

THE WHEATSVILLE BREEZE

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

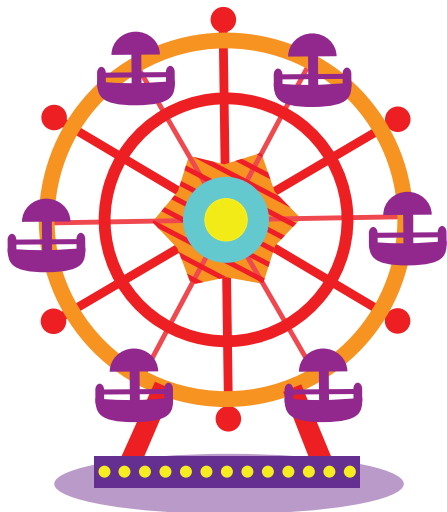
BIG CO-OP FAIR AND ANNUAL OWNER MEETING

SUNDAY, OCTOBER 1
10 AM – 1 PM at 4001 S. Lamar



ALL ARE WELCOME! Bring the kids!

- 25+ VENDOR SAMPLES
- REI Co-op BIKE Giveaway
- FERRIS WHEEL, CLIMBING WALL +MORE
- FREE LUNCH! Deli Soup + Bakehouse Bread
- ANNUAL OWNER MEETING
11am-Noon in the Community Room
- Equal Exchange
Coffee & Chocolate Tasting
12:30-1pm in the Community Room



VOTE

2018 Wheatville Election
Sept 10 - Nov 10

Candidate Forum
Voting Guidelines
and Ballot pages 7-11



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OWNER APPRECIATION DAYS

20% OFF ALL OWNER SHOPS

THURSDAY, OCTOBER 19 - SUNDAY, OCTOBER 22



Community ACTION

Each year during our annual election Wheatsville Owners vote for 10 local non-profit organizations to support in the coming year. Wheatsville then adds a \$1,000 donation to the non-profit at the end of each organization's assigned month.

In addition, Wheatsville also accepts cash donations at the register throughout the month

Wow! In May:
our shoppers contributed **\$13,338.76** to Austin Pets Alive!

In June:
our generous shoppers donated **\$13,699.53** to the Workers Defense Project!

In July, \$9,555.37 was raised for our Wheatsville Co-op Community Fund.

Thank You!

Our Community Action Group for the month of September is the Central Texas Food Bank.

The Central Texas Food Bank (CTFB) is a leader in the fight against hunger. For nearly 36 years, their mission has been to nourish hungry people and lead the community in ending hunger. They work with food donors across the country, financial supporters and volunteers to fill unmet needs in Central Texas. This has allowed them to bring 28 million meals to our community each year and into the hands of families and local nonprofits that turn to them for help.
www.centraltexasfoodbank.org



During the month of October, we will be donating to the Wheatsville Cooperative Community Fund.

Twin Pines Cooperative Foundation and other local co-ops, including Wheatsville, build the Cooperative Community Funds. They directly invest the principle in cooperative development by investing in credit unions,

locally owned community banks that support cooperatives, the North Country Cooperative Development Fund, the National Cooperative Bank and other socially responsible funds.

Every dollar we have works hard to achieve their aims. As a result, your Cooperative Community Fund program makes your dollars work in many ways for both cooperative development and community good. Thus the Wheatsville Co-op Community Fund supports the two principles cooperation amongst cooperatives and concern for the community.

Thank you for your donations to this incredible program!

News & Updates

KEEP UP WITH THE LATEST DEALS & STORE EVENTS
SIGN UP FOR OUR WEEKLY EMAIL AT
WWW.WHEATSVILLE.COOP

Follow us on



Please consider purchasing and donating:

- Healthy non-perishable food
- Items with intact, unopened, packaging
- Items with non-breakable packaging (no glass please)
- Food within the expiration date on package

COLLECTION BINS ARE NEAR THE FRONT DOORS.

The Wheatsville Breeze is a publication of

Wheatsville Food Co-op

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Photos by: Raquel Dadomo, David Scott Gordon, Aldia Bluewillow, Brooks Wood, except where otherwise noted or not known

the Wheatsville Board of Directors' meetings are usually held on the third Tuesday of every month. Check wheatsville.coop/membership/board-of-directors for details. Owners are encouraged to attend. Something that you would like discussed? Use the Open Time Form on the Board's webpage.

Wheatsville 2017 Board of Directors
Doug Addison, President
Kitten Holloway
Rose Marie Klee
Lisa Mitchell
Andi Shively
Don Jackson
Julie Le
Lyz Nagan

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

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

October Owner Drive

by Erica Rose, Ownership & Outreach Coordinator



Ownership sits at the heart of Wheatsville Food Co-op – it's what makes us very different from other businesses and we are over 21,000 owners strong! We are hosting an Owner Drive in October to spread the love to more Austinites!!!

The Owner Drive starts Friday, October 6 and ends Sunday, October 15. Become a fully invested owner of the co-op and receive

a super cool "I <3 my co-op bag" stuffed with goodies from our vendors!

There are lots of economic benefits when you join the co-op. Owners get loads of exclusive offers, along with co-op wide deals for everyone. We also have Owner Appreciation Days, where owners receive 20% off all shopping trips made during these days. New owners will be ready to take advantage of Owner Appreciation Days starting on October 19 through October 22. Just that savings alone can pay for the cost of the investment in the co-op. It pays for itself!

Along with the savings you will get when joining the co-op, you are also becoming part owner, and have a say in the co-op. You can vote for the board of directors or run for the board, and be a part of how we help local communities. The Wheatsville Election is happening right now! Cast your vote when you join!

Please visit the Hospitality desk at your closest location to find out more details about how you can benefit from ownership.



Total Co-op Owners as of August 15

21,286!

If you have an ownership inquiry or need to update your mailing information, please contact Erica Rose, at membership@wheatsville.coop.

Staff TOP 1 PICKS



CADE KARRENBERG: PERPETUAL INVENTORY COORDINATOR, GUAD



Alter Eco Sea Salt Truffles

A SWEET, ONE-BITE PICK-ME-UP.



Sweet Ritual Salted Caramel Ice Cream

SALTY. SWEET. COLD. DELICIOUS.

Bulk Organic Almond Butter

SO FRESH AND SATISFYING. THE SECRET INGREDIENT IN MY FLOURLESS BROWNIES!

Bola Pizza La Texana

SPICY CHORIZO, HOME-MADE CRUST. GREAT FOR PARTIES, BUT I NEVER WANNA SHARE IT.



Barbara's Jalapeno Cheese Puffs

CHEESY, CRUNCHY, PUFFY, YUMMY.



Diamond Professional Bulk Cat and Dog Food

MY PETS LOVE THIS STUFF. I LOVE THE PRICE AND CONVENIENCE!



Texas Olive Ranch Arbequina Extra Virgin Olive Oil

RICH AND FULL. ADD A LITTLE FRESH GARLIC AND A SPLASH OF BALSAMIC VINEGAR AND GO TO TOWN WITH SOME WV SOURDOUGH BREAD.



Annie's Shells & White Cheddar

GREAT WITH FRESH GREENS FOR A QUICK, EASY MEAL.



Jeff's Naturals Castelvetrano Olives

HANDS DOWN MY FAVORITE OLIVE. DON'T TELL THE OTHER OLIVES, THOUGH.

Seventh Generation Organic Cotton Tampons

ORGANIC COTTON, NO PERFUME, NO CHLORINE. I BUY THEM BY THE CASE.



Local Vendor Spotlight: Johnson's Backyard Garden

an interview with Brenton Johnson, owner of JBG



As part of Wheatsville's BIG Direction, we work to grow relationships with local farmers, creating good local jobs and providing more local, sustainably grown food for our shoppers with the end result a happier, healthier Austin. One of our key partners in this endeavor is Johnson's Backyard Garden. Owner Brenton Johnson started this farm in his tiny Holly Street backyard back in 2004. Now the farm sits on 186 acres just east of downtown right along the Colorado River. JBG vegetables are 100% organic, meaning no toxic compounds for you or your family.

During the height of the growing season, literally dozens of vegetables from JBG are available at Wheatsville seven days a week: sweet carrots, deep green heads of broccoli, bundles of greens of all kinds, beautiful, glossy zucchini and mounds of root vegetables are a treat for the eye and the taste buds. You can even pickup your CSA share at either of the Wheatsville locations, making a one-stop shopping experience.

1. Why did you decide to farm in Austin?

I didn't really decide to farm in Austin... it kind of happened by accident! While working for the government in Wyoming, I came to Austin on a business trip and immediately feel in love with the culture. When I was looking for a place to move, Austin seemed like the great fit! I moved to Austin, and so naturally my hobby moved with me—gardening. When I moved into a house on Holly Street, I started a garden and slowly started bringing my produce to the Downtown Farmers' market to make a few extra bucks. This hobby got a little out of control, and over the course of a few years, gardening turned into farming, and our CSA was born.

Located on a 10-acre certified organic farm, we are a non-profit with a mission to grow a food secure community through food access, farmer training and farmland preservation.

Farmer Starter We grow farmers
An 18-week, immersive, hands-on course training the next generation of farmers.

Mobile Markets
Offering high-quality shelf-stable goods and produce at reduced prices.
FRESH FOR LESS Good food close to home.

info@farmshareaustin.org | (512) 337-2211

@FarmshareAustin @farmshareATX

2. What new produce items are you growing or planning to grow?

We love to try and grow new varieties... it helps keep things interesting around here! This year, we planted over 100 pecan trees at the farm, over 100 Asian persimmons, as well as a lot of pears, figs, and pomegranates.

We also planted some Muscadines—a grape variety that is native to the Southern U.S. In the Southeast (where I'm from), Muscadines are used to make wine, preserves, and even fresh juice. Because they're a native species, they are really resilient and pest resistant. This year we also planted lots of new pepper varieties. This past summer season, we also tried a lot of new tomato varieties (and planted over 50,000 plants!), many of which made their way onto the Wheatsville shelves as well as the deli. We had a lot of success with some of the new cherry and slicing tomato varieties we tried out, and they will make their way into our crop plans for years to come.

3. What is your favorite produce that is in season in October?

Some of my October favorites include sweet potatoes, collards, okra, hot peppers.. maybe you can see a theme? I really like all the produce that lends itself well to Southern cooking. Right now, I'm battling a hot pepper addiction. This year, we went a little crazy with peppers and planted a ton of new varieties, many of which are Arc of Taste varieties that Slow Food International is working to promote and preserve for future generations. Some of these include Hinklehatz, Cherry Bomb, Beaver Dam, Jimmy Nardello (Anaheim), Wenk's Yellow Hot, Sheepnose Pimento, and Texas Bird's Eye Pequin.



4. What are your biggest crops?

Our biggest crops are kale and carrots.

5. What are your favorite things about Wheatsville Co-op?

This is a hard one! We love Wheatsville for so many reasons, all stemming from the fact that **you guys are one of our best customers. Your commitment to buying locally is like a huge hug from the Austin community—even in the hardest seasons, we know that you guys will be there to buy our produce and help get seasonal produce into hungry Austin mouths.** We love that you guys are able to provide such a unique grocery-store experience on the store-front side (with amazing customer service), and then also provide such an enjoyable experience working with your produce buyers from the "back-end". You are always willing to listen to our needs as farmers, and are always there as a reliable outlet for our produce—even helping us push produce that isn't the most popular. We love that when we make deliveries or even stop in the store as customers, we always end up getting to sample fresh fruit. We also love that local agriculture makes the list of local causes you guys support (like your support of Farmshare Austin).. you truly put your money where your mouth is, and are constantly giving back to the Austin community. Last but certainly not least, we love that you guys host a CSA Pickup for us on Thursdays and Fridays.

Thanks to Ada Broussard, JBG's CSA and Marketing Manager, who facilitated getting answers to our questions. Photo by David Scott Gordon.

Certified Organic: Non GMO and So Much More by Co-op, stronger together



When it comes to food labels, the USDA Certified Organic seal is the gold standard and indicates so much more than just "pesticide-free food." The label represents a sustainable, transparent and ecologically sound system of food production that not only produces abundant, nutritious, delicious food but also speaks to one of today's hottest food topics: genetically modified organisms (GMOs). GMOs have never been allowed in organic production and remain excluded from organic certification to this day.

Most people interpret the USDA Organic seal as representing what the food isn't. Organic food isn't contaminated by toxic pesticides, antibiotics, added hormones, or synthetic fertilizers, and it isn't irradiated or genetically modified in a lab. Since all of these things are potentially present or true in conventionally farmed and produced foods, the best way for concerned consumers to avoid them is to look for the USDA Organic seal. But the seal also represents a much broader set of positive goals for our food system, ones that protect the land and our right to know what is in our food.

Organic Agriculture Is Sustainable

At its best, organic production uses sustainable practices that once established are relatively self-perpetuating and long-term solutions. These practices include:

- **Building healthy soil, naturally.** This is done through composting, green manure cover crops, crop rotation and other time-honored methods. Organic farmers have no need for synthetic fertilizers that can pollute our water supply.
- **Using biological methods to control pests.** Pest management can be achieved by maintaining native plants as habitats for pollinators and beneficial predatory insects that will prey on common pests.
- **Maintaining humane conditions for livestock.** Plenty of fresh air and space to roam means animals are healthier and farmers don't need to rely on daily doses of antibiotics to keep them well.



ORGANIC HARVEST
September is Organic Month!



Organic Systems Are Transparent

Today, most food travels many miles and changes hands multiple times before it reaches our plate making it hard to know how it was produced. Not so for organic. Items that bear the USDA Organic seal have a fully transparent production and delivery record known as an "audit trail" that is annually documented, inspected and evaluated by third-party organic certifying agents. It's their job to ensure organic producers adhere to the organic standards developed and enforced by the U.S. National Organic Program. www.ams.usda.gov/AMSv1.0/NOP

What is more, many countries participate in equivalency programs that harmonize organic certification requirements internationally. This means that for something imported to the United States to be labeled as organic, it must have international documentation that its production adhered to the same standards or better than items bearing the USDA Organic seal. There are also international certifying agents that use the same criteria all over the world that meet or improve upon qualifying certification standards. Organic is a global movement that is only increasing in momentum.

Organic Is Non-Gmo

GMOs are plants or animals created through the process of genetic engineering. *strongertogether.coop/fresh-from-the-source/what-is-a-gmo*

Under the organic standards, genetic engineering is an excluded method. Genetic engineering conflicts with the basic philosophy of organic farming which takes the approach of working with natural biological systems in order to produce healthy food.

Because GMO crops are prevalent in the United States food supply (173 million U.S. acres in 2012), organic farmers must take extra steps to ensure their organic crops are not inadvertently contaminated by GMOs. These efforts are verified by their inspector each year. Methods used include buying non-GMO seeds from reputable distributors and testing them before planting, timing their planting to prevent cross-pollination with neighboring GMO crops, preserving a "buffer zone" of uncultivated land around the perimeter of the farm, and documented cleaning of farm equipment. Certifiers accredited by the USDA conduct periodic residue testing to further verify organic food does not contain prohibited substances, including GMOs. blogs.usda.gov/2013/02/20/organic-101-strengthening-organic-integrity-through-increased-residue-testing

Certified Organic, the Gold Standard

Regardless of which USDA certified organic label ("100% organic," "organic," or "made with organic ingredients") appears on the product packaging, none of the ingredients inside are allowed to contain GMOs. On the other hand, food bearing only a non-GMO label or claim is not making any other assurances about how it was produced. Only certified organic food that bears the USDA label is guaranteed to provide you with all the benefits discussed in this article. This is why the seal is known as the "gold standard" of food labels.

National Co-op Grocers (NCG), the organization behind this website, is a founding sponsor of National Organic Coalition (strongertogether.coop/voices-from-the-field/national-organic-coalition) which advocates for preserving strong organic standards, and a partner of the Just Label It campaign which calls for mandatory labeling of GMO foods so that consumers have the right to choose.



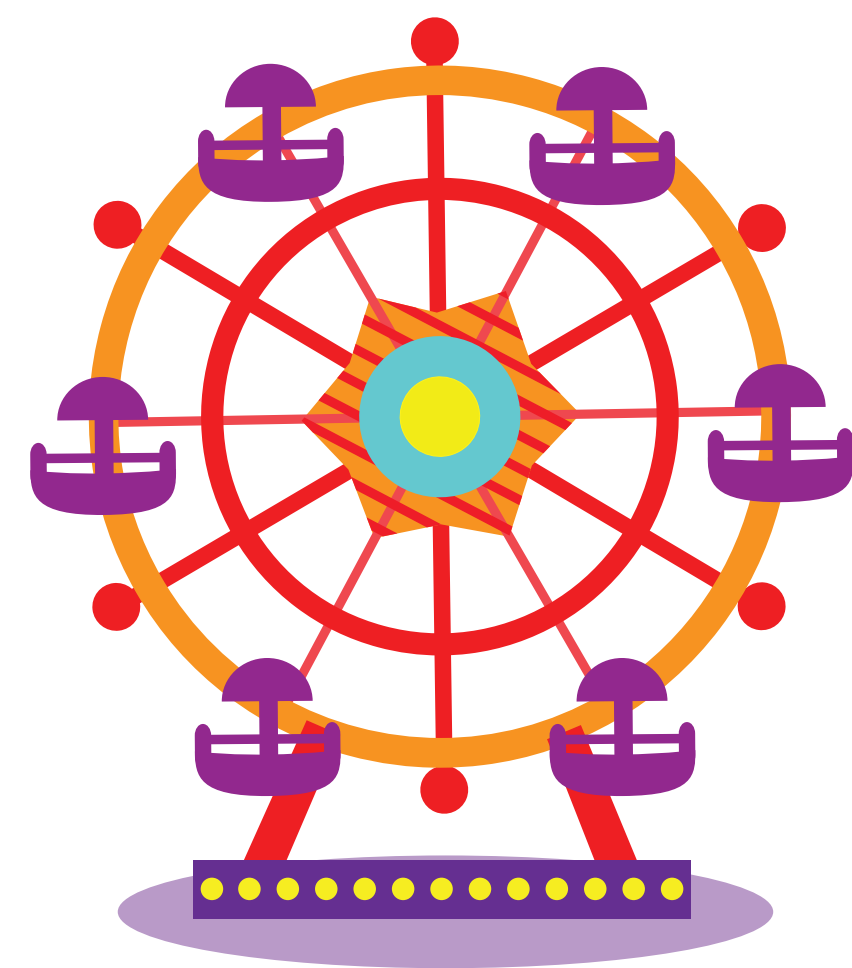
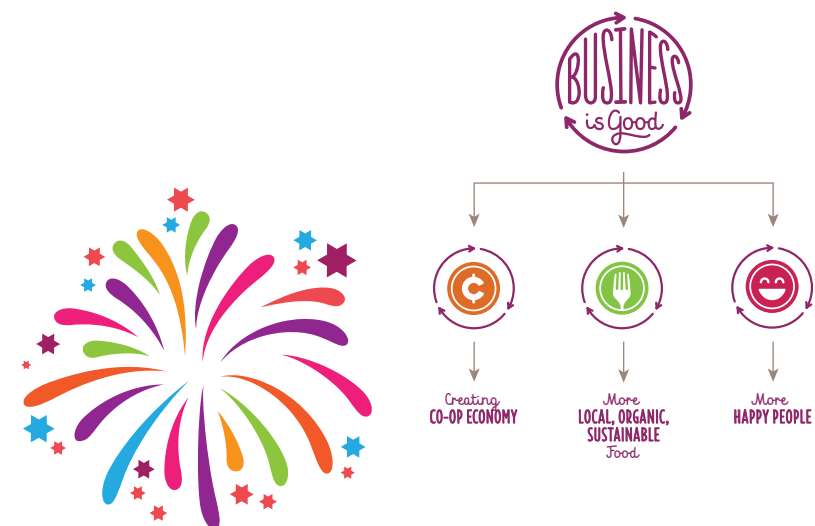
Buena Tierra Farm

CELEBRATE CO-OP MONTH – All are Welcome! Bring the Kids!

BIG CO-OP FAIR AND ANNUAL OWNER MEETING

SUNDAY, OCTOBER 1

10 AM – 1 PM at 4001 S. Lamar



ALL ARE WELCOME! Bring the kids!

- 25+ VENDOR SAMPLES
- REI Co-op BIKE Giveaway
- FERRIS WHEEL, CLIMBING WALL +MORE
- FREE LUNCH!
Housemade Soup + Bakehouse Bread while supplies last.
- ANNUAL OWNER MEETING
11am-Noon in the Community Room
- Equal Exchange Coffee & Chocolate Tasting
12:30-1pm in the Community Room



Wheatsville is staffed by 235 awesome hard-working people who keep our co-op moving towards our **BIG Direction Goals of**

- 1) More Local, Organic Sustainable Food
- 2) More Co-op Economy and
- 3) More Happy People.

We cordially invite our owners, shoppers, community partners, neighbors, and friends to kick off CO-OP MONTH with us at our **first annual BIG Co-op Fair!** Get a behind-the-scenes look (and taste) of how this co-op operates and see for yourself how you contribute to our common goals with every single shop you make. We've got loads of fun things planned!

Come for a taste, stay for the meeting, or just enjoy the rides. Wheatsville is Austin's **ONLY COMMUNITY OWNED FOOD CO-OP** and really folks, that's pretty dang special. JOIN US!

- VENDORS INCLUDE**
- Vital Farms
 - Johnson's Backyard Garden
 - Mediterranean Chef
 - LICK Honest Ice Cream
 - Dewberry Hills Farm
 - Bastrop Cattle Company
 - Prickly Pair Farm
 - Tecolote Farm
 - Equal Exchange
 - Third Coast Coffee
 - Skull & Cakebones
 - Flying Tempeh Bros
 - SRSly Chocolate
 - Pogue Mahone
 - Kala's Kuisine
 - mmmpanadas
 - Windy Hill Goat
 - IO Ranch Lamb
 - Leaf Safari
 - Matr Boomie
 - Beetnik Foods
 - La Riojana
 - Good Pops
 - Nada Moo
 - Siete Foods
 - Kokonut
 - Texana
 - Pretty Thai
 - Fit PPL
 - and MORE!



Celebrating Co-op Month by Raquel Dadomo, Brand Manager

Co-op Month kicks off with our **First Annual BIG Co-op Fair** October 1st! Being the only retail food co-op in Texas, and having just two stores in a fast-growing city, we've gotten used to giving our nutshell description of what a co-op is: a business owned by the

people that use and enjoy what we have to offer. But here's the longer story we encourage you to tell your friends over popcorn tofu po'boys.

As a retail grocery consumer co-op, we've had a long history of being pioneering trailblazers. In fact, the first modern grocery co-op was opened in 1844 by the **Rochdale Society of Equitable Pioneers** in England. It was the first business that allowed women to own shares and vote, offered education to working class people and was the only place people could go to get unadulterated goods like flour, butter, sugar, using honest weights and measures.

Wheatsville is a for-profit business, started in 1976, right here in Austin. **We're independent and locally owned by over 21,000 people, many are your neighbors, friends and coworkers!** We're not traded on Wall Street, our shareholders are our owners – YOU! Owners don't pay annual membership, it's a one-time refundable investment. ANYONE can shop at the co-op, not just owners, but if you become an owner you get to vote in our elections, run for a seat on the Board of Directors, and enjoy special sales just for owners. Plus you get the cool owner card. NICE!

Your purchases allow us to pay livable wages & benefits to over 230 staff members, pay fair prices for goods sold, make repairs and buy equipment, invest in our future growth, and contribute to local community non-profits and events.

2018 Co-op Election FAQ by Kitten Holloway, Board Secretary

Wheatsville owners, it's time to demonstrate how we practice democracy in cooperatives by voting in Wheatsville's annual Board of Directors election!

This year, the Nominations Committee has worked diligently to bring you six candidates for four open seats on the co-op's nine-member board. Read about these candidates in the following pages, including their answers to four questions posed in the board candidate application.

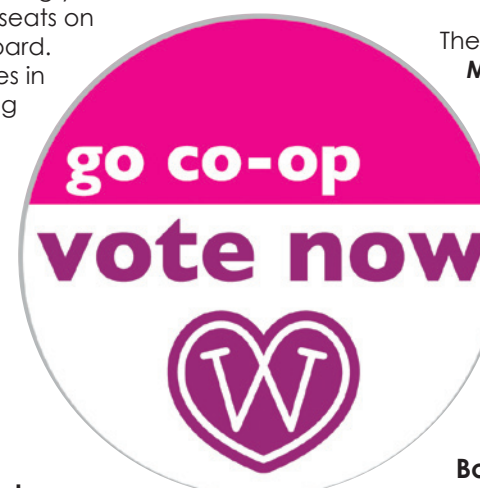
We're also choosing 10 non-profit recipient slots for our Community Action. Voting is as easy and you will have plenty of time to learn about the candidates. Here's what you need to know to cast your vote:

Where do I get a ballot and how do I place my vote?

Online, in stores or in this copy of the Breeze. Paper ballots can be mailed or hand delivered to the store. To vote online, just visit www.wheatsville.coop to submit your vote. [Note: You will be asked for your owner number, first and last name, address, phone, and email (optional) which may be used to help resolve any questions on the ballot should the issue arise.]

When does the election start and how long do I have to vote?

Voting starts **Sunday, September 10th**, and ends **Friday, November 10th** at store closing for paper ballots and 11:59 PM for online ballots.



The election results will be confirmed **Monday, November 13th, at 5PM** at the Guadalupe Store. Confirmation meetings are always open to owners. Ballots are maintained for 30 days after the election should there be questions about the results. The election results will be certified by the Board at the November Board Meeting.

I'm not familiar with any of the candidates running for the Board. How do I decide who to vote for?

The Board hears this often from owners. We have tried to make it easy for you to get to know your candidates by providing information about them through a variety of media. On the following pages, you will find statements from each candidate describing themselves, their values, and why they want to serve on the board. Candidates will also record a video statement which will be available on the Wheatsville website. Finally, you will be able to meet our candidates in person at the **BIG Co-op Fair and Annual Owner Meeting on SUNDAY, OCTOBER 1ST**, at the South Lamar store.

How do Board Candidates get on the ballot?

An owner can secure a place on the ballot in two ways. The first is through our Board qualification process, which includes:

- a) Being an owner in good standing,
- b) Submitting a complete application by July 1st,
- c) Attending a candidate orientation session,
- d) Attending a Board Meeting on or before Aug. 15,
- e) Providing a resume and two references,
- f) Agreeing to abide by the Board of Directors' Code of Conduct, and
- g) Answering a series of questions about co-ops.

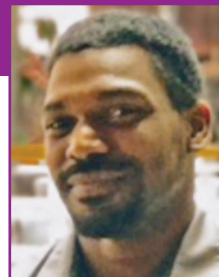
The second way an owner can get on the ballot is to submit a petition signed by 100 or 1% (whichever is greater) of the owners in good standing as described in section 5.2 of the Wheatsville Bylaws. No candidates have been added to the ballot by this method this year.

Democratic participation by co-op owners is one of the cooperative principals laid out by the International Cooperative Alliance. The people you elect to the Board help to shape your co-op. They develop the policies that govern the organization and, together with Wheatsville's Chief Executive Grocer, are the visionaries for the future of Wheatsville. Voting really does matter and we hope you will take a few minutes out of your busy schedule to choose who you want to lead your co-op! Remember **YOU OWN IT!**



CANDIDATE FORUM

Jason Bourgeois



UT Austin, Associate Academic Advisor
13 years in Austin

I'm Jason, a student services practitioner, a performance conditioning specialist, an uncle, and a learning enthusiast.

I believe my experiences building meaningful relationships as an academic advisor, mentor, and coach uniquely position me to contribute to the Wheatville Cooperative as a member of the board. For starters, I deeply understand the importance of establishing camaraderie when bringing people together to achieve a common goal. Also, I enjoy utilizing teamwork to strategically attain desirable results.

What I love about the cooperative model is that it supports unity, and successful operations are dependent upon the community working together to be the change they want to see. Additionally, co-operatives are inclusive, they inspire creativity, and are some of the best hubs for community engagement.

Please consider my candidacy to serve on the Wheatville board of directors, as I will embrace my duty to ensure exceptional organizational performance on behalf of the Wheatville owners.

Brandon Hines



Dimensional Fund Advisors Manager, Information Risk & Security
28 years in Austin

I am excited about the prospect of serving on the Wheatville board of directors. I started shopping at Wheatville in the early nineties shortly after moving to Austin and for the past 25 years Wheatville has been my primary grocery store. In that time I have gained many experiences that I hope will benefit Wheatville.

I attended the University of Texas at Austin receiving a Bachelor of Science in Communication and a Master in Business Administration. I have extensive experience in technology and media and have worked across industries such as health care, entertainment and finance.

As Austin grows I believe that Wheatville will need to expand the community of shoppers while strengthening its financial position. I consider Wheatville to be a key ingredient to my success in life and I hope to be able to contribute back to this organization that means so much to the Austin community.

Don Jackson



City of Austin; Project Coordinator
12 years in Austin (incumbent)

I have lived in Austin for 12 years, and have been engaged with the local cooperative movement for most of that time.

I am a member of three Austin-area cooperatives: Black Star Co-op, Wheatville Co-op, and UFCU. I was a founding Board member of the Austin Cooperative Business Association and currently serve on its Board. I also served on the Board of Directors of Black Star Co-op when it first opened doors.

Finally I am serving a one-year term on Wheatville's Board. The cooperative movement is a vital part of building a more ecologically and socially sustainable world.

I have always been inspired by Wheatville's efforts at local and natural sourcing, and remain impressed with its commitment to living wages and affordable organic groceries.

These commitments help make Wheatville a national leader in the co-op movement. I look forward to continuing service on the Board.

Brian Mikulencak



Blue Dot Advocates, PBC; Member Attorney
8 years in Austin

For my "day job," I advise organizations on governance, legal compliance, and financial matters, but when I decided to seek out a position for board service, Wheatville was clearly the organization I was most passionate about.

Why? The simple answer is that my family and I love food and Wheatville is a place we get excited about visiting.

More personally, I focus my law practice on serving organizations that effect positive social change by using alternative business forms.

I'm running for the Wheatville board because I have a personal and professional interest in seeing all of these alternative businesses thrive and serve as an example to other fledging social organizations and potential founders.

To that end, I'm committed to supporting Wheatville and all of its stakeholders in the best way I can, which I believe is through board service.

Lyz Nagan



Clockwork, Communications Director
4 years in Austin (incumbent)

I decided to run for the board because I believe Wheatville – and the co-op business model – are crucial in today's economy.

The core cooperative principles and values center on people and community in a time when most traditional businesses feel less human and more removed from our daily lives. Wheatville defies that trend.

I grew up shopping at local food co-ops and feeling, firsthand, the community they build; they've always been a bedrock of my daily life. As I've gotten older, I recognize the best way to ensure their legacy and growth is by becoming even more involved.

I'm excited about the opportunity to increase my level of commitment and the depth of my contribution by representing Wheatville owners on the Board.

Merijayd O'Connor



Self-Employed CranioSacral Therapist
19 years in Austin

In 1995, as a college student, Wheatville sealed my decision to move to Austin. I found the natural foods community I was seeking and a business that gave voice to my ideals and world view.

Fast forward 22 years, I am a mother of two young children, a self-employed CranioSacral and Massage Therapist, and wellness educator. I resonate deeply with the co-op principals and values and I want Wheatville to succeed and grow.

Through my personal and professional life, I understand the value of holistic health. The members of the Board are responsible for protecting and cultivating the health of Wheatville and our members are the heartbeat of the co-op.

As a Board member, I will bring my experience as a health educator to support the General Manager and help create innovative ways to attract new members and educate customers on how to get the most out of the co-op.

1. What role do you think Wheatville will play in Austin's future?

When I think about the future objectives of Wheatville I see opportunities to continue our mission to improve access to locally grown, organic foods, and support sustainable growing practices. Additionally, our intentional focus on buying for our owner, versus selling to customers is how Wheatville can support a robust cooperative economy and a happy self reliant community.

Wheatville is one of the few places in Austin that supports our neighbors who have a passion for creating new and interesting products. With this support I believe that Wheatville will play a significant role in shaping Austin's growing reputation as a creative center for community, culture and cuisine.

Wheatville is a local leader in regional sourcing, community engagement, and socially-responsible business in general. I think Wheatville will maintain and build on these roles, especially by continuing to offer local producers a ready market as the store continues to grow in sales, memberships, and locations. This is especially important as Wheatville may soon be the last locally-owned grocery store in Austin.

In many ways, Wheatville has welcomed and accommodated the local community throughout the city's growth. I hope Wheatville continues to provide a healthy and welcoming option to a growing Austin by serving its existing stakeholders while welcoming new customer-members, all while providing an iconic reminder of "who" Austin is.

Wheatville will help maintain Austin's local character and economy; continue to be an example of a fair and viable business structure; and grow to bring more Austinites quality, whole food. It represents what makes Austin a distinct – and role model – city in Texas.

Beyond the BIG direction, Wheatville will continue to model a financially successful business that takes care of the Austin community and beyond. I see Wheatville as a fearless innovator supporting sustainable food production, like aquaponics and vertical farming, preventing waste, and creating strong cooperative alliances with other industries like healthcare.

2. In what ways are you working to contribute to and improve the Austin community?

A few ways I am contributing to improving the Austin community are by participating in and supporting youth development, leadership training, and sustainable organic growing practices with my volunteer work. Also shopping at Wheatville is another activity that I partake in that directly benefits the Austin community.

The best way to contribute to the Austin community is to broaden the support for all that makes Austin unique. When I meet new Austinites I act as an ambassador sharing Austin's history and encouraging people to explore the interesting local businesses and events that Austin has to offer.

Outside of work I have spent most of the last decade volunteering heavily for cooperatives and community oriented business projects. I currently serve on the Board of Wheatville as well as the Austin Cooperative Business Association. In my professional work I focus on supporting small, local businesses and business districts through a city program that offers development, district identity, and planning/urban design support.

Professionally, I represent small businesses in Austin and also provide significant pro bono legal services for Austinites of limited means and for Austin-based arts organizations. I also actively participate in professional organizations and business leagues that are devoted to the growth of Austin in a smart and sustainable way.

I believe in small, personal actions. I work hard at building a strong neighborhood, supporting local businesses and workers, and doing one thing a day to make the city a better place.

Professionally, I work with clients to improve health and well-being. I hold a CranioSacral Therapy study group and present wellness talks. I am part of a developing organization providing therapy to victims of torture and trauma. I garden organically, participate in river cleanups and volunteer for Highland Park's Garden Club.

3. If you can find healthy, organic food at another grocery store, why choose Wheatville?

I know that my purchases through Wheatville directly contribute to building my community through supporting local producers, Community Action Groups, maintenance and training for staff at my Wheatville stores, and opting to shop at Wheatville can provide funding for addressing needs that are not being met in my community. These reasons motivate me to shop at Wheatville.

Shopping at Wheatville is about so much more than getting groceries. Shopping at Wheatville, to me, is about honoring the long history of contributions Wheatville has made to Austin, appreciating all the wonderful things Wheatville does today, and supporting Wheatville to continue to address important issues in the future.

The actual quality of Wheatville's products exceeds most other Austin groceries easily, especially for meat and produce. Besides simply being higher quality, Wheatville is committed to its members' interests and preferences. This goes beyond taste and brand to integrating real values into the store's policies and selection. Wheatville outperforms every other store in the region in terms of stocking local produce and locally-made products. It also gives members a voice in selecting community organizations to support, and offers real benefits to them.

As a cooperative, Wheatville's food options are informed by the member-owners. Our food choices are one of the most important decisions we make for ourselves and families, so I choose Wheatville to support the food-choice member democracy as well as the stability of Wheatville as a part of the community.

I trust the grocers and their food selections, I enjoy the friendly and familiar atmosphere, and appreciate the range of local and sustainable products. In the broader picture, shopping isn't just about the product, it's also about the experience and nothing beats Wheatville at that.

I keep shopping at Wheatville because I feel acknowledged, listened to, and I can participate in shaping Wheatville. With a bit of education, new and returning customers can learn how to shop Wheatville on a budget, and/or shop Zero Waste, knowing that dollars spent at Wheatville improves the community.

4. Which of the 10 cooperative values resonates with you and why?

Voluntary and Open Membership resonates to me the most because it affords access to the powers of ownership and supports democratic principles. Voluntary and Open Membership is the vehicle that perpetuates the message that you are welcomed at Wheatville, your vote matters in building your community, and that accessible membership provides a platform for social transformation towards a more engaged society.

Social responsibility resonates most with me. I have an eclectic background and have never found a place where I truly fit in. I find that Austin is a great place to not fit in. I feel a responsibility to contribute back to Wheatville in supporting such a diverse community.

P6: Co-operation among Co-operatives resonates most with me. Cooperatives offer an important opportunity for community-driven, values-based business. We are most effective when we collaborate as a sector. The long-term health of any one co-op demands on the health and enrichment of the entire cooperative ecosystem.

The elements of autonomy and independence resonate most for me. I believe that as our societies increasingly embrace globalism we should consider the virtues of autonomy and independence, particularly in the capital structures of our institutions and in the financial impact that we all have on each other.

Equity. Not until everyone has equitable access and opportunity will we really achieve wholeness as a society.

"Caring for Others"—When every person has basic needs met, and feels empowered to create a joyful, abundant life, then there is nothing we cannot accomplish. Caring for others ultimately turns into self-help, opening our hearts, positively transforming society, taking care of Earth. That is how I want to live.



2018 Election Ballot

Voting starts Sunday, September 10th, and ends Friday, November 10th at store closing (11PM) for paper ballots and 11:59 PM for online ballots.

All Wheatville Owners are eligible to vote.

You must include your name, address, and owner card number. All information is confirmed and confidential.

One owner per ballot, please.

Name _____

Address _____

City _____ State _____ ZIP _____

Owner card # _____

Phone _____

Email: (optional) _____

Board of Directors

Vote for UP TO 4 candidates to fill: 4 terms.

All candidates have been endorsed by the Board Nominations Committee. Candidate Forums available at wheatville.coop, the voting kiosk in the stores, and in the Breeze.

- Jason Bourgeois _____
- Brandon Hines _____
- Don Jackson (incumbent) _____
- Brian Mikulencak _____
- Lyz Nagan (incumbent) _____
- MeriJays O'Connor _____

Submit ballot at the Voting Kiosk at either store or mail to: Wheatville Food Co-op, Attn: Election, 3101 Guadalupe St, Austin TX 78705 or vote online at www.wheatville.coop

Community Action

Vote for up to 10 local organizations.

*Organizations with an asterisk were Community Action recipients during 2017. Organizations without asterisks were nominated through application.

The 10 non-profits receiving the most votes will be assigned a fundraising month in 2018. Two months are reserved for the Wheatville Cooperative Community Fund.

Note: Selection of recipients for Community Action donations is by non-binding vote. These votes provide advisory input from the owners to the Board and management.

- _____***American Honey Bee Protection Agency**
Saving honey bee populations, pro bono hive relocation.
- _____**Austin Clubhouse**
Mental illness recovery through community, wellness & independence
- _____**Austin Cooperative Business Association**
Works to promote the cooperative business model in Central Texas
- _____***Austin Pets Alive!**
No-kill animal shelter, run almost exclusively by volunteers.
- _____***Caritas of Austin**
A safety net for those experiencing poverty
- _____***Central Texas Food Bank**
Distributes food and groceries throughout Central Texas.
- _____**Colorado River Alliance**
Educates and engages the community about the TX Colorado River
- _____**Ecology Action of Texas**
Committed to zero waste awareness and initiatives
- _____**Farm-1-1**
Provides equipment, labor, supplies, and consultation to farmers
- _____**Farmshare Austin**
10 acre farm for food access and farmer training
- _____***Hospice Austin**
Hospice care & health care for terminally ill persons.
- _____***Meals on Wheels Central Texas**
Prepares and delivers healthy meals to homebound persons.
- _____***People's Community Clinic**
Non-profit, primary health care facility.
- _____***SAFE** (merger of SafePlace and Austin Children's Shelter)
Safety for those affected by sexual & domestic violence.
- _____**Save Our Springs**
Austin's and Barton Springs' water watchdog since 1992
- _____**Sustainable Food Center**
Makes healthy, local food accessible for everyone
- _____***Urban Roots**
Sustainable agriculture internships for Austin youth.
- _____**WeViva**
Provides fitness & nutrition classes free of charge
- _____***Workers Defense Project**
Seeks to improve working conditions of low-wage workers.

Make It Count: Tips and Guidelines for Voting in the Wheatville Election

by Erica Rose, Ownership & Outreach coordinator, 2018 Vote Coordinator



Last fall, owners submitted 813 valid votes in the Wheatville Election. With over 21,000 Owners, we are confident we will far surpass that number and are striving for another enthusiastic turnout of participative co-op owners. Here are some tips to ensure that your vote is tallied correctly and we have another successful election!

Tip #1 – Voters Must be Current Co-op Owners
Democratic control of the co-op is a benefit outlined in the Cooperative Principles and is reserved for co-op owners. Encourage your family and friends to join so they can participate in the election, too!

Tip #2 – Ballots Must Contain the Voter's Name
While we maintain the anonymity of the votes, all ballots must have a name listed to verify against our owner database. Voters should use the same name on their ballot that is listed on the ownership account. Using alternate names or nicknames can impede the verification process and may prevent your vote from being tallied. Ballots missing a name or those that are cast by non-owners will be declared invalid.

Tip #3 – One Name per Ballot
If you live in a household with more than one owner, each owner should submit a separate ballot. If more than one name is placed on one ballot, it may be difficult to determine if both owners intended to vote for the same candidates and/or Community Action groups.

Tip #4 – One Vote per Owner
Each owner is entitled to one vote during the Annual Wheatville Election. Duplicate ballots will be declared invalid unless the owner contacts the Vote Coordinator and requests to cast a replacement ballot.

Tip #5 – Be Thorough
Filling out all the contact information on the ballot may help the Vote Coordinator verify your ownership and be able to contact you should there be a problem with your ballot.

Note: When a ballot contains errors, the Vote Coordinator will make attempts to contact the voter before officially declaring it invalid. We want to make sure that every owner receives the opportunity to participate in the election!

This year we will be collecting electronic votes at www.wheatville.coop and at the Voting kiosk near the front of the store. You can mail in the ballot included in this issue of the Breeze. If you have any questions about voting, feel free to contact me at membership@wheatville.coop. I am excited to see all the votes pile in!

Don't forget to remind your friends and family to vote!

YOU ARE WHEATVILLE CO-OP

by Dan Gillotte, Chief Executive Grocer



Say it loud and proud! Our co-op is nothing without you and our over 21,000 other co-op owners! You are making a conscious decision to help create a better world by choosing to be a part of this cooperative business. BUT, we can do more and we WILL do more but we need your help!

Do you know that about 4,000 of you owners account for over HALF the sales at our 2 stores? That's kind of amazing and we're SO super grateful for your high level of patronage of your co-op business. But, this means that the other 18,000 of you aren't economically participating in your co-op as much as you could be or, honestly as much as we NEED you to be! Yep, we NEED your business! If you want us to make the world a better place by helping to reverse climate change, by paying our staff livable wage and benefits and by improving people's lives with our amazing friendly and kind and generous interactions then I implore 18,000 of you to right now deepen your commitment to use your co-op!

If just one-third of you chose to buy \$3 more of the groceries you already buy each week from your co-op instead of another non-community owned grocer, we'd have \$1,000,000 more dollars flowing through the cooperative economy of Austin! Our excellent staff have been working hard to deliver more and more excellent products at our stores to help you spend more of your grocery and eating dollars at the co-op. We think that if you were open to transferring some of your purchases from other stores to Wheatville it could make a huge difference and be easy to boot!



Easy Peasy Changes!

- Start buying our Bakehouse Organic Whole Wheat Bread for your (anything but) basic toast and sandwich bread!
- Buy your strawberries or apples or a couple bunches of kale from us instead of another grocer.
- Start buying Co-op Basics items like Field Day peanut butter, beans, cookies or pretzels!



Transferring these kinds of items over from another grocer to your co-op can seriously have a tremendous positive impact on our efforts to move the world toward a thriving community centered on kindness, generosity and hospitality, a robust cooperative economy, and easy access to sustainable health food solutions!

Thank you!
Dan Gillotte
Chief Executive Grocer



Meet the Managers

Rory at Guadalupe



Who are you and how long have you worked at Wheatsville?

Rory Alexander, and I have worked at the Guadalupe store for 5 1/2 years

What do you love about Wheatsville compared to other grocers you worked at?

I really enjoy the more personal aspect of WV. The previous company I worked for started small and grew to thousands which very much changed the company and culture. It is easy to connect to all staff which makes it more fun to work here!

Why should someone who hasn't shopped your store in a while come on by?

The Guadalupe location has transformed through our recent refresh! New cases, new menus, new floors, new energy efficient LED lighting and yes we really do still sell cheese and coffee (in new locations)! Please let us show you their new home!

What's your favorite deli or Bakehouse item?

I eat a cashew butter cookie every day! I am also a huge fan of our Bakehouse Sourdough Sandwich bread! It makes awesome sandwiches and TOAST!

What do you love about your crew?

The staff is what makes my job the most rewarding. Our crew works so hard and makes it fun with such amazing sense of humors and the generosity to be there for each other when life gets tough. I also very much enjoy helping staff learn and develop so they can grow their roles at Wheatsville.

Why do you and your team work so hard for our co-op?

It is easy to work hard when you enjoy what you do and believe in your efforts. Our staff show up every day to make our Co-op a better place to work, a preferred place to shop all while making our community a better place to live. Most of us are also owners of the Co-op too which means taking work-place "ownership" to a whole new level!



Sal at South Lamar

Who are you and how long have you worked at Wheatsville?

My name is Sal Mendivil and I am the Store Manager for WV Sola (South Lamar store) and I have been with WV 3 years.

What do you love about Wheatsville compared to the other grocers you worked at?

I really love that here at Wheatsville, leadership truly listens to what our employees are saying, and actually acts on making things better. While working here, hearing employees talk about not making enough money to live in Austin, WV Leadership took this concern and addressed it head on. Not only did WV Leadership address the issue BUT it made sure that ALL employees had an opportunity to be involved in finding a solution, together! The result was our Livable Wage & Benefits project that made such a tremendous positive affect on so many staff at the co-op.

Why should someone who hasn't shopped your store in a while come on by?

Two reasons, our products and our people. We carry some of the best natural and organic products you will ever find in this town at a very reasonable and affordable price- and they taste AMAZING! Our people truly deliver exceptional customer service. When our employees speak about our products, about their particular favorite item, it's because they truly mean it and have a passion for food and to serve the Austin community. I love to hear customers say "this person went above and beyond in helping me today." The thing is we will always go above and beyond with our customer service because that's what we do, all day, everyday!

What's your favorite deli or Bakehouse item?

Wow, tough question, so many cool and delicious items!! OK, our Bakehouse Rustic Olive Loaf. It's so good! I usually spread some triple cream brie on it. I've finished an entire loaf in one sitting! Deli, I love our Buffalo Popcorn Tofu. I'll make sandwiches out of it, put it on salads, or just eat it out of the container...so yummy!

What do you love about your crew?

I love the passion for food and service that my crew at S. Lamar have. I love the tenacity and drive my crew has to grow our coop economy and I really love the compassion, kindness, and love that my crew has for one another and for our customers.

Why do you and your team work so hard for our co-op?

Because we love what we do and we love the people we work with. WV is unique in that it's not just another grocery store, it's a place where friends meet and enjoy each other's company over some awesome food from our Deli. It's a place where families come to support local farmers and vendors. In doing so, it makes their families stronger and healthier and in turn makes the local Austin economy stronger and healthier as well. It's a place where people come to learn about cool new products, taste new items, and grow their knowledge about healthy, natural, organic foods that are affordable! Working for WV we truly are making a positive difference in people lives. I feel extremely lucky to be able to make such a positive impact and doing it with people that share the same values and beliefs for making our communities stronger.

Staff TOP 1 PICKS



LE'ANN HODGES: PACKAGED SUPERVISOR, LAMAR



Wheatsville House Made Guacamole

MADE HERE IN THE STORE FROM SCRATCH WITH LOVE AND AVOCADOS - HOW CAN YOU GO WRONG



Austin Beer Works Pearl-Snap

CRISP REFRESHING GERMAN STYLED PILSNER - GREAT BEER MADE BY GREAT PEOPLE

Mediterranean Chef Grandma's Hummus

THERE IS NO BETTER HUMMUS THAN THIS - SMOOTH, RICH AND SLIGHTLY TANGY.



Pretty Thai Lemongrass Lime Dressing

BRIGHT, BOLD, FRESH FLAVORS - USE IT AS A MARINADE OR OVER SMOKED RICE - YUM!

Good Flow Avocado Honey

UNFILTERED, BUTTERY AND TASTES LIKE SPRING. GOOD FLOW IS THE BEST HONEY AROUND.



Chameleon Whole Bean Chiapas Coffee

SINGLE SOURCED SWEETNESS WITH NOTES OF CHERRIES AND COCOA - BREAK OUT THE FRENCH PRESS

Bubba's Foods Bourbon Vanilla UnGranola

SIMPLE INGREDIENTS COMPLEX FLAVORS - MY GO TO TRAVEL SNACK

Texana Yaupon Tea Bee Caves Brew

WILD HARVESTED, SLIGHTLY SWEET AND ULTIMATELY REFRESHING - IT IS TEXAS IN A BOTTLE Y'ALL



Dos Lunas Cumin Cheddar

A BIG, BOLD CHEESE WITH A FLAVORFUL PUNCH OF CUMIN - PERFECT FOR YOUR CHEESE BOARD

BUT FIRST... BRUNCH

PROUDLY SERVING BRUNCH WITH THE SPIRIT OF CO-OPERATION

SATURDAY & SUNDAY
11:00 AM - 4:00 PM



OWNER APPRECIATION DAYS

20% OFF

ALL OWNER SHOPS

THUR, OCT 19 - SUN, OCT 22



1. What led you to start Austin Eastciders?

At the beginning of the 20th century, cider was the #1 beverage in America. Then came Prohibition, which resulted in America's cider apples orchards being destroyed. When people here began making cider again in the 90s, culinary apples were the only ones widely available. That's why American ciders today are known for being overly sweet. We set out to make America fall in love with cider all over again by making it the traditional way.

2. What kind of apples do you use?

We use real cider apples that we source from Europe. Unlike culinary apples, cider apples are full of tannins that create astringency and a much more complex flavor profile. We then marry them with apples from Washington State.

3. How would you describe the flavor of your ciders?

Austin Eastciders ciders are perfectly-balanced ciders that are dry, clean, crisp, refreshing and taste almost too good going down.



4. What are some of your favorite pairings?

There's no question our ciders are great on their own. They fill the role of beer in some ways. They fill the role of wine or champagne in others. They also happen to adapt quite nicely all around the drink world. From Pineapple serving as the base in an \$18 cocktail to our Texas Honey whiskey on poker night, there's no wrong way to enjoy Austin Eastciders. As far as food goes, Austin Eastciders pairs well with really anything from a cheese board to barbecue to a five-course dinner.

5. What kind of new products can we expect in the future?

Our Research & Development department is constantly experimenting with new flavors and styles, some of which you can try in our tap room opening in November!



APPLES: Short 'n' Sweet! excerpted from Co-op, stronger together

The apple is a classic American fruit if ever there was one. On average, Americans eat over 50 pounds of apples a year (37% of that in fresh whole apples, the rest processed into apple juice, apple sauce, apple pie, etc.). We've given it the distinction of official state fruit in Rhode Island, New York, and West Virginia, while Arkansas and Michigan have dubbed the apple blossom their official state flower. We even have adages about the fruit— "an apple a day..." and "as American as apple pie." Like pears, apples are a member of the rose family. It takes the energy of 50 leaves to produce one apple. Each apple has five seed carpels, or pockets, and the number of seeds per carpel differs according to the variety.

People have been relishing apples since at least 6,500 BC; charred remains of the fruit have been unearthed in prehistoric dwellings in Switzerland. While the only apple native to North America is the crabapple, settlers brought apple seeds to New York in the 1600s. The devoted nurseryman John Chapman (inspiration for the legendary Johnny Appleseed) established apple orchards across five states in the early 1800s.

Now apples are grown widely in the United States, where the top apple-producing states are Washington, New York, Michigan, Pennsylvania, and California.

There's good reason to believe that an apple a day will help you avoid doctor's visits. Apples contain no fat, cholesterol, or sodium. According to the USDA, they're a rich source of pectin, an antioxidant, and they contain vitamin A, vitamin C, and dietary fiber. They also provide potassium, flavonoids, phytochemicals, and quercetin. To maximize all that good nutrition, save yourself some time and leave the peel on; two-thirds of the fiber and many antioxidants are found in the peel.

There's no better fruit to eat out of hand, especially if the apple you're holding is a crisp, sweet variety like Honeycrisp or Gala or a sweet/tart option like Braeburn or Granny Smith.

Apple Basics



Braeburn

COLOR Orange to red, yellow background
FLAVOR Tart and Sweet
TEXTURE Hard and Crisp
GREAT FOR Snacking and Baking



Fuji

FLAVOR Sweet
TEXTURE Hard and Crisp
GREAT FOR Snacking, Baking, Salads
VARIETY Came to US from Japan in the 1980's



Gala

COLOR Pinkish-orange stripes, Yellow Background
FLAVOR Sweet
TEXTURE Delicate and Crisp
GREAT FOR Snacking and Salads



Golden Delicious

COLOR Golden yellow with hints of pale green and pink
FLAVOR Mellow and Sweet
TEXTURE Delicate and Crisp
GREAT FOR Snacking, Baking Salads
FACT Apple flesh stays white longer than others



Pink Lady

COLOR Vibrant Pink
FLAVOR Tangy and Tart
TEXTURE Firm and Crisp
GREAT FOR Snacking, Salads, highly regarded for Baking



Honeycrisp

FLAVOR Juicy and Sweet
TEXTURE Crisp
GREAT FOR Snacking and Salads
FACT Not as commonly cultivated as other apples so demand is high.



Jonagold

COLOR Gold with Large Flashes of Red
FLAVOR Bright and Sweet
TEXTURE Crispy and Juicy
GREAT FOR Snacking, Baking



Gingergold

COLOR Golden with a pink blush
FLAVOR Sweet with subtle spicy notes
TEXTURE Soft
GREAT FOR Baking, Salads



Macintosh

COLOR Deep red
FLAVOR Sweet, Tart
TEXTURE Crisp and Juicy
GREAT FOR Juicing, Snacking

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

wap PAL awp LCTS Youth Advocacy Child Care Food Program

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

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

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

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

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

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

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

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



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One taste and you'll agree - co-ops do it better

The family farmers of La Riojana cooperative, the first producer of Fair Trade organic olive oil in Latin America are proud to offer this fine product exclusively to co-op shoppers. Enjoy the spicy and sweet flavor of this blend of organic olives in your next meal.

Cooperating for a better world



Visit www.strongertogether.coop to learn more!