



co+op deals— the New Look of Savings!

By Brooks Wood, Co+op Deals Assistant

Our sales program has a fresh new look and name: the Co-op Advantage Program is now Co+op Deals! This program now offers our owners and customers *more deals more often* on the products we love. Beginning this September, we're turning up the volume to enhance our sales flyer. You'll discover a vibrant and enticing flyer filled with appetizingly delicious food, rich content and better Co+op Deals for you and your family. We're also streamlining our signage of sale items in the store, making it easier and more efficient to quickly know what's on sale and how much you're saving. Even better, all of this information is available at the top of our home page on our web site at www.wheatsville.coop! Just click on the Co+op Deals icon and you'll know instantly what's on sale!



We have also spiced up our monthly Owner Specials. Owners will enjoy fresh new specials twice a month. This is a great way to get to know more about the fabulous products we carry and how they can make every meal more interesting. In addition to providing so many creative ways to save, we're enhancing our Co+op Deals Coupon books. These coupons will be good for three months, which gives us all more time to stock up on the products we love and use most.



We're making these tools and improvements available to you through our partnership with the National Cooperative Grocers Association (NCGA). As a member of NCGA, our partnership gives us an important competitive edge because we're able to leverage our purchasing power to get the lowest possible prices, which impacts everyone's bottom line. NCGA provides Wheatsville with these resources as a benefit of membership, allowing us to increase savings to our customers and to focus our energy on making Wheatsville the best grocery resource in Austin.



Are you interested in learning more about how Co+op Deals are nourishing communities? Join the conversation around our table and learn more at www.strongertogether.coop.

Greetings!
I am Brooks Wood and I'd like to introduce myself to all



of you. I first joined Wheatsville as a fully invested owner back in early 2000. I was drawn in by the community feel, excellent location, and the fact that Wheatsville sold Gerolsteiner mineral water by the case!

Today, I have the great pleasure of working for all of you, serving as the Co+op Deals Assistant. This dynamic new program is going to bring fresh and exciting products to our tables and phenomenal savings opportunities to our food budgets.

Have questions about a deal or just want to know more? Call me at 512-478-2667 or send an email anytime to [bwood\(at\)wheatsville.coop](mailto:bwood(at)wheatsville.coop). Bon appétit!

Owner Appreciation Days



Owners receive 10% off of any
ONE shopping trip
Saturday, October 9th-
Sunday, October 17th!

ELECTION PREVIEW Meet the Candidates for the Board

<http://wheatsville.coop/election/questionnaire.html>

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SEPTEMBER IS NATIONAL ORGANIC MONTH





Thanks so much for taking the time to give our interns a tour of Wheatville - they had a blast. We appreciate your support.
-Your friends at Urban Roots



New owner, Teal Stamm, is the first winner of "A Date with Dan" contest for new owners.

Dan treated Teal to lunch and a tour of the store, including the areas not usually seen by the public.

Congratulations Teal!

★ **Guess What!!** ★

We have staff anniversaries

Aldia Bluewillow 27 years as of 10/30
(art department)

★ **Niki Nash 11 years as of 9/13**
(merchandising manager)

Whitney Mangold 2 years as of 9/02
(cheese clerk)

Erik Amos 2 years as of 9/18
(POS coordinator)

★ **Greg Flores 2 years as of 9/19**
(cheese buyer)

Bill Sherborne 2 years as of 9/29
(staff accountant)

Megan Bonnett 2 years as of 10/31
(deli clerk) ★

John Davis 1 year as of 9/03 (cook)

★ **Matthew Miller 1 year as of 9/03**
(deli clerk)

Travis Smith 1 year as of 9/07
(produce clerk)

Elliot Siff 1 year as of 9/08
(produce clerk)

★ **Josh Torres 1 year as of 9/09** ★
(produce clerk)

Casey Cheek 1 year as of 9/11
(deli clerk)

Luke Huston 1 year as of 10/12
(cook)

Jenna Skopp 1 year as of 10/23
(deli orderer and data clerk / deli clerk)

Jennifer Lueckemeyer 1 year as of 10/27
(board assistant)

Corrections from the July August Breeze:

Paul Hazen, CEO of National Co-operative Business Association presented the Howard Bowers Award to Dan Gillotte.

Our good friend Kenneth from Fontana Coffee Company was identified as his brother Keith.

Community Action Wednesdays

The group selected for September is **Meals on Wheels and More** and the group for October is the **Capital Area Food Bank**



Meals on Wheels and More

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



CAPITAL AREA FOOD BANK OF TEXAS

The mission of the Capital Area Food Bank is to nourish hungry people and lead the community in ending hunger. Today more than 23 million pounds of food and grocery products are distributed each year. Food and grocery products distributed by CAFB go to human & social service agencies. These partner agencies provide hot meals served on-site or groceries to families and individuals in need.
www.capitalareafoodbank.org

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Photos by: Aldia Bluewillow
except where otherwise noted or not known

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

Wheatville 2010 Board of Directors

Rose Marie Klee, president
Doug Addison Theron Beaudreau
Lee Blaney Kitten Holloway
Aditya Rustgi Steven Tomlinson
Kate Vickery

The purpose of Wheatville 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 Wheatville 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, Texas.

Co+ops Working Together!

by Rose Marie Klee, President of the Board



Ah, the seasons turn and fall draws near! I hope that you enjoyed the many bounties of summer—my palate was most delighted by the delicious cucumbers and peaches of the season.

On the Board of Directors, we now turn from the summer candidate recruiting season to the fall election season. I would like to express my sincere appreciation to all who came forward to learn about the Wheatsville Board, including those who chose not to run. We really enjoy getting the opportunity to get to know our Owners a bit better, and we love learning from those who participate in our candidate orientation process! I encourage all Owners to take some time to learn about the candidates presented for election this fall. Voting will begin on October 1, so stay tuned, and please say hello (and “thanks”) to all of our candidates as you see them in the store!

Another thing that we are very much looking forward to this fall is the grand opening of our local sister co-op, Black Star Pub and Brewery! It has been an amazing four-year journey toward this pinnacle milestone, and I can't say enough to express my awe at the passion and commitment that has brought us to this achievement. Wheatsville is proud to support the cooperative economy, especially through the sixth cooperative principle of cooperation among co-ops. As we say in our bylaws, “the purpose of the Wheatsville Co-op is to create a self-reliant, self-empowering community of people that will grow and promote a transformation of society toward **cooperation**, justice, and non-exploitation.” Please read the “Cooperation Among Cooperatives” article in this issue of the *Breeze* to learn more.

We are also engaged in an exciting collaboration with many local co-ops through a ‘co-op think tank’ which was recently created thanks to the inspiration of Kelsey Balcitis at A+ Federal Credit Union. On July 21st we had our first meeting, hosted at Wheatsville, and were delighted to have 18 representatives from 11 organizations including: federal

higher-level economic values (the “triple bottom line”); and relationships of dignity and respect for our members, employees, and suppliers. We have goals that are beyond profit, and have democratic control structures

that create accountability *by design*. The idea of ‘cost-effectiveness through increased accountability’ was presented, and I have continued to ponder the idea that co-ops are particularly well-suited for enterprises where, for the good of society, we would want low risk/volatility. Our democratic structure and heightened accountability provide a moderating influence on risk-taking—an especially important attribute for certain sectors. One of our co-op housing leaders was also moved to express his deep admiration at the amazing creativity of students and young people who are given the opportunity to organize cooperatively—in all of my experiences at Wheatsville I have enjoyed this same

atmosphere which cultivates innovation and a special drive for constant improvement rooted in caring for others. By the time you read this, we'll have had our second meeting (held on August 26th at Wheatsville), but it is never too late to join us if you are interested in talking co-op and getting to know some remarkable people within the Austin community—just get in touch!

And one last bit of exciting news from the Board: our dear colleague and 2010 Nominations Committee Chair, Kate Vickery, was wed this summer to the wonderful Kyle Shelton among family and friends in the mid-west. Congratulations Kate and Kyle!



The inaugural meeting of our Austin ‘co-op think tank’ was held at Wheatsville on July 21, 2010. Going clockwise around the table from the foreground: Kelsey Balcitis (A+FCU), Stefanie McLin (A+FCU), Jake Carter (Black Star), Laura Bucaro (South Austin Food Co-op), Pedro Gatos (KOOP Radio), Audrey Reynolds (KOOP Radio), Steven Yarak (Black Star), Carlos Perez de Alejo (Third Coast Workers for Cooperation), Dan Gillotte (Wheatsville), Dan Bost (College Houses), Steve Macias (Corp to Co-op), Brian Donovan (Inter-Cooperative Council), Theron Beaudreau (Wheatsville), Alan Robinson (College Houses), Jan Duffin (South Austin Food Co-op), Lani Clark (co-operator), Kitten Holloway (Wheatsville), Mark Wochner (Black Star), Scott Derber (UFCU).

credit unions A+ and University (UFCU); student housing co-ops, the Inter-Cooperative Council and College Houses; South Austin Food Co-op; Third Coast Workers for Cooperation; Corp to Co-op; KOOP Radio; and of course Black Star and Wheatsville Co-ops.

In our discussion we explored the question: “if consumers can get your products/services at a conventional business, why should they choose the co-op?” It was an inspiring conversation which might best be summarized by the idea that *we act differently because we are different*. While co-ops are businesses, because of our unique economic model, we are also moral organizations focused on helping people and communities. We are committed to justice;



Owners! Help us promote Wheatsville to your friends and co-workers. Celebrate big savings by sharing your Co+op Deals Flyer with friends and co-workers. Let them see the great prices and products that we have and get them excited about your co-op! Your word of mouth is worth a million dollars of advertising!



Howard Bowers Fund Cooperative Excellence

Presented to

Wheatsville Co-op

Wheatsville Co-op has risen against the odds from languishing to sales growth and expansion, from an under-performing store to a regional powerhouse. Post-expansion sales have exceeded expectations, with sales growing 30% in 2006-7 and 2007-8 and tripling in 10 years, while project and staffing costs came in under budget. This happened in Austin, TX, which has a big market for natural foods.

Under the leadership of Dan Gillotte, Wheatsville Co-op is integrated into the community, supports local businesses, champions the local food movement, supports local organizations through monthly donations, help other stores open or expand, and is a source of guidance, information, and support to co-ops across the country.

June 11, 2010

We Can Help with Back to School! by Dana Tomlin, Deli Manager

Back to school time for me means getting back into my normal habits of shopping for dinner and school lunches. The Deli has a great assortment of **sliced**



meats & cheeses that are perfect for lunches. We can slice those to order, in any amount that you would like.

We also have a new line of **Organic Prairie packaged sliced meats** as well as a diverse selection of **Organic Valley sliced cheeses** located on Cheese Island. Organic Prairie and Organic Valley are independent cooperatives of organic family farms. We

are proud to offer their products.

We have some new options for lunch or dinner in the Deli Self-Serve Case. **Tom's Tabooley Mediterranean Platters** are a great, quick grab filled

with falafel, hand-rolled dolmas, hummus, tabouli, and a pita. **Kala's Kuisine Nepali Dinner** is another fantastic way to get a great sampling of one of your favorite vendor lines, filled with saag paneer, a fresh samosa, chole, and more.

Our **Hot Bar**

is great for school lunches and dinner for the family. It is a nice way to break up the routine – maybe grab Florentine meatballs and our made-from-scratch **Rosie Jane's Spaghetti Sauce** and then cook your pasta at home. Or grab some **Spinach and Mushroom Lasagna** and make a large green salad. You could even buy the tasty toppings for a salad from the Salad Bar — **artichoke hearts, black olives, boiled eggs, and sunflower seeds.**



The new school year also means new dorm roommates and classes. We have a great selection of catering trays that are perfect for sharing with large groups. You can check out our selection online www.wheatsville.coop. Or stop by the Deli counter and grab a catering brochure. If you don't feel like putting a spread together on your own, you can order one of our party trays. We offer meat & cheese trays and crudité trays with cashew tamari garlic dip. If you are looking for a crowd pleaser you can order a Mediterranean tray. This has vegetarian dolmas, hummus, and tabouli served with pita bread. We also have fruit & cheese trays, choose domestic cheeses or the fancier gourmet cheese tray.

Have something that you love that we make in the Deli? You can order it by the pound and take it to a party (or stay home and don't share.) If you're a returning student, you might

have missed our popular **Popcorn Tofu**. We can make any of our salads, including our very popular **Ginger Tempeh Pasta**, in a large party-size quantity.

If there's anything we make on a rotating basis, we can call you to let you when we make it. Just ask a Deli Counter person to have your name added to the Customer Request List and we will give you a call.

So as you can see, the Wheatsville deli has you covered for all your back to school breakfast, lunch, dinner, and party needs.

Happy new school year!

Meme's Coleslaw

I am sharing this recipe in loving memory of my grandmother, Bonnie Tomlin, or Meme, as I called her. She made this recipe often for her sons and I enjoyed it whenever I visited. She used to call my uncle, tell him she had made it, and he would come rushing over. She said that the thing that made this recipe so

special was that it got better over time. She would often put it on a turkey sandwich, which is become my favorite wat to eat it, too.

Once I tasted it I knew it would be a great addition to our menu in the Deli, and we have been making it ever since. Meme came to visit a few months ago and was so excited to see the dish in our full service deli case. I didn't even do that intentionally, we make it often because every-



Here is Meme visiting Wheatsville holding the Meme's Coleslaw sign
Photo by Dana Tomlin

one here loves this dish so much! I hope that you continue to enjoy Meme's Coleslaw and even make it at home to share with your family.

2lb coleslaw mix
1/4 cup red ring onion, julienned
1/8 cup green bell pepper, julienned
1/8 cup red bell pepper, julienned
1/4 cup green, sliced olives
1/4 cup white wine vinegar
1/4 cup canola oil
1/4 cup raw sugar
1 tsp Dijon mustard
1/8 tsp sea salt
1/8 tsp celery seed
1/8 tsp brown mustard seed

Toss all prepped veggies in a large bowl. Bring the dressing ingredients to a boil and cook for 1 minute. Remove from heat and while still hot pour dressing over prepped veggies in bowl and toss well. Cool.



Our New Hot Bar Menu is Mega-HOT! by Merilee Kuchon, Kitchen Manager

This summer has seen the introduction of lots of exciting and delectable new dishes throughout the Wheatsville

Deli, but I have personally experienced the most satisfaction from working on our hot bar menu! We've had the food bar in place about a year now, and one of my summer goals has been to improve the selection and rotation of dishes on the hot bar. I hope you like what we've come up with!

One of our favorite new themes has been **Taco Tuesdays** with an abundance of Tex-Mex choices! Here, you will find items like **Niman Ranch Taco Beef, Buddy's Natural Shredded Chicken, Vegan Veggie Fajitas and Black Beans** to go inside an organic **Margarita's tortilla** or on top of some fresh-fried corn chips! Add to that some **Vegan Queso** or shredded Monterey Jack, salsa, sour cream, jalapeños, lettuce, tomatoes and red onion, and you're set! Also on Tuesdays we often have **Calabacitas, Spicy Greens, Buddy's Chicken Enchiladas Verdes and Brown Rice** to round out your plate!

Wheat-Free Wednesdays in the Bakery have been stretching into our Wednesday hot bar too! The incredibly popular – and amazingly delicious! – **Indian hot bar** is almost completely gluten-free, aside from some local pita bread available for wheat-lovers and the occasional gluten-full dessert! I truly believe that our **Chicken Tikka Masala, made with Buddy's chicken**, is the best in town, and would love to hear what you think! We also make a killer **Vegetable Curry, awesome Indian-Spiced Chickpeas, mind-blowing Coconut Curry Kale and savory Basmati Rice with Peas! Spicy Creole Yams**, though not traditional, are a customer favorite that often round out the menu.

Fridays in the Deli have been focused on **Italian food** lately! Our new **Spinach & Mushroom Lasagna** has been a nice, veggie-laden alternative to our traditional **Three-Cheese Lasagna**. **Turkey Florentine Meatballs and House-Made Italian Sausage with Peppers go great alongside some Greens'n'White Beans, Linguine with Garlic and Oil and a ladleful of Rosie Jane's Spaghetti Sauce.** Toss a piece of **Garlic Bread** on your plate and you're good to go!

All-day **Sunday Brunch** is the newest addition to our hot bar and so far it's been a smash! **Blueberry-Pecan French Toast, Biscuits & Cream Gravy, Wheatsville House-Made Breakfast Sausage, Vegan Breakfast Sausage, Oven-Roasted Home Fries, Sunshine Tofu Scramble and Spinach & Mushroom Frittata** are all available for your noshing pleasure! With maple syrup, butter and ketchup on the side, breakfast is GO!

Rounding out the rest of the week on the hot bar will be comfort food, focusing on **Southern and Cajun classics** like **Cheesy Chicken & Biscuits, Veggie White Bean Cassoulet, Coconut Mashed Sweet Potatoes, Classic Mac'n'Cheese, Lil' Cheddar Meatloaf Muffins, Garlic Mashed Potatoes, Vegan Mac'n'Cheese with Broccoli, Roasted Zucchini and Squash, Stuffed Red Bell Peppers, King Ranch Chicken, Rosemary Roasted Potatoes, Beef Tamale Pie, Vegan Jambalaya** and lots more! We're going to keep working on perfecting our favorites and introducing new items, so stay tuned and keep coming in to see what new dishes show up next!

Here is a recipe for our much beloved kale dish made with Indian spices. It is absolutely fabulous and flavorful; perfect spooned over brown rice. Serves four people as a side dish.

Coconut Curry Kale

2 Tbs olive oil
1 cup onion, minced
5 cloves garlic, minced
2 tsp fresh ginger, grated
1 tsp curry powder
2 lbs kale
1 cup water
1 14-oz can coconut milk
1/4 tsp salt
1 Tbs lime juice
1 Tbs olive oil
Salt and black pepper, to taste
1/3 cup cashews, toasted



Prep kale: Trim bottom 2 inches off kale stems and discard. Slice kale, including ribs, into 3/4-inch wide ribbons. Rinse kale in sink full of water and drain well in colander.

Heat 2 Tbs oil in pot over medium heat until shimmering. Add onion and cook, stirring frequently, until softened and beginning to brown, about 5 min. Add garlic, ginger and curry powder; cook until fragrant, about 1 min. Add half of greens and stir until beginning to wilt, about 1 min. Add remaining greens, 1 cup water and coconut milk to pot along with 1/4 tsp salt. Quickly cover pot and reduce heat to medium-low. Cook, stirring occasionally, until greens are tender, 25-35 mins.

Remove lid, increase heat to medium-high. Cook, stirring occasionally, until most of the liquid has evaporated, about 10 min. Remove pot from heat; stir in lime juice and remaining 1 Tbs olive oil. Add salt & black pepper to taste. Sprinkle with cashews.

Staff Spotlight—Casey Cheek

by Beth Caudill, HR Generalist



BC: What is your Wheatsville history? (When did you start? What positions have you worked? Etc.)

CC: I started Wheatsville in October of 2009 as a deli clerk. I now work in the deli and the meat market, and love it!

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

CC: I was born and raised in Abilene, TX. I came to Austin in July of '09

BC: What is your favorite product at Wheatsville?

CC: My favorite product would have to be any of Niman Ranch's cattle products. Where I'm from, humane beef is unheard of!

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

CC: My favorite place in Austin has to be the Greenbelt. I love going swimming there.

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

CC: I also work as an Audio Engineer at Stinson Studios

BC: Fill in the blanks:

SL: I've always wanted to Sky Dive. And if I had my way this country would not be quite so close minded.

New in the Deli!

by Mariah Barrett, Deli Counter Manager

So many new and exciting things happened in the deli this summer! My personal favorite so far is definitely our fresh **Gingerade**. It's a tart and refreshing combo of fruit juices with fresh ginger, clove, cinnamon, and a bit of raw sugar. It

tastes like sunshine in a glass, and is the best answer to this summer's heat that I've found.

I also can't get enough of our in-house made **Italian Sausage and Feta Pies**. The sausage comes straight from our own meat market and is made with only **Niman Pork**, the super flaky, buttery, melt-in-your-mouth crust is made by our talented bakers from scratch.

We are also featuring a **Sunday Brunch Menu** every Sunday from 11am-7pm. **The Sunshine Tofu Scramble** is awesome! We also now have **Zucchini Burgers** in the deli. You can buy them ala cart, or your friendly deli counter server can put them on a custom sandwich for you. (I definitely recommend the sammich, it's great on our yummy vegan ciabatta bread!)

Last, but not least, the Wheatsville kitchen is now making our own **Fresh Pesto**! We have two kinds, a **Mixed Basil** and a **Vegan Pesto**. These are based on the recipe given to us by P/2 Pesto that we used to carry on Cheese Island. Tony and Suzanne, who are longtime Wheatsville members, are retiring, but not before giving us their secret recipe! Thanks P/2!!! You can now find this in our self-serve cooler next to all of our pre-packed salsas, dressings, sandwiches, and salads.

I hope everyone is enjoying this last bit of summer, and good luck to all of the new incoming students! Stop by and let us show you why we should be your local neighborhood grocery store!



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Awakened Nature
Integrative Therapeutic Massage

Staff Top Ten Picks

by Kelsi Urrutia, Deli Clerk



#1. Go Max Go Jokerz Candy Bar
Cute little vegan candy bars that taste soo good!



#2. Emerald Cove Sushi Nori Sheets
Delicious even all by itself!



#3. Ciao Bella Blood Orange Sorbet
A blast from the ice-cream truck past



#4. Red Lentils
Easy, healthy, super cheap!

#5. Bulk Nutritional Yeast
So many wonderful possibilities with this stuff.

#6. Wheatsville Cashew Butter Cookies
Yay cookies! Yay Wheatsville Bakery!



#7. Bulk Diamond Natural Catfood
Meows of Joy.



#8. Teriyaki Tofu Sushi
A nice glass of fresh WV tea makes this the perfect dinner.

#9. Bulk Tahini
Super delicious in salad dressings or hummus!



#10. Hazelnut Milk
My new favorite non-dairy milk.

Try a Michelada! by Rhane Shelton, Beer & Wine Buyer

So have you tried a Michelada, the popular Mexican cocktail or *cerveza preparada* (prepared beer)? It became popular in the 1940s in Northern Mexico stemming from the usual practice of adding a squeeze of lime and a dash of salt to a beer. In a new take, the ingredients have expanded to mixing beer with hot sauce or salsa.

The Michelada is sweeping the nation as a beercentric take on the Bloody Mary. In order to be considered a Classic Michelada, the cocktail should include lime, salt, and Worcestershire, or soy sauce and may also include tomato juice, hot sauce or chili, slices of orange, Clamato and other savory additions. There are as many recipes for a Michelada as there are for a bowl of chili but here is a simple one including the more popular ingredients and suggestions for other variations.

- 1 ice cold Mexican beer
- coarse salt (for the rim)
- 1/4 cup fresh lime juice
- 1-2 dashes of hot chile sauce (such as Tabasco or Cholula)
- 1 dash of soy sauce
- 1 dash Worcestershire sauce
- beer mug or large glass (chilled if possible)
- ice
- lime wedge for garnish

Preparation:
Salt the rim of the glass by wetting the edge with some of the lime juice then dipping it into a plate with salt on it. Now fill the glass about half way with ice and pour in the lime juice, chile sauce, soy sauce and Worcestershire sauce. Mix with a spoon then slowly pour in the beer to the top of the glass. Push the lime wedge onto the edge and serve immediately. When you have a few sips, pour the remaining beer into the cocktail.

Variations include chili powder on the rim of the glass, pickled okra, salsa, Clamato juice, black pepper, Tabasco and even cooked shrimp!





Introducing: Field Day® Amazing Goods at Amazing Prices

by Niki Nash, Merchandising Manager

I'm happy to present a new brand of foods and paper products at Wheatsville called **Field Day®**.

Field Day foods and paper goods are always natural, often organic and never use artificial colors, flavors or preservatives. The brand is committed to avoiding GMOs and many of the foods are gluten-free, kosher or both. Spanning the aisles with staples such as **Mediterranean Sea Salt** and fresh jars of **Salsa**, **Organic Canned Beans** and **Vegetables**, **Organic Salad**



Dressings and Pasta Sauce and an amazingly delicious **Organic Apple Juice**,

Field Day foods can fill your pantry with great-tasting essentials for you and your family. Additionally, Field Day paper products are 100% recycled, including **Paper Towels**, **Bath Tissue**, **Facial Tissue** and **Napkins**.



healthy, so stock up on these amazing new products and enjoy the savings!

For additional information on Field Day and their products visit <http://www.field-dayproducts.com>



Loving a particular new Field Day product? Let us know at the Hospitality Desk or email me: [niki\(at\)wheatsville.com](mailto:niki(at)wheatsville.com)

All of these attributes are noteworthy but the absolute best feature of Field Day products are the prices. Co-ops, like Wheatsville, across the country are enthusiastically embracing the opportunity to offer co-op shoppers nicely priced natural and organic items. You don't have to be wealthy to eat



Staff Top 10 Picks

by Riley Luce, Bulk Buyer



Soy Vay's Veri Veri Teriyaki Sauce
Sweet Teriyaki Goodness. Great for grilling chicken!



Sprouted Almonds in Bulk
Tastiest almond ever.



Grandpa's Brand Pine Tar Soap
For that "just barbecued" fresh scent.



Annie's Fruity Bunnies
The perfect dinner for one. Goes great with cartoons!



Back to Nature's Peanut Butter Creme Cookies
Quite possibly the best cookie of all time.

North Coast Brewery's Old Stock Ale
A bold and boozy limited release from a great brewery.



Laloo's Goats Milk Ice Cream Sandwiches
Delicious goats milk ice cream in convenient sandwich form.



Bota Box Wines
A great value! Perfect for camping or watching daytime TV.



Ian's Panko Breadcrumbs
Turns anything into Japanese-style deep fried awesome.



So Good Miso Mayo
Seriously tasty stuff. Makes every sandwich excellent



Coffee and Life Reset

by Janelle Buttery, Bulk Buyer



Greetings Wheatsvillians! I have written my article with mixed emotion for this issue of *The Breeze*. I have happy things to share along with a difficult one. So let's start with the happy!!

Wheatsville's bulk department has gotten some much needed improvements! I was able to procure brand new coffee fixtures and bins for our bulk coffees. This has allowed us to supply you with two NEW local

roasters—we would like to welcome **Fara Coffee** and **Third Coast Coffee Roasters**. We are still carrying most of your old-time favorites and will also be offering some new selections from **Katz Coffee**, **Casa Brasil** and **Ruta Maya!** Along with the new coffee set we have gained new larger gravity bins for our high-volume items such as rolled oats and pet food, for ease of use and stocking. You'll also notice the dried fruit has changed to its own more accessible location on wire shelving instead of in bins. Another great change is our transition into using zip-locks and sharpie markers to eliminate waste and added cost to bulk shopping. So please come check out the new bulk set-up!!



Old coffee bins before, above
New coffee bins after, right



Now for the more difficult news... After much thought and deliberation, I have decided to leave Austin and Wheatsville to move back to Michigan. I have really enjoyed my time here and would like to thank everyone who has contributed to my experience. I am glad to have made a positive impact during my time here and will value the memories and experience gained. Austin is great city with many wonderful things to offer, but I must return home.

But wait...there's some more good news. Hard working and knowledgeable bulk stocker, Riley Luce, is being promoted to Bulk Buyer! I am pleased to leave the department in good hands.

Thanks again Wheatsville!!

Wheatsville is Your Neighborhood Grocery & So Much More!

by Bryan Butler, Meat and Seafood Buyer



Wheatsville is just a flat out great place to shop, eat and socialize. We provide a great atmosphere for our owners and customers to feel relaxed. On most days you'll be greeted by a minimum of three or four smiling employees, ready to show you to that product you just can't find. Our staff is knowledgeable and eager to answer any questions. Most stores can only wish for the type of engagement from staff and atmosphere that Wheatsville has. And why not? We're a member-owned business that caters to what our shoppers want, because they tell us and we respond.

You may see some of the same products you see at other stores here at Wheatsville, but I'm betting we also stock a number of great items you won't find elsewhere. You will really see the co-op difference in the deli, meat, cheese, dairy, bulk, and produce departments. In these areas you'll see all the things you don't see at the larger chains: pas-



ture-raised meats, cheeses and milks; fair-trade organic coffees, teas and nuts; fresh local produce – in fact I would wager we have the best local selection in town; organic foods and locally produced products in all departments. It's

awesome to take it all in. There are also plenty of out of the ordinary items to keep you coming back.

Let's talk about some of the things that make my area, the meat market, really great. One thing we take seriously is animal welfare and well-being. Right now, a minimum of 80% of our products are certified humanely treated. One mainstay of the meat department revolves around a fantastic brand, **Niman Ranch meats**.

Niman Ranch is a cooperative group of ranchers and farmers that are a benchmark in the industry when it comes to animal welfare. They were the first to implement Dr. Temple Grandin's 21 point animal welfare checklist. A strong commitment to sustainability, biodiversity and animal well-being has been their mission since the mid-1970s.

I can't say enough about Niman Ranch; they set the bar, and we are proud to support them. Their products, including salamis, pulled pork, and sausages, are all gluten-free. We use whole Niman meats in our house-made fresh sausages. The Wheatsville Deli has also begun using the Niman meats in delicious items like Taco Beef on the hot bar and the Sausage and Feta Pie made with our fresh Italian sausage. We are committed to a daily fresh ground meat program that uses only whole muscles from a single animal, unlike our competitors that make their ground meats with blends from hundreds if not thousands of different animals. The cheap, mass-produced, hormone and preservative laden, shoddily processed meats you read about in the news, are NEVER for sale at Wheatsville.

Another great company we support is **Organic Prairie**, a part of the **Organic Valley family**. They are the supplier of many of our organic offerings here at Wheatsville. They are a cooperative group of farmers, who, like our friends at



Niman Ranch, believe in providing great, high-quality meat products. Their products are certified organic and certified humane treatment. You will see many of their items in our meat freezer, including organic ground beef and pork, breakfast sausages, and chicken. We also have a great selection of organic lunchmeats, including smoked and roasted turkey,

roast beef, smoked chicken breast and smoked ham. The packaging used is an example of the forethought that has gone into their product: opting out of the industry standard of zipper-lock packages, Organic Prairie has reduced the amount of

leftover plastic by 50%. It's definitely a first step in the right direction when it comes to the packaging waste you see with most pre-packed lunchmeats.

The Wheatsville meat market also loves to cater

to the at-home chef. You know who you are. We make fresh cuts daily from our beef, pork, chicken and lamb. We can also cut to order anything you want. We have a professional staff of meat cutters and butchers who are ready to answer any questions or concerns you may have. Sure, any meat market you go to has someone who cuts the meat. But, in most cases, they are far removed from customer interactions and are forced to work too fast. At your co-op, we want to bring back the presence of the neighborhood butcher, the one you see every time you go to the meat market. Right now, if you shop us, you know me, Bryan, and my assistant Mark, who has been with us for over four years. We are here to serve you and help you make the most out of your visit to Wheatsville. In my opinion, it's not about cutting the meat and slapping it onto a



tray. It's about knowing every little detail, from where it came from to how it got to your plate.

Wheatsville is also one of the best places to shop for local meats, similar to our excellent local farmers markets. You'll see lots of your favorite products that you also see at the farmers market, like **Loncito's lamb**, **Thunderheart bison**, **Richardson's Family Farm pork** and **Bastrop Cattle Company grass-fed beef**. I have written about many of these great local producers before in the *Breeze*, and they have also been featured in publications like *Edible Austin* and *Eat & Drink Austin*. Take a peek in our meat freezer, next to the beer case, to find these great local meats.

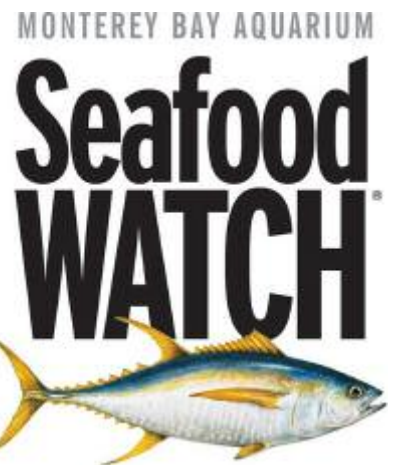
And it doesn't stop there. We also have a stellar selection of sustainable seafood. Using the **Seafood Watch** list as our guide, we stock great wild Alaskan fish choices like **Coho Salmon**, **Sockeye Salmon**, **Sablefish** and **Halibut**. Alaskan fisheries are recognized for responsible fishing and harvesting of seafood. They monitor population levels closely before seasons begin; if the levels are not optimal, they will not fish.

Sourcing from responsible distributors is also big on our list. We like companies that take actions to reduce waste and their carbon footprints. In some cases, we buy direct from the fishermen, skipping those middlemen who drive up the costs. Protecting our oceans and wildlife is important to us; that's why you don't see fish like Chilean sea bass and Orange Roughy in our cases. You will never see unsustainable fish at the Wheatsville meat market.

As you can see, I take great pride in our meat market and in the Wheatsville community. I look forward to serving you!

For more information on our suppliers, check out these web sites:

- www.nimanranch.com/index.aspx
- www.organicprairie.coop
- www.animalwelfareapproved.org
- www.certifiedhumane.org
- www.montereybayaquarium.org/cr/seafoodwatch.aspx



Sign up for the Wheatsville Email List!

A few times a month, you'll get an e-mail from us informing you of upcoming events, new products or changes in the store. Go to <http://wheatsville.coop> to sign up!

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

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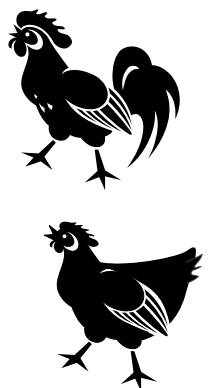
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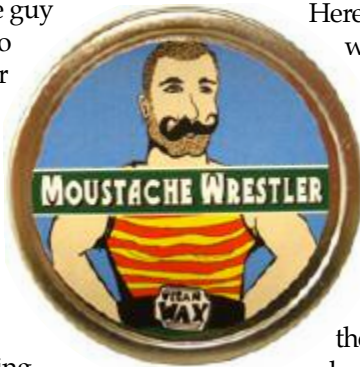




Local Favorite—Lamar Soap Company

by Kim Tehan-Barrow, Bodycare Buyer and Kevin Burns, Owner, Lamar Soap Company

So one day this adorable guy comes into Wheatsville to give me a sample of a bar soap he was making. The packaging was awesome—a wild-eyed



cat in pajamas covered with fish and bubbles floating into space, the ingredients super clean, the name of the soap—

Here's his story in his own words: "A little over a year ago, Lamar Soap Company began selling its original bar of soap, The Cat's Pajamas, at Wheatsville Co-op.

many of the ingredients are sourced locally and the printing is done locally.



"Recently, Lamar Soap Company's Hep Cat shaving soap was featured in *OUT* magazine, "the world's leading gay fashion and lifestyle brand", and our

cat in pajamas covered with fish and bubbles floating into space, the ingredients super clean, the name of the soap—**Cat's Pajamas** of course!

Thus began a wonderful working relationship with owner, Kevin Burns. Having had huge success with the Cat's Pajamas, Kevin embarked on an adventure making a new soap called **The**

The warm embrace of the Wheatsville owners and customers prompted the release of four more products: **The Cat's Meow, Cosmonaut Pomade, The Moustache Wrestler, and Hep Cat shaving soap.**

style moustaches in the Cohen brothers' remake of *True Grit*.

"The genesis of each new product has been in line with the core values of Lamar Soap Company, in that they are handmade, vegan, petroleum-free and all-natural. In addition to this, each product disburses some of the profit from each sale to non-profit organizations.



"One of the purposes of Lamar Soap Company is to sustainably make quality products and contribute to the sustainability of local economy. To this end,

"The future of Lamar Soap Company is for the product line to expand to offer consumers high quality, natural, sustainable, vegan and petroleum-free alternatives to many products on the market today. One such product currently in development is a tattoo salve. Can't wait to show it to you!"



Cat's Meow and started working hard on developing a natural moustache wax as I had many customer requests for one. So, into his "lab" Kevin went and within a few months in he came with a sample for us to try. The feedback was great.

Kevin's products continue to be staff favorites and we are proud of his success.



New Buyer, New Chills

by Chris Moore, Chill Buyer

Greetings to you all you Wheatsville patrons. My name is Chris Moore and I am the new Chill Buyer here at the co-op. I moved down here to Austin from northern Michigan about seven months ago looking for a change of scenery and some warm weather. Well, the hot weather has not affected me too much since now I work in the

chilly dairy cooler—I can handle the cold just fine in the cooler since it's just like back home.

I worked at the Oryana Food Co-op in Traverse City, Michigan for a little over three years as the vitamin and herbal supplement buyer. I'm happy to be expanding my knowledge and skills dealing with perishables and food.



I have been the buyer for the department for a few weeks and there are a couple of new products I would like to share with y'all. (See, I'm learning!)

We are now carrying a local and organically certified milk from **Texas Daily Harvest**. This milk is produced by grass-fed Jersey cows. It's pasteurized but not homogenized, so the cream floats to the top and you have to shake the container each time before you pour it. Even though the selection is currently small we will be expanding on the line a little in the coming months. Their milk is extremely tasty and they are very ethical in the treatment of their cows. I suggest that you give them a try.

Another local business that I am excited about is **Baby Zachs Smoked Hummus**. Baby Zach's was founded in Austin by Zachary Gultz with the help of his two brothers, Michael and George. He entered his origi-



nal Smoked BBQ Hummus into a local recipe competition and was awarded "Best Overall!"

Zach uses unique spices and flavors along with organic garbanzo beans to make a most delicious and versatile hummus. He is dedicated to creating new and exciting



hummus innovations only using fresh, all natural, and organic ingredients. Zach believes it is his responsibility to strive for a successful business while supporting a sustainable local economy. What could be better than that?

I am very excited to serve Wheatsville and our customers. See you around the dairy cooler!

Wine & Brew News

by Rhane Shelton, Beer & Wine Buyer



Fine Local Wine

If you are looking for a great Texas Cabernet Sauvignon then look no further than

Becker Vineyards Cabernet Sauvignon Texas Iconoclast.

Becker Vineyards was established in 1992 by Richard and Bunny Becker. The winery resides in the Texas Hill Country between Fredericksburg and Stonewall and it is the home of the largest underground wine cellar in Texas!

Becker Texas

Iconoclast is the number one selling wine at Becker Vineyards and for good reason. The wine features black cherry and raspberry notes with a clean dry finish. This is a fantastic, easy drinking wine and the character of the cabernet sauvignon really comes through with great fruit flavor and a fine structure. This wine would go great with a thick juicy steak or smoky BBQ!



Why not grab a bottle today and fire up the grill this weekend!



Abita SOS A Charitable Pilsner!

Working with the Louisiana Seafood Promotion & Marketing Board (LSPMB), Abita Beer announced that it has established 'SOS - A Charitable Fund' that will assist with the rescue and restoration of the environment, industry and individuals fighting to survive this disastrous oil spill. The centerpiece of the fundraising effort is a new charitable beer created by Abita.

The brew is called **SOS - A Charitable Pilsner**. This Abita Beer is a message in a bottle...a distress signal for the troubled waters of our Gulf Coast. For every bottle sold Abita will donate 75¢ to the rescue and restoration of the environment, industry and individuals fighting to survive this disastrous oil spill.

This unfiltered Weizen Pils is made with Pilsner and Wheat malts. It is hopped and dry hopped with Sterling and German Perle hops. It has a brilliant gold color, a sweet malt flavor, and a pleasant bitterness and aroma.





The Health Team wants to welcome all the students to town. We have supplements to help you feel your best this semester and keep you in top form for all of your extracurricular activities as well. When you are on the go, here are some choices that can help you feel and look your best.



Multivitamins are intended to supplement a person's diet with vitamins, dietary minerals and other nutritional elements. Such preparations are available in the form of tablets, capsules, pastilles, powders, and liquid formulations. At Wheatsville, we have various formulas to suit a person's needs and lifestyle, including vegetarian and vegan formulations, liquid multi's for people who don't like pills, and gummy formulas for both kids and adults.

Probiotics are live microorganisms (in most cases, bacteria) that are similar to beneficial microorganisms found in the human gut. They are also called "friendly bacteria" or "good bacteria."



Probiotics are available to customers mainly in the form of dietary supplements and foods. At Wheatsville we carry multiple forms of probiotics both shelf stable and refrigerated types in tablets, powders, and **Bio-K** in Original, Fruity, and Dairy-Free formulas. We also have a cherry chewable **Primadophilus** formulation that is made for kids, but adults like it too.



Oil of Oregano—The ancient Greeks were one of the first people to recognize oregano oil for its health benefits and medicinal qualities. It is known to be a potent antiviral, antibacterial, antifungal, and antiparasitic oil that can reduce pain and inflammation and effectively fight off infections. Some of the specific benefits of Oil of Oregano are destroying organisms that contribute to skin infections and digestive problems, strengthening the immune system, increasing joint and muscle flexibility, and improving respiratory health, treating colds and sore throats.



What are the Side Effects of Oil of Oregano? While Oil of Oregano has many benefits, there are a few possible side effects: Oregano oil may reduce the body's ability to absorb iron. Therefore, it is recommended that any regular use be combined with regular consumption of iron supplements. For this reason, pregnant women are advised not to take Oil of Oregano regularly.

People that have allergies to thyme, basil, mint, or sage may be sensitive to Oil of Oregano as well, since they are in the same family of plants. If any skin irritation, rashes, or vomiting occurs when using it, it is recommended that you discontinue use and consult your doctor.

Wheatsville also carries **homeopathic formulas**.

Homeopathy is a medical philosophy and practice based on the idea that the body has the ability to heal itself. Homeopathy was founded in the late 1700s in Germany and has been widely practiced throughout Europe. Homeopathic medicine views symptoms of illness as normal responses of the body as it attempts to regain health. Homeopathy is based on the idea that "like cures like." That is,



if a substance causes a symptom in a healthy person, giving the person a very small amount of the same substance may cure the illness. In theory, a homeopathic dose enhances the body's normal healing and self-regulatory processes.

Homeopathic remedies are available in very symptom specific formulas, and we can help you find the one that best suits your needs.

Please come in and chat with us on the Health Team. We want you to have your healthiest, happiest year yet!



mmm...New Cheeses

by Greg Flores, Cheese Buyer

We have Halloumi cheese! Halloumi is a traditional Cypriot cheese traditionally made with goats and sheep's milk (although, Halloumi can also be made with cow's milk). It has a high melting point and can be easily grilled or fried. That is right, a grillable cheese! Halloumi can be grilled along with vegetables and is especially delicious served alongside slices of watermelon. The saltiness of the Halloumi complements the sweetness of the watermelon (or any other melon). Grillicious!

June's Joy is **Pure Luck Dairy** in Dripping Spring's newest creation. This dreamy spread is made with local



Goodfellow Honey, fresh thyme and smoked black pepper. The honey complements the tanginess of their award-winning cheddar and the hint of thyme and black pepper come through in the finish. I have used it to stuff a pork tenderloin and also have enjoyed it with fresh figs and a chilled Sauvignon Blanc.

Also, as you may have noticed, Pure Luck has re-designed their labels. The sage green on creamy white background is gorgeous. Cheers, Pure Luck!

We have two other new products on Cheese Island—**Camembert** and **traditional whole-milk ricotta**. Camembert is a cheese traditionally made in the region of Normandy, France. The recipe for this cheese is the same as Brie; the only difference is the size of the molds that shape the cheese. The Camembert wheels are smaller. This is important because the smaller wheels allow the moisture to evaporate at a faster rate and lends itself to a more robust flavor. We have added a whole-milk option for ricotta.



We're happy to re-introduce a product that we have carried, but in new packaging. Delicious **Saint André Triple Cream Brie** now comes in a convenient 6 oz. size.

You will also find another vegan cheese in our wonderful selection. **WayFare's "We Can't Say It's Cheese"** is a non-dairy cheese alternative that is made with oatmeal. Along with being non-dairy, it is all natural, wheat-free, trans-fat free, soy-free, casein-free, cholesterol-free, Kosher Pareve, and vegan! We carry two of their products: the cheddar style spread which makes a good grilled cheese sandwich, and the Mexi-cheddar dip which makes a wonderful topping for nachos. I would love to hear the different ways that you use these products and to share them with the rest of Wheatsville. My email address is [gflores\(at\)wheatsville.com](mailto:gflores(at)wheatsville.com)



Staff Top 10 Picks

by Mindy Dolnick, Bakery Goddess

1. Sweet Leaf Citrus Green Tea
Cool and refreshing.



2. Sushi Express Spring Rolls
In-house made spring rolls, filled with protein and veggies instead of rice noodles.



3. Amy's Vegetable Pie in a Pocket Sandwich
Tasty and satisfying comfort food in a pastry pocket.



4. Odwalla Protein Monster Smoothies
The perfect treat for a recovery drink after strenuous exercise.



5. Tom's Fudge
A little bit of chocolate goes a long way!



6. Texas Medicinals Plant Spirits Apothecary Healing Salves
Soothe irritated skin with a combination of essential oils, beeswax, and olive oil, made right here in Austin.

7. Wheatsville Deli's GingerAde
Tangy refreshment!

8. Lundberg Rice Chips
Yes, my favorite chips are made with seaweed :)



9. Larabars
Perfect for on-the-go snacking.



10. KIND Bars
Energy bars made with real food goodness



Cooperation Among Cooperatives by the Wheatsville Board of Directors

Promoting cooperative alternatives to conventional corporate business is a vital part of Wheatsville's mission, and our GM and the Board of Directors are always looking for opportunities to encourage the growth of the cooperative economy, especially in Central Texas. That's why we've made the decision to invest in our local sister organization, the Black Star Co-op Pub & Brewery.



Black Star, which is scheduled to open this fall at the Crestview commuter rail station ("Midtown Commons" at Lamar & Airport Blvds), is the **world's first cooperatively-owned brew pub!** The brainchild of founder Steven Yarak, Black Star has been building up head over the past four years, reaching out to prospective member-owners primarily through beer socials and bar hours with the board. Even without a physical location, they have developed a remarkable presence in Austin and have exuded an unparalleled passion for cooperative organization. Black Star is a hybrid consumer and worker co-operative: not only are they consumer-owned, but they encourage employees to 'own their work' through greater responsibility and commitment and likewise greater autonomy, respect, and reward.

The two co-ops have had an ongoing relationship: Wheatsville has mentored Black Star's board and management team and provided advice based on our experience as one of the few retail co-ops in Texas. Together, we have celebrated the opportunity to socialize and learn about the cooperative movement, while inspiring each other to deeply consider our cooperative values, principles, and roots.

Black Star recently approached Wheatsville about participating in their investor share offering, to help finance construction of their new location. Investor shares (like those that Wheatsville issued to finance our recent expansion project) work like bonds. They pay interest (or "dividends") annually and mature on a given date. Black Star has already raised more than \$320,000 from its owners by selling these investor shares, and they are within \$150,000 of the amount they need to open their doors this fall. The Wheatsville Board is awestruck and humbled to think of how much Black Star has achieved over the past four years (including adding over 2,000 member-owners to their roster and raising a significant sum of operating and construction capital)—all of this without the help of a storefront!

In considering Black Star's request, we remembered Wheatsville's own humble beginnings, as well as some tough times that Austin's only surviving food co-op experienced. (Wheatsville is the only retail food co-op in all of Texas!) Our own existence has relied upon the kinship and financial support of other co-ops. In fact, after Wheatsville

received the Howard Bowers Award for Cooperative Excellence at this year's CCMA conference, founder and former GM, Walden Swanson, recounted a CCMA conference in the days of yore when he passed the hat to help keep Wheatsville alive as the bank threatened to foreclose! Just as we feel indebted to the cooperative community of the '70's, and enjoy the huge success of our renovation project today, we feel fortunate to be in a position to consider offering this type of support to our local sister co-op, Black Star.

In this spirit, all of Wheatsville's Directors agreed that we wanted to help Black Star, but only if it was good for Wheatsville too. We decided to approach this decision in stages. First, we would exercise due diligence in evaluating Black Star's business. We had to feel confident in the management acumen and the business's prospects for success. Next, we would work with Wheatsville's management to figure out what we could afford to put at risk. We were unwilling to take a chance with funds that were needed for operations or future investments. Finally, we would structure any investment in a way that encouraged Black Star's member-owners to support their co-op.



On June 21, Wheatsville's Board met with Black Star's Board and management team to assess their business plan, their fundraising progress and the match between the strengths of their team and the requirements for success of their business. Wheatsville's Board was impressed with the breadth and sophistication of Black Star's business plan and financial projections. We were also impressed with the complementary skill sets on the team.

At a subsequent meeting, the Board decided that investing in Black Star makes sense and advances the mission of Wheatsville. We asked GM Dan Gillotte, to consider our circumstances and goals for future growth, and (because he and his team have done such an amazing job over the past many years) it was clear that with our strong financial position we could safely invest \$50,000 in Black Star's investor share program.

Our support of Black Star will not affect the patronage rebate to Wheatsville Owners: this investment is technically a "balance sheet transaction" (a decrease in cash and increase in investment assets) and does not affect our net income. Since the patronage rebate is based solely on Wheatsville's net income, the investment does not affect the rebate at all. In addition, based on current and projected cash-flows, we are in a

Wheatsville Co-op Resolution to Support Black Star Co-op Pub and Brewery

Whereas, Wheatsville Co-op is committed to practicing the sixth cooperative principle, cooperation among cooperatives;

Whereas, Wheatsville Co-op believes that growth of the cooperative economy in Austin contributes to the transformation of society as defined in the Wheatsville Co-op Ends policies;

Whereas, following the success of our recent renovation project, Wheatsville Co-op is financially equipped to invest in the growth of new cooperative ventures in our community;

Whereas, Black Star Co-op is incorporated as a co-operative association under the Texas Business Organizations Code;

Whereas, Black Star Co-op has provided, to the satisfaction of the Wheatsville Co-op Board of Directors and General Manager, evidence of a sound and viable cooperative economic business venture;

Whereas, Black Star Co-op is aggressively pursuing investors and making good progress towards their stated goal of raising \$475k before opening their store;

Now Therefore Be It Resolved That:
Wheatsville Co-op intends to invest the final \$50,000 of \$475k required to open Black Star Co-op through the Black Star Co-op 2010 Member-Investor Share Offering, as affirmation of our commitment to cooperation among cooperatives, demonstration of our support of growing the cooperative economy in Austin, and our expression of confidence in Black Star Co-op and its positive impact on the Austin cooperative community!

Approved by the Wheatsville Board of Directors on this 12th day of August 2010.

Rose Marie Klee, President

Lee Blaney, Secretary



Image Credit: Carolina Cantu and Kevin Johnson

very strong position over the coming years.

Dan suggested that we offer to provide the "last money in" for Black Star – Wheatsville hopes to provide a 'shot in the arm' to bolster Black Star on the final stretch of their fundraising efforts.

After many months of deliberation at regular Board meetings, work sessions, and by email, the Board voted unanimously that this investment is right for Wheatsville. At our July meeting, we passed a resolution to participate in Black Star's investor share offering and to support this excellent addition to Austin's cooperative economy.

The Board encourages Wheatsville Owners to consider joining Black Star Co-op as member-owners and investor-shareholders, and this fall we look forward to toasting the growing cooperative economy with you at Austin's newest co-op!

International Cooperative Alliance: Principles for Coops

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training and Information
6. Cooperation among Cooperatives
7. Concern for Community

Co-operatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the tradition of their founders, co-operative members believe in the ethical values of honesty, openness, social responsibility and caring for others.

Green Grocer—Goodbye, Farewell, & Amen by Johnny Livesay, Produce Manager

Dear Wheatsville owners, staff members, and customers, We've had a good run.

It hardly feels like it's been eight years since the co-op hired me. It was about a month after my 21st birthday—I was just a wild-haired kid coming off a long run working in restaurants and in the process of dropping out of college. I was broke and needed a job. My carless commute to Lake Travis to work was quickly becoming unsustainable. I hap-



pened to run into Christine Stout at her birthday party and she told me to apply at Wheatsville. She was working as front end manager at the time and I was hired on as a cashier. I had found a job; I had no idea that I'd find a family.

As time passed, I came to understand our model more and more, finding cooperatives to be something more than the hand that fed me. There was inspiration in our guiding principles and values and our mission. I wanted to know more about how things worked and why and for whom. I ran for the board—three times.

In 2006, I saw a flyer for a meeting for the Black Star Pub hanging up on the corkboard we used to communicate important information at Wheatsville. I attended this meeting and ended up working towards opening the world's first cooperatively owned and worker self-managed brewpub: The Black Star Co-op.



Years disappeared into the abyss, I moved around the co-op: cashier, head-cashier,



floor manager, deli counter manager, and produce manager. Two years ago, when I became your produce manager, I felt I had found my seat on the bus, yet I still felt the pull of my passion for cooking. Last year an opportunity arose that would allow my dreams to come to fruition and I made the tough decision that I would leave Wheatsville to work in the kitchen at Black Star this fall.

This brings us to today, the culmination of eight years of dedication and service—the bittersweet end of my time with you as a staff member of our beloved Wheatsville.

Wheatsville changed my life—no, Wheatsville saved my life. For the first time in my service industry career I felt I had purpose, that what I was doing meant something, even if I was only selling groceries, I felt that I was a part of something that was in some way transforming society. Customers were owners and they met you in the middle of the service spectrum. They knew my name, and cared about how I was doing and what was going on at the co-op. They didn't just answer my ques-

tions out of formality; they wanted me to care about them too, even if our time together was as fleeting as a tofu sandwich transaction.



I've met so many people over these years that I've grown to love, staff and customers alike—kindred spir-

its of cooperation; my ilk. Through all the change and evolution of Wheatsville over these past eight years, the people were a constant. I could freely dole out hugs to my customers and staff members, watch children grow from bumps to little people, and tweens come home for summer break from college. I used to know your member number. I met your mother, sister, childhood friends, came to your party, wedding, or to watch your band play. There were late nights and Lone Stars, early mornings with French pressed peaberry reserve. We drank tons of matè. Long bike rides and longer road trips. You left, got married, had kids, came back and I still knew your name. Some of you died and are still missed. We are family, community.



I've loved serving you. Thank you for all the opportunities for growth and love. I am a better person because of Wheatsville, and in some ways, I'd like to leave thinking that I've helped make Wheatsville a better place. I'll miss it, but I'll never forget the good times, the challenging times that brought us closer, or all the people who made service feel like rewarding friendship.

When Black Star opens this fall, come in and have a pint and some food. I'll be there, in the back, but I'll be there, waiting.

Light and Love.
In cooperation,
Johnny Livesay



stronger together

Enjoy great food around the table and in your life. Find recipes, learn about cooking and eating seasonally, and get tips for sharing good tastes with your friends, family, and community.

Eating well is easy when you know where to find great food. Discover your shopping options, find out what to look for in the store, and learn how to support local and help build a stronger food community.

Experience great food in your community. Find food co-ops, farmers' markets, and local food suppliers in your area, and choose your favorite neighborhood co-op to display on your StrongerTogether.coop profile.

StrongerTogether.coop is a new online community— a place for people to gather on their food journey. It's a place to find out more about what's in food, where it comes from, where to find great food, and a whole lot more. It's also a place for consumers to talk with others about food topics they're exploring, are passionate about, or want to get involved in.

We'd love for you to participate at <http://strongertogether.coop> or click on the link on Wheatsville's website at www.wheatsville.coop.

Get to the root of your food. Learn where it comes from, how it's made, and what goes into creating food that's good for you, the environment, and your taste buds.

When it comes to food, there's a lot to talk about. Join conversations with other StrongerTogether.coop members about where it comes from, how it's made, and where to find great food and nourishment in your community and in your life.

Staff Top 10 Picks

by Casey Cheek, Deli Clerk



Curry Lime Chicken Salad
Try it on a wheat pita!

Niman Ranch Flank steak
Perfect for tacos

Pico de Gallo
The best pico on this earth

Margaritas Homemade Salspeño Tortillas
Maybe the best thing we carry



Quick To Fix Bacon Cheddar Burgers
The best bacon cheese burgers ever!

Cashew Linguine
Tasty side for any meal

Kettle Chipotle BBQ Chips
Best with a deli sandwich



Fresh Brewed Mate
Sweeten it up with some Agave



Fresh White Peaches
I never thought a peach could be so perfect!

Sweet Leaf Citrus Green tea
Perfect on a hot day



Keeping It Current by Gabriel Gallegos, Ownership Coordinator

Lately, our owner count has been just below 11,000. With an ownership this large, it is very important that we all do our part to keep the owner

records as up-to-date as possible. Keeping a current mailing address on file with Wheatsville will achieve this as well as ensure that you are maintaining one of your owner responsibilities.

Every autumn, we strive to update as many owner addresses as possible. So, in the spirit of Cooperative Principle No. 5 – Education, Training, and Information, here are several ways to keep the owner records up to date and the reasons we need to do so.

How do I update my address?

You have a few options:

- Fill out and mail the address update slip included in every issue of the Breeze.
- Fill out an address update slip with your cashier or at the Hospitality Desk.
- Email or call the Membership Coordinator. (membership(at)wheatsville.coop, 512-478-2667)

How do I know if I need to update my address?

The Hospitality Clerk or Membership Coordinator can tell you the address we have on file. If it is not current, we can update it for you. Also, it definitely does not hurt to submit an address update at any time; even if you think your account might already be updated.

I moved and filled out a change of address form at the Post Office. Is that sufficient?

Although your mail will be forwarded to your new address, we will not receive notice of the change from the USPS and your Wheatsville account will remain incorrect.

Why is it important to keep a current mailing address on file?

Wheatsville must keep a record of each time we receive notice that an address we have on file is no longer valid. The most common way that we find out about an incorrect mailing address is when mail is returned to us from the USPS after we have sent something to an owner. It will typically be labeled "No Longer at this Address", "Address Not Found", or something along those lines.

After two years have passed beyond the date of mail being returned, your co-op ownership then becomes recognized as unclaimed property by the state and we are legally obligated to close your account and refund the invested capital to the state comptroller.

Will having an outdated address on file prevent an owner from receiving a Patronage Rebate?

Yes. Because handing over unclaimed property to the state comptroller can be quite a messy process, we do not issue patronage checks to owners who have an incorrect address on file.

What should I do if I am moving far away and will no longer be shopping at Wheatsville?

There are a couple of different options. If you plan on keeping your mailing address current (even though you are no longer in the area) and participating in the Annual Co-op Elections we would love to continue having you as a co-op owner.

However, if you plan to move away and you probably will not be shopping at Wheatsville any longer, it is definitely okay to resign your ownership. Although we would be sad to see you go, we understand that keeping a current mailing address on file at a co-op in another state might be difficult. We would be much happier to put the capital back in your hands rather than the possibility of paying it to the state comptroller if your account were to ever become unclaimed property.

Do I have to keep a current mailing address on file even if I don't want to receive mailings from Wheatsville?

Yes. Every owner has signed the Ownership Agreement which states that we all agree to keep the co-op informed of our current mailing address. All co-op owners receive the Election Issue of the Wheatsville Breeze even if they have opted out of receiving it all year long.

Because we believe in the power of word of mouth at Wheatsville, please remind your co-op owner friends to update their address from time to time. I don't think anybody would want to miss out on a Patronage Rebate because of an incorrect address on file. If I missed any important address related questions, feel free to contact me via email. Thank you so much for taking the time to read my article and have a great month!

Congratulations to Our Newest Invested Owners 6/17/10-8/7/10 (2010)

Flo Fox	Colin Gray	Mike Forte	Goli Zarchi	Pat Lapenna	Lisa Cowling	Kristina Holt	Karen Tarnower	Elizabeth Duncan
Jean Day	James Hush	Ray Donley	Hiroki Sano	Per Nilsson	Lisa Roberts	Laura Alacron	Lina Khaznadar	Elizabeth Kohout
Amy Bryan	Jenn Miori	Sheri Parr	John Antrim	Regan Parks	Mandi Maronn	Laura Fenwick	Marjorie Woods	Jennifer Mcnevin
Ann Adams	Jess Miner	Susie Ward	John Boehme	Renee Schuh	Mateo Clarke	Lauren Vernon	Melissa Murphy	Jocelyn Tajeron
Ben Breen	Joan Gibbs	Andrew Lupo	John Lemaux	Ryker Brown	Roberta Hill	Laurie Marder	Michelle Perry	Julian Frachtman
Josh Gold	Judy Trejo	Annie Ahern	Kerri Welch	Sally Crewe	Rosanna Hill	Leslie Bryant	Paula Disbrowe	Mary Beth Daigle
Sam Adair	Kerry Gray	Chad Nickle	Laine Hardy	Sara Berger	Ryan Menzies	Leslie Geller	Rachel Markoff	Randall Geissler
Tura Cook	Lisa Young	Clay Bishop	Maria Allen	Tara Spence	Sara Hellman	Marc Fidelman	Reba Armstrong	Ronald Manzanero
Ben Barnes	Lynda Hill	Dana Deloca	Mark Raizen	Tim Tschumy	Sarah Cleary	Mellisa Cline	Sarah Billeiter	Sam Day-Woodruff
Ben Guyton	Marc Doyle	Eric Miller	Moe Mashaka	Yann Kostic	Zach Dayhuff	Michael Hanan	Samuel Blalock	Christopher Davis
Brock Kyle	Mark Smith	Eva Mohrman	Nikki Myers	Andrew Alter	Alicia Nelson	Michael Morse	Stephen Thomas	Heather Mcclellan
				Anne Haskett	Andrea Nelson	Michael Plata	William Hughes	Heather R Johnson
				Brian Piercy	Anita Pluymen	Morgan Rogers	Allyson Whipple	Hilary Hildebrand
				Carrie Scott	Blake Shanley	Rosalyn Nasky	Carl Youngblood	Jennifer Stricker
				Charlie Rose	Carlie Brandt	Sandy Krestan	Cathy Schechter	Karinne Thornblom
				Claire Moore	Carolyn Silva	Sarah Blincoe	Charlene Werner	Leslie Mcguinness
				Colin Meehan	Carrie Parker	Shannon Jordy	Cinde Weatherby	Kristina Dellagatta
				Connie Adams	Colin Bannard	Susan Sanders	Courtney Landes	Michelle Reynolds
				Dee Dee Dial	David Mercado	Cheryl Beesley	Dereck Albrecht	Kristina Buentello
				Emily Gebert	David Rawlins	Amber O'connor	Fletcher Berndt	Kristina Buentello
				Evie Gladish	Donna Mcadams	Christa Peyton	John Hofstetter	Steven Greenstein
				Flip Solomon	Emily Stengel	Crystal Brandt	Jorge Rodriguez	Ari Diamandopoulos
				Haley Hartel	Jaime Goggans	Danielle Brink	Katherine Miles	Bonnie Hall-Gerson
				Jan Triplett	John Thompson	Diana Strycker	Katherine Swope	David Quinto-Pozos
				Jane Sarosdy	Jordan Bucher	Eric Bomblatus	Marcia Erickson	Kathleen Mcwhorter
				Jill Bergene	Judith Haller	Janis Childers	Meagan Mulligan	Matt Herndon-Prine
				Jill Reutter	Judy Anderson	Jennifer Jones	Patrick Kronfli	Vanessa Williamson
				Joseph Bassi	Julie Gilbert	Allan Campbell	Rachel Studdard	Jannette Mclaughlin
				Karla Wolter	Kate Franklin	Barbara Manson	Roseanne Medina	Jessica Weingartner
				Lara Bridger	Kathleen Lund	Barbara Wilson	Stephen Bollich	Vanesa Botero-Lowry
				Lauren Grant	Katrina Lopez	Carenn Jackson	Thomas J Weaver	Adrienne Mccullough
				Linda Curtis	Kerry Faudree	Chad Rackowitz	Tim Helmstetter	Maria Artzinger-Bolten

DOGGONE IT! WHERE DID YOU GO?

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

YES! UPDATE ME!



Member Number _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

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

Infoshare From the Hospitality Team – Community Action Wednesdays

By Beth Beutel and Rachel Badger with help from Gabriel Gallegos and Angela Moore



Co-ops are all about the power of community and the magical things that can happen when people pool their resources together. Wheatsville has a program that we call **Community Action Wednesdays** aimed at creating some of that cooperative magic. Every Wednesday 1% of our sales go to one of ten Community Action Groups that the co-op owners have voted for. Each

month is associated with a different group and the last two months of the year go to Wheatsville's own community action fund, which is then used to extend a helping hand to other co-ops in need.

For the next two months we're happy to have the opportunity to give to organizations that really hit the heart of Wheatsville's mission- to supply high-quality food and non-dogmatic information about food to the people of Austin, Texas. We'll be giving 1% of Wednesday's sales to **Meals on Wheels and More** in September and to the **Capital Area Food Bank** in October.



MOWAM's mission is remarkably similar to ours. "**Meals on Wheels and More seeks to nourish and enrich the lives of the homebound and other people in need through programs that promote dignity and independent living**" ... and they ain't messin' around about the "And More."

They're providing a wide array of vital services to help people with a combination of mobility and food security problems—everything from Phone Friends (who call to chat with home-bound seniors) to Groceries to Go



(which provides volunteer drivers to take seniors to the store twice a month). If you want to learn more about their inspiring programs, go take a look around their website at mealsonwheelsandmore.org.

The Capital Area Food Bank does more for our community than you may know, too. Sure, they provide food for those in need here in Austin, but they also distribute food to 350 organizations in 21 counties in Central Texas! CAFB's partner agencies provide either meals served on-site or groceries to Central Texans in need. In addition to providing food, CAFB also provides nutrition education to underserved families.


For many non-profit organizations

donating money is one of the best ways to show support. This is certainly true of the Capital Area Food Bank who can provide \$25 worth of food for every \$5 they get from donors. This means that with

Wheatsville's average donation of \$1500, they could get our neighbors over \$7500 worth of food.

While every day is an awesome day here at Wheatsville, Wednesdays represent a special opportunity to remember our collective values through offering support to those organizations which serve our community. In the last fiscal year we, the Wheatsville shoppers, collectively gave \$15,830 to different community action groups. We can combine our financial power to have a positive impact right here in our own community, and it's as easy as shopping on Wednesdays!





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 home to more than 30 nesting avian species and is world renowned for research and conservation of Chimney Swifts. TAS continues to spearhead conservation programs locally and support 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 for the identification of sparrows, raptors, gulls, butterflies and dragonflies, and even grasses. Their outreach programs strive to educate the community about the vital connection between conservation and sustainable, healthy human habitats. Visit www.travisaudubon.org/fieldtrips.html for more details.

FIELD TRIPS

Tuesday, September 7th - 7:00 AM to early pm Super Tuesday! at Milton Reimers Ranch Entrance fee at County Park is \$10.00 per car. Limited to 12 people. Contact Terry Banks at [55bluebirds\(at\)att.net](mailto:55bluebirds(at)att.net) to register.

Saturday, September 11th - 7:00am and 4:00pm Monthly Bird Count at Hornsby Bend Contact Eric Carpenter at [ecarpe\(at\)gmail.com](mailto:ecarpe(at)gmail.com) for info.

Saturday, September 11th - 7:30am Beginner's Bird Walk at Lady Bird Johnson Wildflower Center Register with Virginia Rose at [virginia.rose\(at\)att.net](mailto:virginia.rose(at)att.net). (wheelchair accessible trails)

Saturday, September 11th - 6:30 to 8:15pm Jonestown Chimney Swift Roost (wheelchair accessible). No reservation required, contact Kathy McCormack VEFL21(at)yahoo.com or 698-9880 for info.

Tuesday, September 14th - 8:00am to 10:00am Two-hour Tuesday! at Champion Park From the intersection of MOPAC and Parmer Lane, take Parmer Lane west for approximately 8 miles. At Brushy Creek Road turn right and go approximately 1.1 mile to the Champion Park entrance at 3830 Brushy Creek Road. No registration required.

Saturday, September 18th - 7:30am to noon Monthly Bird Walk at Hornsby Bend For more information go to www.hornsbybend.org. All levels of birders are welcome and no registration is required.

Sunday, September 19th 7:00 am - 12:00 pm Bird Survey at Baker Sanctuary with the TAS Conservation and Sanctuary Committees. Registration required by emailing Shelia Hargis at [shargis\(at\)austin.rr.com](mailto:shargis(at)austin.rr.com)

Tuesday, September 21st - 8:00am to 10:00am Tuesday Mystery Bird Walk! Limited to 14 people. Contact Ken Zaslow at [khz\(at\)att.net](mailto:khz(at)att.net) to register.

September 24-26 Hazel Bazemore Hawk Watch. Field trip to Hazel Bazemore County Park in Corpus Christi during the Celebration of Flight weekend of the Hawk Watch and Birding Festival. The trip is limited to 15 participants. Register with Jeff Patterson at [jepbird2\(at\)austin.rr.com](mailto:jepbird2(at)austin.rr.com) or call 512-487-2755.

Sunday, September 26th - 6:20 AM to 1:00 PM Balcones Canyonlands National Wildlife Refuge Registration required. Email Laurie Foss at [lauriefoss\(at\)flywayadventures.com](mailto:lauriefoss(at)flywayadventures.com)

Tuesday, September 28th - 7:00 AM to early afternoon Super Tuesday! in San Marcos Limited to 12 people. Contact Ken Zaslow at [khz\(at\)att.net](mailto:khz(at)att.net) to register.


CLASSES

Wednesdays September 15 and 22 - 7 to 9 PM (Lectures), Saturday September 18 (Field Trip) Warblers of Texas: Natural History and Identification The lecture portion of the class is limited to 30 participants and the out-of-town field trip size is limited to 16. To register contact Frances Cerbins by e-mail [fcercbins\(at\)yahoo.com](mailto:fcercbins(at)yahoo.com) or call 512-372-9039.

September 21, 23, 28, and 30 - 7 to 9 PM (Lectures), October 2 - 9 AM to 2 PM (Field Trip) Travis Audubon's Odonate Identification Class 2010 The class fee is \$50 for TA members, \$65 for non-members. For info or to register contact Kathy McCormack VEFL21(at)yahoo.com or at 512-698-9880.

General Membership Meeting September 16, 2010 Westminster Presbyterian Church New Member Welcome 6:00 to 7:00 PM, Social Time 6:30 PM Speaker at 7:15 PM "Common's Ford Prairie Restoration."

We Wanna Adopt Your Mac



Got a G4, G5 or laptop sitting around since you got your new Mac? We'd appreciate the donation of iMacs, G5s, G4s, or peripherals like DVD Burners, LCD monitors, laser printers, or external drives, etc. We can't offer you a tax-deduction but you will definitely amass some good karma. Call Aldia at 478-2667 or email [aldia\(at\)wheatsville.coop](mailto:aldia(at)wheatsville.coop) to place your Mac in a loving home.



Thundering Paws Animal Sanctuary

Offering a safe haven for animals who are homeless, neglected, injured or abused. Our goal is to respect animals as individual beings with spirits who deserve the right to live a happy and healthy life, regardless of their attitude towards humans and human contact. For information about adoption visit our website www.thunderingpaws.org

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by appointment 451-5045

Food Recovery Effort Reaches It's Two Year Anniversary

by Allen Schroeder, Co-founder of the Wheatsville Food Recovery Program



This past July, we celebrated the 2nd year anniversary of the pick-up and transport of Wheatsville's day-old food.

Every month an estimated 3000 to 4000 pounds of edible but not sellable food has been delivered to various locations in central Austin, feeding the needy.

Depending on what day it is, this precious natural resource heads in three directions. On Mondays through Thursdays, it all goes to the Blackland Community Center located on Salina St, just south of Manor Rd. and west of Chicon St.

Once there, they take the food inside and put on big tables for the community to pick up for free. It is usually gone by noon.



On Fridays, a portion of the food is diverted to feed volunteer workers at the low income building project at the corner of Chicon and 22nd. The student volunteers get a nice lunch every Saturday.

Saturday and Sunday pick-ups actually are handled by folks with Food not Bombs. They prepare the food and serve it to the homeless below the I-35 overpass downtown.



A City of Austin food inspection supervisor recently gave us the thumbs up on expanding the food recovery efforts to other businesses as long as the chilled food stays chilled during transport, and the location that is distributing that chilled food is licensed to do so. Any restaurant or grocery store can do what we're doing. It's perfectly legal, it's smart business, and it's just the right thing to do. I'd be glad to provide this service for any central Austin food establishment (as long as they're not scraping the plates.) We can take any untouched portions that have been kept the right temperature.



Another factor that makes the program work is long-time Eastside community activist Bo McCarver. Two years ago, the same week I decided to take on this project, Bo's daughter, Leah, called asking for a food donation for the Blackland Neighborhood Development Corporation.

When I saw that Bo and Leah were deeply committed to serving their community, I knew they were going to be devoted and hard working partners. Bo took on half the load without a blink. Bo has been building and refurbishing houses in the Blackland neighborhood for decades. The northwest corner of Chicon and 22nd is only his most recent endeavor. Bo knows who the neediest folks are in that area, and he'll sometimes deliver pre-assembled boxes of food directly to their houses.

Between the two of us and Food not Bombs we haven't missed one day of food recovery in over two years. I come by Wheatsville every day at 7am to make sure everything goes smoothly. I also have the Wheatsville contract to pick-up the compostable food waste.

It's all about social justice and eco-justice. All people, no matter their financial status, deserve good food and the earth needs it's organic matter back, and not taken to the landfill. Over 25% of landfill waste is food waste and grass clippings. As this material becomes anaerobic (void of air) and rots in the landfill, it gives off large quantities of methane; a toxic greenhouse gas.

I've been and still am pessimistic about the sustainability of our current culture, so I

decided to act on this. The next culture we build needs to respect natural law and facilitate the cycles of nature, not interrupt them.

After completing my delivery, I spent the rest of my day working with the non-profit organization Austin Green Arts. I became a crew leader for the for-profit branch of AGA, Resolution Gardens. I've lead or helped with the installation of about 40 box or in-ground vegetable gardens since last January. This has been great fun and good hard work, but I'm changing my tack again to become more involved with composting. I've got my 1300 sq. ft. layer composting operation underway at AGA but I want to do more. Waste diversion is my passion and I need to respect that.

I've decided to merge with another recycler/composter here in Austin—Jeff Paine and his company Break It Down. Jeff is doing a great job growing his business and staying on the cutting edge of the Austin composting scene.

"We should consider organic waste a local community resource," says Jeff. "As more businesses and home-owners start composting, there is great opportunity to develop innovative compost systems."

Whether it's food recovery or composting it's a societal shift in priorities. I hope to make this sort of work a full-time job for myself and a very worthwhile venture for Jeff. My hope for our community is that we can do enough, quickly enough, to heal and nurture our poor soil and show people how easy it is to recycle not only glass, aluminum and plastic but that sloppy, organic waste as well.

Allen Schroeder is the co-founder (along with Bo McCarver) of the Wheatsville Food Recovery Program.



The One and Zeroes of Local Food

By Randy Jewart of Resolution Gardens

Two momentous occasions are converging in my life – the beginning of the planting year (yes, in Austin it's not spring!) and the milestone of Resolution Garden's 100th garden project. While few other groups (maybe Green Corn Project) have built as many gardens in the past 18 months, the sense of accomplishment I feel is tempered by the scale of what lies ahead.

In a region of a million and a half people, how many share the excitement of September planting season? In this green city, what percentage of home gardens is enough? (15,000 gardens is 1% of our population – the hundred we've built is less than 1% of that.)

Growing food organically at home is not an opportunity to save money or become food independent. Constructing, organizing and maintaining a quarter-acre garden would be a full-time job. So what good are gardens if we still need to buy produce from the store or market? It takes seasons of engagement with your home garden to fully begin to appreciate the garden-to-table-to-garden cycle. As you expand your garden, you physically, conceptually and emotionally connect to what it takes to grow food. You begin to marvel at what it would take in terms of land, effort and money for the 1.5 million people in our region to eat locally. If every single one of those folks had a garden, we would still be a long way from eating locally. (We have grown accustomed to foods that are regionally unattainable – think okra!)

A city of gardeners would have enough of a real connection to what local food is about (the benefits and the challenges) to have the public discussion, to make the commitment of dollars and time, and to start on a path toward a true and effective local food system.

A front yard garden is a magical element in the life of the neighborhood that is proximate to it. My question is this: how do we get more magic on our streets?

Contact Randy at 512-743-4245 or randy(at)ResolutionGardens.com to find out how he can help you get your garden started.

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Celebrating our 100th Garden Project this Month!!



I just got a letter from an old friend in Providence, Rhode Island. She complains of the heat, and says that surely I don't ride my bicycle in Austin when it's 100° outside. (She doesn't mention walking.) She says that she finds it too hot even to drive a car. The funny thing is that my friend and I used to live in Philadelphia in the 1970s, and sometimes it was hot. No buildings were air conditioned except movie theaters. Most apartment dwellers did without electric fans. Neither of us had a car or felt that we needed one. We walked everywhere. On really hot evenings, people sat on the stoops of the apartment buildings. Now my friend has a car and an air-conditioned apartment, and finds the heat much more intolerable than she once did.

Last year (2009) we had a really hot summer in Austin, with more days over 100° than any year since 1925, according to newspaper records. A *Statesman* reporter looked up old issues of the newspaper from the summer of 1925. He couldn't find any articles devoted to how hot the weather was. (Of course, the newspaper was shorter then, and contained less fluff than it does now.) People expected summer in Austin to be hot. Air conditioning and cars have just made people disgruntled with weather which would otherwise seem quite bearable.

Comfort is a wonderful thing, when you are tired, stressed out, or suffering. When you're thoroughly rain-drenched, or worn out with exertion in the heat or cold, it's so pleasant to sit down, have some food, have a bath. But comfort in the absence of suffering is greatly overrated. Too much comfort doesn't make people happy—it just makes us more finicky and cranky. Comfort (like sleep) is boring if overdone. Sitting in a soft chair in an air-conditioned room is quite dull, after a while. Very little first-rate entertainment can be enjoyed in complete comfort. Every really enjoyable activity seems to involve a certain amount of effort and irksomeness. People like adventure, and adventure is rarely comfortable.

Like all central Texas summers, this summer of 2010 is hot. But so far, this summer is not our worst. The people having the worst time in this summer's heat are probably the Russians. It's been 102° in Moscow this August, while in Austin it was 99°. And the air in Moscow is full of smoke from fires. It must be dreadful. In Baghdad it's often 112° or hotter, many people don't have electricity, and bombs keep exploding. Here in central Texas, we're having a relatively easy time of it.

World Carfree Day this year falls on Wednesday, September 22. Cities worldwide will be celebrating, including a few in the United States. The event is much bigger in Canada and South America. In this country, World Carfree Day receives no federal government support and very little publicity of any kind. The event is not usually covered by mainstream US newspapers. But we can celebrate it, by just going about our business without a car that day. (Many of us do this every day anyway.)

Several weeks after World Carfree day, the weather here will finally get cooler. If you've been walking and bicycling in the heat all summer, fall will make you feel very fit and athletic. You can walk and bicycle twice as far without getting tired. Fall is one of the most pleasant times for human transportation in Austin.

I wish that everyone knew what a pleasure it is to walk and bicycle around Austin every day, for transportation, to work, to school, to the store, to the park, everywhere. If everyone knew how enjoyable it is, we wouldn't have all these monotonous, menacing motor vehicles everywhere. This would make it even nicer to walk and bike around.

Unfortunately, most people in Austin don't want to try human-powered transportation. They think they're not strong, or brave, or fit, or young enough. But none of these attributes are needed. If you look more closely at the people who walk and bicycle, you may soon decide that you can do it yourself if you wish.

There are fit young people out on foot and on bicycles, but there are also many other sorts of people: old people, children, parents, fat people, slow people, people with crutches. It's not necessary to go fast. Going fast makes your world smaller and less interesting. Traveling slowly by human power restores the world to its natural size, big and varied and full of adventure. It's the only world we have, and it's a beautiful place to move around using your own human power.

EASY STREET RECUMBENTS
(comfy bikes, fast trikes, and rugged tires) encourages you to support The

League Of..... Bicycling Voters

Yes, Austin now has a bike advocacy organization! We're building on our past success and building our membership. Check us out, join up, and help the LOBV make Austin even more bike friendly! Join today at LOBV.org or at Easy Street, a proud supporter

Austin's voice for bicyclists: www.lobv.org

5555 N. Lamar Blvd. #C105 (hidden behind the hair salon)
11-6, Wed-Sun, 453-0438, EasyStreetRecumbents.com

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Austin Women's Chorus

Journeys

Saturday, November 26
7:30pm

St. Matthew's Episcopal Church
8134 Mesa Drive

Tickets: \$12 adults, \$8 seniors and students

About the Tapestry Singers 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! www.tapestrysingers.org

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