

THE WHEATSVILLE BREEZE

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

SUMMER 2022 ISSUE

Community Action Partners
Strawberry Jam Recipe
Summer Stone Fruit
Vendor Of The Month: Bawi
Mosquito Control





Message from the
GENERAL MANAGER
BILL BICKFORD

As this newsletter goes to print, we have just concluded our 2021-2022 fiscal year. Annual reports will be made available in an upcoming issue, following completion of our audit, but what I can confidently share today is that your co-op has had its most favorable financial year in at least a decade. After a number of years spent treading water financially, store operations have now produced positive cashflow for several consecutive quarters. This is an enormous improvement over our performance just a few years ago.

While the co-op was also profitable in each of the past two years, it was only minimally so—and not enough to do anything particularly exciting. This year, we get to make the kinds of energizing choices that are only possible with strong financial performance.

For starters, we plan to pay our first staff bonus since 2015. It was difficult to impossible to pay year-end bonuses when the co-op was not operating profitably, so I am very excited to be able to do so this year. Our staff has absolutely earned it. The operational and staffing challenges of the past two years have not been easy to work through, and our

financial performance this past year is a direct result of our staff's combined efforts. I am optimistic that this will mark a return to the regular staff bonuses of years past based on continued profitability moving forward.

Additionally, I anticipate the board having the opportunity to consider issuing a patronage rebate for the first time since 2013. The ability to pay a patronage rebate back to owners based on their purchases is a privilege unique to cooperative businesses. Much like staff bonuses, patronage rebates are only possible when the co-op is financially successful. While the authority to issue a patronage rebate rests solely with our Board of Directors, I am excited to be able to explore this option for the first time in several years. At minimum, your board and I will have an opportunity to discuss how best to invest this surplus toward our co-op's future.

While the above is exciting news to share, it's important to remember that strong financial performance is much more easily lost than achieved. Last year's performance was strong, yet the co-op still faces several financial and operational challenges moving forward—all the more reason to invest this surplus wisely.

Most importantly, sales and customer count continue to decline year-over-year. That fact, combined with high cost inflation and the continual need to increase staff wages, will ultimately either reduce or eliminate financial gains or force us to operate with fewer staff, which in turn will impact service. The only mathematical way to avoid that outcome is to increase sales, which must be our focus in the year ahead in order to produce similar year-end results.

To that end, if you have feedback on how we can better meet your needs or those of your friends and neighbors, we would love to hear from you. What can we carry that you have to go elsewhere to get? What could we do to make it easier for you to visit your co-op over a competitor? We would appreciate an email to info@wheatsville.com with your thoughts!

D&I UPDATE

STAFF CONTINUES TO DO THE WORK

by *Alexandra San Miguel* - HR MANAGER

This April Wheatsville leadership, marketing team and staff-led D&I network partnered with TMI Acadamy to continue the D&I training that was started in 2020. Staff completed four courses on Unconscious Bias, Allyship and LGBTQIA+ issues related to identity, orientation, and expression. The largest component of the program was the Diversity, Equity, and Inclusion course. Courses were provided by Dr. Tiffany Jana, the CEO of TMI Acadamy. TMI has been providing D&I services

since 2010. In 2012, TMI became the first diversity and inclusion focused B Corporation in the world and earned national and international recognition in the field of organizational development and civic engagement. They specialize in helping organizations build cohesive, accountable, diverse, inclusive, and equitable workplaces.



This is the third year that Wheatsville has incorporated Diversity, Equity and Inclusion work into their management and staff training.



Summer IN A JAR



by **Katie Browne**
Pricing Coordinator

The summer heat is already upon us and seasonal summer fruits and vegetables are appearing in gardens, farmer's markets, and Wheatsville's produce department. Summer fruits are some of my favorites. Fredricksberg peaches should be rolling in soon. This year has been a little drier, so peaches may be smaller but also extra flavorful. Nothing beats a jar of sticky sweet summer peach jam in the middle of December; you can practically taste the warm summer sunshine in every bite.

Preserving produce can seem daunting, but jams are a simple place to start. Most of the equipment is probably already in

your kitchen. All that is required are: canning jars with lids, a sauce pot, a large ladle, and a deep pot to boil water. A funnel and jar tongs are also useful, but not required. The most important part of canning is making sure all the jars and canning equipment are clean and sterile before you start. You can reuse Ball and Mason jars provided you have fresh lids and clean rust-free screw bands. Store bought jam containers with screw top lids should not be reused.

The second most important part of canning is the recipe. Each variety of fruit will require a slightly different ratio of acid, sugar, and pectin to gel up into an ideal jam. There are many great books on canning, "The Ball Blue Book" and "So Easy to Preserve" are great guides.

Most brands of pectin also provide recipes on the container. My aunt makes a legendary strawberry jam using the recipe on the back of the Sure-jell low sugar pectin box. I recommend a low sugar version of pectin so you can let the fruit flavor really shine through. However, the real secret isn't the recipe, but the quality of the fruit you use to make the jam.

If you don't feel like boiling big pots of water during the already steamy Austin summer, you can make a simple freezer jam instead. No steaming water baths required; you need only boiling water to activate the pectin. Check the pectin box or recipe book for instructions on freezer jam. Whatever method you choose, stock up on some delicious fruit and spread the sweet summertime flavors throughout the year.



Sandy's Famous Strawberry Jam

INGREDIENTS

- 6 cups prepared fruit
(approx. 6 full pints of whole strawberries)
- 4 cups sugar, divided
1/4 cup measured into separate bowl
- 1 box low/no sugar pectin
- 1/2 tsp. butter or margarine *(optional)*

DIRECTIONS

1. Bring a boiling-water canner, half full of water, to simmer. Wash jars and screw bands in hot soapy water; rinse with warm water. Pour boiling water over the flat lids in saucepan off the heat. Let stand in hot water until ready to use. Drain well before filling.
2. Stem and crush strawberries thoroughly, one layer at a time. Measure exactly 6 cups prepared fruit into a 6- or 8-quart saucepot.
3. Mix 1/4 cup of the sugar (from the measured 4 Cups) and pectin in small bowl. Add to fruit in saucepot; mix well. Add butter to reduce foaming (this step is optional. If you don't add the butter it will foam more but still turn out fine). Bring the mixture to a full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in remaining 3 3/4 cups sugar. Return to full rolling boil and boil exactly 1 minute, stirring constantly. Remove from heat. Skim off any foam with metal spoon.
4. Ladle immediately into prepared jars, filling to within 1/4 inch of tops. Wipe jar rims and threads. Cover with 2-piece lids. Screw bands tightly. Place jars on elevated rack in canner. If you don't have a rack you can use a folded kitchen towel to prevent the jars from rattling against the bottom of the pot. Lower jars into canner. (Water must cover jars by 1 to 2 inches. Add boiling water, if necessary.) Cover; bring water to gentle boil. Process for 10 minutes. Remove jars and place upright on a clean dry towel to cool completely. After the jars cool, check seals by pressing the middle of the lid with a finger. (If the lid springs back, it is not sealed and refrigeration is necessary.)



TOP 10

FAVORITES

Howdy everyone! My name is **Alice Moon** and I'm a **front-end cashier** at the South Lamar location. Since moving to the area, Wheatsville has been a great place to find food & products that fit both my diet & lifestyle! Here's 10 of my favorite finds I'd like to share with you!



Stonewall's Original Wild Jerquee

When I need a little snack for the road, or even for a break at work, this is a go-to savory treat! Vegan, chewy, with a little spice that's always satisfactory!



Dr. Praeger's Super Greens Veggie Patties

These patties make REALLY good burgers and are perfect if you're looking for a gluten free alternative! I also really appreciate that there's 7 different veggies to make up the protein, so I'm not missing out on the essentials!



Alba Sheer Facial Sunscreen

This sheer sunscreen is very lightweight and not awfully sticky or scented, which I greatly appreciate! I use this sunscreen over my daily moisturizer and it protects very nicely when applied as needed!



Organic India Tulsi Sweet Rose Tea

This is one of my favorite teas! It has a comforting floral flavor that I really enjoy. Perfect in the evenings as is, or with a little honey!



So Delicious Chocolate Cookies & Cream

An amazing vegan dessert that I always crave. This ice cream is made with cashew milk & is so creamy! The cookie crumbles contrast the creaminess tastefully!



Bulk eggs

I love the cage-free, farm fresh eggs that we carry, because they're tasty, affordable & give me the option to reuse my own cartons. As someone who incorporates eggs into my daily diet, I appreciate the quality to price ratio!



Hail Merry Dark Chocolate Cups

If I'm looking for a yummy vegan sweet, that's not too sugary, these cups are the move!



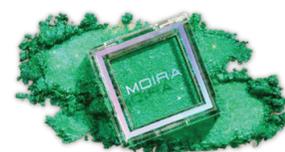
Wheatsville Buffalo Popcorn Tofu

I was introduced to the tofu po'boys when I first moved to Austin, so I quickly found that I love the Buffalo popcorn tofu most of all! A perfect vegan snack for literally any occasion!



Olipop Orange Squeeze

Every flavor of Olipop is super refreshing, but the Orange Squeeze has a squeeze on my heart! As someone who doesn't typically drink soda, I greatly appreciate the lack of heavy sweeteners without compromising on flavor. Bonus points for being a prebiotic beverage that pairs nicely with a meal!



Moira makeup

As someone who loves experimenting with their makeup, I adore the beautiful palettes Moira creates. Every product is super pigmented & holds up very well throughout the day, all while still being a vegan/cruelty-free brand!

Summer STONE FRUIT

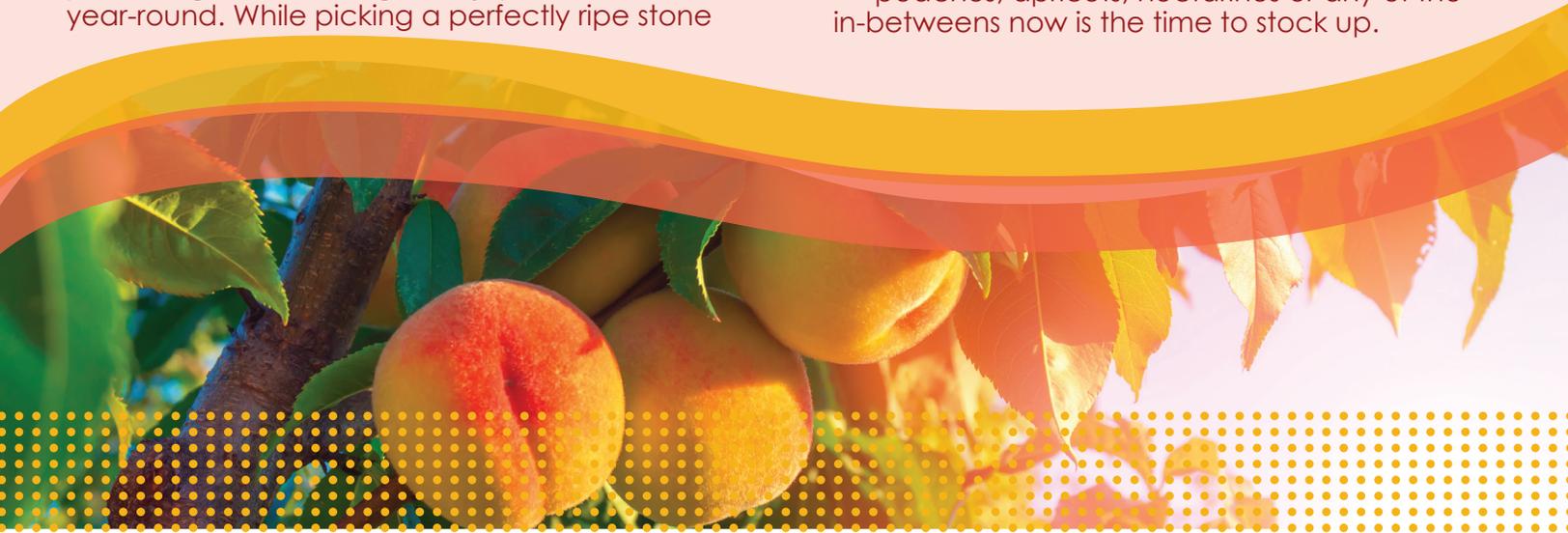


by *Max Brown* - Produce Manager South Lamar

Summer is upon us! Aside from the hot weather, this also means it is stone fruit season. Fresh, cooked, pickled, juiced or dried, all these fruits are the perfect treat for the season. Named for the large pit inside, which contains the seed, these fruits generally are in season from late May to early September and are at their peak during the summer months. With such a short growing season they are a great option for canning, preserving, and freezing to enjoy year-round. While picking a perfectly ripe stone



fruit can sometimes be difficult, there are a few tips and tricks to aid a discerning shopper: Try gently pressing against the stem of the fruit, a slight give should indicate a ready to eat stone fruit. The skin on the fruit should be smooth and plump, the fruit itself should also feel a little hefty for its size. Once you have picked out the perfect fruits, the best way to store them is on the kitchen counter in a paper bag. Whether it be cherries, plums, peaches, apricots, nectarines or any of the in-betweens now is the time to stock up.



BACK ON THE BIKE!

by *Nick Conn* - Marketing Manager



This May 20th we participated in the much-missed Bike to Work Day. After a 2-year absence the exceptionally popular annual event returned to cities around the world. Wheatville staff arrived before opening to set up a stand for early morning bicycle commuters. We served them free coffee, bananas, and Kind Bars. Most commuters were on the way to work but we even caught one incredibly grateful bike commuter on his way home.

Bike to Work Day was started in 1956 by the League of American Bicyclists to promote the bicycle as an option for commuting to work. It is held in the Spring in a variety of locations including the United States, Canada, Europe and Asia.

VENDOR OF THE MONTH

BAWI

Authentic Mexican Flavor with a Modern Twist

Our June “Vendor of the Month” is Bawi! Check out this delightful and delicious modern aqua fresca in our beverage coolers at both stores. What is aqua fresca? Aqua frescas are a classic Mexican beverage made with delicious fruit juices like pineapple, lime, or passion fruit. The beverage can also be more floral with flor de jamaica (hibiscus), or a blend of spices and strained rice water called horchata. Bawi makes three crowd-favorite flavors including El Limon, La Maracuya, and La Pina!

As a first-generation Mexican immigrant, Victor was inspired by authentic Mexican flavors and traditions and wanted to bring them to the USA. Jordan, growing up in Austin, was

by Tanya Carney
SOUTH LAMAR
STORE MANAGER



intertwined with Mexican-American culture and developed a passion for the food and beverage. The co-founders worked together to create a sparkling aqua fresca with the perfect blend of carbonation and traditional Mexican recipes. They describe their creation as both nostalgic for Latinos, and healthier, more flavorful for all.

Beat the heat this summer with Bawi's tasty aqua fresca's! Whether you are trying them for the first time or already a lover of the classic aqua fresca, enjoy this traditional beverage with a modern twist!

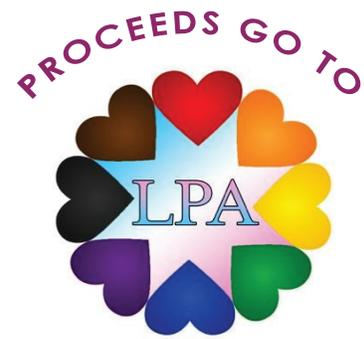


PRIDE PIN

& Little Petal Alliance x Queertopia

While Pride month is technically in June, we tend to celebrate it all summer long here in Austin! Wheatsville certainly gets into the spirit with our decor and on-theme products, but we also want to make sure that as a business we are actively promoting and providing a safe space for all, and that includes uplifting LGBTQIA+ voices and sharing helpful resources within our community.

This year will be our third year in a row selling our Wheatsville enamel Pride Pins, and we are so proud to be donating all proceeds to the Little Petal Alliance, an Austin-based nonprofit organization that assists BIPOC and trans individuals by providing a comprehensive mental wellness package including therapy, employment connections, and resources to help combat dysphoria for those experiencing it, such as hair removal, makeup kits and tutorials, clothing, wigs, voice training, etc. The organization believes in a holistic approach tailored to the individual can help make a real impact on someone's ability to find employment and maintain their mental health. In the face of a world that seems increasingly unjust, the Little Petal Alliance is helping marginalized women and LGBTQPIAA+ people with a particular emphasis on trans people of color who are disproportionately at risk of sexual violence, murder, joblessness, and homelessness, and recently released women who are often not provided social services upon their release but have had years-decades stolen from their lives and have faced extreme trauma. Like a friend who holds your hand and helps you navigate the rough parts of your journey, the aim is to reduce the emotional and



by Julia Barron
OWNERSHIP & OUTREACH COORDINATOR

mental labor for major life changes. Learn more about this incredibly important organization and how you can help by visiting their website [HERE](#). You may also spot them driving around town in their rainbow mutual aid bus!

Additionally, we are donating \$1200 from our Community Co-op Fund to Little Petal Alliance's sibling organization, Queertopia, an LGBTQ+ community focusing on homelessness through an antiracist lens. Queertopia's mission is community empowerment led by amplifying and celebrating QTBIPOC voices and taking direct action to combat the housing inequity that has swept our city. In their own words, "We are a group of abolitionist harm reductionists with lived experience in trauma, homelessness, substance use, recovery, and neurodivergence. We work intimately in camps throughout the city establishing found family bonds through trust, transparency, lack of judgment, joy, and dependability. We are who is called at 3am when tents are blowing away, at 7am when a friend needs a ride to the hospital, or at noon when someone just needs to vent about their boss not paying them. Within the past year, we have been directly responsible for placing almost 100 people into housing, largely through unpaid labor and empowering the unhoused community to work towards collective justice".

MOSQUITO CONTROL

by Hannah Cassana | Wellness Merchandiser

With record-breaking high temperatures this May, it feels like summer is already here. Mosquitoes are out and they're hungry. Whether you're hitting the hike and bike trails, exploring the greenbelt, or just hanging out in your backyard, Wheatsville has got you covered! Both locations offer a wide variety of Deet-free, plant-based bug repellents to help keep the bugs away as you and your family enjoy outdoor activities in our verdant, blooming city. Here are some of my top picks:



Badger Anti-Bug Shake & Spray

Good for skin; bad for bugs. Keep bugs at bay with this effective, DEET-free bug spray. With a woody citrus fragrance, it smells fresh and clean while repelling insects—thanks to a tried-and-true blend of citronella, cedarwood, and lemongrass. Comes in a lightweight, infinitely recyclable aluminum bottle.

Alba Botanica Anti-Bug Spray Deet-free

Keep bugs at bay with this botanically-based repellent. Effective against mosquitoes and ticks,, air-powered, easy-to-use spray, DEET-free, biodegradable formula



Austin Natural Soap Buzz Out! Spray

TRIED AND TRUE! In their 15th year of making this all-natural effective solution for your creepy crawlies and buzzing bothers. Try it - you won't be disappointed. Our BUZZ OUT! Natural Insect Repellent contains a proven blend of plant-based essential oils in an alcohol and jojoba oil base.



SKEETER SCREEN

Offers a variety of products to help deter mosquitoes and other bugs so that you can relax and enjoy the outdoors. Wheatsville carries the following Skeeter Screen products: Deet free personal spray, Yard Sticks, Spreadable Skeeter Screen for garden/yard, patio egg, and more.



Patio Egg Refill

A 8oz refill for your favorite mosquito deterrent: The Patio Egg!



Spreadable

Don't let the mosquitoes spoil all the fun... A safe and effective outdoor barrier treatment. Safe around children and pets! Will not harm beneficial insects! Great floral scent!



Personal Spray

4 oz

The Deet free personal spray is actually designed to spray on the skin and is made from water based essential oil formula designed to deter mosquitoes and other biting insects



Yard Sticks

Yard Sticks will help deter hungry mosquitoes! Stick it to pesky mosquitoes with their Scent of Nature essential oil formula and create a "no fly zone" in your area!

STAFF SPOTLIGHT



MEET AMY SOUTH LAMAR MANAGER ON DUTY

by *Julia Barron*
Ownership & Outreach Coordinator

Hi folks, my name is Amy, and I have worked at Wheatsville for just over 8 years; throughout that time, I've worked in a few different departments and collected a few skills along the way! I've worked as a bread baker, produce VAP clerk (think sliced and prepped fruits & veggies,) cashier, and now as a Manager on Duty where I help provide guidance and support to the front-end staff, and really anyone throughout the store.

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

I grew up in Central Texas, really the Middle-of-Nowhere during the 1980s. Where I grew up is all farms, prairie land, and big skies. I have lived in Austin for about 15 years but grew up only about an hour northeast of here, so I've been coming to Austin for years to go to local shows and be immersed in the local music scene.

What is your favorite product at Wheatsville?

Anything from Bouldin Food Forest. They grow various kinds of basil and other herbs, micro greens, and leafy greens all right down the road in Rogers, Texas. Peppery arugula, purple basil, and herb-infused bouquets of intoxicatingly beautiful flowers are on my shopping list literally every week. Down the road a stretch in another direction in Fredonia is Buena Tierra Farms. We get potatoes, squash, kale, and radicchio (just to name a few) from them and they are stellar quality. I'm always on the lookout for their purple potatoes--they make any potato dish instantly more magical and nutritious!



What is something most people don't know about you?

I'm pretty reserved so I'm sure there is a lot people don't know about me. Aside from my Wheatsville life I've worked in the past with local drag queens and theatre companies doing hair, makeup, and costume design. I enjoy slow things like birdwatching, reading, dreaming, and cloud-gazing. I'm usually obsessed with/and researching some particular facet or niche of one of my revolving doors of intense interests: genealogy (I've mapped my family tree for several generations,) history, literature (lifelong love of the Romantic poets,) philosophy, music (jazz, punk, rock n roll in its various iterations...but most recently I've been exploring the works of Liszt and other Romantics,) folklore, workers' rights, subversive counterculture throughout time, Giallo films. I'm obsessed with the ocean and dream about it nearly every night.

Why Wheatsville? What appeals to you about the cooperative model?

To borrow a comment from one of my co-workers, where you sell your labor matters. I've never envisioned myself working for a corporation where all the money, authority, and power is funneled to the top while being built on the labor of others, and without regard for their concerns. A co-op fundamentally does not operate that way, and I appreciate that as consumers, owners, and workers we are empowered to use our voice if/when we feel compelled to do so. I like that community involvement is built into the way we operate, every day in myriad ways. Volunteering, collecting donations within the community, and donating our own time, money, and space to local organizations is a huge part of what we do.

As far as my current role within the co-op, I like that I have an opportunity to hear my co-workers' concerns and needs, and can provide support and solutions. I think that the pandemic world has made evident, more than ever, how valuable workers are, and it is one of my big aims to really show up for my peers at work in a way that allows them to feel that their time and energy is appreciated, and that they are supported in meaningful ways.

BULK IS BACK!

We doubled Bulk Department!

Check out new items and old favorites!



Your Co-op **ROCKS!**

by *Nick Conn* - Marketing Manager

This May Wheatsville deli staff catered one of their largest events ever. Here in the live music capital of the world, it seems like there's almost a festival going on every day. Well now Wheatsville caters for them. Artists like **Blonde Redhead, Danny Brown, Kool Ketith, Melt Banana** and a host of metal and hardcore bands from across the world descended on Austin for the Oblivion Access Festival. This four-day music festival brings eclectic artists from the fringes of rock, rap and metal to our town.

With all-day shows, two deliveries were made. Early performers were treated to our delicious breakfast tacos and Rockstar bagels. Evening artists dined on a plethora of different fresh deli sandwiches, veggie & fruit platters and of course our world-famous popcorn tofu with vegan blue cheese dressing.

Our marketing staff made catering deliveries to Empire Control Room, Mohawk and the Belmont and after would head over to The Native Hostel to work at the vendor village, where we gave out Wheatsville swag and connected with festival goers and locals alike.

What made this catering so unique was that so many of the amazing local vendors here in Austin wanted to support the artists. **Yellowbird Hot Sauce, Rambler, Bawi, Sunriser Coffee, Buddha's Brew Kombucha, and Daysmith coffee** all provided treats and beverages for the artists as well. Many of them were grateful to have nonalcoholic options.

Do you have catering needs for your next upcoming event?
Contact catering@wheatsville.com



WHEATSVILLE MORE THAN A GROCERY STORE BECAUSE OF YOU!

A MESSAGE FROM YOUR NOMINATIONS COMMITTEE



BRIAN MIKULENCAK
Committee Member



MEGAN MCDONALD
Chair



JASON BOURGEOIS
Committee Member

Hello Wheatsville Owners!

Your participation in Wheatsville, whether it is a weekly shopping trip, telling a friend about Wheatsville, rounding up at the checkout, or serving on the Board of Directors or a committee, takes us one step closer to a transformed society centered on hospitality, kindness, cooperation, justice, and non-exploitation.

Being an Owner gives you an opportunity to run for the Board of Directors and NOW is the time for potential candidates to fulfill the requirements to get on the ballot.

The board is having amazing conversations about the future of Wheatsville, expanding the cooperative economy and supporting the mission of Wheatsville. Want to join the conversation and be a part of the governing body of Wheatsville? Here's how!

BECOMING A BOARD CANDIDATE

1. Attend a virtual orientation on one of the dates listed **HERE**. Register by sending an email to the nominations committee. nominations@wheatsville.com
2. Fill out the Application **HERE**. All of the information you need can be found **HERE**. Besides filling out the application, you will include a personal statement (150 words or less), professional resume or CV, two references, a digital photo of yourself and you must sign a Statement of Agreement and Conflict of Interest Disclosure.
3. Submit all materials electronically by 11:59 p.m. on Friday, July 1, 2022
4. You must be a fully invested owner of Wheatsville by this deadline.
5. You must attend at least one board meeting (held on the 4th Tuesday of every month) by August. Get meeting information **HERE**.

Any Owner can become a board member. You don't need special skills, only a love for Wheatsville Food Co-op. But your unique special skills will be appreciated on the nine-member board of directors. Questions? Contact nominations@wheatsville.com.

Finally, always know your vote matters and supports the amazing work at our co-op. On your next visit to Wheatsville, please confirm that your Member Owner information is current to ensure that you receive future Annual Owner Election announcements.

We appreciate all of your support!

ORDER FOR
PICK-UP OR DELIVERY



DOORDASH



Vegan WATERMELON, FETA AND MINT SALAD

by Amy de la Rosa - Manager on Duty

I can tell you that summer in Texas=watermelon! This recipe is great if you're looking for something a little different but deliciously refreshing: I recently sampled this dish for our customers when we got in our first watermelon of the season and it was a hit. While I by no means created this dish, the recipe here is my own for you to enjoy. I decided to go with a vegan version to make it accessible for more people, and because it was such a delicious surprise when we all tried it together. Feel free to sub with any feta that you already know and love, though. As always, feel free to adjust the proportions to make it work for you and your taste.



INGREDIENTS

20 oz cubed watermelon

8 oz Violife Just Like Feta

1 Fresh Mint package (.5 oz, 14 g)

2 T Balsamic Vinegar

3 T Olive Oil

* optional, additional ingredients:
5 oz cucumber, 2 oz red onion

Prep time: approx 15 min
Chill time: 30 min to 8 hrs
Servings: 6-8

PREPARATION

I started with a pre-sliced wedge of watermelon from Wheatsville, and it was just right for this salad. Feel free to use a mini watermelon or whatever you have on hand- the important idea is to break down 1 lb 5 oz melon into ½ in cubes. Add the cubes to a small mixing bowl-- this will be where you put your salad together. (If you are adding optional ingredients like red onion or cucumber you would add it at this point. Whatever size you go with, try to keep all the veggies relatively uniform and complimentary.)

Next we'll tear into our package of vegan feta; I don't always feel the need to be delicate in the kitchen, so I like to literally tear the feta into chunks to match the size of the watermelon. I think the resulting pebbles are more aesthetic and provide nice, uneven, crumbly bits that add texture to the dish.

Next we'll add chopped fresh mint; on a good day I like to do a chiffonade followed by a couple of crosswise cuts to make a sort of confetti. Other days I just tear the leaves with my hands and call it good--do what feels right. Give these all a gentle mix at this point, and on to dressing...I don't generally measure when it comes to dressing, but I did for the sake of this recipe. I think it's a nice balance,

but, as always, do more or less depending on your own preference. Drizzle your oil and vinegar on top and give another gentle (but thorough) mix. At this point I like to chill this dish for a bit before serving since that gives all of our flavors time to come together harmoniously. It's worth the wait.

After a quick chill our salad is ready to savor and enjoy! I like to add a little flaky salt (fleur de sel or maldon) when serving, but not before.

Happy eating!



WHEATSVILLE CELEBRATES JUNETEENTH!

by Nick Conn - Marketing Manager

As we celebrated the second federally recognized Juneteenth Holiday, it was important to not only remember and honor the long and turbulent road it has taken to get such recognition, but to also open our eyes and recommit to the work that still needs to be done towards creating a truly transformed society based in equality and respect.

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. In one of the most inspiring grassroots efforts of the post-Civil War period, newly freed Black men and women transformed June 19 from a day of unheeded military orders into their own annual rite, "Juneteenth," beginning one year later in 1866. In 1979, Texas became the first state to make Juneteenth an official holiday.

Here at Wheatville we use this day to reflect on our mission that was created by our cooperative founders over 45 years ago. Their simple mission was this: The purpose of Wheatville Co-op is to create a self-reliant, self-empowering community of people that will grow and promote a transformation of society toward cooperation, justice, and non-exploitation. With that in mind they named our store after Wheatville, the first post-civil war Black community in Austin. We feel that we have honored their legacy, but we also believe that we can do more.

In the wake of the murder of George Floyd, we like countless others were compelled to evaluate our role in systemic racism and inequality. We committed to honoring our namesake and to make a positive impact in fighting racial injustice and advancing inclusion and diversity as a whole. Here is an update on what we have done and where we are headed.

IN THE STORE

One way we can have the most immediate impact is by amplifying the work of our BIPOC vendors and creators. This February for Black History Month we created special signage to feature our Black-owned products front and center. We made San Antonio based Rooted Vegan Cuisine our Vendor of the Month and our grocery and marketing departments traveled to San Antonio to help support them at the Vegan Family Reunion.

Rooted Vegan Cuisine created the Vegan Family Reunion Festival as a place for Black vegans and their allies to connect over food.



SUPPORT BLACK CREATORS

This year on Juneteenth (Sunday, June 19) our South Lamar Store was excited to host Sagen Jackson, founder of The Kitchen Dance Partii and creator of the HealthiHER app. Visit her website [HERE](#) to learn about what she does and get her delicious recipes.

WHAT WE ARE DOING

As part of our continued commitment to honor the importance of this day, this is Wheatville's 3rd year providing Juneteenth as a paid holiday to staff.

This April Wheatville leadership, marketing team and staff-led D&I network partnered with TMI Academy to continue the D&I training that was started in 2020. Staff completed four courses on Unconscious Bias, Allyship and LGBTQIA+ issues related to identity, orientation, and expression. The largest component of the program was the Diversity, Equity, and Inclusion course. This is the third year that Wheatville has incorporated Diversity, Equity and Inclusion work into their management and staff training.



Courses were provided by Dr. Tiffany Jana, the CEO of TMI Academy. TMI has been providing D&I services since 2010. In 2012, TMI became the first diversity and inclusion focused B Corporation in the world and earned national and international recognition in the field of organizational development and civic engagement. They specialize in helping organizations build cohesive, accountable, diverse, inclusive, and equitable workplaces.

We continue to actively reach out to BIPOC organizations that may not know of us. Even though we have successfully raised millions of dollars for local organizations over the years, we realize that not all nonprofits have the same resources to find help, especially those in marginalized communities. We are diligently working to bridge that gap.

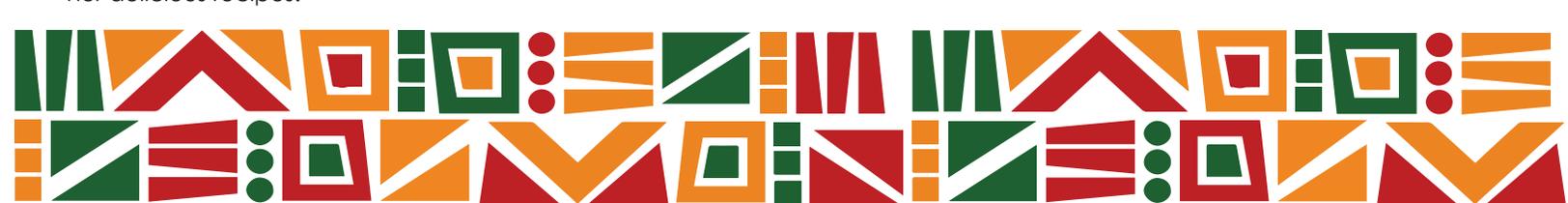
OUR COMMITMENT

We are also pleased to announce that we will again be giving direct support to the Black Community this year. Last year we donated \$5,000 to organizations that were actively engaged in the work of racial justice and empowering Black communities. This year we are committing to another \$5,000. This money was raised in part from customer donations to our Co-op Community Fund. 25% of this year's donations will be benchmarked for the specific use of the staff led D&I Network for direct donations in their name. This year's recipients include:

- BLACK WOMEN IN BUSINESS
- WE MEASURE
- QUEERTOPIA
- SIX SQUARE

In addition to the above commitments, we are donating to Nasco's Black Equity Scholarship Fund. This fund is a one-year program supporting emerging leaders in housing cooperatives to undertake a project or initiative of their choice within their home community. Participants build leadership skills with a cooperative, anti-oppressive lens through workshops, readings, structured reflection exercises, peer support, and direct mentorship from NASCO staff. To find out more visit Nasco Black Equity Scholarship Fund [HERE](#).

HAPPY JUNETEENTH FROM WHEATSVILLE FOOD CO-OP!



VINO Y QUESO SUMMER 2022

by Sal Mendivil - Prepared Foods Director

Well, it's that time of the year again, when our temps are triple digits and the mosquitoes are the size of small pterodactyls. There is nothing like some chilled vino paired with a delectable cheese to help us get through this hot central Texas summer!



Le Petit Chat Cypress Grove Lamb Chopper

We start with a beautiful rosé from France. Le Petit Chat, is a juicy rose full of ripe berry flavors, floral aromas, and a slight sweet spice at the end. This rose is a Grenache, Cinsault, and Syrah blend. Served chilled this is the perfect summer patio/porch sipper! Wait! There's more. You got to have a little "something" to really taste the uniqueness and refreshing notes of this rosé. That something is The Lamb Chopper! An aged sheep's milk cheese from Cypress Grove which is made exclusively for Cypress Grove in Holland. This amazing cheese is mild on the palate with a smooth texture and nutty, sweet taste that so complements Le Petit Chat, it's a purrfect pairing (see what I did there?)



Long Little Dog Dos Lunas Chico Cheddar

For our next pairing we stay in France, and I bring you the Long Little Dog. This "vin de France" is a white wine blend that is just so refreshing and light when chilled! This is an easy and fresh white blend with apple and melon tones at the start, with a pleasing fullness and zesty notes on the finish. To really get the freshness and citrus taste of this beautiful white wine, we pair this with a local cheese, Chico Cheddar from Dos Lunas. This amazingly unique raw milk cheese is an aged cheddar (60+ days) and has a mild, smooth buttery taste with a subtle tartness. The milk used to create this uniquely local cheese comes from grass fed, free roaming Jersey cows in Schulenburg, Texas. This white vin de France is such a perfect match for this aged cheddar, the freshness of the white combined with the buttery profile of the cheese is a match made for our Texas summers!



The Redthumb Chardonnay Baby Belletoile Triple Cream Brie

Last but not least, we have an absolute beast of a chardonnay, the RedThumb all-natural Chardonnay. This beauty is so flavorful and rich, with no added sugars using 100% organic grapes, utilizing natural farming practices, and native yeast fermentation. This chardonnay has a light, crisp taste with hints of green apple, stone fruit, and a slight smooth butterscotch finish. A chardonnay such as this needs an equally magnificent cheese to be paired with, and that would be the Baby Belletoile triple cream brie! This sinfully rich and irresistible triple cream cheese from France is the ultimate brie from France. I can't stress how important it is to have this cheese at room temperature. Take it out of the fridge a good 30 mins before digging into this delicacy. The pairing of a chilled glass of Red Thumb Chardonnay and then spreading this gourmet brie on a slice of our French Batard (made fresh in our Wheatsville Bakehouse with organic unbleached flour and sea salt) is truly a piece of heaven on earth.

SHAPING OUR SOCIETY BY BUILDING STRONG COMMUNITIES

by Brandon Hines - BOARD PRESIDENT



I have re-written this article several times since my initial draft. It seems that every day I reflect on how much the world has changed since yesterday's draft that I have to start over again. The events in Buffalo and now Uvalde seem like a natural progression from a long steady stream of disturbing events. A series of events that both signal and exacerbate the eroding of communities.

We live in a modern society—a society that is evolving quickly and not always for the better. We tend to our daily needs with little control over the ever increasing trauma in the world. It is easy to accept what society provides without much consideration when times are good. Many companies have made ordering things online very convenient or have pushed prices down on many commons goods. As a society we often accept these immediate benefits without much thought about the longer-term impacts to our communities.

We are lucky here in Austin that so many forward thinking people built such a strong community. A community that cares about important issues such as having a healthy environment, providing livable wages, working to improve food security, and pursuing social and economic justice. A community that has built much inertia over the years to work towards solving so many issues. Many of these issues are forever uphill battles and inertia can only carry a community forward uphill for so long. I don't believe that economics should be the sole basis of a community, however, it is an unavoidable fact that economic pressures can provide a community with great strength or slowly weaken a community over time.

It is easy to get lost in the enormity of it all. So many of us have worked most of our lives just to stay afloat. And many more have faced the real struggles of falling behind. The machine of society is large and can be indiscriminate without strong community influence. I often think about what can I, as an individual, do to affect change. At most, each of us can only make a difference

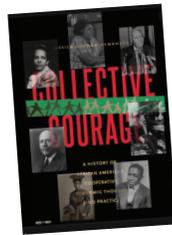
at the margins. However, if enough of us align our energies in the margins, we can have a tremendous collective impact.

I chose to live my values. To me, that means doing what I can when I am able to support the organizations that share my values in an effort to benefit and strengthen our community. Of course, I shop at Wheatsville and volunteer on the board. Wheatsville does so many great things for our community. But it is about much more than Wheatsville. It is about the power of cooperatives.

Cooperatives are, by their very nature, focused on the betterment of the community. People create co-ops to address common needs. Such needs can vary from a desire for having healthy sustainable food, to crafting good beer or, as in the case of many formerly enslaved farmers after the Civil War, because their survival depended on working together and sharing resources. Cooperatives keep power within the community in terms of the economic multiplier of circulating more money locally as well as by maintaining decision making authority over the operation of cooperatives. Even more, cooperatives build strong communities.

What can you do strengthen the community? Find more opportunities to support cooperatives. The Austin Cooperative Business Alliance (ACBA) is a great resource to learn more about co-ops here in Austin. Do more of your shopping at Wheatsville. Doing so puts our co-op in a better position to grow our community initiatives and support a larger cooperative economy. Do you have a particular set of skills and have time to share? Consider volunteering for one of Wheatsville's community action partners or any of the other great charitable organizations around town. Would you like to get more directly involved with coops? Run for the Wheatsville, ACBA or any of the other co-op boards. ACBA also provides resources for starting your own cooperative. Above all else, identify what matters to you most and take steps to align your everyday activities to increase your impact and align your efforts within the community. As a

strong community we can shape society to be more inclusive and responsive to people's needs reinforcing the idea that there is strength in diversity and that we are all better together. And, just maybe, we can build a society that does not experience so much needless tragedy.



If you would like to learn more about the history of Black cooperatives, check out "Collective Courage: A History of African American Cooperative Economic Thought and Practice," by Jessica Gordon Nembhard.



GET YOUR
WHEATSVILLE
SWAG NOW
AT BOTH
LOCATIONS!



Community ACTION 2022

January: **PEOPLES COMMUNITY CLINIC**
February: **THE SAFE ALLIANCE**
March: **LET'S FEED AUSTIN**
April: **MULTICULTURAL REFUGEE COALITION**
May: **CASA MARIANELLA**
June: **MEALS ON WHEELS**
July: **SUSTAINABLE FOOD CENTER**
August: **CASA OF TRAVIS COUNTY**
September: **HOSPICE AUSTIN**
October: **COOPERATIVE COMMUNITY FUND**
November: **CENTRAL TEXAS FOOD BANK**
December: **CARITAS**

Community Connections

This May, Wheatsville hosted students from the Texas School for the Blind and Visually Impaired for a session on healthy eating and grocery shopping habits in preparation for graduating to a more independent lifestyle. After a walk-through of our Lamar store, students were able to sample a variety of new and exotic foods most were not familiar with, including dragon fruit, vegan queso, popcorn tofu, probiotic soda alternatives and more! After eating and a Q & A session, students left with complimentary reusable shopping bags and water bottles, along with healthy portions of their favorite snacks from their morning at Wheatsville.

COMMUNITY ACTION PROGRAM

Each year during our annual election Wheatsville Owners vote for 11 local non-profit organizations to support in the coming year. In addition, Wheatsville also accepts cash donations at the register throughout the month, so remember to round-up your total at checkout! With the help of our community of owners, employees and shoppers, we raised and donated \$148,883.29 for Austin nonprofits and community groups in 2021. This year we have already

raised over \$55,000 for our 2022 community action partners, with more community support to come! Additionally, each month staff members volunteer for our community action partners on behalf of Wheatsville. From rounding up change, to packing boxes filled with food for the homebound, to volunteering alongside refugee farmers, concern for the community is an ever-present principle of our co-op community. We are currently living in a time of unprecedented global refugee crisis, with over 65.6 million forcibly displaced people in the world right now. More than 22 million are refugees. Therefore now, more than ever, social enterprises such as Open Arms and New Leaf are vital to meeting the needs of the tens of thousands of refugees in Texas alone, so that they can earn living wages and create positive connections in their new homes.

CAP PARTNER SPOTLIGHT: MULTICULTURAL REFUGEE COALITION

New to the Community Action lineup this year as our April community partner is the Multicultural Refugee Coalition (MRC), a local nonprofit organization employing refugees, immigrants, and asylees in fair-wage, dignified work through two social enterprises: a textile manufacturing studio and an organic farm. These enterprises are built at the intersection

of the traditional, respected skills of sewing and farming that refugees bring and a growing market for local textile and food production.

A team of Wheatsville staff volunteers traveled to MRC's New Leaf Agriculture farm in Elgin at the end of April to work alongside refugee farmers for a day of harvesting and community connection.

Together our Wheatsville community raised and donated over \$11,000 to MRC in April. The support doesn't end there! There are plenty of ways to help our community organizations thrive, reach their goals and support the often-vulnerable populations they serve. The Multicultural Refugee Coalition has consistent events, as well as many volunteer and employment opportunities. You can even purchase products from the Open Arms Studio webstore or sign up for their CSA program to get farm-fresh products delivered straight from New Leaf Agriculture farm! However you choose to give, it all goes toward supporting fair-wage, dignified and steady employment for refugees, immigrants, and asylees. To learn more about their 2022 goals, enterprises, and events visit their website [HERE](#).

