

THE WHEATSVILLE BREEZE

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

Taste of Thanksgiving!

SATURDAY, NOVEMBER 19TH

12-2PM BOTH STORES

Join us for our traditional Taste of Thanksgiving Sampler when we pull out all the stops! From meat-free entrees to traditional pies, try a bite of all your holiday favorites!

Holiday Sampling NOVEMBER 5TH – 20TH

EVERY SATURDAY AND SUNDAY, 12-4PM AT BOTH STORES

Drop by any weekend in November for a taste of some of our most popular holiday favorites! We're happy to help you figure out the perfect menu for you and your guests.

Celebrate!

the Night the Lights were Lit
Wednesday, December 21st



On December 21, 1844 the lights were lit at 31 Toad Lane in Rochdale, England, the first modern cooperative. With just 28 members and open only 2 nights per week, the **Rochdale Pioneers** sold four key items; butter, sugar, flour and oatmeal. Driven by idealism and vision of a better social order, the Pioneers became champions of pure food, honest weight, fair dealings, education, community and cooperation. Their founding principles became the framework for co-ops today.

We invite you to celebrate this special night with us! Stop by either store on Wednesday, December 21st from 5pm – 8pm for an Pioneer Oatmeal Cookies and music. We look forward to seeing you at the co-op!

PRESORTED STANDARD
U.S. POSTAGE PAID
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AUSTIN, TX

Christmas at the Co-op!

Deck the halls with fresh trees, wreaths, poinsettias, and MORE!
You'll find all your holiday favorites at Wheatsville.

CHRISTMAS TREES

IN STOCK, FRIDAY November 25th

Fraser Fir Christmas Trees (up to 6ft.)

Also Available:

- Evergreen Wreaths
- Rosemary Mini Christmas Trees
- Poinsettias
- Christmas Cactus

EASY, CONVENIENT,
GREAT SERVICE.

WHEATSVILLE MAKES A Great Gift!



Wheatsville Gift Cards
make perfect gifts!

Choose any amount and leave the giving to us!
From fair-trade, organic coffee to popcorn tofu,
we've got a gift that's right for everyone on your list!

Wheatsville Co-op
3101 Guadalupe
Austin TX 78705

Holiday Hours:

Wednesday, Nov. 23rd – Open Regular Hours 7:30am – 11pm

Thanksgiving – Thursday, Nov. 24th – Open 8am – 1pm

Friday, November 25th – Open 10am – 10pm

Sat, Dec 24th (Christmas Eve) – OPEN 7:30am-7pm

Sunday, December 25th – CLOSED Christmas Day

Monday, December 26th – OPEN 10am – 10pm

Saturday, Dec 31st (New Year's Eve) – OPEN 7:30am-9pm

Sunday, January 1st – OPEN 10am – 10pm

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Community ACTION

Each year during our annual election Wheatsville Owners vote for 10 local non-profit organizations to support from January through October. Wheatsville then donates \$1,000 to the non-profit at the end of the organization's assigned month.

Wheatsville also accepts additional cash donations at the register throughout the month.

SEPTEMBER
\$8,952 78
 was raised for
SUSTAINABLE FOOD CENTER

The group selected for November and December is the **Wheatsville Co-op Community Fund.**



During the months of November and December, Wheatsville will be donating to the 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!**

Twin Pines Cooperative Fund has invested/loaned or deposited in the following cooperative development funds, cooperatives and projects:

- \$400,000 Northcountry Cooperative Development Fund (mainly Midwest)
- \$200,000 Cooperative Fund of New England (New England)
- \$150,000 Boston Community Capital (New England)
- \$325,000 ICA Leaf Fund (Northeast and National)
- \$300,000 Organic Valley Co-op (based in Wisc. with membership of farmers in USA)
- \$100,000 Sacramento Natural Foods Co-op (Paid off)
- \$100,000 Briarpatch Co-op (move to a new larger location in Nevada City) (Paid off)
- \$300,000 Equal Exchange (New England based: national distribution to food co-ops)
- \$200,000 NCB Savings (federally insured) (the National Co-op Bank's affiliate)
- \$400,000 New Hampshire Community Loan Fund
- \$10,000 Organic Maple Cooperative (Cashton, WI)
- \$200,000 plus deposits in federally insured credit union

Community Action Recipients for 2016

Donated this year:

January	People's Community Clinic	\$3124
February	SafePlace	\$5843
March	Urban Roots	\$5916
April	Austin Pets Alive!	\$7997
May	Hospice Austin	\$10969
June	American Honey Bee Protection Agency	\$6479
July	Workers Defense Project	\$9087
August	Meals on Wheels Central Texas	\$10101
September	Sustainable Food Center	\$8952
October	Central Texas Food Bank	total not in yet
November & December	Wheatsville Co-op Community Fund	

Sign up for the Wheatsville Email List!

About once a week, you'll get an email informing you of events, new products, special deals or changes in the store.

Go to www.wheatsville.coop to sign up!



You Own It!

by Erica Rose, Ownership & Outreach Coordinator

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



Total Co-op Owners as of October 19, 2016: 20,033!

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

2016 Violet Crown Arts Festival

Saturday, Dec. 3rd

Sunday, Dec. 4th

10AM to 5PM — FREE ADMISSION

Brentwood Elementary School
6700 Yates Ave.

The Accordion Player is from the Brentwood Wall of Welcome, who wears the diadem of Violet Crown Community Works.



Great quality artwork is standard, unique designs, expected. New and experienced local talent showcase paintings, sculpture, pottery, and fiber art, woodworking, glass art of all kinds, metal work and jewelry. Shop for hand-made gifts and support artistic cottage businesses in a family friendly environment.

The festival will be in the parking lot on the west side of the school. Some parking is available in the neighborhood, but we encourage you to walk, bike, carpool, or take the Capitol Metro bus.

Please visit www.violetcrowncommunity.org/artsfest_2016.html for more information and updates about artists participating plus the complete schedule of entertainment.



Our Community Action Group for the month of October was Central Texas Food Bank. **During November & December we will continue to accept food donations** for this amazing non-profit. Place your non-perishable food donations in the bins near the doors.

CTFB makes healthy food available for families that are in crisis and Wheatsville is happy to help. www.centraltexasfoodbank.org

The Wheatsville Breeze is a publication of Wheatsville Food Co-op

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Photos by: Raquel Dadomo, Bob Kinney and Aldia Bluewillow except where otherwise noted or not known

The Wheatsville Board of Directors generally meets at 6pm the last 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 2016 Board of Directors

Doug Addison Reyna Bishop
 Michelle Hernandez Kitten Holloway
 Deborah Ingraham Rose Marie Klee
 Julie Le Andi Shively

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 non-exploitation.

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



November Local Vendor Spotlight: FOND Bone Broth

by Adrienne S., Packaged Coordinator



Anna Obert and Alysa Seeland, co-founders of FOND Bone Broth, kindly answered a few questions to help us know more about their company.

Tell us about the name of your company, Fond Bone Broth.

FOND is french for "base" or "foundation." We want people to see us as the foundation of their culinary and nutritional life - the first thing they reach for when they need a delicious meal, the first thing they think of when their body needs a boost. For too long taste and culinary craft were thought to be separate from nourishment. We came to believe that good tasting food was an indulgence and nourishing food was to be tolerated. The solution? FOND Bone Broth™. Whether you use it to elevate a meal or as a drink to nourish your body whole, our goal is to bring nourishing food to the height of culinary taste and ingenuity!

How long have you been making bone broths? Did you start for personal use? What made you start offering it for sale?

I used bone broth in my cooking for years — since I opened my first cook book — but drinking bone broth was a last ditch effort to find relief from a long history of medical complications. At the time I was taking \$400 a month of quality supplements that were not being absorbed in my body. After seeing the dramatic benefits of drinking bone broth, I started telling others to drink it too. **But there were two barriers:** it was difficult to make (even find the ingredients to do it the right way) and even more difficult to flavor. So we decided to do it for you, to make it delicious and delightful and to support local farmers in the process who make this nourishing food even possible.

While it was started from a personal journey, our team is integral in creating the experience you have when you open the jar. From the care in production (still hand-crafted!) to the aesthetics on the label, our team's commitment to excellence and the love and care of the land is the reason our product is set apart.

What farms do you work with to get your produce and animals?

We work with **COBB Creek Ranch, Tandem Farm Company, Parker Creek Ranch, Braune Family Farms, Markley Family Farms, Johnson's Backyard Organics**, and many others on a case-by-case basis. We add to the list of farmers we work with weekly. We are ALWAYS looking to work with and support more and more farmers and we invite farmers who are intentional about their growing practices to reach out to us!

What's your favorite flavor? I think mine is Liquid Light. I made a chicken and pasta dish with a light creamy sauce using Liquid Light and it was the most delicious thing I've EVER cooked.

Everyone on the team has their own favorite for sure, our Founder's favorite for cooking is Trolley Dodger, but for drinking it is The Spur. The customer darling is definitely Youth Tonic and a close second is Liquid Light so to each their own!



Can you share a simple recipe, one that might not be obvious?

FOND-A-ROUX

- 2 TB oil (we use ghee)
- 2 TB flour (we use non-gmo, organic heritage wheat but even coconut flour will do!)
- 4oz of Trolley Dodger
- pinch of pink salt

Melt oil in a pan, add flour whisk together and let cook for 2 minutes - mixture will start to brown. Add Trolley Dodger whisking continually until the mixture thickens. This recipe is GOLD it will have you saying "put a roux on it" for every culinary instance going forward. Over easy eggs, roasted veggies, fresh tomatoes, french fries, chicken, potatoes - something delicious, something to nourish!

Are there any new products or broth flavors on the horizon?

We are always working on a new flavors, we'll be launching one every month this fall and winter and will debut a new one shortly in October, but we're also working hard on a fish broth. The primary issue with fish broth is finding a sustainable source. Our first journey was out the backdoor to the pasture, now we're heading out to sea!

What are some of your favorite foods to buy at Wheatsville?

There are so many! We love **SRSLY Chocolate** (almond sea salt can't be beat!), we're also big fans of **Argus cider**, **Cuveé coffee** is swoon-worthy, but we also love the many farmers that Wheatsville supports like **EIEO Farms, Engel Farms, and Prickly Pair Farms**.



We Cater

Freshly prepared platters, lunches, and desserts to suit all diets and budgets from 2 people to 200 or more! Perfect for your next office meeting, party, or event. More info: www.wheatsville.coop-shop/catering

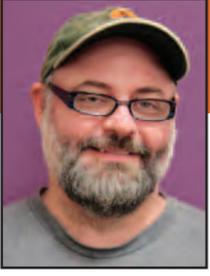


2017 MLK WEEKEND OF SERVICE WITH URBAN ROOTS
Presented by:
WHEATSVILLE FOOD CO-OP

On January 14 and 16, join us for two days of service-- empowering youth & nourishing the community together.

Learn more & sign up: TINY.CC/MLK-WHEATSVILLE





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



It's the holidays, and for many people, a turkey is the centerpiece of the meal. Indigenous to the United States, low in fat, and big enough to feed a crowd - a turkey is perfect roasted, smoked, or even deep-fried.

ALL OF OUR TURKEYS ARE:

- Hormone & Antibiotic FREE
- Fed vegetarian feed
- Free-Range



Estimated Cooking times:

- 14-16 lbs 3.5-3.75 hours
- 16-18 lbs 3.75-4 hours
- 18-20 lbs 4-4.5 hours
- 20-22 lbs 4.5-5 hours

Traditional - Best Value

Grateful Harvest Natural and Organic Turkey

These turkeys come to us from California and have been Wheatsville's choice for many years. Choose from traditional NATURAL or ORGANIC.

**YOU PAY WHAT WE PAY!
NO PRE-ORDER NECESSARY**



Dark Meat

Mary's Heritage Turkeys

Heritage turkeys are bred from birds that originally inhabited the Americas - Bourbon Red and Narragansett. These Turkeys breed naturally and can fly. They have naturally darker meat, larger thighs and smaller breasts. This will change cooking times and temps, so a thermometer will be very important.

LIMITED SUPPLY - We suggest placing an online pre-order.

White Meat

Mary's Natural and Organic Chef's Breasts

Our bone-in turkey breast is great for smaller groups or as a little extra for a big meal.



Locally Raised Turkey

Trainum Ranch Turkey from Kerrville, TX

Wheatsville Food Co-op is proud to offer local Texas-raised **Trainum Ranch Turkey** for Thanksgiving. These Broad Breasted Bronze's are free-range, raised on organic feed, and allowed to behave the way a turkey would. They are a bit heartier than the Broad Breasted Whites (the most familiar turkey), but cook the same.

Drew Trainum has been raising pork for almost 20 years and chickens and turkeys for four years. Wheatsville learned about Trainum Ranch from some of our other local providers. A great example of how our vendors support each other, whether by purchasing local feed or helping secure infrastructure like processing, they work together to strengthen local agriculture and contribute to each other's success.

Fully Roasted

Diestel Natural Turkey

Diestel Turkeys are raised in California on USDA Certified Organic feed and land and come to us fully roasted. Diestel Organic Turkeys have the highest possible rating from the Global Animal Partnership. They are all at a fixed price, \$80 for 12-14 lbs.

How to place your order

We recommend using our Thanksgiving ORDER FORM on our website www.wheatsville.coop to place your order. We will start taking ONLINE ORDERS October 31st. **Orders DO NOT need to be placed for Grateful Harvest Natural and Organic Turkey, we always order enough and never run out.**

Preparation

To guarantee a moist and flavorful turkey we recommend using a brine. In its simplest form a brine is salt, sugar and water. Beyond that, there are plenty of opportunities to bring exciting flavors to your turkey. Dried fruits and herbs are great additions to your brine. You can also change the liquid by using broth or even juice.

If you're looking for an easy and delicious recipe you don't have to research, try **Wheatsville's Housemade Brine**. Our brine has of great traditional flavor and from there, all you have to do is pick your liquid. A nice trick to help keep some free space in the fridge is to add ice to your brining vessel. Use your internal thermometer to make sure the temperature around your turkey stays below 40 degrees. Use the melting ice as additional water for your brine.

Holiday Ham

Smoked hams are a holiday favorite, because they are full of big flavor and can feed a crowd. **Niman Ranch** smoked hams are brined in a salt and maple sugar solution, then slow smoked over applewood. Although these hams are fully cooked, they need a good while to heat. For the larger hams we recommend an hour or more in the oven. Before reheating is a great time to add a glaze to your ham.

Order your holiday ham using our Thanksgiving ORDER FORM on our website www.wheatsville.coop. We will start taking ONLINE ORDERS October 31st.

ALL OUR HAMS ARE:

- Hormone & Antibiotic FREE
- Raised on Vegetarian feed

A little bit about Niman Ranch...

Niman Ranch has a network of over 750 independent traditional family farmers across 28 states and growing. 100% of Niman Ranch's proteins - Pork, Beef and Lamb are Certified Humane® and meet the Humane Farm Animal Care Animal Care Standards.

Niman Ranch Bone-In Spiral Cut Half Ham

When you think of holiday hams, this is the image your mind conjures up. It is a large ham, 8-10 lbs and can feed 10 to 14 people. It comes with a packet of glazing seasoning, but you can use your own or none at all. Save that smoky bone for your next pot of beans.



Niman Ranch Jambon Royal Ham

This 4-5lbs.ham is cut in different shape and packed with flavor. Prepared in a European style, it is smokier and saltier. We can also slice them for your lunch sandwiches.

Niman Ranch Applewood Smoked Petite Ham

Smaller ham for a more intimate gathering of 2-3 people. They are also great for recipes that call for ham.

Locally Raised Ham

Locally Raised Pederson's Natural Farms hams are raised in Central Texas, these hams are great choice for the taste of Texas. Supply is limited, so order early.

Pederson's Bone-In Spiral Sliced Hams

A great choice for that large family setting or for plenty of leftovers.

Pederson's No Sugar Boneless Spiral Sliced Ham

Paleo-friendly pork. Add your own glaze to bring the flavor of your home to this fine ham.

Pederson's No Sugar Petite Hams

These single muscle hams are perfect for a smaller group or to add to any other recipes that call for ham.

New traditions start at Wheatsville!



Seafood

Troller Point Fishery is a family owned and operated Alaskan fishery, one of the most responsibly managed fisheries in the world. Mark Hoffman and his family use hook and line tools, pulling each fish out of the water one fish at a time. Our Troller Point **Coho Salmon** can be cut to accommodate a larger place setting.

Beef

If you are looking for beef - we recommend reserving one of our **Meyer's Standing Rib Roast**. These are an incredible way to impress your family and friends. A probe thermometer with a temperature timer will get you to the perfect temperature to keep that roast succulent. Be sure to let it rest before you put a knife to it to keep those beefy juices trapped inside.

Whatever your Holiday needs might be, give us the chance to give you a great deal on Turkey or cut you a sensational center piece for your special meal.



Thanksgiving Wine!

by Shane Shelton, Specialty Coordinator



Thanksgiving is about more than just stuffing and turkey. It's about gathering with family and friends and being thankful for what we have. But we also remember that many people don't have as much as we do. That is one of the reasons why I advocate that we partake of La Rioja Fair Trade Co-op wines for dinner on Thanksgiving Day.

La Rioja has invested more than \$11 million Argentinean pesos for various projects aimed at improving living conditions for their growers and workers in the Famatina Valley, an historically poor area of Argentina.

The other reason I recommend La Rioja wines is that they are perfect for a feast as varied as Thanksgiving Dinner. Most Thanksgiving meals are such a vast cornucopia of flavors that finding a specific wine to match with the meal can be difficult. The key to pairing wine with turkey dinner is to find wines that are softer, fruity, bright, and less tannic.

- **Malbec** is medium bodied and exceptionally smooth, with soft red berry aroma and flavors.
- **Bonarda/ Malbec blend** is a smooth and medium-bodied wine, bursting with juicy red berry and ripe plum flavors.
- **Chardonnay** is vibrant and delicate featuring aromatic flavors of tropical fruit.
- **Cabernet Sauvignon** is smooth and fruity, with concentrated flavors of succulent fruit and a bit of spice.

Wheatsville is proud to partner with La Rioja to bring you these quality wines at an affordable price and change people's lives at the same time. La Rioja has already built clean water systems for the village where their farmers live. They have also built a school and are

planning on building a health clinic offering outpatient services, maternity care, and general medical care.

By bringing these wines to the United States and selling them exclusively to co-ops, La Rioja hopes to continue to make a positive impact. This includes creating sustainable villages with solar power and organic certification for its farms. Great wines at a great price and a great cause are something that we can all be thankful for!



Easy Holiday Brine

by Cody Atkins, Wellness Coordinator

Wheatsville's signature brine mix features the usual salt and sugar but also has a cornucopia of other seasonings including a dash of candied ginger packaged in reusable mason jars! Just add your own liquid and your chosen bird. You can use fruit juice (apple works just fine), broth, or water. With this pre-mixed brine, it's very easy to prepare the star of your Thanksgiving dinner! We have this brine featured alongside our other turkey accessories, in close proximity to the meat market.

How to Use Wheatsville's Signature Brine



You will need:

- 1 12 oz jar of Wheatsville Turkey & Poultry Brine Mix
- 1 gallon brining liquid of choice (water, vegetable stock, or fruit juice, such as apple)
- 1 gallon of heavily iced water
- 1 turkey (14-16 lb)
- 1 brining container or bag

Directions:

Bring the gallon of brining liquid to a boil in large stockpot. Empty jar of Wheatsville Brine into the boiling liquid, stirring to dissolve solids. Remove from heat and allow to cool to room temperature, then refrigerate until ready to use. Ensure brining liquid is chilled before the next steps.

Place thawed turkey and gallon of iced water into a brining container or bag with chilled brine mixture. Keep chilled in refrigerator or place in a cooler with plenty of ice for 12-24 hours. Turkey can be rinsed in cold water before roasting.



Sides Make the Meal!

by Lisa Weems, Deli Coordinator

We talk a lot of turkey at this time of year, but the Thanksgiving meal is a whole lot more than just the bird. Count on the Wheatsville Deli to provide you with all of the delicious trimmings you need for the complete Thanksgiving feast.

Items marked with * have no gluten ingredients added.

For Starters:

Garlic Chive Cheddar Cheeseball *

A Wheatsville classic! A blend of five cheeses, garlic, and green onions, rolled in fresh parsley and dusted with paprika. Great with Bakehouse crostini or thinly sliced baguette.



Vegan Cheezeball *

We introduced this savory treat to great feedback last year. We blend tofu and nuts with subtle spices and garnish the balls with finely chopped pecans. Great with crackers, raw veggies, you name it!

Walnut Pecan Pate (vegan) *

This delicious spread of tofu, nuts, and spices is so rich, you won't believe it's vegan!

Spinach Feta Dip *

This dip is chock-full of chopped spinach and feta cheese and brightened with a nice hit of lemon zest. A staff favorite!

Instead of Turkey:

Tofurky with Mushroom Gravy (vegan)

We take Turtle Island's famous Tofurky roast and smother it in our amazing vegan mushroom gravy. A great alternative for non-meat eaters.

Quinoa Cashew Lentil Loaf (vegan) *

This hearty loaf is packed with protein-rich ingredients, veggies, and spices—a terrific and tasty option for those with dietary restrictions.

On the side:

Green Bean Casserole *

Our version of the classic—green beans in a rich herbed Parmesan sauce, topped with crunchy slivered almonds.

Green Chili Corn Pudding *

Creamy, cheesy, and a little spicy—a Texas take on the Southern classic!

Vegan Cornbread Stuffing

Our own Bakehouse Vegan Cornbread combined with classic aromatics and herbs and moistened with vegan "chicken" broth.

Vegan Mushroom Gravy

Our top seller! This thick rich gravy is packed with mushrooms, onions, carrots, and herbs—perfect on turkey, potatoes, stuffing, etc., etc....

Garlic Mashed Potatoes (vegan)*

Super creamy Yukon Gold potatoes smashed with lots of sautéed garlic.

Coconut Mashed Sweet Potatoes (vegan)*

Sweet potatoes, coconut milk, brown sugar, & a touch of salt.

Cranberry Orange Relish (vegan)*

This unique chunky sauce is the perfect sweet-tart blend to complement any holiday dish. Also delicious over ripe Brie as an appetizer.



Special Diets and Thanksgiving *by Niki Nash, Packaged Manager*



While Thanksgiving is traditionally a time for comfort foods, many people have dietary needs that can make it seem like a burden or even a cause for anxiety. More people than ever are adjusting their diets to exclude gluten, animal products and

other foods on advice from their physicians or for personal reasons. Whether you are accommodating guests, creating your first gluten-free Thanksgiving meal, or are planning a meat-free potluck dish, Wheatsville has you covered! I'll let the Deli tell you about their delicious house-made foods while I fill you in on the excellent foods featured in the co-op's aisles.

The Main Course

The famous **Tofurky Roast** is a great go-to solution for a vegan Thanksgiving. Made by Turtle Island Foods, a family-owned, independent company, Tofurky is delicious as a main course as well as great for leftover sandwiches. Be sure to thaw the Tofurky Roast for 24 hours in the fridge for easier preparation. Full instructions and information are available on the Turtle Island website: tofurky.com (including a recipe for Deep Fried Tofurky!).



Vegan Pie Crust

You can make your own vegan pie easily using **Wholly Wholesome Traditional Organic Pieshells** or **Organic Whole Wheat Pieshells**, found in the freezer section.

Gluten-free, Vegan Pie Crust

If you want to have it all, **Wholly Wholesome** makes a frozen pie crust that is free of animal products and gluten. They even go so far as to manufacture the crusts in an environment free of gluten, wheat, dairy, egg, nuts and soy. Fill it with **Farmer's Market Organic Pumpkin Pie Mix** for a fast and delicious pie.



Top that Pie!

Make sure you pick up some **So Delicious CocoWhip!** This is THE best pie topping I've ever tasted; think Cool Whip but with the heavy mouthfeel of coconut cream. Certified vegan, gluten-free, Kosher, nonGMO

and made with organic coconut, CocoWhip! is an indulgence that everyone can enjoy. Pro tip: use it to top a mug of hot chocolate!

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



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



Fans of **Field Roast** meatless foods will love their **Forager's Roast**, a rich smoky tomato grain meat which features gathered chanterelle mushrooms and wild huckleberries and is filled with wild rice stuffing. Brush with the included Pineapple Mustard Glaze to add a sweet and savory finish. Serve on a bed of roasted carrots, parsnips and Brussels sprouts for a crowd pleasing, filling main meal.

Gluten Free Stuffing

Aleia's Gluten Free Stuffing is perfectly textured and cubed to give you a rich, fluffy, flavorful stuffing, no matter how you prepare it. This delicious gluten-free take on stuffing ensures that no one has to miss one of Thanksgiving's most popular dishes. Also, consider making your old family recipe for stuffing but substitute **Little Northern Bakehouse** gluten free & vegan bread, located in the fresh bread aisle.



Gluten Free Broth

Field Day Organic Chicken Broth and **Organic Vegetable Broth** are both gluten-free and the vegetable broth is vegan. These packaged broths are a tasty time saver, also available in low-sodium versions.



Gluten-Free Pie Crust

Wheatsville's baking supplies aisle offers a variety of gluten-free flours including **Bob's Red Mill Gluten-Free 1 to 1 Baking Flour**, which is meant to be used as a direct replacement for all-purpose baking flour.



Same Day Grocery Delivery!

Shop Now!
Instacart
Instacart.com

Kale & Avocados & Quinoa & Blueberries & Chocolate.

WHEATSVILLE FOOD CO-OP



Taste of Thanksgiving!

SATURDAY, NOVEMBER 19TH

12-2PM BOTH STORES

Join us for our traditional Taste of Thanksgiving Sampler when we pull out all the stops!

From meat-free entrees to traditional pies, try a bite of all your holiday favorites!



Holiday Sampling

NOVEMBER 5TH – 20TH

EVERY SATURDAY AND SUNDAY, 12-4PM AT BOTH STORES

Drop by any weekend in November for a taste of some of our most popular holiday favorites! We're happy to help you figure out the perfect menu for you and your guests.



Anchor Christmas Ale

by Shane Shelton, Specialty Coordinator



Originally created in 1975, **Anchor Brewing's Christmas Ale** is among the oldest and most highly regarded of all the holiday beers. The recipe is constantly evolving as is the tree on the label.

Longtime label artist Jim Stitt has been drawing trees for Anchor brewing since 1975. In fact, he has designed and drawn every single one of Anchor Steam's beer labels for the last forty-one years.

Each year the beer is as unique as his art because each year the recipe is subtly tweaked. Holiday spices and piney hops are deftly combined to create the perfect holiday warmer!

At the dinner table, Anchor Christmas can be quite versatile with its subtle blend of festive spices, rich malts and citrusy, Christmas tree-like pine notes from the hops. This makes Anchor Christmas a must for Thanksgiving and Christmas dinner as it pairs equally well with thick saucy dishes, rich meats, roasted vegetables and pecan pie.

This holiday season don't forget to grab a six pack of Anchor Christmas Ale. It is a tradition you can share with your family and friends!



Co+op Basics SAVES BIG BUCKS!

We've got over 200 items in our Co+op Basics program including ALL of our delicious Field Day brand items. **Co+op Basics save you BIG BUCKS** on your favorite pantry staples and Field Day

offers help you fill your cabinets with great food that's GMO-free, preservative-free, and doesn't contain artificial colors or flavors. And the best part (besides the low price)? **Most are certified organic!**



Check out all of our new household and pantry staples the next time you shop. From organic cookies, organic salad

dressing, organic peanut butter & jelly, fair trade organic coffee to many more of the foods you love at **EVEN BETTER prices!**

Co+op Basics offers shoppers and owners the best prices possible so that you have more money to spend on the things that are the most important to you. We appreciate your patronage and thank you for supporting the only retail grocery co-op in TEXAS!

*Co+op Basics offer ALL SHOPPERS the LOWEST PRICES AVAILABLE. No further store discounts can be applied to these items.

Staff TOP 10 PICK



NANCY NICOLAI: PRODUCT SPECIALIST, GUADALUPE

1. Ruta Maya Organic Espresso

THIS LOCAL DEEP, YUMMY ROAST MAKES A FANTASTIC CORTADO!



2. French Quarter Blend in Bulk

A BULK NUT MIX PERFECT FOR AN AFTERNOON SNACK.

3. El Milagro Corn Chips

UNSALTED NON-GMO CORN CHIPS WITH A HINT OF LIME.



4. Acure Day Cream

THIS COMBO MOISTURIZES AND PROTECTS WITH A ONE-TWO PUNCH!

5. I and Love and You Dog Food

MY DOGS HEART THIS GRAIN FREE KIBBLE AND WET FOOD.



6. Fine Southern Gentleman T-Shirts

LOCALLY MADE, THE DOLLY IS MY FAVORITE!

7. Texas Medicinals

Elderberry Tincture

TO BOOST MY IMMUNE SYSTEM, LOCALLY MADE BY GINGER WEBB.



8. Hot Dang Grain Burgers

FOUR KINDS, I PREFER THE ORIGINAL... TASTY.

9. Becker Vineyards

Icon Cab Cabernet Sauvignon

PERFECT PORCH SIPPING WINE AT OUR TRAILER PARK.



10. Sushi Express Vegan Pot Stickers

YUMMY IN THE TUMMY!!!



Happy Holidays the Fair Trade Way By Cody Atkins, Wellness Coordinator

During the holiday season, we often try to make the most of our budget in order to give the most we can to those on our shopping list. When you purchase **Fair Trade** gifts you automatically give a second time to artisans and communities in need. When you choose Fair Trade, you are choosing to help those in other parts of the world earn a livable wage as well as develop social, economic, and environmental projects in their communities. Here are just a few Fair Trade gift ideas that you can find in our stores:



Andes Gifts

The knitters of Andes Gifts represent twenty cooperatives in the Andes region of Peru and produce goods made from the wool of the indigenous Alpaca. In addition to the perennial favorites like Animal Hats (for kids and adults), scarves, and mittens, we have many new items for 2016 including stockings! Buying a Fair Trade stocking is pretty much a guarantee that you won't receive a lump of coal this year!



Alaffia

We have some new items from the Queen Alaffia line that we are proud to offer this year including headbands, clutches, and cosmetics bags. Queen Alaffia products are handmade at the Alaffia Artisan Center in Sokodé, Togo, West Africa. The center offers women an alternative and rehabilitation from the sex trade that is rampant in the area due to extreme poverty. Look for Alaffia bodycare products and baskets in our Wellness department.



Lucuma

The artists of Lucuma have been crafting gourd art for hundreds of years. Based in the same Andean region that Andes Gifts come from, Lucuma's illustrative gourds take the form of boxes, figurines, and ornaments. Keep an eye out for the new birdhouses this year, quantities are limited!

Lucuma Designs



Matr Boomie

Matr Boomie is an Austin-based purveyor of Fair Trade goods. You probably recognize their fantastic selection of jewelry such as earrings and bracelets from our Mother's Day displays. We will have plenty of new jewelry designs from Matr Boomie in addition to an expanded selection of colorful and tree-free gift bags, gift boxes, and wrapping paper this year!



Edible Fair Trade! by Niki Nash, Packaged Manager

Fair trade food and drinks make great gifts too! Look for these delicious treats as you're making your list and checking it twice!



Divine Chocolate

Advent calendars, seasonal chocolate bars and chocolate gelt coins are the signature items from this company that is almost half owned by the cacao co-op in Ghana, Kuapa Kokoo that supplies the cocoa beans. 5% of sales from this year's Advent Calendar will go towards empowerment initiatives for the women cocoa farmers of Kuapa Kokoo. On top of all that, the chocolates are high quality and absolutely delectable.

Third Coast Coffee Roasting Company

Locally roasted, fair-trade, organic coffee that's imported directly from small farmer cooperatives will delight any coffee lover on your gift list. Look for it in bulk or pre-packaged in 12 oz bags. Just add a Wheatsville branded coffee mug and a bowl!



La Riojana Fairtrade Wine

'Tis the season for wining and dining so be sure to pick up a bottle (or six!) of La Riojana Fairtrade Wines. Crafted at a wine co-op in Argentina, these wines are being featured throughout food co-ops like Wheatsville across the country. These wines are produced using sustainable farming practices and a commitment to developing the families and communities of the producers. Cheers!

La Riojana has invested more than \$11 million Argentinean pesos for various projects aimed at improving living conditions for its growers and workers in this historically poor area of Argentina. This includes:

- building a secondary school in the province,
- planning a new health clinic offering outpatient services, maternity care and general medical care
- installing solar power
- most importantly, providing clean water via a new water system.





December Local Vendor Spotlight: Third Coast Coffee

by Christopher Moore, Chill and Bulk Coordinator



1. How long has Third Coast Coffee been in business?

Joe Lozano began roasting coffee in 1994 and opened Los Armadillos Coffee. Most of his working life had been in restaurants and kitchens so when the opportunity to roast coffee came up, he thought it wouldn't be so hard to do with the experience he had. That didn't turn out to be so true, but after much trial and error, he had the opportunity to buy Third Coast Coffee in 2008. We've been fine tuning our roasts and expanding every year since.

2. What practices set you apart from others?

We're an artisan roaster because roasting coffee is an art. Third Coast only roasts coffee to order so you're guaranteed a fresh cup of with every bag. We control each roast by hand, eye, and nose. Our roasting machines are lovingly maintained 12 kilo drum roasters and we follow rigorous protocol, including set batch sizes for all roasts that guarantees the results we seek. We are part of the world's only coffee buying cooperative that has 21 roaster members spread throughout the United States and Canada. Our members are committed to sourcing sustainably grown coffees and partner closely with the farmers who grow it. By importing directly from the farmers, the co-op does business in a way that creates a fairer, more transparent and sustainable system of coffee trade that directly benefits the farmers, and their families and communities.



3. How do you source your beans and from where?



As a founding member of Cooperative Coffees, Third Coast Coffee directly imports coffee from small farmer cooperatives throughout Central and South America, Asia, Africa, and Indonesia. We make year long commitments for our green coffee to ensure reliable and steady supply of the many varieties that we offer. We always want to make sure the farmers are effectively rewarded for their efforts. We also want to respect their hard work by crafting the finest roasts possible, extending that dialogue to include coffee drinker, roaster, and grower. Cooperative Coffees goal is to make coffee growing a sustainable and beneficial endeavor for families and their communities. We understand the basic needs of our trading partners and facilitate access to specific expertise to help small scale farmers improve their production capabilities and meet their basic needs. We measure the impact of our relationships not only economically, but also in terms of overall quality of life for our partners and their communities.

4. What are some of your favorite things/departments at Wheatsville?

The donuts! We're (mostly) kidding. I think we can all agree that love that Wheatsville is a co-op. We know how important is for coops to work with other coops and we're honored to work so closely with you!

5. Do you have a favorite/cool tips or recipe?

Tip: We always recommend 2 tablespoons of coffee to 6oz of water for any coffee brewer.

For a sweet treat, try

Yes' Vegan Chocolate Espresso Muffins

- 3/4 c all purpose flour (or sub oat flour for GF option)
- 1/3 c brewed Third Coast Coffee espresso
- 1/4 c unsweetened cocoa powder
- 1/4 c coconut sugar
- 3 T maple syrup
- 1 T vinegar
- 2 T vegetable oil (or melted coconut oil)
- 1 heaping teaspoon baking soda
- pinch of salt

1. Preheat oven to 350°F and line a muffin tin with liners.
2. Sift flour, cocoa powder, coconut sugar, baking soda, and salt together in a medium sized bowl and whisk until well combined.
3. In a separate small bowl, mix together espresso, vinegar, maple syrup, and oil.
4. Pour wet ingredients into dry and mix until just combined.
5. Pour batter into the muffin tin filling them about 2/3 of the way.
6. Bake for 15 - 18 min. or until a toothpick inserted comes out clean.
7. Remove from oven, let cool completely. Top with melted vegan chocolate mixed with coffee and sliced almonds if desired.

6. Do you have anything new in the works?

We recently acquired our first micro-lot coffee from Peru. Señor Vasquez owns a 4 hectare farm where he carefully looks after his coffee trees, keeps bees for pollination and tries to harvest the ripe coffee cherries when the moon is full. He oversees the fermentation and initial drying process on his own plot before taking them for final processing. We're going to be buying more specialty coffees from other micro-lot farms in other countries where we source our beans.

If there is anything additional that you would like to share...

At the end of October, Joe will be traveling to Honduras for a soil symposium. Producer partners and roaster partners will meet to combat the Roya fungus, which has been slowly killing crops across the coffee plane. Roya is an airborne fungus that essentially stops the photosynthesis process of the trees and cannot be treated without the use of chemicals and pesticides. This trip to Honduras will test different ways of managing soil, experimenting with seedlings, and trying to combat Roya while still remaining organic. Joe makes several origin trips each year and has visited all of our producer partners over time. Last year he traveled to Sumatra and Colombia while Logan, another roaster has been to visit our Mexico and Guatemala partners.

PICKIN' AND GRINNIN' IN SUPPORT OF LOCAL FARMERS

MAY 13 2017

FARMGRASS

OVER \$16,000 DONATED TO FARMERS SUFFERING FROM MEDICAL EMERGENCIES SINCE 2014

FARMGRASS FEST

FARMGRASS.ORG



Bakehouse Holiday Treats

by Robin Roosa, Bakehouse Supervisor



In the Bakehouse we are always looking to find or develop products that are so special that they will become a cherished part of your family's holiday traditions. We feel like we have done that with Thanksgiving: Thanksgiving = Pie for most of us.

And many of us could not think of Thanksgiving without a pie from Wheatsville. This year we will have all of your favorites back again: **Vegan and Traditional Pumpkin, Pecan, Apple Crumb and Coconut Cream pies.**

Our bakers make all of the co-op's pies by hand (including the crusts!) right here in our Bakehouse.

Christmas treats mean many things to different people. So, last January we started to brainstorm ideas. Cookies immediately came to mind. And we do make our **yummy sugar cookies, cute gingerbread boys and girls** and the traditional **Mexican Wedding Cookies.** But we wanted



something more. This year we are looking forward to making **Almond Spritz Cookies** for you. Hand-piped, ruffly rosettes of tender buttery scrumptiousness, these are decorated with a sprinkle of colorful sugar. These cookies will add a festive note to your holiday table and are perfect for gift-giving.

We also decided that Christmas at Wheatsville needs to include an extra special dessert to give holiday dinners a really spectacular finish. Our new Wheatsville Bakehouse **Buche de Noel** (Yule Log) certainly does that with its rustic log shape and impressive design. We hope you will be as thrilled as our bakers, who are super excited to be making such a stylish creation. Our rendition is a moist chocolate cake rolled with espresso butter cream filling and frosted with chocolate butter cream. Lusciously smooth and creamy, the Buche de Noel will serve 8-10 people.



This is a traditional French Christmas cake that is decorated to look like a rustic log. And why, you ask, would a person want to decorate a cake to look like a log? Well, apparently, it harkens back to pagan rituals practiced in ancient England and Northern Europe. Families would venture out into the forest to look for a choice oak tree in order to cut a robust log to burn in celebration of the Winter Solstice. This honored their gods and was thought to bring good luck and fortune. The tradition has lived on in this cake.

We feel honored that you make us a part of your holiday celebrations with our pies, pastries and breads. Our hope is that these new offerings and old favorites from the Bakehouse will make your holidays especially magical and memorable this year. Happy Holidays!



TRAVIS AUDUBON

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



"go braless & be modest"
100% comfy cotton
to wear over or under



"I'll never wear a bra again!"
ONLY AVAILABLE AT
www.ttimeflatwear.com

The Wheatsville Member-Owned Business Directory

is online! Do business with your fellow co-ops! See the listings at wheatsville.coop/resources/member-owned-business-directory

Staff TOP 10 PICK



ALISON CHANDE, HOSPITALITY CLERK, GUADALUPE



My Magic Mud Tooth Powder

I LOVE THIS FUN, UNIQUE TOOTH POWDER! IT HAS WHITENED MY TEETH AND HELPED TO MAKE ORAL HYGIENE FUN!

Kite Hill Chive Vegan Cream Cheese Style Spread

YUM! THIS VERSATILE CREAM CHEESE SPREAD IS GREAT ON CRACKERS, TOO!



YumEarth Strawberry Soft Eating Licorice

SUPER YUMMY CHEWY CANDY THAT IS ALLERGEN FRIENDLY AND MADE WITH ALL NATURAL INGREDIENTS - DELICIOUS!

Califia Farms Hazelnut Almond Creamer

THE CREAMIEST, MOST DELICIOUS NON-DAIRY CREAMER ON THE MARKET!



NadaMoo! Vanilla Ahhh

I DON'T USUALLY OPT FOR VANILLA ICE CREAM, BUT THIS ONE IS AMAZING.

Garden of Eatin' Red Hot Blues

GREAT ON THEIR OWN OR PAIRED WITH YOUR FAVORITE SALSA!



Adelbert's Brewery Hibiscus Saison

A REFRESHING BEER WITH CITRUS AND FLORAL NOTES AND A FUN PINK HUE!



Yellowbird Habanero Sauce

I LOVE HOW YELLOWBIRD BLENDS VEGETABLES AS THEIR HOT SAUCE BASE — SO TASTY!



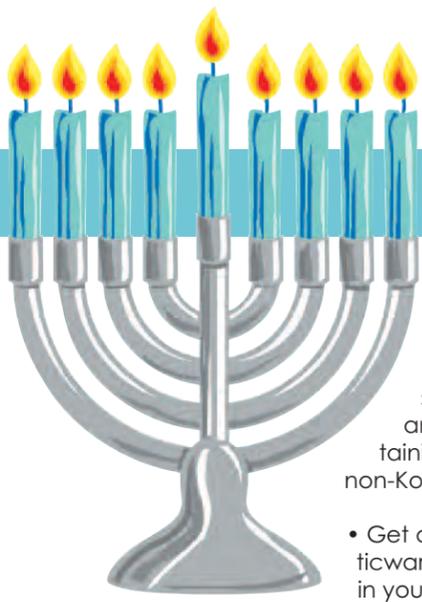
Heath Ade Cayenne Cleanse Kombucha

HANDS DOWN MY FAVORITE 'BUCH - IT'S GOT A KICK TO IT!



Himalayan Salt Lamp

THIS HIGH QUALITY HIMALAYAN SALT LAMP HELPS TO PURIFY THE AIR AND PROVIDE PEACEFUL GLOW IN ANY ROOM



Party Kosher!

The holidays are a time of celebration, of food and fun, laughter and sharing, and entertaining for your family and friends. Here are some tips for entertaining for your Kosher friends in a non-Kosher home:

- Get disposable plates, cups, napkins, plasticware, etc. Anything that might be warmed in your oven should also be disposable and wrapped in foil twice.
- A cheese platter is an excellent option for Kosher entertaining. Make sure to buy vegetarian cheese, i.e. cheese made with plant rennet, and some in-season fresh fruit. When purchasing crackers, take a look on the box for the hechsher, aka the symbol of Kashrut, most commonly a "U" or a "K" inside a circle, on one of the lower corners of the box.
- Make hot latkes (potato pancakes) and serve them with sour cream and homemade applesauce, made by combining apples, sugar, cinnamon and vanilla extract in a saucepan and cooking until smooth.
- Steer clear of serving any kind of meat; a vegetarian or vegan menu would be best when entertaining Kosher friends in a non-kosher home. Most domestic (non-flavored) beers are Kosher without needing a hechsher, so local beers are a great drink option.
- When in doubt if something is ok to serve your Kosher guests, just ask! The extra effort will be appreciated either way.

Black-Eyed Beans & Greens: A New Year's Tradition

by Lisa Weems, Deli Supervisor



It is a long-standing Southern custom to eat black-eyed peas and greens on New Year's Day to bring fortune in the coming year. The Wheatsville deli will have all kinds of delicious dishes to help you get your good luck on for 2017.

Though the origin stories vary somewhat, it is generally agreed that the ritual of eating black-eyed peas and greens started during the Civil War, when Union soldiers pillaged the food supplies of their Confederate opponents, leaving behind only the peas and greens as food for livestock.



However, Southerners were able to survive the lean years of the war by eating these nutrient-dense foods themselves. Some claim that the black-eyed peas symbolize coins and the greens folding money, so eating them on the first day of the year means that the coming year will be a financially good one. Many Southern recipes call for cooking these items with pork, another symbol of prosperity.

We'll have an array of dishes featuring these traditional ingredi-

ents, though most of ours are vegan. Consider offering a ham or pork roast as an entrée for your omnivorous friends and family—our meat department has a wonderful selection!

My personal favorite New Year's dish is our **Lucky Black-Eyed Pea Soup**—tender peas and a whole array of fresh vegetables and herbs simmered in a tasty tomato-based broth. A big steaming bowl of this soup goes wonderfully with our own Bakehouse-made **cornbread** (in spicy Southwestern or vegan varieties), yet another traditional New Year's dish in the South, and is a virtuous meal to kick off the year right.

We'll also have our **Braised Greens and Black-Eyed Peas**, organic lacinato kale combined with garlic-infused black-eyed peas, caramelized onions, and vegan Bac'un Bits to add that classic smoky flavor. Our super-popular **Texas Caviar** is a cold black-eyed pea salad with crisp colorful peppers and a tangy vinaigrette dressing. Both of these are outstanding side dishes for whatever entrée you are planning for your New Year's gathering.

If you have your own traditional black-eyed pea recipe to make, cut down on your kitchen time with our **Plain Jane Black-Eyed Peas**. These are simply cooked and recipe-ready, so you can cut down your prep time by hours and enjoy ringing in the New Year with friends and family instead!

Whatever your choice, the Wheatsville Deli wishes you a happy and healthy 2017!

TAPESTRY SINGERS

Austin Women's Chorus

Spellbound

Saturday, Nov. 19th, 2016, 7:30pm

St. Matthew's Episcopal Church, 8134 Mesa Dr.

Tickets can be purchased from a member, at the door, or www.tapestrysingers.org

Workers Assistance Program, Inc.

Creating Better Workplaces, Schools & Communities

When there's a need ... we have a service.



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.

Staff Spotlight: Schyler Hines, Wellness Clerk

By Heather Fisher – Payroll & Benefits Analyst



HF: What is your Wheatsville history?

SH: I started on the 25th of July in the Wellness department as a Wellness clerk. I am a fresh little baby!



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

SH: I am from Houston and collectively have been living in Austin for 5 years!

HF: What is your favorite product at Wheatsville?

SH: I absolutely love the Plant Spirits Apothecary products, specifically the passion flower tincture!! Local company with super quality products!!

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

SH: I love going to the green belt and swimming/hiking!

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

SH: I am a gender non binary and prefer they/them/their pro-nouns!

HF: Fill in the blanks:

SH: I've always wanted to make tinctures and if I had it my way, mangos would not be out of season ever.