

THE WHEATSVILLE BREEZE

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

OWNER APPRECIATION DAYS

20% OFF

 ALL OWNER SHOPS

THURSDAY, APRIL 20 – SUNDAY, APRIL 23

Not an owner yet? Now's a great time to join!

More information available at check-out or the Hospitality Desk.
SHOP EARLY for BEST SELECTION!

Owner Appreciation Days FAQ:

- 20% OFF OWNER shops including Co-op Deals & Owner Deals
- Discount can be used on ALL OWNER SHOPS 4/20-4/23
- Discount can only be redeemed 4/20-4/23
- Discount cannot be stacked with other case discounts
- ALL Co-op Basics EXCLUDED (prices are already as low as we can go)
- Sorry, we cannot issue RAINCHECKS on out of stock items.

Thanks for being a CO-OP OWNER!

PRESORTED STANDARD
U.S. POSTAGE PAID
PERMIT NO. 1674
AUSTIN, TX

Wheatville Co-op
3101 Guadalupe
Austin TX 78705

WHEATSVILLE FOOD CO-OP

WE'RE HIRING!

\$13.01 PER HOUR

Hourly entry wage upon successful completion of trial period.

We're always looking for **friendly, cooperative, positive, high achievers** to join our team!

We offer **competitive wages & benefits including medical, dental, store discount, 401k, paid vacation, a friendly, open, and welcoming workplace** & much more!

VOTED 'Best Neighborhood Grocery' 2016 Austin Chronicle Reader's Poll



APPLY TODAY!

www.wheatville.coop/co-op/job-opportunities

HAPPY BIRTHDAY WHEATSVILLE! 41

We kicked off 2016 raising our starting wage to \$13.01 and ended with over 20,000 invested owners. What a year it's been! THANK YOU for making all of it possible through your patronage and support!

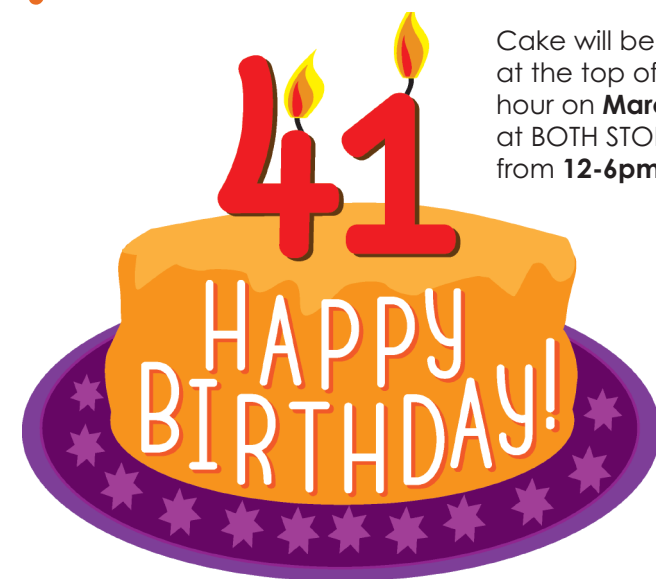
- 1 Number of retail grocery cooperatives in the state of Texas
- 41 Years Wheatville has been in Austin
- 80 Average percentage of organic produce in-store
- 243 Staff members all earning a living wage
- 13.01 Minimum hourly wage
- 1,931 Number of local products in the store
- 20,483 Invested OWNERS of the co-op
- 21,000 Number of Popcorn Tofu Po'boys sold in a year
- 81,090 TOTAL dollars donated to our Community Action non-profit partners in 2016!

Through our continued success, we continue to move the needle on our co-op's

BIG DIRECTION GOALS of creating:

- 1) more local, organic, sustainable food
- 2) more co-op economy and
- 3) more happy people

Join Us for Birthday Cake!



Cake will be served at the top of each hour on **March 16th** at BOTH STORES from **12-6pm!**

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Community ACTION

Wheatville donates \$1000 each month to benefit community groups selected by our owners. Customers can also contribute any dollar amount at the cash register.

During January, we raised \$7,310 for the American Honey Bee Protection Agency. Photo of check presentation shown above. Thanks for all your support!

Here is our 2017 Community Action Non-profit line up:

January	Honey Bee Protection Agency
February	People's Community Clinic
March	Safe Place
April	Urban Roots
May	Austin Pets Alive!
June	Prison Literacy Project
July	Co-op Community Fund
August	Hospice Austin
September	Central Texas Food Bank
October	Co-op Community Month
November	Caritas
December	Meals on Wheels Central Texas



March Community Action Non-profit Partner

SAFE | stop abuse for everyone

A merger of Austin Children's Shelter and SafePlace

The SAFE Alliance utilizes the SafePlace campus to provide housing, healing, and support for individuals and families affected by domestic violence, and sexual assault and exploitation through prevention and intervention services. In addition, the organization promotes safe and healthy relationships, increasing the capacity for abuse prevention in Central Texas. SAFE started over forty years ago in Austin. They were the first rape crisis center and the first shelter in Texas. The Center for Battered Women (now a part of SafePlace) was one of the first in the nation, receiving national acclaim as a leading program to offer safety for abused women and their children. While continuing to support the immediate needs of survivors through the 24-hour hotline, shelter, and counseling services, the agency has added programs and partnered with Austin Children's Shelter to better educate, build awareness, provide support in accessing resources, and work with the children of survivors to move beyond the trauma resulting from the violence in their lives. Through the month of March we will be collecting personal items for the shelter and asking shoppers to "Round Up" their total grocery bills to donate a few cents to SAFE. Thank you for supporting this amazing local non-profit!

April Community Action Non-profit Partner

We kicked off the year celebrating Martin Luther King Jr. Day by sponsoring the MLK Weekend of Service at Urban Roots Farm. These special Community Volunteer mornings had an added emphasis on Dr. King's work and legacy of service. Over the weekend we planted thousands of onions, and cleaned up beds and got them ready for spring planting.



Urban Roots provides paid internships to Austin youth, age 14-17, to work on their 3.5 acre sustainable urban farm in East Austin. Each year, they have a goal of growing 30,000 pounds of produce with the Urban Roots community of youth, community volunteers, and staff. They also donate 40% of their harvest to local soup kitchens and food pantries, and sell the other 60% through their Community Supported Agriculture Program, at farmers' markets, and wholesale.



Volunteer on the farm during the month of April and you could win a Wheatville Gift Card!

Hope to see you out on the farm! If you cannot make it out to the farm, shoppers will be asked to "Round Up" their total grocery bill and donate it to this hard working group!

Welcome New Board Members by Doug Addison, Board President



Your board of directors welcomed three new directors at our January meeting. Lisa Mitchell, Jennifer Murphy, and Donald Jackson-Spitzer were elected by owners in the fall 2016 co-op election to fill one vacant board seat and the places of two departing directors.

Lisa Mitchell brings non-profit governance experience to the co-op's board and expertise in issues of environmental and animal welfare law. She has volunteered or held board positions with AustinPetsAlive!, Austin Animal Advisory Commission, the Texas Humane Legislation Network, and the Town Lake Animal Center, among others. A native of San Antonio, Lisa lived and shopped co-op in Chicago and Portland before moving to Austin.



Lisa Mitchell



Jennifer Murphy

Jennifer Murphy is a frequent shopper at the South Lamar store and a former trustee of Austin's Inter-Cooperative Council. She lived in Avalon Co-op while attending the University of Texas. By day, Jeni is a senior victim witness counselor for Travis County. She also volunteers as a big sister for Big Brothers, Big Sisters of Central Texas.

Donald Jackson-Spitzer is well-known to the co-op community in Austin and elsewhere. He was a founding member of the Austin Cooperative Think Tank, which has become the Austin Cooperative Business Alliance. Don is also a newly elected director on the ACBA board, and he previously served on the board of Black Star Co-op.



Don Jackson

Incumbent Board members **Julie Li** and **Doug Addison** we also reelected.

The board also bids farewell to two veteran directors, **Reyna Bishop** and **Michelle Hernandez**. Michelle served for three years and made valuable contributions in the board room as well as on the Board's committees, including the audit and review committee and the Fall Owner Gathering committee. Reyna served six years, including two as Board President, and led significant improvements to the Board's nominations process. The Board will miss our fellow leaders' knowledge and experience and wish to thank them for their service.



Julie Li



Kitten Holloway

At the January meeting, the board also elected **Kitten Holloway**, **Andi Shively**, and **Doug Addison** to continue in the their Board Officer roles as Secretary, Treasurer, and President, respectively.



Andi Shively

Run For the Wheatville Board

by Deborah L. Ingraham, Nominations Committee Chair



You shop at Wheatville. You support Wheatville's mission 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, but would you like to help govern your co-op, too?

Are you a co-op member with a computer, extra time, and a desire to oversee the business and policy of your co-op? If so, run for a place on the Board of Directors!

In the upcoming months, the Nominations Committee will hold orientations for members interested in learning more about serving on the Board. We will publish the orientation dates on the *Board of Directors* page of our website. In the meantime, take a look at the website under "**Membership then Board of Directors**" to read the current process for a co-op election and the qualifications you need to be a director. Please come to a Board meeting or two to watch the current Directors in action or join on one of our committees and work directly with the Board on important issues.

Our Nominations Committee members this year are Deborah L. Ingraham, Chair, Kitten Holloway, Julie Le, and Lisa Mitchell. **Co-op members with questions about Board elections are welcome to contact us at nominations@wheatville.coop.**

You Own It!

by Erica Rose, Ownership & Outreach Coordinator



Total Co-op Owners as of Feb. 14:

20,483!

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

Wheatville Green Machines! Earth Day 2017

"The environment is where we all meet; where all have a mutual interest; it is the one thing all of us share." —Lady Bird Johnson

As a community owned co-op, we take our Cooperative Values & Principles very seriously. We fulfill the ideals of Principle #7, Concern for Community, in a number of different ways – one of which is being a good environmental steward. Through thoughtful, small daily actions – such as sorting our trash from recycling and compost after we eat – we can make a HUGE impact.

Thank you for doing your part – bringing your containers to refill, remembering your reusable bags, sorting your trash, composting, planting gardens, collecting rainwater, and for supporting your co-op!

Here are some things your co-op does to stay green:

1. We recycle metal, cardboard, plastic, paper, glass, food scraps, and cooking oil
2. Break it Down, our local recyclers, estimate that we divert 20 tons of cardboard each month between both stores. That's the equivalent of 3 elephants!
3. Break it Down also estimates that we divert 100 tons of recycling (cardboard, glass, and plastic) each month between both stores. That's the same as 50 full-grown cows!
4. Wheatville is part of Austin Energy's Green Choice program which uses the money we pay for utilities to build wind farms and help Austin reach its goal of 55% renewable energy use by 2025! **Wheatville came in at #29 on Green Power Partnership's Top 30 Retail stores**, you can view the full list here: www.epa.gov/greenpower/green-power-partnership-top-30-retail
5. S. Lamar has 57 SolaTubes which use highly reflective fiber optic tubes to direct sunlight into our store so that we don't have to use as much electricity.
6. Ceiling lights at S. Lamar adjust intensity depending on the amount of natural sunlight coming in from our SolaTubes.
7. We only buy energy efficient coolers, refrigeration units, and equipment.
8. We offer bulk refills of wellness products like Dr. Bronner's soaps, lotions and laundry detergent!
9. We use noVOC or lowVOC building materials and paint in order to have an odor-free store.
10. Our waterless urinal at S. Lamar saves 1.5 gallons of water per flush! 12 flushes per day saves 6,552 gallons of water per year!
11. Our rainwater collection tanks at Guadalupe give us enough water to irrigate all of our landscaping!
12. Our paper bags are made with 100% recovered fiber, minimum of 85% post consumer content, and are printed with water-based inks.
13. Lots of bike parking, showers for staff, a bike to work benefit for staff members who ride 8+ hours/month.
14. Concrete parking lots, light paint colors, and awnings help keep us cool through the hot summers.
15. Email receipts, double-sided receipts, and no receipts option significantly cut down the amount of paper register tape (BPA free) we have to buy.



March Local Vendor Spotlight: Kosmic Kombucha

by Chris Moore, Bulk & Chill Coordinator



What was the origin of Kosmic Kombucha?

Kosmic Kombucha is lovingly brewed

in the heart of Austin by Omar and Mina Rios, who made their separate ways to UT back in the '90s. Omar studied business administration and came from El Paso. Mina traveled even further to earn her degrees in education, as she hails from Maracaibo, Venezuela. After college, Mina pursued a career in math education, and Omar served as a paramedic. Thanks to their shared passion for yoga, it wasn't long before the yoga community of Austin introduced them to kombucha. For years, they purchased home-brewed booch from a fellow yogi. When she decided not to brew her own tea anymore, Omar and Mina jumped in to fill the void—and in the summer of 2010, Kosmic Kombucha was born.

What is kombucha?

Kombucha is a fermented tea with a rich history that began in China, where it has been celebrated for millennia as an "immortal health elixir." The heart and soul of this living drink is a layered culture of yeast and bacteria (called the scoby) that grows on top of the tea throughout the fermentation process. After a short period, fermentation yields raw kombucha, a lightly effervescent tea with unmistakable notes of vinegar. The flavor of raw kombucha can range from tart to sweet—based on the amount of sugar fed to the culture, the duration of the fermentation process, and other factors that are tremendously interesting to those who brew the beverage and tremendously dull to those who simply enjoy it. The key takeaway for people who want to know what they're putting into their bodies, however, is that raw kombucha is made with nothing but tea, water, sugar, and the all-important scoby.



Is kombucha good for you?

Skeptics doubt that kombucha is an "immortal health elixir" because it's tough to find people who are celebrating their two thousandth birthdays. Okay, so maybe "immortal" is a bit hyperbolic.

Nevertheless, kombucha contains beneficial acids, probiotics, antioxidants, and amino acids. Kombucha is claimed to promote digestive health, support liver function, and alkalize the body. Some proponents of the drink even believe that it may help fend off cancer, arthritis, and other degenerative diseases, but you don't have to verify any of the more grandiose claims to feel refreshed by a glass of kombucha after a bike ride or a long walk.

How are the flavors developed?

As Kosmic's brewmistress, Mina goes through meticulous testing (and tasting!) procedures when developing new flavors with a variety of fresh, organic, and delicious ingredients. To help us celebrate our 40th birthday last year, Kosmic developed an exclusive flavor just for Wheatsville. It's called "Wheatsville's Pear of the Dog" and it's got a prickly pear Mexican martini flavor that was named and flavor tested by the Wheatsville staff. With its beautiful dark pink color and refreshing flavor it's a staff favorite!



Own it!

Owner Drive April 7- April 16



Become a Fully Invested Owner during our Owner Drive and you will receive a super cool "I LOVE Co-op" bag stuffed with goodies from our vendors, plus loads of other democratic and economic benefits.

No one person owns the co-op, we ALL own the co-op and TOGETHER we make a difference! With our profit we invest in:

- Livable Wages & Benefits
- Green Energy
- Local food producers & growers
- Austin's independent business community
- Local non-profits, community groups, & events
- Building & supporting more cooperative businesses
- Creating a great grocery store for all shoppers



Join over 20,000 owners and become a part of a business that operates with co-op values and principles. Together we have an economic impact, the ability to work independently and autonomously towards our **BIG DIRECTION GOALS of creating: 1) more local, organic, sustainable food 2) more co-op economy and 3) more happy people.**

For your one-time \$55* refundable investment in the co-op you receive lots of benefits!

- Owners get 20% off all purchases during Owner Appreciation Days coming up April 20-April 23
- Owner Deals prices on some of your favorite items
- Vote for our Board of Directors
- Vote for our Community Action non-profits
- Run for a seat on our Board of Directors
- Patronage Rebates in sufficiently profitable years
- Membership at University Federal Credit Union



VOTED Best Neighborhood Grocery in the 2016 Austin Chronicle Reader's Poll

Want to join? All you have to do is visit our Hospitality Desk. Payment plans are available for as little as \$10 per month! It only takes 5 minutes to sign up and invest. Spread the word to your family and friends so they can take advantage of Owner benefits today!

*Plus \$15 non-refundable administrative fee.

HONK!TX

A FREE FESTIVAL OF COMMUNITY STREET BANDS

MARCH 31-APRIL 2, 2017

IN AUSTIN, TEXAS



JOIN THE REVELRY

FREE family-friendly music festival. Performances all weekend long by 20+ local, national and worldwide street bands!

March 31: A Night on S. Congress

April 1: A Day in Adams/Hemphill Park

April 2: Parade/Revue at Pan-Am Park

GET INVOLVED

School of Honk: Bring or borrow a horn to play with us! All ages and levels of experience welcome.

Parade: We want YOU to march with your group in our Sunday parade.

Other ways: Volunteer, Donate, Sponsor, House a Band, and more! Visit www.honk.tx.org for more info.

WWW.HONKTX.ORG



This project is supported in part by the Cultural Arts Division of the City of Austin Economic Development Department.

HONK!TX

HONK!TX returns to Austin streets and public spaces **March 31 – April 2** for the seventh annual free festival of community street bands! We're bringing in wonderful bands from around the country (and a surprise guest band) and all your favorite Austin brass bands, performing without amplification for your boogying pleasure. And if you have a horn gathering dust in your closet, bring it to Adams Hemphill Park on Saturday, April 1 to jam with the School of Honk! Visit honktx.org for details!

THURSDAY, MARCH 30TH

Official Pre-HONK!TX Party and Benefit Show
Venue to be announced. Admission charged for this show, proceeds to benefit visiting bands.

PRE-FESTIVAL COMMUNITY SHOWS

We've partnered with community organizations for performances around town. Visit honktx.org for details.

HONK!TX KICKOFF

Bands perform for free on the streets of South Congress and at the main stage at Jo's Coffee.

SATURDAY, APRIL 1ST

HONK!TX in the Park Noon – 8 PM
Bands will perform for free all day in performance spaces around Adams and Hemphill Park, including a stage at Wheatsville!

SUNDAY, APRIL 2ND

HONK!TX Parade Day at Pan-Am Park. 4th and Chicon St., Noon – 1PM
Free Band Revue 1:30 PM – 5:30 PM

Join the bands and the Wheatsville Parade Marchers in a parade from Pan-American Park in East Austin and return to the park for an all-bands revue!

HONK!TX wishes to thank Wheatsville Co-op as our Grand Marshall sponsor since the very first count off!



Eat. Drink. Cooperate.

Mon-Sun // 11am-11pm

Black Star Co-op is the world's first cooperatively-owned and worker self-managed brewpub. We are owned by a community of more than 3,000 individuals and organizations, and we're democratically managed by our Workers' Assembly.

Co-operatives are businesses owned by the people that purchase or manage its services. You don't have to be a member-owner to come to the brewpub, but supporting Black Star Co-op means supporting livable wages, democratic workplaces, local farms, and quality products from your community

7020 Easy Wind Dr. **Austin, TX** 512.452.BEER
www.blackstar.coop

Staff TOP 1 PICK



ROBERT VILLARREAL: DELI COUNTER SUPERVISOR

Promised Land Midnight Chocolate Milk

THIS STUFF IS SO GOOD I CAN FINISH 2 QUARTS IN ONE SITTING!



Spinach Pineapple Smoothie

EASILY THE BEST TASTING SMOOTHIE WE MAKE, GREAT WITH SUPER GREENS!

Thai Pasta Salad

A GREAT TASTING DISH, EITHER HOT OR COLD!



Guayaki Yerba Maté Lemon Elation

TASTES GREAT AND GIVES YOU A BOOST OF ENERGY!

Jaime's Spanish Village Chile con Queso

GOES GREAT ON PRETTY MUCH ANYTHING YOU LIKE QUESO ON! SO GOOD!



Pancake Scallion Rolls

A GREAT MIXTURE OF SWEET AND SAVORY, VERY SATISFYING!



Five Hour Energy

I JUST CAN'T FUNCTION WITHOUT THIS STUFF, ENERGY FOR HOURS!!

El Milagro Sea Salt Tortilla Chips

THESE LIGHTLY SALTED CHIPS MAKE ANY DIP OR SALSA BETTER!



WV Migas Taco

ADD AVOCADO TO MAKE THIS A TRULY SPECTACULAR BREAK-FAST ITEM!



Royitos Hot Salsa

OUTSTANDING SALSA, FLAVOR SO GOOD I CAN DRINK IT WITHOUT CHIPS!!



Guadalupe Refresh!

As the seasons make their rounds and the holidays breeze by, our stores see thousands of shoppers in a week. After lots of planning, our Guadalupe store refresh includes new products and fixtures, improved shopper flow, maintenance to our physical store, and lots more! Look for:

- Expanded selection in fresh foods: produce, meat, deli & bakery!
- New and improved selections for our prepared foods including more grab & go deli items, hot food and salad bar!
- Improved wait time for sandwiches along with some new menu items!
- Larger self-serve coffee bar to help improve flow and increase variety!
- Beer and wine on tap for when you want to join a friend for a drink!
- Additional energy efficient coolers that will help us increase our product variety!



- NEW Fresh Seal packaging for meat!
- Improved lighting and flooring!
- Fresh paint for the exterior and interior!

To make room for some of these new features we've pared our grocery selection down to our most popular favorites which include all of our Co+op Basics, increased shelf space in Wellness, and have moved our meat-cutting room to S.Lamar in order to offer our Fresh Seal packaged meat and seafood items.

We're very excited about these changes and hope you will be, too! Work will be finished mid-March. Thank you for your patronage!



NEW! FRESH SEAL Packaging

BIG NEWS! Our Meat Department is now using Fresh Seal packaging (also known as vacuum-pack) at both stores. This new packaging improves the shelf life of our fresh-cut meat and prevents food waste by slowing down the rate of oxidation.

Why we like it:

- keeps meat fresher longer
- inhibits the growth of pathogens
- BPA-free
- leak-proof packaging
- prevents food waste
- marinates ready-to-cook better
- perfectly packaged for freezing



It also allows us to:

- offer the same great products
- keep the same great brands
- cut our meat fresh in-house
- offer more variety

As part of our Guadalupe store refresh, we will be moving our meat production to the S.Lamar store and removing our full-service meat and seafood cases (Guadalupe ONLY). While we know that this move disappoints some shoppers, we hope that the increase in variety and superior packaging provides the fresh items you need to make great meals.

If you have a special order or request, we are more than happy to accommodate with 24-48 hours notice. Please make requests at the Guadalupe Deli Counter or call our S.Lamar meat department and request delivery to Guadalupe: 512-814-2888.

Naturally Dyed Eggs by StrongerTogether.org

Egg dyeing is a fun way to celebrate this time of year—and it's a tradition that goes way back—as much as 5,000 years when Persians celebrated springtime with eggs colored with plant-based dyes. Plant dyes can be just as useful today and they're plentiful; in fact you very well might have dye-worthy ingredients in your kitchen already.

Items Needed

White or brown eggs, egg carton, stock pan(s), water, white vinegar, slotted spoon and natural materials for dyeing (see table). *Optional:* Tape, string, rubber bands, cheese cloth squares, natural beeswax crayons to create designs on eggs, and vegetable oil for an extra sheen.

Directions

Hot Bath Method

1. Place uncooked eggs in a stainless steel stock pan. Add water 2-3 inches above eggs. (When using bottled juice, fill 2-3 inches above eggs. Do not add water.) Add natural dye ingredients and 1-2 tablespoons vinegar per quart of water.
2. Cover and bring to boil, reduce heat and simmer for 15-20 minutes.
3. Carefully remove eggs with a slotted spoon and air dry.

Cold Bath Method

The process for cold dyeing is much the same as the hot method except the eggs and dyes are cooked separately.

1. Simmer the dye ingredients (water, vinegar and dye matter) for 20-30 minutes or longer, until the dye reaches your desired shade.
2. Allow the liquid to cool and submerge hard-boiled eggs in the dye for at least 30 minutes.
3. Carefully remove eggs with a slotted spoon and air dry.



Notes, Tips & Techniques

Color Variation

Colors may vary depending on steeping time and foods used to dye eggs. Colors will appear darker on brown eggs.

Deeper Colors

The longer the eggs stay in the dye, the deeper the color will be; leaving the eggs in the dye for several hours or overnight (in the refrigerator) is recommended for achieving deep colors. Allow the liquid and eggs to cool before refrigerating and ensure that the eggs are completely submerged in the dye. Eggs will be speckled if the dye matter remains in the liquid. For more uniform colors, remove the dye matter from the liquid by straining the liquid through a coffee filter before refrigerating.

Egg Flavor

The flavor of the egg may change based on the dye. If you plan to eat your dyed eggs, a shorter dye bath and fresh ingredients may be preferable.

Drying

Make a drying rack by cutting the bottom off an egg carton and turning it upside down.

Decorating

- Wrap onion skins around eggs, then wrap the entire egg with a cheese cloth square and secure it with string before placing the eggs in the dye.
- Wrap string or rubber bands around eggs before dyeing to create stripes (use rubber bands for cold dyeing only).
- Draw designs on hot, warm or cold hardboiled eggs with crayons. When using hot or warm eggs, the crayon may melt slightly on contact with the egg (if eggs are hot, hold eggs with a potholder or rag to prevent finger burns). Crayon covered eggs should only be dyed in cold dyes as the crayon wax will melt in hot liquids.
- Gently wipe dry dyed eggs with vegetable oil to give an added sheen.

Here are some great plant-based dyes—fruits, vegetables, spices and flowers

COLOR	MATERIALS	AMOUNTS
pink	beets *	1 bunch, washed and sliced
bright pink	beet juice	bottled juice, enough to cover eggs in pan
lavender	blackberries or cranberries	1 container fresh or frozen berries or bottled juice, enough to cover eggs in pan
deep purple	grape juice	1-2 frozen containers
lavender/rust	yellow apples	4 apples, peels only
rust	onion skins	6 red or yellow onions, skins only
pale green	spinach or carrot tops *	1 fresh bunch, chopped
bright yellow	tumeric	2-3 tablespoons powdered spice
yellow	green tea	strong tea; 2 tea bags per 1 cup of water
olive green	marigolds	petals from 6 gold flowers
blue-gray	blueberries	2 fresh or frozen containers
light blue	petunias *	petals from 6 purple flowers
turquoise	red cabbage *	1 large cabbage, grated and sliced
pale orange	curry powder	2 tablespoons powdered spice
violet	hibiscus tea	strong tea; 2 tea bags per 1 cup of water
brown	coffee	2 cups strong coffee
brown	black tea	strong tea; 2 tea bags per 1 cup of water
red-orange	paprika	2 tablespoons powdered spice

* After dyeing with these materials, refrigerate eggs overnight to deepen color.



April Local Vendor Spotlight: Vital Farms

Vital Farm Folks Interview by Chris Moore, ChiLL & Bulk Coordinator

How long has Vital Farms been farming, and what sets your standards apart from other farmers'?

Vital Farms was started in 2007 by our founder Matt O'Hayer and his wife, Catherine. They purchased a small farm in South Austin and began tending a flock of 20 hens, believing that there was a better way to produce eggs, sustainably and humanely. As the company grew, we began working together with small family farms to pioneer the Pasture-Raised standard here in the US, providing a minimum of 108 sq ft of green, organically maintained pasture for each and every hen. We've been Certified Humane since 2010, and even helped Humane Farm Animal Care develop the Pasture-Raised standard for egg laying hens.

How long has Vital Farms been on Wheatville's shelves?

Wheatville Food Co-op was one of our very first retail partners here in Austin. Our partnership goes way back to 2008, and is very special to us. We are grateful to Wheatville for believing in our mission early on.

Vital Farms produce different types of eggs. Is there one that is better than the rest? What makes them all different?



Pasture-Raised is the gold standard for eggs, and all of the eggs we produce reflects our passion for treating our hens humanely and bringing the very best eggs to market. Every single one of our hens are **Certified Humane, Raised and Handled**, and enjoy a standard of living that we believe all hens should have. They go outside every single day, and enjoy fresh air, sunshine, and 108 sq ft of green pasture each to roam and forage. The only difference in our organic brand and non-organic brand is in the supplemental feed we give our girls, to keep them healthy.

Vital farms has recently started to produce butter, what made you go in that direction?

We launched our butter in late 2015. We wanted to extend our Pasture-Raised farming standard to our other favorite Girls on Grass: cows!



What do you like most about Wheatville Food Co-op?

Wheatville is a great place to discover something new. There are so many great and innovative products coming out from mission-driven food companies that want to change the way we produce and consume food. We find ourselves in very good company at the co-op!

Is there anything new in the works at Vital Farms?

We're always working on leading pasture-raised. We've got lots of exciting things in the works that we can't wait to introduce to the world. Follow our Facebook and Instagram for the latest!

Do you have a favorite recipe you would like to share with our patrons?

Our Baked Eggs with Fine Herbs was recently featured in the *Vital Times*, our mini newsletter that is included with every carton of our eggs. It's absolutely delicious, very easy to make, and takes no time at all! You can also find our other great recipes on our website: www.vitalfarms.com/recipes

Baked Eggs with Fine Herbs

Ingredients
 3 Large Vital Farms Pasture-Raised Eggs
 1/2 TBS Vital Farms Pasture-Raised Unsalted Butter
 1 TBS Heavy Cream
 1 TBS Grated Parmesan Cheese
 1/2 TBS Breadcrumbs
 1 tsp Finely chopped garlic
 1 tsp chopped parsley
 1 tsp chopped Sage
 1 tsp chopped Rosemary
 1 tsp chopped Thyme
 salt and pepper to taste

- Set oven to Broil, and let heat for about 5 minutes. Place rack no higher than 6 inches from the burner.
- Take a shallow gratin dish, and place 1/2 tablespoon of butter and 1 tablespoon of heavy cream in the dish. Place in oven and heat until the cream and butter start bubbling, about 5 minutes.
- Mix chopped herbs, garlic, and grated parmesan cheese together and set aside.
- Crack 3 eggs carefully into a small bowl, taking care not to puncture the yolk.
- Once the cream and butter are bubbling hot, remove the gratin dish from the oven and set on a trivet. Pour the eggs into the gratin dish and sprinkle with the herbed parmesan mixture until well covered. Sprinkle salt and pepper liberally all over.
- Place gratin dish back in the oven and broil for about 5 minutes. The dish should be done when the edges of the gratin and the garlic from the herb mixture are nicely browned. Remove from the oven and let sit for about 1-2 minutes, to cool and set the eggs.
- Enjoy with a slice of baguette or your favorite bread.

For more information about Vital Farms:
<http://www.vitalfarms.com>



FUNKY CHICKEN COOP TOUR®

Austin, Texas April 15, 2017 10am-4pm

Thank you to our sponsors:

Buck Moore Feed and Pet Supply
 Callahan's General Store
 Coyote Creek Organic Feed Mill
 Edible Austin
 Happy Hen Treats
 Wheatville Food Co-op



Growing Wages and Opportunity

Just before Thanksgiving, a federal judge in Texas blocked the Department of Labor's Fair Labor Standards Act, or FLSA, just as salaried wages were about to be increased to a new minimum threshold of \$47,476 per year from \$23,660. This ruling preserved the current rules and rates until there could be more discussion.

For our co-op, the proposed salary increases mostly affected our mid-level front-line staff. While all of our staff members work hard, these folks juggle weekly schedules, jump in when there's a sick call, fill gaps during the holidays, and are a key part of our co-op's success.

Many businesses, including our grocery co-op, decided to move forward with the planned salary increases. Here's why:

Livable Wages & Benefits Due to a jump in the overall cost of living in Austin, our co-op increased entry level wages to \$13.01 per hour (plus benefits) in addition to making comprehensive adjustments to our entire wage scale. Because we made these changes, meeting the new federal guidelines was no longer a difficult financial problem for us to solve.

Loyalty Every time we hire someone new there is a cost attached. A new person, no matter how skilled, will need time to learn the job and our co-op culture. If we keep people, we save money, our business runs better, and staff get to grow their wages and skill set.

Opportunity Most business owners will tell you that your best employees are the ones that are homegrown. A staff member that moves up within the co-op comes fully loaded with culture, history, and a proven track record of success. Raising the salary wage for mid-level staff means that front-line staff have room to grow and a reason to stick around.

Offering our staff members livable wages & benefits, opportunities for growth, along with an open and inclusive cooperative culture is an important part of how we live up to our co-op values and principles and helps us all move closer towards our co-op's BIG DIRECTION goals.



Co+op basics

More Ways to SAVE with Co+op Basics!

Looking to stretch your grocery budget? So are we! That's why we've added hundreds of items to our Co+op Basics program. Co+op Basics offers everyday low prices on many popular grocery and household items. From milk to beef to cereal, look for high-quality, value-priced brands like Field Day as well as new low prices on some old favorites.

Don't worry, we aren't paying our farmers or employees any less. Our low prices are a result of many grocery co-ops across the country, working together to negotiate the best deals for you, our co-op shoppers. We're committed to improving our selection so that everyone can find more value when shopping the co-op. **You'll find over 350 Co+op Basics items in the store.** Don't forget to take advantage of these other great ways to save when shopping the co-op:

Co+op Deals
Our biweekly flyer focused on packaged grocery.



Owner Deals
Ownership has its perks; look for our Owner Deals and SAVE 20% OFF ALL SHOPS during Owner Appreciation Days 4/20-4/23!

Special Prices Exclusively for Wheatville Owners
Wednesday, February 1 - Tuesday, February 16, 2017
*Member Must be Logged In - Look for the Green "Owner Deal" Badge!
*Member Must be a Member in Active or In-Progress Status

Category	Item	Regular Price	Special Price
BEER	Bluebird IPA	\$11.99	\$9.99
	Bluebird Lager	\$11.99	\$9.99
	Bluebird Pilsner	\$11.99	\$9.99
	Bluebird Stout	\$11.99	\$9.99
GROCERY	Organic Blueberries	\$11.99	\$9.99
	Organic Raspberries	\$11.99	\$9.99
	Organic Strawberries	\$11.99	\$9.99
	Organic Apples	\$11.99	\$9.99
	Organic Bananas	\$11.99	\$9.99
	Organic Oranges	\$11.99	\$9.99
	Organic Lemons	\$11.99	\$9.99
	Organic Limes	\$11.99	\$9.99
FROZEN	Organic Chicken Breast	\$11.99	\$9.99
	Organic Ground Beef	\$11.99	\$9.99
REFRIGERATED	Organic Milk	\$11.99	\$9.99
	Organic Yogurt	\$11.99	\$9.99
	Organic Butter	\$11.99	\$9.99
WINE	Organic Cabernet Sauvignon	\$11.99	\$9.99
	Organic Chardonnay	\$11.99	\$9.99
WELLNESS	Organic Protein Bars	\$11.99	\$9.99
	Organic Energy Bars	\$11.99	\$9.99

Fresh Deals
Our weekly flyer focused on fresh produce, meat/seafood and deli!



Shop Bulk
Save when buying just what you need; buy a pinch or a pound!



Super Awesome Weekly Deals
Sign up for our email (upper right side of our website www.wheatville.coop) or check-in frequently on Facebook, Instagram, or Twitter for Super Awesome Weekly Deals!



Staff Spotlight - Joseph Ramirez

by Heather Fisher, Payroll & Benefits Analyst

HF: What is your Wheatville history?

JR: I started at Wheatville ten years ago. I've worked on the front end most of that time and now I'm an Operations Lead. I was here through our first remodel and am excited to be here for a second.

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

JR: I am from Corpus Christi, Texas. I moved to Austin about 11 years ago.

HF: What is your favorite product at Wheatville?

JR: My favorite product is Califia Farms Almond Coconut Milk. It's a regular staple in my refrigerator.

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

JR: I love going to a movie at The Alamo Draffhouse.

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

JR: I spent two years in my early twenties doing stand-up comedy.

HF: Fill in the blanks:

JR: I've always wanted to move to New York and if I had it my way, Texas summers would not be so hot.



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



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

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

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

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

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

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

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

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

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



Staff TOP 1 PICK

MAGDA PINEDA: OPS LEAD

1. Highball Black Cherry Energy Drink

GIVES YOU ENOUGH ZAZZ TO BE PERKY!



2. Mango Noosa Yogurt

IT IS A PERFECT SNACK WITH ANY GRANOLA MIX.

3. Jennies Double Chocolate Macaroons

THE SEA SALT TAKES IT TO ANOTHER LEVEL AND HAS EVERYONE WANTING MORE THAN ONE.



4. Lesser Evil Himalayan Pink

SETTLES MY CRAVINGS FOR SOMETHING SWEET AND SALTY

5. Annie's Homegrown Organic Creamy Tomato & Bunny Pasta Soup

FOR THE KID IN ME WHO LOVES PASTA SOUP.

6. Maya Kaimal Indian Simmer Sauce Goan Coconut

WHEN YOU DON'T HAVE TIME TO MAKE SAUCE, THIS IS GREAT.



7. Dr. Bronner's Organic Virgin Coconut Oil

GREAT TO COOK WITH AND GIVES YOUR FOOD A DIFFERENT FLAVOR.



8. Alter Eco Sea Salt Truffles

PERFECT SNACK WHEN YOU NEED A CHOCOLATE FIX!

9. Great Lakes Gelatin Collagen Hydrolysate

KEEPS ME LOOKING YOUNGER AND GREAT IN MY SMOOTHIES!



10. Austin Eastciders Pineapple Cider

NOT TOO SWEET, YET TASTY!

For more deals, follow us on FB, Twitter, Instagram, and sign up for our Wheatville Email! www.wheatville.coop

Farmgrass is a 501c3 nonprofit that raises critical funds for Central Texas farmers suffering from medical emergencies.



PICKIN' AND GRINNIN' IN SUPPORT OF LOCAL FARMERS

A BEAUTIFUL WEEKEND OF MUSIC, FOOD,

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LOST PINES • SOUR BRIDGES • LIL DARLIN

MAY 12-13, 2017
SIMMONS FAMILY FARM, NIEDERWALD, TX

FARMGRASS.ORG

Farmgrass Fest is back for its fourth year, with Wheatsville returning as the title sponsor of this farm-inspired, non-profit music festival. Farmgrass is dedicated to promoting the mental and physical well-being of local independent farmers. Proceeds from the fourth annual Farmgrass Fest on May 12-13 provide emergency medical funds that support local growers when they are injured or require other medical support. Since 2014, Farmgrass has donated over \$35,000 to keep farmers happy, healthy and growing.

"I was in an accident that kept me from doing my job and feeding my family," said Skip Connett of Green Gate Farms, the first beneficiary of the farmers' emergency fund. "The donation that the Farmgrass organization provided was a lifesaver."

Minutes from Austin, this family-friendly music festival includes an outdoor movie screening of "O Brother, Where Art Thou?" on Friday night in addition to a full lineup of great Americana music Saturday. Hosted at the Simmons Family Farm in Niederwald, the festival lineup kicks off with our 2017 online contest winner (entry details will be posted soon to Facebook), followed by local duo Lil Darlin. High Plains Jamboree will keep your feet stomping and warm up the dance floor for The Lost Pines. Then Hot Club of Cowtown gets the crowd hootin' and hollerin' for headliners Whiskey Shivers and Shinyribs.

Early bird tickets are on sale for \$50 (children 12 and under are free) and include camping for both Friday and Saturday nights (pickin' circles are complimentary). Multiple food vendors will provide locally-sourced meal options and Energy Island will provide Parkour and kids activities all day on Saturday.

I ♥ Wheatsville!

Here's some of the love you gave us! Got love? I ♥ Wheatsville forms available at Hospitality.

"Thanks for making me smile. I love coming in here, all of you are so friendly."

"Any time I'm grumpy and I come into Wheatsville, it makes everything better. I just love this place and everyone that works here!" Jennifer B

"I live in New Braunfels but I love this store. There are items here that I used to have to order online. Thank You!"

"I can't say enough good things about Wheatsville. You walk in and all you see are happy faces. You are greeted by every staff member you encounter. The selection of groceries is great. It's very Austin." Taylor B

"You guys made my day. I came from Bastrop and was really sad when I didn't see the Mill King on the shelf. Thanks for opening the delivery so quickly so I could leave with what I came for."

"I love this store, I never want to leave!"

"My friend came here for the first time a few weeks ago, and she loved it! She's in love with this place!"

"Y'all always make me feel welcomed when I get greeted at the door."

"If you're vegan or vegetarian, you MUST come here and try their deli menu. I'm not vegan or vegetarian and I consistently order the tofu sandwiches and delicious vegetable side salads. I love that they support so many local Austin businesses too like Skull and Cake Bones, who make amazing vegan desserts. Another plus, you can usually expect some yummy samples throughout the store. Wheatsville will make you excited to grocery shop!" Megan B

"I cannot leave Wheatsville without feeling better!"

"I went to Peru for a month & the thing I missed the most was Wheatsville! I'm happy to be back! I missed you guys!" Elise Rose

"I'll be honest - we just went here for the vegan donuts and they did not disappoint. THEY DID NOT DISAPPOINT. I've been dreaming about them for a week. Go. Go and get them. Now." Meg M

"We love this place, we drive all the way from San Antonio for your donuts!"

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