsworth
April Saad	James Hoiby	Sherry Glover	Andrew Bużalski	Laura Turner	Nathan Stellhorn	Suraiya Murray	Christina Eckhoff
Alice J Nick	James Klein	Steve Randall	Anthony Kitchin	Leah Paprock	Nicole Dimucci	Angela Cardenas	Christopher Martin
Chris Henry	Laura Kelso	Susan Eason	Erica Calderon	Lew Aldridge	Nigel Richardson	Angela Pack-Zia	My-Huong Elsa Bui
Chris Perry	Rose Durbin	Jesse Adland	George Purcell	Linda Dickens	Patrick Goetz	Windsor Standish	Clifford Lee Bagley
Bryna Dye	Rusty Adams	Joanna Klose	Heather Dority	Lynne Levinson	Rachel Aitkens	Cassandra Webb	Pete Constancio III
Jo Walski	Sandra Fritz	John Bedolla	James Halligan	Mažestic One	Rebecca Peppas	Chauncy Maddox	Joann Santangelo
Cyndi Stein	Seth Roland	Valerie Korba	Zachary Snipe	Mandy Wright	Richard Baccus	Christian Sawyer	Onashka Hernandez
Billy Barron	Phyllis Light	Barbara Rodus	Jason Gentry	Margot Miller	Robin Schneider	Philip Hernandez	Patrick Fitzsimons
Jason Sikes	Jake Borum	Ben Hornbuckle	Jason Pittman	Marian O'Brien	Shawn Briscoe	Anthony Scopatz	Shaunna Schroeder
Amelia Perry	Jake Carter	Bobbi Bennett	Jeff Johnston	Mark Zatopek	Tara Buentello	Stephanie Scott	Steven Donald Ross
Andrea Abel	Carrie Gibson	Caitlin Hammer	Jeremy Bailey	Matthew Leach	Tempe Sikora	Jessica Woerner	Debbie J Shackelford
Jen Duthie	Katy Brown	Daniel Ordonez	John Robinson	Melissa De Haan	Thomas Jones	Katharine Howard	Justin Wright Neufeld
Cory Skuldt	Andy Higgins	Danielle Witchel	Joseph Bedard	Michael Comez	Jennie Woodard	Katherine Simkins	Kana Roxanne Harris
Kevin Cox	Ann Del Llano	Darren Spratt	Joseph Shead	Michael Rodus	Jennifer Bilbrey	Denise R Farthing	Georgina Rosas-Miller
							Rebecca Tamar Friedman

# A New Legal Framework for Wheatsville (continued from Page 1)

Revision of the bylaws and articles of incorporation will affect the privileges and responsibilities of all Wheatsville owners. Since there are lots of legal and financial issues to sort through, and we want to make sure we consider and ultimately recommend well-reasoned, legal and financially sound revisions, the board has retained the services of several advisors. These include Co-op Development Services (CDS) (a nationally renowned co-op consulting firm co-founded by former Wheatsville member Walden Swanson), Wegner LLP (an accounting firm based in Madison, Wisconsin that specializes in consumer food co-ops and who currently serves as Wheatsville's CPA), and McGinnis Lochridge & Kilgore (an Austin law firm with expertise in Texas business law).

## "The Drivers"

There are a number of reasons to revise the bylaws. The initial driver was our sense that the bylaws were overly-prescriptive and out of date. We were also motivated by a new state law, the Texas Business Organizations Code (TBOC). In the following paragraphs we discuss these issues and attempt to lay a foundation for understanding why a major overhaul of the bylaws is needed.

## General Content and Length

How long should bylaws be, and how much detail should they contain? There is not a simple deterministic solution to these questions, so the answers can only come through thoughtful discussion and introspection.

If you have ever tried to read the current bylaws, you know that they are fairly lengthy and detailed. These characteristics were an indirect symptom that spawned our initial motivation to take on bylaws revisions. The bulk of the current document was crafted at a different stage of Wheatsville's evolution, when the organization was transitioning from being primarily volunteer-run to having professional staff. In the days of yore, owners gathered together in person to discuss and make organizational decisions. Communications and other technologies were in a very different state.

There are several characteristics of ideal bylaws. They should be written in clear and concise language so that they are easy to read and minimize the opportunity for unintended interpretations. Bylaws should comply with all applicable state and federal regulations, and include language stating the minimum legal requirements for often-needed provisions such as information standards for annual reporting to stakeholders of the organization. But it is also important to choose wisely the level of detail that should be incorporated because the lengthier the document, the more cumbersome it can be to keep track of all the provisions, and likewise the more challenging it can be to stay in compliance. In keeping with the objective of clear and concise language, bylaws should only be as prescriptive as necessary for the organization's needs. For example, adequate provisions for ensuring that our ownership is empowered with decision-making mechanisms should be provided. However, they should not be written to the level of detail that the color of envelopes used for mailed-in ballots is included! While this is an extreme example of prescriptive detail, we're sure that you can imagine the fine line between just the right amount of detail and excess. It is the kind of question that our board regularly explores within the policy governance system, where we should write just enough detail into policy that we will accept "any reasonable interpretation." Speaking of which, policies are part of a tiered set of documents which are the construct of Wheatsville's foundation and procedures. At the fundamental

level, our articles of incorporation create the base upon which our bylaws exist. The bylaws, which must be approved by a vote of the ownership, in turn support policies which the board has authority to enact. Our existing bylaws are relatively lengthy, and consequently it is challenging to master their content.

The current bylaws revisions project is focused on improving one of our organization's most fundamental documents, so that it can be brought in line with modern ways, laws, and desired practices. The goal is to produce a shorter, more concise, internally (and externally!) consistent document which can carry Wheatsville forward for the next 30 years!

We encourage everyone to get involved by providing us with ideas, comments and questions. This can be done through

- our web page  
[www.wheatsville.coop/bylaws.html](http://www.wheatsville.coop/bylaws.html)

- by leaving us a message at a special dropbox at the member information counter at the store

- by emailing the board at  
[boardemail\(at\)wheatsville.coop](mailto:boardemail(at)wheatsville.coop)

- or by mailing your comments to: Wheatsville Bylaws Committee, 3101 Guadalupe, Austin, Texas 78705

## The New State Statute

Wheatsville is currently incorporated under the old Texas Cooperative Association Act, which expires in January 2010 and will be replaced by the above referenced TBOC. Under the TBOC, Wheatsville can continue to operate under its current founding documents, the Bylaws and Articles of Incorporation (Articles) until such time that an amendment to the Articles is made. At that time, the documents would have to be revised to make them compliant with the new statute, which calls for a Certificate of Formation in place of the Articles of Incorporation. In an effort to stay ahead of the game, the board decided that it would be easier to address this change now and ensure that our documents are compliant with the TBOC as part of this revisions process. You can find more information on this topic on the bylaws web page.

## Specific Issues

The following topics are some of the issues we've identified as needing careful attention to make sure our provisions accurately reflect Wheatsville in the 21st Century and are appropriate for our growing organization.

## Staff Directors

There are mixed feelings in the national co-op community about the role of staff (or "internal") directors on co-op boards. Staff directors play a unique role on a board, by providing valuable insight from an "insider's" perspective, but also having the potential for some unique conflicts of interest. Some of these conflicts may include the additional challenge of maintaining confidentiality when you spend your days in the store, wrong impressions of other employees as to the role that you play on the board (staff directors are not "staff representatives"), and evaluating the general manager who is also your boss. In the past it has also been a challenge to find staff who were interested

in serving on the board. Many staff members are reluctant to commit to spending more time at the store as a volunteer board member after working their full shift during the week.

Wheatsville's current bylaws require that two of our nine board members must be staff directors (§ 3.1.5.1). These staff directors serve one year terms, which leads to the undesirable possibility that the board could have up to 6 new directors in a single year – a situation that we will be faced with this year!

The board has researched the pros and cons of staff directors and investigated the trends on this issue nationwide. At this time the board is considering a compromise solution where instead of requiring two staff directors on the board, we would allow up to 2 staff directors. The one year term length would also be changed so that all directors had the same term length (2 years under current bylaws, proposed to be changed to 3 years). Among the benefits of instituting this change is the fact that a staff director could change their employment status with the co-op and still continue to serve on the board. Overall, the hope is that this compromise is flexible enough to allow Wheatsville to continue to benefit from staff directors without tying our hands by mandating the role that staff must play.

## Board Term Limits

The current bylaws state that Wheatsville shall have a total of nine directors, two of whom are Wheatsville staff members with one-year terms (§ 3.1.5.1), and seven of whom are not on staff and have two-year term lengths (§ 3.1.5.2). This means that each year we have the possibility of having regular turnover of five or six directors, and even more if other anomalies occur. In fact both this year and last year we have had six open seats during our annual election. What we're calling "anomalies" are associated with vacant seats that are filled by appointments. Vacant seats have typically occurred when a director has some life change that precludes them from continuing their effective participation on the board of directors, and in three of the past four years the board has had a vacant seat to fill. The board is permitted to appoint a director to a vacant seat until that seat can be filled by the election of a new director by the ownership (§ 3.1.4).

The board consists of interested volunteers who come together to provide leadership and oversight of our organization. It takes time to develop the knowledge and skills, which are helpful in conducting our board's work. Because we are owned by a large group of people rather than one individual or a small group of shareholders, the role of the board in representing all of our owners and ensuring organizational success is very important work. With the current one to two year terms, there is a constant potential for a large portion of the board to turn over, which bears the risk of creating organizational instability. The process of learning and really understanding the board's work as an individual director also takes some time. In our experience, individual directors tend to start 'blossoming' in their roles toward the end of their second year, just as many terms come to an end.

In an effort to provide greater continuity on the Wheatsville board, we would like to recommend that the bylaws be revised to allow for nine directors with three-year terms. This change could help to accomplish multiple goals:

- With nine directors, three-year terms would help limit turnover to 1/3 of the board each year. This would help ensure continuity and help to maintain our 'institutional memory.'
- Three-year terms could enable our directors to

# Revision of the Wheatsville Bylaws and Articles of Incorporation

progress through their initial learning period, and then to contribute the full strength of their knowledge and wisdom to our board and our organization within a single term.

- Having a single term length rather than two different terms can provide simplicity and help dispel the misconception that staff directors represent staff. In conjunction with a change to the requirements for staff directors, a change to one consistent term length would allow staff directors who change employers to remain on the board of directors. In short we would prefer to eliminate the disparity between directors based on employment at Wheatsville.

The potential disadvantage of a three-year term length is that it is more of a commitment than a two-year term. However, it generally seems advantageous to seek individuals who are interested in providing that level of commitment when it comes to the governing body of our organization! While we have been fortunate to not have a year when 2/3 of the board was newly-elected (due to incumbents choosing to run again, and being successful in their campaign), as an organizational practice it seems healthy to have a codified process for limiting the possibility for significant loss of continuity in a single year.

## Decision-making Thresholds

Democratic owner control of Wheatsville means that owners actively participate in setting policy and making decisions. This core cooperative principle translates through to a number of settings, from a general store vote to how the Board makes decisions in its governance of our Co-op.

Our current bylaws mandate a wide variety of decision-making methods and thresholds that are not always clear and may no longer be in tune with today's Wheatsville. For example, if, today, an owner or group of owners wanted to call a special meeting of the co-op ownership they could do so by a petition signed by 10% of the total active ownership (Article 2.2). Today, the total active ownership of our co-op is approaching 10,000, equating to a requirement of about 1,000 owners to sign under this particular provision.

In keeping with the desire to simplify and modernize, the board will be proposing language to streamline, clarify, and standardize Wheatsville's bylaws. To achieve this simplification we are looking at decision-making methods that reflect a much larger ownership than in the past. Using the example above, would perhaps 5% or 500 as a threshold be more realistic and achievable? What about the concept of a defined period of time for a store vote to occur, much like voters observe in general municipal or national elections? Under the current bylaws store votes must continue until a minimum number is achieved (Article 2.6.12). Keeping to a consistent and predictable business calendar can be difficult under this provision.

The most important aspect of decision-making is that the rights and responsibilities of Wheatsville's owners are maintained in such a way that is not cumbersome, that is representative, and that's inviting and appealing to participation. We invite and look forward to your feedback toward this end.

## Voting Process

Democratic control by the ownership is a fundamental cooperative principle, and § 2.6 of our current bylaws describes a process for "Store Voting" by which owners can exercise their voice. Other sections, such as § 2.5 on Membership Meetings also contain provisions for democratic control by the ownership.

In today's modern world there are new technologies for communication, and it would be helpful for our bylaws to be as accommodating as is reasonable to allow for both the protection of owners AND the use of more convenient tools for exercising our right to democratic control. We are currently required to obtain at least 400 valid votes to complete an election, and this process takes an unknown amount of time generally in the range of 10-14 weeks. While the board continually strives to encourage owner participation in the election process, it can be challenging to have such uncertainty around the timing of results for our annual ballot. Based on the current language, it would be possible for the election of board directors to not be completed by the beginning of the new term (not to mention the timing for our Community Action Wednesday organizations)!

There are a few options that we are considering for the proposed bylaws including:

1. How to provide adequate provisions for burgeoning technology while maintaining adequate protection for owners and a high standard of integrity within the democratic process;
2. Whether, similar to the voting process for local and state issues, we have a designated date and time for the close of voting;
3. Whether the requirements for participation (currently we are required to have a minimum of 400 valid votes cast) should be modified either to be tied to a minimum number and/or percentage of owners, or even to be based strictly on length of time (in conjunction with bylaws provisions around minimum time and proper notification procedures), similar to our local city council and bond elections.

Discussion on this topic is also tied to the "Decision-making Thresholds" concepts.

## Capital Shares

Under current bylaws, our basic owner investment and capitalization structure is largely left to the discretion of the board of directors, as set forth in board policies subject to the statutory requirements for all cooperative associations (see Articles 7, 10, 11 and 14). Our current practices have been codified by the board in a policy document called the Membership Administration Guidelines, which specifies categories of member ownership and the investment requirements for each. We are not currently

anticipating dramatic changes in our bylaw provisions regarding membership capital, however we are seeking legal and financial counsel as well as advice from CDS on how other co-ops are structured to assure that we are able to take advantage of the best co-op practices and continue to be in compliance with all legal requirements.

We do have specific provisions in our bylaws and articles of incorporation authorizing "investor shares" (Article 10 of the Bylaws), a capital investment program by which we have raised over \$700,000 from approximately 170 members to help fund our expansion project. Investor shares are non-voting shares that provide a modest annual dividend to the shareholders according to contracts negotiated with each investor. These investor shares provisions were carefully drafted to comply with our enabling statute as well as securities and tax laws, and we do not anticipate significant changes, except that the number of shares authorized may be increased to reflect the statutory maximum. We will, however, have our attorneys and financial counselors review them for ongoing conformity with legal requirements.

## Director Compensation

Our current bylaws state that no director shall receive compensation for being a director, except such compensation as is given to all other volunteer workers of the cooperative (Article 3.1.9). They also state that the board shall determine the compensation of the officers (Article 3.2.11). Officers are identified in the current bylaws as the president, secretary, general manager, and additional officers that the board may elect (§ 3.3). For many years it has been Wheatsville's practice to compensate directors for their time and energy by giving them a 10% "volunteer" discount on all store purchases. (For directors who are also staff members, there is instead an additional 5% added to their 15% staff discount.) At times in the past, the board president received a 15% discount on purchases. Currently all non-staff directors receive 10%.

Many food co-ops around the country today compensate their board members by giving them a discount, an annual stipend, or both. Karen Zimelman, (National Co-op Grocers Association Western Corridor Development Director), expresses a commonly held view that "directors take their job more seriously and are willing to live up to some basic standards of performance for the board if/when they are being compensated." She adds, however, that the compensation should never be in an amount that it would be what motivates directors to serve on the board.

The Board is considering a revision to the current bylaws that would allow director compensation to be set through board policy, rather than the current provision, which ties director compensation to that of "all other volunteer workers." Director compensation would be set at a level that the board determines is appropriate to attract good board members, and more reflective of the amount of time and energy expected from them. This consideration also includes making sure that any such compensation is regularly monitored and reported to the ownership.

## Revision Process and Timeframe

As mentioned above, Wheatsville owners will be the ultimate deciders of any revision to the Bylaws (Article 9). Right now we're aiming to recommend a new set of bylaws to the ownership for inclusion on the upcoming Fall 2008 election ballot and store vote. Between now and when the store vote commences we'll be providing information via the co-op's website, upcoming issues of the *Breeze*, and some periodic face to face interactions. These face-to-face interactions include the monthly coffee with the board, monthly board meetings, and possibly a special bylaws conversation forum. Through these opportunities we hope to ensure that everyone has an opportunity to get informed and get involved.

As mentioned at the outset of this article, owners are encouraged to submit comments and questions about this process via the bylaws web page, in a special drop box located at the member information counter at the store, by emailing the board, or by mailing comments to us at the store. A complete set of the draft new bylaws will be mailed to all owners prior to the store vote this fall. If, after considering questions and comments from owners and making any final changes, the board votes to recommend a set of bylaws revisions for adoption by the ownership, the recommended new bylaws would appear in the special election issue of the *Breeze*. Our hope is that all owners take an active interest and participate with us in this important effort!

## **Sign up for the Wheatsville E-mail List!**

A few times a month, you'll get an e-mail from us informing you of upcoming events, new products or changes in the store. So far most folks on the list have been happy with its frequency and informative nature. We will also begin offering e-mail only deals and other special opportunities. Go to

**<http://wheatsville.coop/list>** to sign up!

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



## Now That's Local! Raising Chickens in the Yard by Bill Bickford, Operations Manager

When it comes to eating locally grown food this month in honor of the Eat Local America challenge, it doesn't get any more local

than your own backyard. No, I'm not talking about starting a garden, though that's another good idea. Unfortunately, if you didn't put seeds or seedlings in the ground months ago, then you're out of luck for this season.

No, what I'm recommending is actually far less work and is far more likely to produce positive results (i.e. edible food), at least for a relatively inexperienced gardener such as myself. You can get started at any time of year, and the initial investment can be quite small. I'm talking about urban chicken-keeping, a pastime that is growing in popularity both locally and nationally.

My wife and I have been keeping chickens in our backyard for more than a year now, and I can assure you that raising chickens for eggs is *easy*. You provide them with food and water, they reward you with eggs. Good egg-laying breeds will produce almost an egg a day on average, and with just three chickens, we have more eggs than the two of us could ever hope to keep up with. I've resorted to bringing eggs to my coworkers in order to clear out the fridge.

In addition to providing a limitless source of healthy, free-range protein, keeping chickens can have other benefits:

### They provide cheap insect and weed control.

While chickens won't eat all bugs, they are happy to help control june bugs, pill bugs, earwigs as well as snails, slugs and other pests. They will also eat grass and weeds that are accessible to them.

**They provide excellent fertilizer.** Many commercial composts and fertilizers that you find in nurseries use chicken droppings as a major ingredient and nitrogen source. Droppings can be shoveled right into your compost bin to increase the content of valuable nitrogen in your plant food.

**They will gladly dispose of your fruit and vegetable clippings.** While you will certainly need to keep a supply of chicken feed available, especially in winter when other food sources are scarce, you can minimize your feed bill by giving your chickens trimmed greens and fruit. I find that my chickens love almost any fruit other than citrus, and they will quickly devour any kale, chard, or mustard greens that I offer them. The only vegetables you should particularly avoid feeding them are those from the garlic/onion family.

To allay some of your concerns, let me assure you that keeping chickens in your backyard is completely legal in Austin. The applicable code states that you may keep up to 10 fowl per household (which is far more than you'd want anyway) and that if you have more than one bird, it must be kept in an enclosure at least 50 feet from any neighbor's residential structure. I found that this was easily possible by placing the enclosure toward the back of my yard. Frankly, I highly doubt that the city would ever check your compliance with the code unless they received complaints. While my chickens have an enclosure, we let them have their run of the entire yard while we're at work. We simply put them back up before letting the dogs out, one of whom would gladly eat a chicken dinner.

Contrary to oft-repeated myths, you also *do not* need a rooster for your hens to produce eggs. Hens will lay eggs with or without a rooster; they will simply be infertile eggs. While there is no restriction on owning a rooster in the city, I would recommend you refrain from doing so if for no other reason than to avoid irritating your neighbors.

If you have only hens, it is very unlikely you'll get any complaints. Hens are fairly quiet and have almost no smell. Even their droppings are nearly odorless. The only smell you're likely to get is if you put out too much feed and it spoils.

You should know before jumping in that some breeds are friendlier or more productive than others, and there are probably hundreds of breeds. If you purchase them as chicks, they may be more likely to bond with you. And in my experience, they become more friendly when they reach egg-laying age, which is at about five or six months. Just don't give them names if you ever plan to use them for meat!

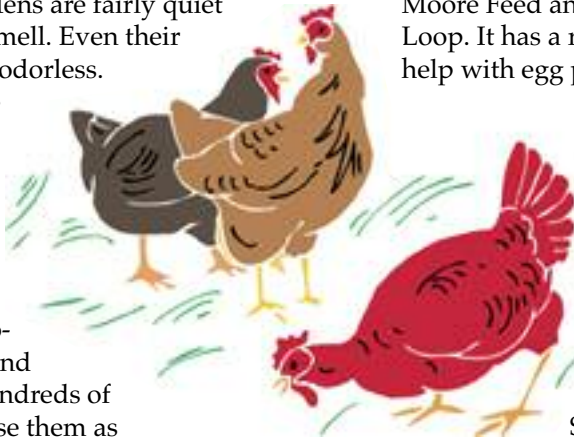
If I've convinced you that keeping chickens for eggs might be for you, then you'll need to know where to get them. My chickens came from Livengood Feeds in Lockhart and Callahan's General Store on Hwy 183, just north of the airport. They cost about \$2 each. Either source will have a limited number of breeds to choose from,

but they will almost certainly be good laying breeds. The folks at Callahan's should be able to answer your questions about whatever breeds they have in stock. For a larger selection, you could go to [www.mcmurrayhatchery.com](http://www.mcmurrayhatchery.com) and choose just about any breed in existence.

Feed is generally inexpensive as well. We buy the Ful-O-Pep brand "layer pellets" from Buck Moore Feed and Supply on Lamar near North Loop. It has a relatively high protein content to help with egg production. They also sell an appropriately-named "hen scratch" that consists simply of dried grains. The chickens love it, so we get some occasionally as a treat (just throw it in the yard, and watch those hens scratch!). More important even than food, though, is that the chickens have constant access to water, especially in the heat of summer. So I recommend investing in a decent waterer of at least 5 gallons.

The bigger you go, the less you will have to fill and clean it.

Though I stand by my statement that keeping chickens is easy, it's also true that this is far from a complete primer. For more information, you could simply Google "urban chicken-keeping" or "backyard chicken" for all the reading material you can possibly tolerate. You can also feel free to ask me about it in the store anytime. I'm here Tuesday through Saturday daytimes, and I'm always happy to talk chickens. Or if you really want an earful, ask about my turkey!



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Several staff and board members were able to attend the CCMA conference in Portland, OR this June. On the first day, tours were offered and I got to visit the **Bob's Red Mill** factory.

Bob's Red Mill is one of the leading whole grains purveyors at the Wheatsville and in the natural foods industry. They have a brand new state of the art facility just outside of Portland.

Bob himself was there, so I had to get a picture with him!



Dan Gillette

The visit to the factory impressed me for their cleanliness and pickiness. I was especially impressed with the length they go to prevent cross contamination. For instance, they have a separate gluten free room for all the gluten free product and they do intensive testing to ensure that their product is gluten free.

I'm also very excited to try their Scottish Oats. Bob visited a particular mill in Scotland and they shared a secret family recipe for making what are reported to be the greatest oats of all time! Dan

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**We Wanna Adopt Your PCs, too!** Our PC guy says we could use a few speedy PC laptops. Email him at [it\(at\)wheatsville.coop](mailto:it(at)wheatsville.coop).

**Wheatsville Member Directory**  
**Community Service Organizations**

**Action For Animals** Animal rights is alive in Austin! Timothy 879-7437 [www.actionforanimalsaustin.org](http://www.actionforanimalsaustin.org)

**Crossings Care Circle** Information for families about in-home after-death care & alternatives to the funeral industry. [www.crossingscircle.org](http://www.crossingscircle.org)

**Dress for Success Austin** Provides free interview suits to referred low income job-seeking women 916-4322. [www.dressforsuccess.org](http://www.dressforsuccess.org)

**EarthSave**, Promoting food choices that benefit health for all life. [www.earthsave.org](http://www.earthsave.org)

**Front Lion Organization** Frontline action projects for cultural & community awareness. Dianah Birdsong 803-5873 [myspace.com/frontlionorg](http://myspace.com/frontlionorg)

**GreenGirls.net** women who care deeply about our environment. Be part of our network and have fun being powerful together. [www.greengirls.net](http://www.greengirls.net)

**The Inside Books Project** All-volunteer non-profit which sends free literature & educational materials to Texas prisoners. 647-4803. [insidebooksproject\(at\)yahoo.com](http://insidebooksproject(at)yahoo.com)

**SAY NO TO GMOs** Grassroots education, activities & resources for consumer choice & genetically viable future 303-1400 [www.saynotogmos.org](http://www.saynotogmos.org)

**Rainforest Partnership** an Austin-based nonprofit focused on preserving tropical rainforests [www.rainforestpartnership.org](http://www.rainforestpartnership.org)

**TexPIRG, Texas Public Interest Research Group** Austin-based consumer and environmental advocacy [www.texpirg.org](http://www.texpirg.org)

**Vegans Rock Austin!** Austin vegan community organization/site. Ross Abel 477-4912 Here to rock. [www.veganaustin.org](http://www.veganaustin.org)

**Vegetarian Network of Austin** Resources, info, contacts, fun. 896-5018 [www.vegnetoastin.org](http://www.vegnetoastin.org)

**YELLOW BIKE PROJECT** Urban free bike program. Bikes recycled. Donations accepted. 457-9880 [www.austinyellowbike.org](http://www.austinyellowbike.org)

# Human Power—Walking and Biking in Summer by *Amy Babich*



I have only lived in Austin since 1976, but my mother was born here. Until her death in 1995, my grandmother lived on Wheeler Street, around the corner from what is now Wheatsville. In the summer of 1962, when my family rode the train called the Texas Eagle to visit my grandmother for a few weeks, the grocery store on Guadalupe was a Kash-Karry.

My younger brother Adam and I had a splendid time in Austin in 1962.

One of the most exciting things we did was to walk all by ourselves to the Kash-Karry to buy candy and comic books. We made this journey about twice a day. Comic books, which we had never seen before, cost 12 cents apiece. We loved them. But the most thrilling thing was being able to walk to a store by ourselves and buy something. Back home, in a New York suburb, we lived on a cul-de-sac street, and were not allowed on the main thoroughfares. Our street at home was long and interesting, but walking on a sidewalk around corners to a store by ourselves was a new experience. It made us feel very worldly and grown up.

I still read the occasional comic book, and am fond of the superheroes of my youth. In a recent issue of *The Fantastic Four* (one of the comic book series I first encountered in 1962), some scientists and government officials conclude that there's nothing we can do about global warming and pollution. Earth is doomed, so they're going to build a new world. This is a typical comic-book solution to a problem. Just create a new world—it's easy! To the credit of the writers of *The Fantastic Four*, making a new world turns out not to work so well. In real life, such a plan has no chance at all. We'd better learn to be content with Spaceship Earth, warts and all.



Lately I read a great many newspaper articles that remind me of the just-build-a-new-world comic book solution. Austin is afflicted with overpopulation and rapid population growth. We have too many cars, too few sidewalks and bicycle racks. So the air gets steadily worse, and it gets harder and harder to walk across streets safely.

What to do about this? A common answer is that we can't afford to "retrofit" the existing city for pedestrians and bicyclists. But we can build new, wonderful, "walkable" communities on the edges of town. How people are going to travel to and from these wonderful new parts of town is not addressed.

I don't know whether the summer of 1962 was a particularly hot one in Austin. I was only in Austin for a few weeks. It seemed delightfully hot to Adam and me. Sometimes we walked to the store barefoot, hopping on the hot sidewalk and yelping, "Ouch! Ouch! Ouch!" We set a thermometer out in the blazing sun and left it for a while, and it went up to 120 degrees. We wanted to try frying an egg on the sidewalk, but the grownups wouldn't let us.

As for the summer of 2008, we may fairly expect it to be very hot and dry. It is early June as I write, and we have already had several days with temperatures over 100 degrees. We can expect five months or so of heat and drought. What shall we do about this?

Let's not just stay indoors and crank up the AC. That's what got us into this climate-change mess. Besides, the very hot days when record numbers of Austinites turn on their air conditioners are the days on which power outages occur. If you're at home and crave air conditioning, why not walk or bike to the

library or a nearby coffee house? If you drive an air-conditioned car, you won't cause a power outage, but you will make the outdoor air even hotter, as well as making an

unpleasant contribution to global climate meltdown, local air pollution, and the danger of local streets. In a hot summer, forget the car. Human power is the way to travel. You're more alive when you move yourself around.

To read about bicycling events in Austin this summer, check out [www.BicycleAustin.info](http://www.BicycleAustin.info), the league of Bicycling Voters at [www.lobv.org](http://www.lobv.org), and the Yellow Bike Project at [www.austinyellowbike.org](http://www.austinyellowbike.org).

Since the hot weather won't disappear right away, let's enjoy the long, hot summer of 2008 on foot and on bicycles. Adventure and magic await us in the heat.

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# Better Eating for Life An easy, step-by-step guide to your best nutritional health ever!

by Mary Saucier Choate, M.S., R.D., L.D., Food and Nutrition Educator Co-op Food Stores, Hanover and Lebanon, NH

*Better Eating for Life* seeks to help you move toward a whole-foods eating style, not out of drudgery or a sense of restriction, but from a joyous discovery of delicious foods that are a delight to eat, as well as a boon to good health.

This program provides gentle, accurate guidance to improving your meal and snack choices and your level of physical activity. It is not intended to substitute for the expertise and advice of your personal healthcare provider. Please discuss any decisions you make about diet or exercise with your own healthcare provider, who knows your health and medical history intimately and can best advise you on your proper course of action.

My goal is to provide credible nutrition information in a lively way that is immediately useful to the reader. Quick tips abound, easy recipes follow most steps, and the use of jargon is avoided. The series is based upon the latest nutrition guidelines: the 2005 Dietary Guidelines for Americans, the MyPyramid Food Guidance System, and information from health organizations such as the American Institute for Cancer Research, the American Heart Association, the American Diabetes Association, and the American Dietetic Association.

I hope that whether you are an interested consumer, a parent, a healthcare professional, a nutrition educator, or just a casual recipe hunter, you will find something of value to help move you, and those with whom you share these ideas, toward a healthier eating style and active life.

*Mary Saucier Choate*

## Step Eleven Cook Creatively the “Better Eating for Life” Way

*I don't even butter my bread; I consider that cooking.*

-Katherine Cebrian

Sprinkled throughout the *Better Eating for Life* program have been delicious meal and snack ideas incorporating good oils, nuts, beans, whole grains, produce, lean animal and plant proteins, and low fat dairy and high calcium alternatives.

If you are using high-quality ingredients like these, you have made an excellent start at preparing tasty and nutritious entrées, snacks, and desserts. You'll learn in this step that you don't even need to buy a new cookbook! Just make a few healthful ingredient changes, and you'll be on your way.

Like any new and worthwhile venture, cooking with unfamiliar ingredients may take a few tries before you discover new favorites or find new ways to prepare old favorites.

Are you a reluctant cook, or someone who's cooking skill gets only as far as zapping microwave popcorn? You'll find that many of following tips and mini-recipes in this step are for you.

Semi-prepared produce such as cut-up broccoli and cauliflower, bags of mixed salad greens, and plain frozen vegetables are a great place to begin a quick meal. Pre-grated or shredded cheese, whole-wheat pizza shells, jarred low sodium tomato sauce, and canned rice and beans are products that make preparing dinner fast and healthful.

Read on for lots of strategies to use as you move toward more healthful food choices and preparation methods.

### Taking Stock

It all starts with stocking your pantry. When you have delicious and healthful basics ready to go, meals come together easily. Here are some ideas for stocking your kitchen with nutritious staples. Now you'll always have something on hand, ready to put together for a quick, tasty, and healthy meal!

#### In The Fridge

- **Cheese:** Low fat and regular versions of shredded cheddar, grated Parmesan, feta, blue, mozzarella, and extra calcium cottage cheese
- **Yogurt:** plain or fruit-flavored low fat
- **Vegetables:** Baby carrots, celery, peppers, mushrooms, broccoli, lettuce
- **Fruit:** Apples, pears, citrus, grapes, kiwi, berries
- **Protein:** Eggs or egg substitute, lean meats, poultry, fish, tempeh, flavored tofu
- **Condiments:** Horseradish, mustards, ketchup, low fat mayonnaise and sour cream

#### In The Bread Box

- Whole-wheat or whole-grain: rolls, English muffins, crackers, pretzels, breadsticks, local artisan breads

#### In The Freezer

- Frozen vegetables, fruits, berries, frozen juice concentrate, extra bread products, whole wheat pizza shells, reduced fat ice cream or frozen yogurt, shelled nuts, cheese tortellini or ravioli, whole-grain flours and ground flax seed (stored in freezer or fridge), meats/poultry/fish, tempeh, veggie burgers

#### In The Pantry

- **Produce**— stored at room temperature: Potatoes, onions, tomatoes, bananas, dried fruit
- **Whole Grains:** Whole wheat pasta, whole grains (such as oatmeal, quinoa, brown rice), whole grain pancake mix, quick brown rice
- **Sauces:** Low sodium soy sauce, spaghetti sauce, salsa
- **Cooking and seasoning oils, dressing and spreads:** Canola oil, olive oil, sesame oil, cooking spray, salad dressings, nut butters
- **Vinegars:** Balsamic, apple, wine, and/or white vinegar
- **Canned Foods:** Water chestnuts, tomatoes (regular and stewed), vegetarian chili, variety of beans, refried beans, artichoke hearts, mandarin oranges, applesauce, olives, green chilies, mushrooms, evaporated low fat milk, Parmalat milk, low sodium soups and broth, tuna, salmon, crab, clams, chicken breast, purchased pesto, sun-dried tomatoes, roasted red peppers (packed in a jar), shelf-stable tofu
- **Herbs and Spices (store fresh in fridge; dried in airtight containers, away from heat and light):** Basil, cayenne, curry, dill weed, garlic powder, ginger, lemon pepper, mint, oregano, rosemary, thyme, garlic

## Mini-Recipes and Cooking Tips

### Grains

♥ Mix cooked amaranth or brown rice with chopped peppers, tomatoes, basil, and parsley, and your favorite goat cheese.

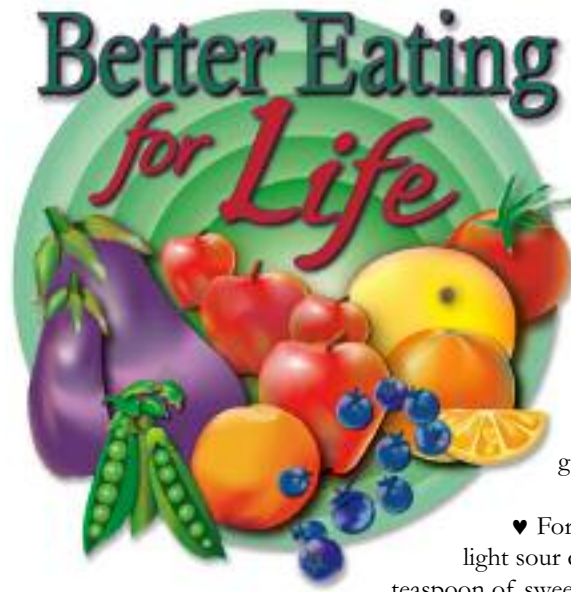
♥ Use as a side dish with a veggie burger or to stuff baked peppers or tomatoes.

♥ Mix salsa, drained canned beans, cooked grains, and grated cheese together. Roll in a soft tortilla and heat in the oven or microwave for a satisfying healthful wrap.

*Note:* Cooked whole grains freeze very well. Cook extra and freeze in thin layers in freezer bags. When you need a quick meal, just break apart and add to your sauté pan on the stove or in a microwave safe container in the microwave to heat through.

### Vegetables

♥ Roasting or grilling vegetables brings out their natural sweetness and can make a vegetable lover out of anyone. Chop the vegetables into chunky pieces, spray or drizzle with olive oil, and sprinkle with herbs such as basil, garlic, parsley, and tarragon. Roast, uncovered, for 45 minutes to an hour at 400°F in a pan large enough so the pieces do not touch each other. Stir occasionally.



♥ For grilling, cut vegetable pieces into slices no more than 1 inch thick so they'll cook quickly. Coat with oil or cooking spray as for roasting, then place on the grill for 2-3 minutes per side. Use tongs to turn.

### Fruit

♥ Top vanilla frozen yogurt or lower fat ice cream with banana slices, canned or fresh Mandarin oranges (Clementines), peaches, cherries, or your favorite berries. Don't forget a squirt of chocolate syrup!

♥ For a fast fruit sauce, blend equal parts of light sour cream and fat free canned milk with a teaspoon of sweetener and a drop or two of vanilla extract. Spoon over fresh or frozen berries and sprinkle with cinnamon.

### Dairy

♥ Fat free evaporated milk is a surprisingly good substitute for whipping cream. Partially frozen, it whips up like heavy cream. Pour 1 cup evaporated fat free milk in a small bowl. Cover and place it and the mixer beaters in the freezer for 30 minutes or until ice crystals start to form. Remove from the freezer and beat for 1 minute on high until very frothy. Gradually add 1/4 cup powdered sugar or an equivalent amount of the dry (not liquid) sweetener of your choice, and 1 teaspoon vanilla extract. Continue beating until mixture is stiff. Serve immediately. This stays whipped for less than 30 minutes, so plan to use it immediately.

♥ Fat free evaporated milk is a rich-tasting substitute for cream in recipes. Try making this chilled choco-banana mousse with it for a decadent-tasting treat: In a covered blender container on high speed, blend together 3/4 cup cocoa, 1/2 cup fat free evaporated milk (from a 12-oz. can), and 1/4 cup sugar or preferred sweetener. Once the cocoa is well-blended, add in the rest of the can of fat free evaporated milk, 3 large frozen bananas, cut into fourths, and 1 tsp. vanilla. Blend on high speed until smooth. Consistency will be like a thick sauce. Serve immediately. Makes 8 half-cup servings. Only 113 calories and 136 mg of calcium per serving!

### Plant Protein

♥ Try this simple sauce for vegetables or stir fries: 1/3 cup nut butter of your choice, 1/2 cup boiling water, 1 tablespoon low sodium soy sauce, 1 tablespoon vinegar, 1 teaspoon minced garlic, 1/4 teaspoon ginger and 1/8 teaspoon cayenne pepper. Whisk these ingredients together in a small bowl until smooth. Add a little more boiling water if it becomes too thick.

♥ Spread mashed beans on nachos with salsa, in a pita with lettuce, tomato, and mustard or mayonnaise, in a burrito with tomato and cheese. Keeping beans on hand makes a great choice for a delicious quick meal.

### Animal Protein

♥ If you love eggs, but don't want to use up two days worth of cholesterol in one 3-egg omelet, try an egg white omelet. (All of an egg's cholesterol is in the yolk.) Beat well 3 egg whites, and set aside. Sauté peppers, onion, mushrooms, or the vegetables you prefer in a teaspoon of oil in a small sauté pan. When they are heated through, pour the beaten egg white over the vegetables and swirl, lifting the cooked edges of the omelet to allow the uncooked whites to fill in underneath. When it is almost set, sprinkle some sharp cheese on top and fold in half or thirds. Let rest off of the heat as it continues to cook for a few seconds. You may decide not to go back to regular omelets!

♥ Browning lean cuts of meat prior to cooking by moist-heat methods adds rich color and flavor. Pat dry with a paper towel, then dredge the meat in flour to seal in flavors and moisture. Use a small amount of oil or cooking spray in a nonstick pan, and brown slowly for best results.

♥ Prepared marinades are a super easy way to make lean cuts of meat, skinless chicken, or fish tender and juicy. In the refrigerator, marinate the animal protein for as little as 10 minutes or up to 2 hours ahead of cooking. Fish doesn't need to marinate for longer than 10 to 15 minutes.

## Fats and Oils

♥ Butter-flavored and olive oil-flavored cooking sprays can really help to cut down on the fat calories that you may not be aware of, while adding rich flavor accents.

♥ You can make your own spray by adding your favorite oil to a clean, new spray bottle. Some companies also sell specially designed oil spray bottles that you hand-pump to increase the air pressure and then spray.

♥ Measure the oils that you may add to a salad or in cooking. A teaspoon may do the trick for flavoring and adding richness rather than a heavy-handed tablespoon or two. At approximated 120 calories per tablespoon, it's important to be aware of how much you are actually using. Try a small amount of strong flavored oils such as sesame, walnut, or flax oil on salads or drizzle on at the end of cooking a stir-fry for an intriguing flavor.

♥ The classic whole-foods cookbook, *Laurel's Kitchen* has a recipe for better butter: Blend together one-half cup of canola oil and one stick of softened butter to make a reduced saturated fat spread. Commercial brands have now caught on, and you can find these mixtures as spreadable tub butters, for a reduced saturated fat, real butter-flavor product.

♥ Neufchatel cheese, a low fat cream cheese, topped with melted red pepper jelly and served with crusty whole grain bread chunks makes a tasty hors d'oeuvre.

## More Tips for Adding Healthful Ingredients to Your Kitchen Repertoire

### Whole Grains

- When baking, substitute ever-increasing amounts of whole-wheat flour for white flour in your recipe until you reach 100 percent whole wheat. For some foods, like bread or rolls, you may find that 100 percent whole wheat is your favorite; for others you might choose a lower proportion of whole wheat to white. *Note:* The texture of baked goods will change, becoming denser and heartier as you increase the amount of whole grain flour, a delicious, flavor and texture transformation. If 100 percent whole grain flour is not enjoyable for you at first, try these strategies:
- Use 1/4 whole wheat and 3/4 white flour, increasing the proportion of whole wheat to white as you become accustomed to the new taste and texture; try whole-wheat pastry flour, a fine textured whole-wheat flour, or the new light-colored whole-wheat flour called white whole wheat.
- Once a month, bring home an unfamiliar whole grain from the bulk section or grocery aisle and cook up a new recipe (from the back of the package, one of our whole-grain brochures, or from our web site).

### Vegetables

- Thicken soup with a purée of cooked or roasted mixed vegetables, potatoes, or beans.
- Keep bags of frozen vegetables on hand to add to spaghetti sauce, stir-fries, and macaroni and cheese.
- Canned beans can make a side salad into a meal salad, with a slice of whole grain bread or a bowl of soup.
- Stewed tomatoes mixed with an equal amount of low fat milk or plain soymilk and heated over low heat until steaming makes an excellent quick homemade chunky tomato soup. Blenderize the mixture if you prefer a smoother texture.
- Substitute puréed cooked beets for the fat in brownies, chocolate cupcakes, or loaf cakes. They'll turn out moist and contain the antioxidant "plus" from the beets.
- Replace the fat in gingerbread with canned solid-pack pumpkin to slash fat, saturated fat, cholesterol, and calories and add a hefty dose of beta-carotene.

### Fruit

- Substitute puréed prunes or apple-sauce for the fat in a quick bread, muffin, cookie, or cake recipe.
- For a dessert, top refrigerated or frozen yogurt with fresh, defrosted frozen, or canned fruit and sprinkle with granola.
- Think outside the bowl when assembling your salad or sandwich. Mandarin orange slices, apple slices, dried cranberries or raisins, or other dried fruit all add wonderful texture and natural sweetness to your green salad. Apples or sliced grapes go well on a chicken, turkey, or ham sandwich. Don't forget peanut butter, jelly, and banana for a yummy "comfort food" breakfast sandwich.

### Dairy

- Use skim or 1 percent milk instead of whole milk or half and half.
- Replace sour cream in dips and sauces with low fat yogurt.
- Instead of regular cottage cheese, use low fat or nonfat cottage cheese or fat-free ricotta. Look for extra calcium versions.
- Try substituting evaporated skim milk in recipes calling for cream or whole milk.

### Protein from Plants

- Veggie-based burgers, crumbles, and meatballs can substitute for meat in Italian dishes, sauces, and casseroles. (Try veggie patty "chicken" Parmesan.)
- Beans are a delicious and heart-healthy protein in salads, soups, tomato sauce, and stuffed peppers or tomatoes.
- Nut butters or nuts added to sauces, stir fries, or salads provide satisfying flavor, protein, and healthy fats.

### Protein from Animals

- Poultry skin is high in saturated fat. Remove it either before or after cooking and discard.
- Trim the visible fat from meat to lower the total and saturated fat.
- Use moist heat methods such as braising, simmering, stewing, poaching, or pressure-cooking for lean or less tender cuts of beef.
- When cooking beef in the oven, put a rack in the pan to allow fat to drip away from the meat.
- To further reduce the fat, put cooked ground beef in a strainer and rinse briefly with hot water. Drain well and continue with your recipe.
- Skimming fat from homemade meat soups and stews is easy. Chill and remove the fat layer that rises to the surface.
- Use a fat-separating cup for making low-fat beef gravy or lean au jus.

### Fats and Oils

- Focus on healthful oils, including olive, canola, and peanut.
- Reduce the amount of harmful saturated and hydrogenated fat you cook with.
- Flaxseed oil and ground flaxseeds add healthful fats and a nutty flavor when drizzled over salads and hot cereals.
- A bit of sesame oil in a stir-fry contributes a lot of flavor, while sesame butter (tahini) in humus (garbanzo bean dip) adds richness.
- Peanuts, almonds, or walnuts in a stir-fry or stuffed peppers are a healthful and interesting addition.
- In baking, substitute canola or olive oil for solid fats such as shortening, lard, and butter, using about 1/4 less than the recipe calls for.
- Piecrusts are high in saturated fat. Open-face pies contain less saturated fat than double-crust ones.
- An angel cake requires no fat.

## Getting Started— Web Cooking Tips

**Basics Of Cooking Lesson Series** from About.com provides many basic explanations for beginner cooks, from reading a baking recipe to how to prepare fruits and vegetables.  
[www.busycooks.about.com/od/cookinglessons/a/cookinglessons.htm](http://www.busycooks.about.com/od/cookinglessons/a/cookinglessons.htm)

**The Hanover and Lebanon NH Co-op Food Stores** website is a great place to go for whole foods recipes. Do you have an ingredient like beans or rice and want ideas on what to make with it? Search for a new recipe by ingredient, category (for example, entrée or appetizer), or theme (for example Mediterranean or winter holidays).

[www.coopfoodstore.coop/recipes.html](http://www.coopfoodstore.coop/recipes.html)

### Cooking Spices Every Beginning Cook Needs

Absolute kitchen novices can start here with spices and herbs.

[www.nathankramer.com/spice/right.htm](http://www.nathankramer.com/spice/right.htm)

**FoodFit's checklist** lays the groundwork for a pleasurable, successful cooking experience.

[www.foodfit.com/cooking/archive/focusOn\\_mar03.asp](http://www.foodfit.com/cooking/archive/focusOn_mar03.asp)

### Cookware Tips for Beginning Cooks by Elaine Corn

A resource-filled webpage with lots of inspiration and instruction on utensils and cookware needed as you start your foray into the kitchen.

[www.sallys-place.com/food/columns/corn/cookware.htm](http://www.sallys-place.com/food/columns/corn/cookware.htm)

## Cookbooks

### Just Learning to Cook

*Absolute Beginner's Cookbook: Or How Long Do I Cook a 3-Minute Egg?* Revised 3rd Edition by Jackie Eddy and Eleanor Clark

*Basic Cooking: All You Need to Cook Well Quickly* by Jennifer L. Newens and Sebastian Dickhaut

*Betty Crocker's Cooking Basics: Learning to Cook with Confidence* by Betty Crocker

*The Healthy College Cookbook*

by Alexandra Nimetz, Jason Stanley and Emeline Starr

*Now You're Cooking: Everything a Beginner Needs to Know to Start Cooking Today* by Elaine Corn

### Cooking with Whole Foods

*Biggest Book of Slow Cooker Recipes* by Better Homes and Gardens Books (Editor), Chuck Smothermon (Editor)

*The Co-op Cookbook: Delicious and Healthy Meals in Less Than Half an Hour* by Rosemary Fifield

*Jane Brody's Good Food Book: Living the High-Carbohydrate Way* by Jane E. Brody

*Moosewood Restaurant Cooks at Home: Fast and Easy Recipes for Any Day* by Moosewood Collective

*The New Laurel's Kitchen: A Handbook for Vegetarian Cookery and Nutrition* by Laurel Robertson, Carol Flinders and Brian Ruppenthal

*Pressure Perfect: Two Hour Taste in Twenty Minutes Using Your Pressure Cooker* by Lorna J. Sass

*Rodale's Basic Natural Foods Cookbook*, Charles Gerras (Editor)

*Simple Food for the Good Life* by Helen Nearing and Barbara Damrosch

### Cooking for or with Children

*Fanny at Chez Panisse: A Child's Restaurant Adventures with 46 Recipes* by Alice L. Waters

*Feeding the Whole Family: Whole Foods Recipes for Babies, Young Children & Their Parents* by Cynthia Lair

*Honest Pretzels; Pretend Soup and Other Recipes; Salad People and More Real Recipes-A New Cookbook for Preschoolers & Up* by Molly Katzen (Moosewood Cookbook)

*Secrets of Feeding a Healthy Family* by Ellyn Satter

We published Step One of *Better Eating for Life* starting in the January, 2007 issue of our member newsletter, the *Wheatville Breeze*, and we will print the next eleven steps, one in each issue.

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