

# THE WHEATSVILLE BREEZE

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



photo: Ailán Blázquez



## Wow. It's Really Real

by Dan Gillotte, General Manager

After years of planning and toil, we completed our amazing renovation at 3101 Guadalupe. At the October 2009 Grand RE-opening, a founding owner came up to me teary-eyed

and said, "It's so beautiful. We finally have the co-op store that we always dreamed of and deserved!"

That comment sticks with me as I hear similar comments from long-time owners as they explore our new store at 4001 South Lamar. The love and appreciation coming from so many happy owners and customers makes all the struggle and challenge worthwhile, and I am grateful for it!

Working for a co-op is a very special thing and I feel very lucky and privileged in my role. Most heartfelt for me is in the way that our community really feels like **Wheatville is US and OURS**. We didn't open a store in South Austin because Wall Street was demanding it or simply because the demographics were positive. We opened it because our owners (you!) wanted it and have wanted it for decades, and because we could tell from our research that they (you!) would shop at the store, proselytize to their (your!) friends about it and help make it a homerun! And this is most definitely the case. We had an amazing first few weeks largely through word of mouth promotion by you!

Your support of Wheatville makes all the good that we do possible and I thank you for it!



Niki Nash

The opening of the second store was a labor of love and tremendous hard work from our entire staff. I would like to appreciate a few directly by name here:

All product selection and departmental planning was led by **Dana Tomlin** and **Niki Nash**.



Beth Ley

The overall look and feel of the store and amazing signage and decor was led by **Raquel Dadomo**.

All of the wonderful new staff hiring was led by **Beth Ley**.

Store training was conducted at Guadalupe led by **Rory Alexander**.



Bill Bickford

The actual opening and running of the store was (and is) led by **Bill Bickford**.

Project accounting including contract vetting, investor share oversight and loan management was conducted by **John Perkins**.

There are countless other folks who all did amazing and incredible work for our co-op, but these folks carried the broadest burdens and I wanted to publicly thank them for their fantastic work!



Dana Tomlin



Raquel Dadomo



Rory Alexander



John Perkins

## Join us for a Taste of Thanksgiving Sampler

Saturday, November 23rd  
1-3pm, both stores

Enjoy yummy bites of our Tofurky with gravy, traditional sides, and freshly baked PIE!

Thanks to another successful year, we will be distributing Patronage Rebates starting in December! See page 11 for rebate FAQ.

## Our Thanksgiving Vision

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

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

### Thanksgiving Holiday Hours:

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

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# Community Action Wednesday

**Community**  
**≡ACTION≡**  
**WEDNESDAYS**

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

**In August: \$2,835 was donated to Amala Foundation.**  
**In September: \$2,925 was collected for Meals on Wheels & More.**  
**Thank you!**

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

Wheatsville has a Community Fund in our name and we use the earnings from our fund to support local community groups. We'll do this annually and at first, while the endowment is small, the amounts donated will be small, too, but as we grow our fund, our grants will grow, too!

Wheatsville owners have a non-profit charitable giving organization that is controlled by your co-op. We focus on groups that are working toward a similar mission.



**BenMason**  
 Photography  
 tekkind.com


## Sign up for the Wheatsville Email List!

About once a week, you'll get an e-mail from us informing you of upcoming events, new products, special deals or changes in the store.

Go to **www.wheatsville.coop** to sign up!

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

## Community Action Recipients for 2013

January	People's Community Clinic	
February	SafePlace	
March	Sustainable Food Center	
April	Ecology Action	
May	Austin Pets Alive!	
June	Out Youth	
July	Hospice Austin	
August	Amala Foundation	
September	Meals on Wheels and More	
October	Capital Area Food Bank	
November & December	Wheatsville Co-op Community Fund	

## You Own It!

by Gabriel Gallegos, Ownership Coordinator



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

## Co-op Owners enjoy:

**Owner Appreciation Days** – 10% off of one shopping trip, four times a year

**Owner Deals** – sale items just for owners

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

**Democratic Participation** – vote in the Wheatsville Election...*plus more!*  
 Stop by the Hospitality Desk when you are ready to join!

**Total Co-op Owners as of October 11, 2013: 13,968**

If you have an ownership inquiry or need to update your mailing information, please contact Gabriel Gallegos, Ownership Coordinator at [membership@wheatsville.coop](mailto:membership@wheatsville.coop).

## DOGGONE IT! WHERE DID YOU GO?

Owners- if you've moved and you're not getting the Breeze in the mail, please email your new address to Gabriel at [membership@wheatsville.coop](mailto:membership@wheatsville.coop)



Hospice Austin  
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Telephone:  
 (512) 342-4700

Toll Free:  
 (800) 445-3261

Fax:  
 (512) 795-9053

Main Address  
 4107 Spicewood Springs Rd.  
 Suite 100  
 Austin, TX 78759

Hospice Austin's  
 Christopher House  
 2820 E. MLK, Jr. Blvd.  
 Austin, TX 78702

Williamson County  
 102 West Morrow St.  
 Suite 204  
 Georgetown, TX 78626

[HospiceAustin.org](http://HospiceAustin.org)

August 14, 2013

Mr. Dan Gillotte, General Manager  
 Wheatsville Co-op  
 3101 Guadalupe St  
 Austin, TX 78705-2819

Dear Mr. Gillotte,

You affirmed what we know to be true. Your support is evidence of a community's belief that everyone deserves to live their final months, days and hours in comfort and dignity.

On behalf of our patients and families, thank you for your gift of \$2,267.94. Your generosity will help Hospice Austin in our daily work from easing the physical pain of our patients to providing grief support to families.

We would like to send you an emailed report in the coming months on the impact of your gift. If we do not have your email address on file, please send it to [development@hospiceaustin.org](mailto:development@hospiceaustin.org). In the meantime, I can be reached anytime at (512) 342-4753.

Thank you for your generosity and confidence in our work.

Sincerely,

*Grace*  
 Grace Holland Washington  
 Director of Development

*We are so thrilled & thankful to be one of your monthly benefactors - what a generous donation!*

Serving our community for over 30 years.

The Wheatsville Breeze is a publication of  
**Wheatsville Food Co-op**  
 3101 Guadalupe      4001 S. Lamar  
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Photos by: Aldia Bluewillow, Raquel Dado, Bob Kinney, Ben Mason  
 except where otherwise noted or not known

**The Wheatsville Board of Directors meets at 6pm the last Tuesday of every month** at 3105 Guadalupe (building North of store). Check <http://wheatsville.coop/membership/board-of-directors> for details. Owners are encouraged to attend. Something that you would like discussed at the meeting? Contact General Manager Dan Gillotte at 478-2667 or [gm@wheatsville.com](mailto:gm@wheatsville.com)

### Wheatsville 2013 Board of Directors

Rose Marie Klee, president  
 Doug Addison      Reyna Bishop  
 Marcia Erickson      Christina Fenton  
 Steven Tomlinson      Kate Vickery  
 John Vinson      Mark Wochner

**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 non-doctrinaire information about food to people in Austin TX.

# 4001 S. Lamar Opened on Friday, September 20th with Drought Breaking Rain & Rejoicing!

by Raquel Dadomo, photos by Ben Mason and Raquel Dadomo



photo: Raquel Dadomo

Like rain after a long drought....' is how some die-hard co-op shoppers described Wheatsville's store opening at 4001 South Lamar. The morning started off with torrential downpours but warmed and cleared as our friends, neighbors and shoppers started to trickle in for the festivities. Our General Manager, Dan Gillotte, South Lamar Store Manager, Bill Bickford and Board President, Rose Marie Klee all welcomed the gathering crowd and reminded everyone about the reason we're in business.

We're in business, and we're expanding that business, so that we can make a difference on things that matter to us. Our BIG Direction Goals are to create:

- More Local, Organic, Sustainable Food
- More Co-op Economy and
- More Happy People

As the co-op profits, so do the things we stand for and support. We are here to support our local economy, to build community and to support more local, organic, sustainable food.

Our second store was opened by all in attendance pulling a streamer - a community-style ribbon cutting, put together by Rosie Weaver. Everyone has a hand in what we do here - so it seemed fitting that everyone had a hand in opening the new store.

Our store is successful because YOU. Over 13,000 owners, shoppers, neighbors, friends, community groups, fellow cooperators and staff - all working together to make this cooperative a very special place in Austin.

Our rainbow has officially reached the other side of the river!

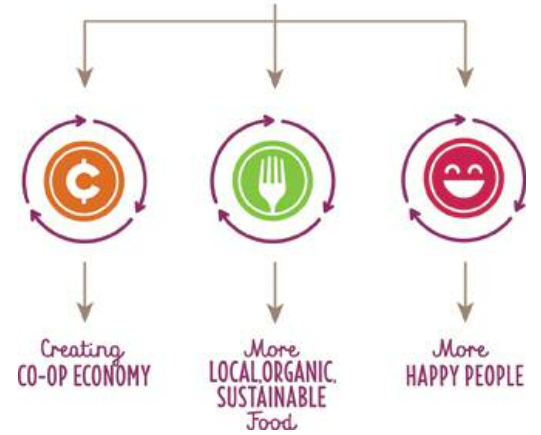


photo: Ben Mason



photo: Raquel Dadomo



photo: Ben Mason



photo: Ben Mason



photo: Raquel Dadomo



photo: Ben Mason



photo: Raquel Dadomo



## Welcome to South Austin!

We know you'll enjoy it as much as we do!

To complement Wheatsville, check out our extensive line of eco products:

- flooring and countertops
- house paint and wood stain
- rainwater collection
- composting systems
- ecowise for baby

speaking organic since 1990

[ecowise.com](http://ecowise.com)  
 110 West Elizabeth St. Austin, TX 78704  
[ecowise512@gmail.com](mailto:ecowise512@gmail.com)  
 512.326.4474



# Go Relax with Your Company; We've Got Thanksgiving Simplified For You!

by Lisa Weems, Deli Kitchen Supervisor

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

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

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

If you're planning on a bigger gathering or want to have a number of courses this holiday, soup and salad begin the meal. Simple soups work best as starters, and our holiday favorites are **African Peanut, Rosemary Lentil** and **Potato Leek**. Salads can be as simple as cruising our **Salad Bar** for your favorite ingredients like baby spinach, organic dried cranberries and feta cheese, and tossing them all together with a sweet vinaigrette just before your guests sit down.

Moving on to the main course, you can choose from take-home **Roasted Whole Natural Turkeys**, platters of **Tofurky** with our own vegan **Mushroom Gravy, Maple & Mustard Glazed Niman Ranch Pork Loin**, and **Leek-Roasted Carrots and Tempeh**, which makes a colorful and hearty vegan main course unto itself, or can simply be a delicious side dish for your table. If you decide you'd like to get a **Roasted Whole Natural Turkey**, we are only cooking them to order, so please let us know by Sunday November 24th and we'll take care of it for you!

As always, we will have a bountiful selection of classic Thanksgiving side dishes for you: hand-creamed **Garlic Mashed Potatoes**, fresh and light

**Green Beans Amandine**, everyone's favorite **Vegan Mac 'n' Cheese with Broccoli**, deceptively simple **Creamy Coconut Mashed Sweet Potatoes**, traditional, savory **Sausage Bread Stuffing** featuring house-made Niman Ranch sausage from our Meat Department, and our famed **Vegan Cornbread Dressing**. We'll also be featuring some delicious seasonal items in rotation throughout the holidays, such as **Butternut Squash and Red Onion Salad, Nuttled Wild Rice, Shepherd's Salad**, and many more! We hope you'll enjoy eating

**Garlic Cheddar Chive Cheese Ball** for a six-pack of our vegan **Rosemary Biscuits**. These bags, one of which should feed a family of four, will be available in our self-serve area starting on Tuesday, November 26th. Now it's easier than ever to get your holidays happening—grab one and your seasonal sides are covered!

As always, your Wheatsville bakery will be whipping up a delectable assortment of seasonal pies for your holiday dessert table: **Pumpkin, Pecan, Coconut Cream** and **Dutch Apple Pies**, all freshly baked for you!

Our traditional and vegan pies are handmade by our bakers, featuring organic pastry crusts and organic graham cracker crusts. Add organic vanilla ice cream, or vegan whipped cream; your meal will be complete! Pies will be available starting Saturday, November 23rd.

So there you have it—Thanksgiving simplified! Experience our holiday food during our Taste of Thanksgiving Sampler. Take a look at our Holiday and Catering menus available at the Hospitality Desk or Deli Counter or online. Holiday dishes will start hitting our shelves and cases on Saturday, November 23rd. You can always give our Hospitality Clerks a call with questions at 512-478-2667 (Guadalupe) or 512-814-2888 (South Lamar). We look forward to cooking for you and yours, and helping make this Thanksgiving one to remember!

**Saturday, November 23rd**  
**from 1-3pm**  
at both the Guadalupe  
and S. Lamar locations

To help you plan your holiday table, the Deli will be holding the

## Taste of Thanksgiving Sampler

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

We will also be offering our Thanksgiving dishes on our hot bar from 11am-8pm that day in case those samples leave you wanting more!

them as much as we enjoy making them!

And no holiday table is complete without a heaping helping of our ever-popular, veggie-packed vegan **Mushroom Gravy** and our tart, gingery **Cranberry Orange Relish** to make the most of your main course. Six-packs of our Bakery's flaky vegan **Rosemary Biscuits** and our full line of **Bakehouse Breads** will also be available to complement your feast!

Our holiday fare will be available from our full-service case at the Guadalupe deli counter and will also be stocked for your convenience in our self-service cases at both stores starting Saturday, November 23rd.

We will also be running **Thanksgiving Feast** on our hot bar from Saturday, November 23rd through Wednesday, November 27th, so you don't have to wait until Thanksgiving to get a taste of the holiday!

Again this year we will be putting together our **Holiday Helper Bags**, packing a cornucopia of our best-selling holiday side dishes and appetizer in one easy, convenient grab'n'go package, including a **Garlic Chive Cheddar Cheese Ball, Garlic Mashed Potatoes, Green Beans Amandine, Cornbread Stuffing, Cranberry Relish, Mushroom Gravy, and Coconut Mashed Sweet Potatoes!** Prefer a vegan option? Yes, you can have one! Come by the deli counter and one of our helpful staff will swap out the



## LET US COOK YOUR TURKEY FOR YOU!

If you would like to simplify your holiday, our Whole Roasted Natural Turkeys should feed a family of six with ample leftovers. We roast these turkeys following a traditional recipe of onions, carrots, celery, herbs and spices. These will be cooked to order, so a prepayment is essential to making sure you get what you need. If you're interested in a fully-cooked bird be sure to let us know by **Sunday, November 24th.**



# Thanks from the Blackland Community

by Bo McCarver, Ph.D., Chair, Blackland CDC

I want to thank you and the super staff at Wheatsville for boosting our neighborhood. For five years as of last July, Wheatsville has donated food to the Blackland Community Development Corporation five days a week.

Alan Schroeder (a former Wheatsville purchaser) and I take turns picking it up around 7 a.m. We usually take it to the Blackland Neighborhood Center around 8 a.m. where it is offered to several dozen very poor families. It is usually gone within an hour.



Alan Schroeder picks up produce from Ralf Hernandez

I also deliver some to several shut-in elderly. On holidays when the Blackland Neighborhood Center is closed, we take the food to the Baptist Chapel on East Caesar Chavez where it is used to feed homeless people. We also use it to prepare meals for volunteers who work on our 48 rental units that we lease to households earning less than 60 percent of the average for Austin.

Nothing is wasted. We estimate that during the past five years, Wheatsville Food Co-op has donated more than 200 tons of organic produce, dairy and deli foods to our East Austin Community.

The Blackland CDC is the only neighborhood-based nonprofit in America that takes in homeless families. Since 1994 we have helped 173 struggling families get on their feet. Each Saturday we deliver Wheatsville bread and other food to some of these families. We run on a razor-thin budget and support our homeless families with donations and transfer of rental income from our other units. Visit our web site at [blacklandcdc.org](http://blacklandcdc.org).

# Staff TOP 10 PICK



BELEN RODRIGUEZ, FRONT END CLERK, S. LAMAR

## 1. Wheatsville's Gingerade

I ORDER IT HOT FOR A TUMMY-TAMING, THROAT-SOOTHING, SINUS-CLEARER.

## 2. Wheatsville's Mac & Cheese

SANDWICHED BETWEEN A BAKEHOUSE ROLL AND BACON FROM THE DELI.



## 3. Beanitos White Bean & Salt Chips

LOCALLY-MADE NAVY BEAN CHIP WITH A LIGHTLY-SALTED, DELICATE CRUNCH.

## 4. Wheatsville's Raw Deal

IT'S A CHEESEBURGER OF A VEGAN SALAD.

## 5. Wheatsville's Lemon Scented Quinoa

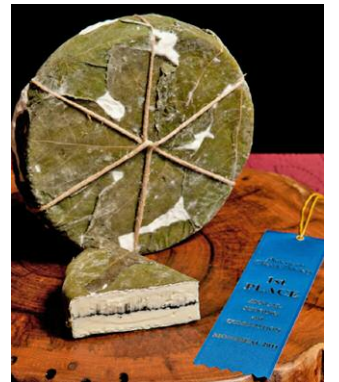
HEARTY AND FLAVORFUL, IT PAIRS WELL WITH THE RAW DEAL.

## 6. Wheatsville's Rice & Beans

BIGGEST BANG FOR MY BUCK; I ADD GUACAMOLE AND CHEESE.

## 7. Brazos Valley Eden Brie

WITH BREAD FROM OUR BAKEHOUSE AND A BOTTLE OF WINE.



## 8. Chocolate Almond Butter in bulk

GROUND IN-HOUSE TO BLANKET MY APPLES AND BANANAS.

## 9. Gaia Oregano Leaf

WITH 4 OZ. OF LEMON WATER, IT'S A NATURAL ANTIHISTAMINE TO COMBAT ALLERGIES.

## 10. Nature's Gate Colloidal Oatmeal Moisturizing Lotion

WINTER IS COMING; I STAVE OFF SCALY SKIN WITH THIS LOTION.



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**TAPESTRY SINGERS**

Austin Women's Chorus

## Listen More Often

Saturday, November 2

7:30 p.m. St. Matthew's Episcopal Church, 8134 Mesa Drive

Join us for an evening of songs that embody the music of our natural world.

In 1987, Tapestry Singers began as a way to bring women together to celebrate their heritage and for the pure enjoyment of singing. Women from all backgrounds, lifestyles, and areas of the city come together once a week to laugh, to support, and to sing their hearts out!

Tickets can be purchased from a member, at the door, or [www.tapestrysingers.org](http://www.tapestrysingers.org)



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

It's Thanksgiving time once again and we all know what that means—turkey. Turkey is a great protein. It is one of the very few types of meat that are acceptable to eat every day. It is also large enough to feed a substantial mass of in-laws and outlaws alike. If you are looking to have leftovers, you should plan for 2lbs per person.

All of the turkeys we offer are hormone and antibiotic free, as well as all vegetarian-fed and free-range. Wheatsville will have several turkey options this year.

We'll have an ample supply of **Grateful Harvest Natural Turkeys** and **Grateful Harvest Organic Turkeys**, coming to us from a small family-owned and operated farm in the Central Valley of California. The organic turkeys are fed USDA Certified Organic, GMO-free feed. These will be available as early as Friday November 22 and will range from 8 to 24 lbs.

We are also excited to offer **Mary's Heritage Turkeys**. These birds are bred from turkeys that originally inhabited the Americas—the Bourbon Red and Narragansett. Heritage turkeys breed naturally and can fly, resulting in a naturally darker meat, larger thighs and smaller breasts. These traits result in a superior taste that takes less time to cook than a regular turkey. We recommend using a cooking thermometer. They will range from 17-22 lbs and will arrive fresh on Monday, November 25th.

Looking to go local? We have worked closely with Jim and Kay at **Richardson Farms** this year in order to offer a locally, small-farm raised turkey. The Richardsons raise Broad Breasted Whites right here in Texas, just 57 miles away, in Rockdale, about an hour from Austin. They will range from 17-22 lbs and will arrive fresh on Monday, November 25th.



**Estimated Cooking times:**  
 14-16 lbs 3.5-3.75 hours  
 16-18 lbs 3.75-4 hours  
 18-20 lbs 4-4.5 hours  
 20-22 lbs 4.5-5 hours

If you want to serve turkey but you don't have the oven space or the need for a large turkey, we will have **Mary's Natural and Organic Chef's Breasts**. These are a whole bone-in turkey breasts that are great for a smaller group of people or as a supplement to your whole turkey.



If you would like to serve ham as an addition to turkey or in place of it, we'll have plenty of options. The **Niman Ranch Bone-In Spiral Cut Ham** is a great centerpiece for your meal. **Niman Petite Hams** are perfect for a smaller setting or if you need ham to include in your recipes. We will also have the European style **Jambon Royal Ham**. These hams have a slightly saltier and deeper

smoked flavor than the other Niman hams. They are larger than the petite hams but smaller than a half ham and can easily be enhanced with glazing or sauce.

On the local front, we will feature **Pederson's Natural Farm's Hams**. Located in Hamilton, Texas, about 111 miles away from us, Pederson's Natural Farm is focused on creating products that are Certified Humane and made without the use of artificial ingredients or preservatives.

We're always ready to accommodate a wide range of special requests that you many have for your holidays. We offer lamb, beef and pork in many varieties and can easily cut large roasts and other preparations with a little bit of notice. So, if you don't see what you want on our cases, just ask! We want to tell you YES!

If you'd like to prepare a nontraditional Thanksgiving dinner, Wheatsville also has mouth-watering seafood available. Our **Trollerpoint Coho Salmon** can be cut to accommodate a large place setting and you can always get a whole side of Sockeye Salmon. A side of salmon is a beautiful, impressive addition to any table and can also be prepared as an appetizer for your gathering.



And don't forget about breakfast the day after Thanksgiving! It can be a great way to continue to enjoy your time with your family. Lots of times we are so focused on our dinner shopping that we forget to grab some items for the day after. It's demanding enough just dealing with the dinner preparation, so make things easier with **Wheatsville's house-made Breakfast Sausages** or **Fish Brothers Cold Smoked Salmon**. You can create a bagel spread using **Fish Brother's Cold Smoked Salmon**, **Full Quiver Cream Cheese** and capers served on a **Rockstar Bagel**.

Whatever your Thanksgiving needs might be, think of us for a great deal on turkey or to cut you a sensational centerpiece for one of the most special meals of the year.

## Turkey Cooking Instructions and Tips

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

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

- If the turkey has not turned a golden brown when it reaches 170° remove the tent and turn the oven to 450° and roast to golden brown. Watch closely, this will not take long.

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

**Shhhhhh!!!!**... Here is my secret to a moist turkey: I carve the turkey into a deep sided platter and pour the broth from the roasting pan over the turkey for flavor and moisture. You will never regret this move. You can reserve some of the stock for gravy or use the extra stock you get from cooking a few extra pieces.

**To stuff or not to stuff?** - Stuffing a turkey will gain you a great tasting stuffing, but the bread can dry the turkey just a bit, so it's your call.

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

## How to Carve Your Holiday Turkey

*Not as hard as it looks; relax and get out your sharpest knife.*

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



# Thanksgiving Cheers!

by Shane Shelton Specialty Buyer

Thanksgiving is a time to celebrate with family and friends. To give thanks for the rich harvest from the land and to share a toast with a glass of...beer? Most people think of wine when they think of a Thanksgiving feast and that is a wonderful idea; wine is sophisticated and delicious and it really can

complement the flavors of a festive meal. But wine is not the only beverage to pair with a Thanksgiving feast and it may not even be the most traditional. It has been documented in the Mayflower's journals that the pilgrims abandoned their voyage and landed in Plymouth due to running out of beer and that one of the first establishments constructed within the colony was a brewery. So, it is in the spirit of Thanksgiving that I make the following recommendations for beers to enjoy with your holiday meal.



## Austin Beerworks Pearl Snap Pilsner

Go light on palates early in the day by starting off with a nice light-bodied Pilsner or Lager as your guests arrive. Austin Beerworks Pearl Snap Pilsner pours a stunningly clear golden color with a nice, bubbly head. This Pilsner is snappy, sharp and crisp with lots of hop flavor and character. This beer is a real crowd pleaser and is the perfect way to set the stage for the flavors to follow.

## Dale's Pale Ale

Kick things up a notch with a healthy dose of hops. The hoppy characters in Pale Ales will pair nicely with salads, cheeses, fruits, and many hors d'oeuvres, without overwhelming their flavors. Dale's Pale Ale is America's first hand-canned craft beer. A voluminously hopped Pale Ale that delivers a hoppy nose,



assertive-but-balanced flavors of pale malts and hops from start to finish. Dale's Pale Ale is a hearty (6.5% alcohol and 65 IBUs), critically acclaimed trailblazer that has changed the way craft beer fiends perceive canned beer.



## Maredsous Triple

When eating poultry, gravy and stuffing, kick the day up a notch by pairing your meal with some strong Belgian-style ales. Their higher alcohol percentages cut through fats and starches, provide an edge of sweetness, and boast very diverse and complex flavors. Maredsous Triple is a golden-bodied Belgian Triple, redolent with festive sparkle, creamy body and a luscious head. Its elegant smoothness belies its high alcohol content.

## Old Rasputin Imperial Stout

Rich and big stouts tend to work very well for dessert pairings. Old Rasputin Imperial Stout is a rich, intense brew with big complex flavors and a warming finish and is an excellent rendition of the Imperial Stout style once made exclusively for Catherine the Great. Old Rasputin is big and bold and it has been my favorite beer for the last 5 years!



## Wine for Thanksgiving

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

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



**Le Grande Noir 2010 Pinot Noir** offers pure aromas of cherry, currant, and savory spices. The grapes are hand-picked from the coolest growing area at the foothills of the Pyrennes. Good canopy management brings grapes to ripeness at cool temperatures, producing small quality yields of delicate Pinot Noir grapes. The velvety tannins in Le Grande Noir are nicely balanced by ripe red fruit flavors layered with vanilla and spice.

**Baron Philippe De Rothchild Cadet d'Oc Pinot Noir** and **Parducci Small Batch Pinot Noir** are also both excellent choices for your Thanksgiving table!



# Staff TOP 10 PICK



DANNY RIHA, DELI CLERK, GUADALUPE



## 1. Diamond Professional Dog Food in Bulk

IT MAKES MY FURRY FRIEND'S BELLY SO HAPPY!

## 2. Plant Fusion Protein Powder

MAKES YOU STRONG LIKE BULL!



## 3. Green Goblin Smoothie

SHHH...IT'S A SECRET.

## 4. Just Coffee Co-op

Revolution Roast

SHARE A CUP WITH A COMRADE



## 5. Chocolove Orange Peel in Dark Chocolate

TWO OF THE BEST THINGS EVER PUT TOGETHER.

## 6. Talenti Sea Salt & Caramel Gelato

PAIR IT WITH SOME RED WINE AND COMFY SHEETS.



## 7. Van Dijk Dorothea

Potato Chip Goat Cheese

POTATO CHIP CHEESE. NEED I SAY MORE?



## 8. Epica Red Wine

DRINK IT WITH A CHOCOLOVE BAR!



## 9. Guayaki EnlightenMint

PUT SOME PEP IN YOUR STEP!

## 10. Black Star/Wheatsville Pint Glass

WHEN CO-OPS COLLIDE!



# Thanksgiving with No Gluten? No Dairy? No Meat or Eggs? No Problem! by Niki Nash, Packaged Manager



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

you covered! I'll let the Deli tell you about their delicious house-made foods while I fill you in on the excellent foods featured in the co-op's aisles.

## Vegan Meat Substitutes

The famous **Tofurky** is a great go-to solution for a vegan Thanksgiving. Made by Turtle Island Foods, a family owned independent company, Tofurky is delicious as a main course as well as great for leftover sandwiches. Be sure to

thaw the Tofurky for 24 hours in the fridge for easier



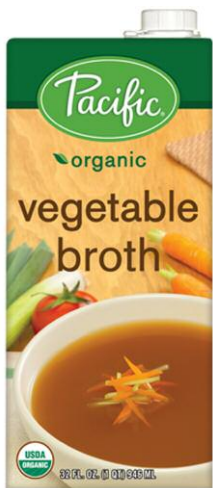
preparation. Full instructions and information are available on the Turtle Island website [www.tofurky.com](http://www.tofurky.com). Another tasty selection is **Field Roast Celebration Roast** in a 1 or 2 pound size. Blending European and Asian heritage, the Roasts offer a unique blend of vegetables, grains and spices. As a

vegan myself, I know there can be reluctance to eat a "meat substitute".

If neither of these roasts have a place on your table, I recommend trying **Butler's Soy Curls**. Their recipe for Holiday Bread Dressing is great and you can use **Arrowhead Mills Organic Savory Herb Stuffing Mix** as a delicious time saver. [www.butlerfoods.com/recipes/holiday-breadaddressing.html](http://www.butlerfoods.com/recipes/holiday-breadaddressing.html)



## Gluten-Free Stuffing



**Smart Grain Gluten Free Sage Stuffing** is handmade in a small North Carolina bakery. Started in 2001 by two women with a shared allergy to wheat, Smart Foods Bakery has grown from a small local bakery to a sustainable and respected business creating home-baked, gluten-free goodness! Or make your own stuffing using the ever popular **Udi's Gluten Free Bread**.

## Gluten-Free Broth

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

## Gluten-Free Pie Crust

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

## Grandma's Pie Crust

Recipe can be made ahead of time and stored in the freezer. Yields 2 pie crusts (one pie with top crust or 2 bottom crust pies).



- 2 1/2 cups C4C flour
- 2 tablespoons sugar
- 1 teaspoon salt
- 1 cup butter, cubed and cold
- 2 egg yolks
- 6 tablespoons water, ice-cold

Place all dry ingredients into a food processor and pulse to evenly distribute. Add the cold, cubed butter to the flour mixture. Pulse until the mixture resembles coarse meal. Place mixture into a large bowl and set aside.

Combine the egg yolks and water. Create a well in the flour mixture (in bowl), gradually whisking the egg mixture in with fork. Mix the dough until it forms a ball.

Allow dough to rest in refrigerator for 10 minutes. Cut the dough in half. Using extra C4C for dusting a flat surface, roll out one portion and drape to fit the contours of a pie dish.

Bake in a preheated oven at 350°F for 10 minutes or until golden brown.

## Vegan Pie Crust

You can make your own vegan pie easily using **Wholly Wholesome Traditional Organic Pieshells** or **Organic Whole Wheat Pieshells**, found in the freezer section. These are the same crusts our deli uses for their pies and they are TASTY.



## Gluten-free AND Vegan Pie Crust

If you want to have it all, **Wholly Wholesome** has a newly developed pie crust that is free of animal products *and* gluten. Fill it with **Farmer's Market Organic Pumpkin Pie Mix**, now in cans with BPA-free liners, for a fast and delicious pie.



## Pumpkin Spice Cheezecake

Raw, Vegan and Gluten-free!

Beforehand Prep: Soak 1/2 to 3/4 cup cashews for 4 to 6 hours.

Step 2: Making your Pumpkin Spice Cheezecake

- 1 cup macadamia nuts
- 1 cup soaked cashews

In your food processor grind the nuts until they've become a paste. Add the following to your food processor and puree everything together for 3 minutes, until whipped and creamy:

- 2 cups fresh/raw shredded pumpkin flesh (Kabocha or Sugar Pumpkin works best)
- 1/2 cup Coconut Crystals plus 3 heaping Tbsp
- 1/4 cup coconut oil
- 3 Tbsp lemon juice
- 1 tsp apple cider vinegar
- 1 tsp vanilla
- 2 tsp ground cinnamon
- 2 tsp ground allspice
- 1/2 tsp ginger powder
- 2 pinches salt

Step 3: Making Your Crust

- 1 cup pecans (walnuts will also work)
- 5 dates
- 1 tsp cinnamon
- pinch of salt

Place everything together in your food processor and pulse until all of your ingredients are evenly ground up:

Final Step - Assembling:

Using a springform pan: Proceed to layer your crust first, and pour your cheezecake batter into the pan on top of the crust. Place it in the freezer so all of the ingredients can properly set. This may take anywhere up to 4 hours - but freezing is important, so the longer the better. Remove from the freezer after frozen through and store in your fridge.

Place your cheezecake (covered) into the fridge, allowing it to thaw for about 30 minutes to an hour before slicing and serving.

No springform pan? No problem! See the original blog post for instructions: [www.addictedtoveggies.com/2011/10/pumpkin-spice-cheezecake.html](http://www.addictedtoveggies.com/2011/10/pumpkin-spice-cheezecake.html)



## Top that Pie!



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

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



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



Look for our Thanksgiving 2013 Gluten-Free Shopping List at the Hospitality Desk.



# Homemade Tofu Roast

by Gabriel Gallegos, Ownership Coordinator



Would you like to get extra creative this Thanksgiving? If so, consider making your own **tofu roast**. It is vegan, gluten free, and will be enjoyed by everybody in your family. This recipe requires a bit of time to prepare, so **start a day in advance**. You'll have lots of fun doing it and the results will amaze you. Enjoy!

## Ingredients:

- 2 lbs Westsoy extra-firm tofu
- 2 tsp Braggs Liquid Aminos
- 1 tsp dried sage
- 2 cups prepared cornbread stuffing\*
- 2 large sheets of yuba (aka tofu skin, bean curd skin)\*\*



\* Pamela's Cornbread is my favorite.

Use Egg Replacer, Earth Balance, and non-dairy milk for a vegan option.

\*\*Yuba is sold in large sheets in the frozen section of Asian markets.

## Basting sauce:

- 1/4 cup toasted sesame oil
- 1/4 cup olive oil
- 1/4 cup Braggs Liquid Aminos
- 1 Tbsp miso paste
- 2 Tbsp juice (cranberry or orange)
- 1 tsp Dijon mustard
- 1/2 tsp liquid smoke
- 1/4 tsp ground black pepper

## Supplies:

- large plate
- small plate
- colander
- cheese cloth
- food processor
- something heavy
- string
- roasting pan with lid

Squeeze tofu to remove water. Line colander with dampened cheesecloth so it hangs over the sides. Place colander on large plate. Roughly chop tofu, place in colander and cover with the cheesecloth that is hanging over the sides. Place the small plate upside down on top of the tofu with something heavy on top to press out remaining liquid. Let sit for one hour. Blend drained tofu, Braggs, and sage in food processor until smooth. Remove 3/4 cup of the blended tofu and set aside for later. Return remaining blended tofu to the cheesecloth-covered colander and press it down against the edges of the colander – creating a 1-inch thick “bowl” shape. Add prepared cornbread stuffing to the center of the tofu bowl and press the reserved tofu over the top to cover the stuffing. Carefully bring up the edges of the cheesecloth, tie the cheesecloth very tightly together at the top with the string and place colander on large plate again. Place the small plate upside down on top of the roast and put the heavy weight back on top. **Refrigerate overnight.**

Next Day: Preheat oven to 450°F. Whisk together basting sauce. Set aside. Remove roast from fridge and carefully remove from cheesecloth. Carefully place roast upside down in roasting pan and baste with half the basting sauce. Place both sheets of yuba over the roast and tuck the sides underneath the roast. It doesn't have to look perfect because the yuba will shrink around the tofu to create a “skin” as it bakes. Use some of the run-off basting sauce to baste yuba as well. Cover with lid and bake for 1 hour. Reduce heat to 350°F, remove lid, and baste with remaining sauce. Bake for an additional 30 minutes, basting every 10 minutes with run-off sauce. Carefully transfer roast to serving platter. Makes 6-8 servings.

The unmodified version of this recipe appears in La Dolce Vegan by Sarah Kramer

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**Try this at home!**

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

Visit [www.strongertogether.coop/coop-kitchen](http://www.strongertogether.coop/coop-kitchen).

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## Staff Spotlight- Allison Maupin

by Annie Downs, File Clerk & Recruiting Coordinator



**AD:** What is your Wheatsville history?

**AM:** I started almost a month ago – It will be two months exactly on the 28th of October. I'm a Front End Clerk and I absolutely love it!

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

**AM:** I was born and raised in Austin. I went to LBJ/LASA High School and UT Austin.

**AD:** What is your favorite product at Wheatsville?

**AM:** It's gotta be a tie between the Oatmeal Cream Sandwich and the Beet and Kale Salad. I like to eat them together so I have more justification for gobbling down the cookie.

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

**AM:** I love salsa dancing, but I haven't in a while. Mostly, I like going to hear performances by the UT Symphony Orchestra at the UT Opera Center. They're phenomenal.

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

**AM:** I graduated from UT last year with a bachelor's degree in classical music composition and physics. I'm still writing music – I have a lot of projects lined up – but I've forgotten most of the physics!

**AD:** Fill in the blanks:

**AM:** I've always wanted to love everyone unconditionally and if I had it my way, people (in general, including myself) would not be so afraid to open their hearts.

## MORE HAPPY PEOPLE! Staff Anniversaries!

★ Lee Jellison 21 years as of 11/23 (Store Receiver) ★

★ Cliff Bagley 6 years as of 11/7 (Order Clerk) ★

★ Carla Vargas-Frank 5 years as of 11/12 (Wellness Clerk) ★

★ Katie Browne 4 years as of 11/3 (Front End Clerk) ★

Cody Atkins 3 years as of 11/1 (Wellness Coordinator)

★ Lester King 3 years as of 11/29 (Order Clerk) ★

★ Kevin Bolling 2 years as of 11/2 (Deli Lead) ★

★ Roy Mosqueda 2 years as of 11/2 (Meat Assistant) ★



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**National Cooperative Grocers Association (NCGA) is a business services cooperative for natural food co-ops throughout the United States. NCGA helps unify food co-ops in order to optimize operational and marketing resources, strengthen purchasing power, and ultimately offer more value to natural food co-op owners and shoppers everywhere.**



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

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

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- after school group mentoring sessions to build relationships between youth and adults
- awareness, education and involvement in the prevention of HIV and related diseases
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# WHEATSVILLE CO-OP PATRONAGE REBATE FAQ

Fiscal Year Ending May 31, 2013 by John Perkins, Finance Manager

Patronage rebates are a discretionary allocation back to our owners of part of the co-op's earnings based on our profitability during the fiscal year.

We've had rebates for the last three years in a row, but we did not initially plan to have a rebate this year due to our need to retain as much cash as possible to invest in our new store. As it turns out, however, we had such a strong year financially that the tax benefits provided by a patronage allocation are sufficient to justify using some cash for rebates.

We will begin distributing rebates in the store in December, and all rebates must be claimed no later than February 15, 2014. More details about rebate distribution will be published in the December issue of the *Breeze*.

### What is the total amount of the patronage rebate?

The board allocated \$168,414 of our net savings back to owners this year. Eighty percent of this will be retained by the co-op to help finance our new store project and fund programs for the benefit of the owners, and twenty percent (\$33,683) will be distributed to the owners.

### How much will my rebate be?

If you are eligible for a rebate, your cash benefit will be equal to about 0.312% of the total purchases rung up on your account between June 1, 2012 and June 2, 2013. As an example, if you spent an average of \$200 per month in the store and your total purchases were \$2,400 for the year, your rebate would be \$7.50. An additional \$30.00 of your patronage would be applied to "retained patronage," representing an additional investment in the co-op on your behalf. Assuming you accept the cash portion of your rebate, your entire patronage allocation of \$37.50 in this example can then be deducted from Wheatsville's income for the year, reducing our tax liability.

### How does Wheatsville account for the retained portion of patronage allocations?

An entry of \$134,731 in member equity on our balance sheet represents the retained patronage amount for this year. In a subsidiary ledger, this \$134,731 is allocated to individual owner accounts in the proportion their patronage bears to the total qualifying patronage. This retained-patronage equity will remain on the books until the co-op is dissolved as an organization or until such time as the board of directors may decide to distribute all or part of it back to the owner accountholders or otherwise allocate it in accordance with legal procedures. (Because we are required to pay tax on any allocations that are not redeemed by owners, however, we must make an adjustment to retained patronage each year, cancelling any retained patronage associated with unredeemed rebates from the prior year and reducing the balance in our retained patronage account. This money, which was reported as nontaxable earnings in the prior year, is then recognized as taxable income in the current year. In 2013, we reclassified \$14,322 from retained patronage and \$3,581 from rebates payable to taxable income because of 2012 rebates that were not redeemed.)

Here are answers to some of the other questions we often get about patronage rebates:

### What is a patronage rebate?

The Internal Revenue Code provides a special opportunity for member-owned cooperatives to reduce their taxable income by declaring a patronage dividend, or rebate, allocating a portion of the member/owners' purchases back to them at the end of the year. This potentially benefits both the individual owners and the co-op as a whole. Each year the board of directors determines whether a rebate is appropriate and, if so, the amount of the patronage allocation. Typically, 20% of the total allocation is paid out to fully invested owners based on their patronage during the fiscal year and 80% of the allocation is retained by the co-op as additional equity, to be used to enhance its ability to provide member services.

### Does Wheatsville do a rebate every year?

Our board of directors determines each year how much of our earnings should be retained for ongoing capital needs and how much, if any, should be allocated to patronage rebates. Wheatsville has had rebates in 2005, 2006, 2007, 2008, 2010, 2011, and now 2012. There was no rebate in 2009 because all our savings were retained to help fund the store renovation project.

### Who is eligible to receive a rebate?

Under our Membership Administration Guidelines, rebates are restricted to fully invested owners in good standing who have sufficient patronage to justify the expense of distributing their portion. Annual memberships (which have now been discontinued) and investing accounts that were not fully paid by August 26, 2013, the date when we calculated rebate amounts, are not eligible to receive a rebate. In addition to the capital investment requirement, a cut-off of \$800 minimum patronage during the fiscal year was established. Any accounts with less than this amount of purchases recorded on our point-of-sale system between June 1, 2012 and June 2, 2013 would have received rebates of less than \$2.50, and they were excluded to avoid spending more on preparation and distribution of payments than the member benefit would justify. A third requirement for eligibility is that our membership records must reflect a valid mailing address as required by your owner agreement. If mail addressed to you has ever been returned to us as undeliverable and we did not record an address update before August 26, 2013, your account was probably excluded from the eligible list.

### FYE13 Patronage Rebate Statistics

<b>Total Patronage Allocation</b>	<b>\$168,414</b>	<b>100.00%</b>
Retained Portion of Patronage Allocation	\$134,731	80.00%
Cash Return Portion of Patronage Allocation	\$33,683	20.00%
<b>Rebate Distribution</b>	<b>Last Year</b>	<b>This Year</b>
Number of Rebates Issued	4,619	3,982
Maximum Rebate Amount	\$119.62	\$74.88
Minimum Rebate Amount	\$2.63	\$2.50
Average Rebate Amount	\$11.74	\$8.46
Median Rebate Amount	\$8.17	\$6.28

### What if I joined during the fiscal year?

Rebates are calculated on patronage associated with your ownership account, so any purchases before you started using your ownership card, and any purchases made after joining if you didn't provide your account number, were not included. Purchases made on an investing membership were included if you became fully invested on that account by August 26, 2013.

### What if I closed my account after the end of the fiscal year?

Rebates were not issued for any accounts that were not active and in good standing on August 26, 2013, but eligible accounts closed after that date did get rebates.

### What if I think that there has been a mistake with my patronage rebate?

While we have gone to great lengths to make sure that the rebate accurately reflects owner purchases and to include all eligible individuals, mistakes are possible. If you feel there may be an error, please contact our finance manager, John Perkins ([john@wheatsville.coop](mailto:john@wheatsville.coop)), and the accounting team will investigate your patronage status.



### Can I donate my rebate to the co-op?

Many owners ask this and we appreciate the desire to help us out! Using your rebate to shop in the store is an excellent way to help your co-op and help yourself. *It is very important, however, that you redeem your rebate.* Unredeemed rebates will cause us to lose the substantial income tax benefit that Wheatsville receives from patronage allocations! *If you would like to donate your rebate to our current Community Action group, you can endorse it for a cashier and we will make the donation for you.* If you donate your rebate, Wheatsville will still get the tax benefit for both the rebate amount and the retained patronage associated with it.

### Why is it so important for members to maintain a current address in our files?

The ownership agreement that you signed upon joining requires that you keep Wheatsville informed of any change in your address. This requirement is stipulated in our bylaws and is necessary to assure our compliance with state laws. As

an owner, you have the legal right and duty to be informed of certain governance activities of your co-op such as board elections. There is also the practical consideration that without a good address on file, we may be unable to include you in benefits such as these patronage rebate distributions.

### Are the rebates taxable as income to recipients?

Under Internal Revenue Code section 1385 (b) (2), dividends received for purchases made for personal, living, or family purposes are exempt from taxable income. If you made purchases for business purposes, however, you might want to consult your tax advisor about whether your allocation should be reported as income or if your expense deduction or property basis should be adjusted. Because more than 85% of our patronage is for personal, living, and family purposes, Wheatsville has an exemption from filing 1099-PATR forms reporting our patronage dividends to the IRS.

### What if I have more questions?

Look for additional information about rebate distribution in the next issue of the *Breeze*. You can also contact me by email at [john@wheatsville.coop](mailto:john@wheatsville.coop).

THANKS FOR YOUR PATRONAGE!

**Help Grow New Co-ops**

**Food Co-op initiative**

From kitchen-table conversation to grand opening, Food Co-op Initiative helps bring new co-ops to life.

Read Monadnock's story and find out how you can help communities grow new food co-ops.

[foodcoopinitiative.coop/monadnock](http://foodcoopinitiative.coop/monadnock)

**Working Together. Building Community.**

It's More Than our Business, It's our Mission.

NCB is proud to be a partner in your continued success over the past 22 years.

**Contact Us!**  
Barry Silver  
(703) 302-1955  
[bsilver@ncb.coop](mailto:bsilver@ncb.coop)

[www.ncb.coop](http://www.ncb.coop)  
(800) 955-9622

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photo: Aldia Bluewillow

Coming in the December Breeze...  
Photos from the Fall Owner Gathering and the Grand Opening Party!



photo: Aldia Bluewillow



photo: Aldia Bluewillow

# I ♥ Wheatsville!

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

"I have never seen so many happy people shopping." overheard at S. Lamar

"I really love this place; the food, the employees, just the idea of the co-op. I love it!"  
Elsie

"I love how happy I feel every time I step in the doors at both stores. Wheatsville is such a great place to work and shop." Amie

"I love it here! I've been counting down the days till it opened!"

"I am so excited to have a Wheatsville on the south side. The layout of the store is very similar to the Guadalupe location, but they have new products, like Kosmic kombucha on tap, bread baked fresh in the store, and a machine that grinds peanuts with chocolate chips to make chocolate-peanut butter. Yum. Same selection of good quality, local produce, large bulk section, large hot foods bar and everything I loved about Wheatsville on Guad. Lots of vegetarian-friendly food and humanely raised meat. It kind of reminded me of the old Whole Foods location, when it was still a place for hippie families to hang out. Wheatsville's prices are much better, though, and the staff are so friendly." Lauren A on Yelp

"The wait was worth it! On opening day there were few customers but many smiling employees eager to help us, not that we needed help finding anything; the store is well arranged and spacious, the shelves stocked with even more unique variety than at Wheatsville's Guadalupe location." Phil D on Yelp

"Plenty of parking, more than courteous staff, and yeah - the popcorn tofu is just that good." Angela S on Yelp

"I'm so glad you're here" Customer exclaimed as she walked in the door at S Lamar

"I <3 Wheatsville for our outstanding clientele. A man was unable to buy his food due to EBT issue, but a lady from the next line handed him cash to pay for his purchase and told him to keep the change. What a gal!" Amie Humphrey

"We love this store! We'll be back!" happy customers on their way out

"We love it!" Julia W, new owner

"We love you guys and are so proud of you!" Austin Mayor Pro Tem Sheryl Cole

"I have jam...and fresh grd bird of paradise coffee. I luv my so lamar wheatsville !!!"  
Curtis T Grace on FB

"This is such a cool grocery store, I love this place" new customer!

"Every time I go to Wheatsville I leave happier than when I went in. Having access to a place where you can conduct business and be a part of a commercial enterprise and have that experience be uplifting and meaningful and kind is transformative." Kate Vickery at the Board Meeting

"When I came into Wheatsville tonight I was a bit grumpy. I immediately ran into some people I hadn't seen in a while and had a great conversation. I walked out thinking "that was AMAZING!" and that was the grocery store! If seemingly everyday events can be meaningful and transformative, that needs to happen for everybody!" Nancy Mims at the Board Meeting

"I love Wheatsville because I had a really rough morning, showed up late to work, and was being really hard on myself about it, but Wheatsville helped me to choose my attitude. Everyone here was so sincerely encouraging and supportive, I received a couple of hugs and a lot of kind words, and I went home feeling so happy, appreciated and loved! This is why I look forward to coming to work every day, because of all of you!" Hannah, OpsLead

"That's why I love it here, you guys are so nice" regular customer

Customer was super stoked about the deli meat being relocated to the meat counter so he wouldn't have to wait in the deli line anymore - said he had submitted a suggestion form with that suggestion and was delighted to feel so heard!

All the hype is true! The store workers are overly friendly upon entering and right up to walking out the door. My food was excellent! " TP on Yelp

"To Wheatsville Personnel, Thank you for a Wonderful Store. I love Wheatsville! I can find excellent gluten free food to eat. I really enjoy shopping at Wheatsville. Sincerely, Nona R" enclosed in a Wheatsville Election Ballot:

While cashier was standing outside alerting folks that their wait in line might be longer than expected due to server issues a customer said "That's okay. I love you guys."

"I love this place, it's so nice." overheard in aisle 3

"I don't even know how to start this review- I'm getting a little choked up over here. Wheatsville co-op has been a big part of my life since moving to Austin years ago. So big that I should probably have a scrapbook: "Baby's first southern fried tofu sandwich", "Late night ice cream run", "Vegan marshmallows? Yes we can." etc. I live very close to WV, and find myself there several times a week. It's the perfect location, and it has almost everything that a vegan like me could want or need. I am a member of the co-op, and I've grown to know several of the staff members there as friends. Congrats on opening a new location, although you'll never pry me out of the Guadalupe store. You deserve it!" Kristen D on Yelp

"The guy who helped me with fish was fantastic. He was very informative about how to cook the fish and even wrote the instructions on the wrapper for me." customer calling to commend our meat dept.

## News & Updates

KEEP UP WITH ALL THE LATEST NEWS & STORE HAPPENINGS!  
Sign up to receive our weekly email at [WWW.WHEATSVILLE.COOP](http://WWW.WHEATSVILLE.COOP) or

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[wheatsville.coop/resources/member-owned-business-directory](http://wheatsville.coop/resources/member-owned-business-directory)