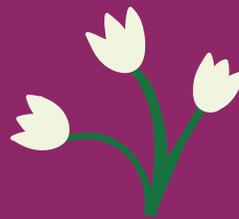


THE WHEATSVILLE BREEZE

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

SPRING 2024

growing the cooperative community





Message FROM THE GM

Celebrating the Spring Season!

Happy Birthday Wheatsville! This month we celebrate the 48th anniversary of our co-op, which opened its doors in March of 1976 at the former University Cyclery at 29th and Lamar. We've seen a lot of things change in Austin over that time, but one thing has remained constant—Wheatsville's mission to provide good food to the fantastic people of Austin, Texas.

To celebrate 48 years of serving the Austin community, we have some special perks lined up for co-op owners this month. All March long, you can enjoy \$2 breakfast tacos, including custom tacos available from the deli counter, at both locations! Start your day right with a delicious breakfast on the go, made by one of our fabulous deli clerks. On our official birthday—Saturday, March 16—co-op owners can celebrate with a free piece of cake from our bakery case. We'd love for you to stop by and wish your co-op and its staff a Happy Birthday. Just a couple more years before we hit that half-century mark!

The Owner Perks will continue next month, as we will be offering a free pair of eclipse glasses to each owner, just in time for the full solar eclipse happening on April 8. Additional pairs can be



purchased for as little as \$3. With Austin being one of the most notable cities in the Path of Totality, we are expecting an enormous influx of visitors from all over the world. So in addition to locking down your eclipse viewing glasses at the co-op, we recommend stocking up on groceries before the whole world comes to visit.

While this month we are focused on celebrating the co-op's anniversary, last month we took a moment to celebrate our staff. Over the past few years, we've created a new tradition by recognizing Supermarket Employee Day each February 22nd. Established in 2021, this day recognizes grocery employees nationwide for the work they do feeding families and enriching lives.

We've recognized this date in a few different ways over the past four years, offering staff some tangible

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Message

FROM THE GM



continued...

form of appreciation for the great work they do each day. This year, we chose to create a special edition staff T-shirt that has been very well received. In fact, I've already had several folks ask me how they can purchase one including friends from other co-ops around the country who saw it on our social media feeds.

But Lamar doesn't get to have all the fun! Now that the winter weather is behind us, the Guadalupe store is ready to resume our monthly Party on the Patio! Join us Thursday, March 21 for a Philly Cheesesteak— either traditional or vegan—as well as music from **Mayeux & Brossard!**

I'm a bit torn on this question, quite honestly. The shirt was intended as a staff exclusive, so selling the same design feels like it would undercut that intent. And at the same time, it's been a long time since we received so much positive response from customers regarding a T-shirt design! We'll discuss this question further, but the most likely outcome is that we will offer something similar for customers that isn't quite the same as our staff exclusive, so look for that to hit stores in the coming weeks.

I wrote in the last Breeze about some of the on-site events happening at Wheatsville during the holiday season. As we officially enter Spring, we continue to focus on creating on-site events to help encourage customer traffic and deepen the sense of community connection at your co-op. Just a few weeks ago, we hosted our Annual Plant and Sustainability Fair at our South Lamar location. In addition to our own starter plants, we had our friends from Natural Magick Co-op selling a variety of heirloom tomatoes and CSA partner VRDNT Farms selling a variety of starters as well. There were also educational exhibits from the Colorado River Alliance, Central Texas Pig Rescue, Austin Creative Reuse, CapMetro and more, not to mention freebies from Good Pop and Rambler. We actually ran low on a few varieties of plants, so we look forward to building this event even further next Spring planting season. But Lamar doesn't get to have all the fun! Now that the winter weather is behind us, the Guadalupe store is ready to resume our monthly Party on the Patio! Join us Thursday, March 21 for a Philly Cheesesteak— either traditional or vegan—as well as music from **MAYEUX & BROUSSARD!** We're excited to get back to entertaining guests and for the return of patio season at the co-op!



And finally, if you weren't able to come out for the Plant Sale and are already busy on the 21st, you can also come see us at the annual **HONK!TX** festival happening April 5th-7th. Wheatsville is once again a sponsor of this free festival of community street bands, and we'd love it for you to drop by and say hi! We'll be tabling at Mueller Lake Park on Saturday, April 6 and Pan Am Park in East Austin on April 7.

Thank you for everything you do to support our co-op and community!

Bill Bickford
General Manager



CO-OPS HAVE PRINCIPLES

It seems like co-ops can be just about anything from student housing to grocery stores, electricals grids, banking, and dairy farms. So, what unites all these thousands of disparate organizations, each serving different sectors of the economy and millions of diverse clients? The answer is seven deceptively simple principles tracing their origins to the United Kingdom's Rochdale Cooperative, innovators of the modern consumer cooperative movement. However, these principles are not a limit. Rather, they are the foundation upon which co-ops everywhere have expanded what it means to organize democratically and equitably with each organization flowering into a unique culture with their own practices. My personal favorite of these principals is principal #6 "Cooperation among cooperatives." To me, one of the most rewarding aspects of working in the cooperative economy has been collaboration with friends new and old, near and far towards our common goal of building a more fair world.

To me, one of the most rewarding aspects of working in the cooperative economy has been collaboration with friends new and old, near and far, towards our common goal of building a more fair world.

We frequently consult with other co-ops (and they with us) on best practices. That give and take centered around these principles has been a cornerstone in our ability to serve our ownership. We, as Wheatsville Owners, are stewards of these principal and it is our responsibility and privilege to bring them into our store and into our community.

Nate Smith

Ownership & Outreach Coordinator



Join the Audit Review Committee!

Do you want to get a glimpse into serving on the Board without making a long-term commitment? If yes, consider joining the Audit Review Committee! No financial background needed! We encourage interested owners to support the Board's oversight role as it reviews Wheatsville's annual audit. The Board works with an outside auditing firm to conduct the statutorily required review of the co-op's bookkeeping systems. It is a minimal time commitment from May to September (likely one meeting per month). If you have questions, please reach out to the Board Treasurer, Lisa Mitchell, via email to boardemail@wheatsville.com



Lisa Mitchell

Treasurer

Community ACTION

2024

Wheatsville Community Action *Highlights*



LOVE

AUSTIN WILDLIFE RESCUE

We are excited to announce that our community action partner for the month of April will be Austin Wildlife Rescue! Since 1977, Austin Wildlife Rescue has proudly served the citizens and wildlife of Austin by providing training and on the ground resources for the rescue, care, and rehabilitation of injured or displaced wildlife. The money we raise will go to the maintenance of AWR's hotline, education to mitigate human/wildlife conflicts, and employment of staff trained to humanely rehouse and rehabilitate wildlife! To learn more about Austin Wildlife Rescue, the critical work they do, and see plenty of adorable pictures of their fluffy friends visit their website [here!](#)

LET'S FEED AUSTIN

For the month of March our Community Action partner is our very own Let's Feed Austin! We started Let's Feed Austin in 2020 to respond to the unprecedented need in our community for consistent access to healthy foods. Let's Feed Austin utilizes our bulk purchasing power as a retailer, allowing us to make large scale, targeted donations to our partner charities in Austin. Campaigns like donation drives and collection boxes are very useful, but Let's Feed Austin fills a rare gap in that it allows us to directly consult with charities and purchase the goods they know will have the greatest impact. We've used these funds to make food donations to incredible organizations like Caritas, Casa Marianella, and more! This month, in partnership with Integral Care, we are collecting pantry staples at our hospitality desk and we will be purchasing an additional \$1,000 worth of food items to donate using the funds from Let's Feed Austin!



Nate Smith

Ownership & Outreach Coordinator

Welcoming the 2024 Board of Directors!

Wheatsville Food Co-op lives and breathes because of you, our member-owners. It's your voices, your passions, and your grocery needs that shape YOUR co-op. The board of directors is made up of owners, just like you. Every January we seat new directors to the board and elect new board officers.

Your Wheatsville Co-op board is committed to fostering a connected community! Come out to upcoming events, or be on the lookout for a future "Community Connect" where we host a round table to discuss important topics that affect our community and your co-op.

The board is chosen by owners to oversee the organization, look out for everyone's interests, and keep things running well. We talk to owners and the co-op's general manager to make sure everyone's on the same page. Basically, the board guides the co-op towards success for the benefit of all the members.

We are thrilled to welcome Brianna Menard and Mindy Nobles as newly seated directors. They understand the importance of fresh, local produce, the joy of discovering new products, and the power of supporting our community's farmers and producers. Brianna was elected by the board to serve as Board Secretary. Mindy, steeped in cooperative principles, will ensure our member-ownership voice remains strong.

Also, being re-seated to new terms on the board are returning cooperators, Lisa Mitchell and MeriJayd O'Connor. Lisa was also elected by the board to serve as Board Treasurer and MeriJayd will continue as chair of the Owner Engagement Committee. Lisa's experience as Board Treasurer from her previous time on the board makes for a smooth transition, while MeriJayd's passion for community and connecting with other owners will be invaluable over this coming year.

I am honored and humbled to be re-elected by the board to serve another year as board president. I believe that we have a dynamic board, a true reflection of our member-owner family, that is ready to tackle the future together. With their combined skills and your continued support, Wheatsville will continue to be a beacon for good food, strong community, and member-driven decisions. Welcome aboard, Brianna and Mindy! Congratulations again, Lisa and MeriJayd!

Your Wheatsville Co-op board is committed to fostering a connected community! Do you want to connect with your fellow Wheatsville member-owners? Consider joining us at a board meeting. Come out to upcoming events, or be on the lookout for a future "Community Connect" where we host a round table to discuss important topics that affect our community and your co-op. Wheatsville thrives on member-owner involvement, so don't hesitate to share your ideas! We are excited to grow our co-op together.



Brandon Hines
Board President





Welcoming THE NEW BOARD



Hi y'all! My name is Brianna Menard. Long time owner, first time board member!

I'm thrilled to be one of the newest members of the board here at Wheatsville. Despite being fresh to the board, I've hit the ground running, stepping into the role of Board Secretary.

I've been a proud owner of the co-op for ten years. I became an owner during my first year at The University of Texas (Hook 'Em horns!). Since that time, Wheatsville has nourished me and taken care of me as my home grocer.

I've spent my career serving in the Texas Legislature and working on political campaigns across the state with the goal of making Texas a healthier and more equitable home for all of us.

When I'm not working at the Capitol or knocking on doors, you can find me running on Town Lake, practicing yoga with my BFree family, dancing the night away at Cheer Up Charlies, or snuggling with my purrfect cat Zia.

I'm also a foodie and a committed vegan! I love to cook and share food with others, something Wheatsville makes possible by offering a variety of locally sourced, plant based whole foods (And for the days I don't feel like cooking—the popcorn tofu really hits).

I am excited to bring a fresh perspective to the board, and I am honored to have the opportunity to give back to the community that has given me so much. See y'all around the co-op!



Brianna Menard
Secretary

Hi y'all! I'm excited to join the 2024 Wheatsville Board of Directors. As a long-time advocate for organic, socially responsible food, I have also become an ardent advocate for Wheatsville during my 10 years in Austin.



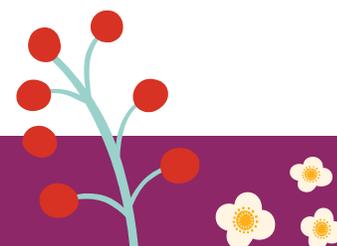
More than just a grocery store, Wheatsville is a cooperative association that operates for you, the owners, and in conjunction with other owner cooperatives in Austin. In that way, Wheatsville makes a community impact that no other grocery business in Austin can claim.

But you, like me, probably know Wheatsville best of all as your local food co-op where you can expect to find good quality food with production integrity behind it. You also know Wheatsville as a place with a unique, welcoming spirit.

It is that spirit, and Wheatsville's cooperative role in Austin, that I look forward to supporting through board service. If you see me in the aisles of Wheatsville, stop and say hi!

In cooperation,

Mindy Nobles





News

FROM THE BOARD



Community Connect Recap

The Board of Directors would like to show much appreciation to the lovely owners who attended the Community Connect event on February 29th. After a brief overview of what a cooperative economy is and how Wheatsville strives to support a robust cooperative economy, we dove into ways owners can support Wheatsville by sharing the benefits of ownership and creating a supportive, cooperative community in our Austin region and beyond.

Owners shared several great reasons for shopping at Wheatsville. They know that their dollars stay local, they appreciate the sense of community, and at Wheatsville it is still possible to bring your own bags for produce, bulk, and other items. One owner shared that he was able to complete his Wheatsville shopping without a single plastic bag or wrapping. Another owner, who travels one hour round-trip to shop at Wheatsville, said that co-ops pull us together when so many forces in our world are pulling us apart.

Getting the word out to the people moving to Austin every day is important, especially when people are looking for community, perhaps a home co-op to join, or want to participate in an alternative to the mainstream capitalist economy. One owner noted that shopping at Wheatsville allows people to donate to non-profits even if they are on a fixed income through the Community Action Partner program.

Even with all that Wheatsville has to offer to our community, its continued success requires shoppers and sales. In true cooperation, owners can share with their neighbors, friends, and family the benefits of ownership so that we can grow the number of owners and keep Wheatsville thriving. More sales equals the ability to grow which strengthens the cooperative community and benefits many more people and organizations. Owners can also help dispel any myths about co-ops—such as whether you must work at a co-op to be an owner—when they talk

with people about Wheatsville.

In a nutshell, here are some key benefits that maybe the general public might not know about:

WHEATSVILLE BENEFITS OF OWNERSHIP

- * Owners pay a one-time fee
- * Ownership never expires
- * Owners get extra 10% off owner deals and other specials
- * Owners can run for the Board
- * Owners are eligible to vote in the election
- * Owners vote for Community Action Partners

Getting the word out to the people moving to Austin every day is important, especially when people are looking for community, perhaps a home co-op to join, or want to participate in an alternative to the mainstream capitalistic economy.

Learning from a range of owners, from founding members to the newly joined, helps the Board take in the whole Wheatsville picture and plan strategically for the future. We look forward to creating events based on ideas that owners gave us. Stay tuned for future events and more Community Connects.

If you would like to share your ideas for Wheatsville owner engagement, feel free to contact the Board at boardemail@wheatsville.com



MeriJayd O'Connor

Chair of Owner Engagement Committee



NEW DELI ITEMS

to taco-bout



We're excited to announce new items now available in our Delis! Our teams have been hard at work testing recipes and rolling out new variations of your favorite Wheatsville classics. Stop by for breakfast, lunch, and dinner any day of the week!



Lunch Tacos (choice of veggie, chicken, steak, or our famous Popcorn Tofu)

That's right! You can now get our famous Original and Buffalo Popcorn Tofu in a taco topped with your favorite veggies, salsa, or dressings. That's "nacho" average taco! Looking for a bigger breakfast? Our burritos are a great option to double your portion. Also, be sure to check out our rotating hot bar, soups, and grab & go items. Hot rosemary and lemon pepper rotisserie chickens are available as well.

Thanks for supporting your local co-op!

Janya Carney

South Lamar Store Director

NEW TO LUNCH MENU

Hot Sandwiches

Lunch starts at 11am everyday!



SPICY SOUTHERN FRIED TOFU SANDWICH (V)



HOT MUFFULETTA SANDWICH



NEW TO BREAKFAST MENU

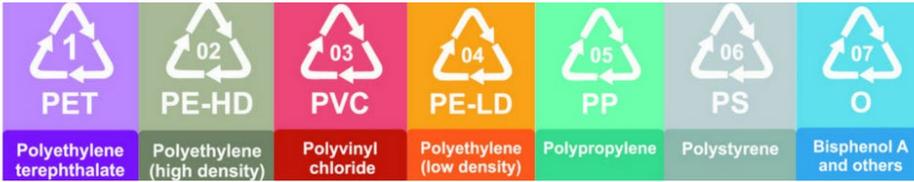
Breakfast Burritos

(includes three items + all the veggies)

Breakfast from 7:30 am - 11am

Wishcycling

THE MYTH OF A CIRCULAR PLASTIC ECONOMY



PET is commonly used in commercially sold water bottles, soft drink bottles, sports drink bottles, and condiment bottles.

HDPE is commonly used in milk and juice bottles, detergent bottles, shampoo bottles, grocery bags, and cereal box liners.

PVC can be flexible or rigid, and is used for plumbing pipes, clear food packaging, shrink wrap, plastic children's toys, tablecloths, vinyl flooring, children's play mats, and blister packs (such as for medicines).

LDPE is used for dry cleaning bags, bread bags, newspaper bags, produce bags, and garbage bags, as well as "paper" milk cartons and hot/cold beverage cups.

PP is used to make yogurt containers, deli food containers, furniture, luggage and winter clothing insulation.

PS, also popularly known as Styrofoam, is used for cups, plates, take-out containers, supermarket meat trays, and packing peanuts.

Any plastic item not made from the above six plastics is lumped together as a #7 plastic. Things like CD's baby bottles and headlight lens



This plastic bottle has a recycling symbol on it, which should make me feel good about my purchase. I can cap it and toss it in my single stream recycling bin when I am done, and it will go on to be another bottle or bag in the future. That sounds great, but the process of recycling is complex and costly. The first issue is that this container

However, the value of this plastic is low and pulling apart bottle caps and labels is labor intensive. More than likely a hodgepodge of plastics will go into a bale to be shipped overseas for sorting or it will go to a landfill despite traveling there via my recycling bin.

is actually three different types of plastic. There is the label, the bottle, and the lid. Only a portion of those pieces can be recycled locally, and they must all be separated before that can happen. Ideally, the consumer will clean, separate, and sort these three plastics before putting them in the bin. The label of this particular item even has a convenient icon and perforation line to make it easy to separate the label from the bottle before recycling. After separating them, I can toss them all in my single stream recycling bin and a fancy

machine at the recycling facility will scan and sort them accordingly. If I leave the plastics together, the machine may recognize this as a mix of plastic types and perhaps a person at the recycling facility will separate it for me. However, the value of this plastic is low and pulling apart bottle caps and



labels is labor intensive. More than likely a hodgepodge of plastics will go into a bale to be shipped overseas for sorting or it will go to a landfill despite traveling there via my recycling bin.

The reality is that less than 5% of the 51 million tons of plastic waste generated by US households is recycled. The recycling labels on the plastic containers were stamped there by petrochemical companies and were always more aspirational than realistic. Plastics manufacturers know that the cost to sort, clean, melt, and reform plastics will always be much more expensive than using new plastic pellets. Only plastics one and two are readily recyclable and even those break down after 1 or 2 re-uses and must be discarded. Even worse, when plastic is recycled the process of recycling releases more of the chemicals used in production; manufacturers are not required to

list the components of their plastic material and many additives are toxic. The contamination is exacerbated when plastics deteriorate and start shedding microplastics as they transit from waste bins to sorting facilities to recycling centers across the world. Most of the difficult to recycle plastic once went to China but China banned the import of waste plastic in 2017. Now most plastic goes to lower income countries even less equipped to process it. Much of this waste plastic is burned, buried, or washed out into waterways. Overtime plastics do break down into smaller particles and recent research has found micro and nano plastics in every place on the planet from the poles to the ocean depths to inside of our bodies. While the long-term effects of these particles are not yet known, like any chemical, it is the dose that makes the poison.

The global plastics problem is bigger than any one individual, but we can shift how we think about this material. Plastic is not an infinitely recyclable resource, and consumers need to recognize that most plastic is single use despite the logo. There are three arrows in the recycling logo: reduce, reuse, and recycle. Recycling is the last of the three for a reason. It should really be a recycling hierarchy where the main goal is to reduce plastic use and a last resort should be recycling. The recycling symbol on plastics is an empty promise and we should not allow ourselves to be misled by it. Consumers can advocate for change but ultimately companies must respond and change their packaging. Voice your dissatisfaction, educate yourself on the materials you consume and take action to reduce plastics where possible. Reduce your plastic usage: choose glass or aluminum packaging (aluminum is the easiest material to recycle), bring your own bag when shopping, take a thermos or mug to get your morning tea or coffee. If you must buy a plastic container, choose easily recyclable numbers like plastics one or two. And before you toss that plastic bottle in the recycling bin, give it a rinse, and separate the different components. You increase the likelihood of it being recycled at least one more time before it becomes trash.

Katie Brown

POS Coordinator



I've been at Wheatsville on Guad for about two and a half years. In my free time I like making music (whether electronic on an MPC or tracking guitar on cassette), reading (which you'll frequently catch me doing on breaks), swimming at Barton, or walking around the neighborhood talking to folks.

Hailey Mendez
Grocery & Wellness Clerk



KALA'S KUISINE LEMON PRESERVES
They're local, full of natural probiotics, and flavor. The combo of sweet, sour, and salty is immaculate. It's like a lemonhead that's healthy for your gut.



WILDBRINE KOREAN STYLE KIMCHI
Another probiotic filled piece of heaven. You can't have it in your fridge for more than a week without eating at least half of it in one sitting with a fork.



CHOPPED CALABRIAN PEPPERS
They go great in soups, salads, sandwiches, and pastas. They add a complex but dangerously spicy flavor. I always have some in my fridge.



PACHA SOAP CO. PISTACHIO + ALMONDMILK
This is easily our best smelling soap. It's floral and sweet with great moisturizing properties.



BROTHER FRIEND GRACKLE OIL
Fantastic new cold brew by Brother Friend Coffee truck here in Austin! Texas pecan has grown to be an Austin favorite. It has a rich, nutty flavor without any sugar!



EL PATIO CHIPS
These fluffy, buttery chips are better than any restaurant chips you'd find. Great especially with them being down the street from us.



TUSCAN KALE WITH PARMESAN
An easy healthy snack for on the go. I recommend adding shredded chicken and avocado.



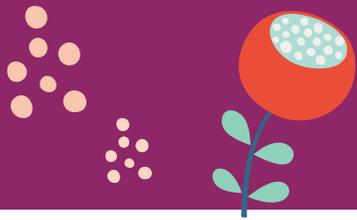
BEET SALAD WITH FETA
Also an easy, healthy snack for on the go.



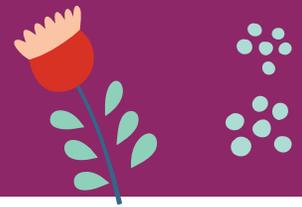
HOUSE-MADE FLAX CHOCOLATE BROWNIES
Gluten-Free, vegan brownies that are crunchy on the outside and gooey on the inside. Great with coffee in the morning. They also have a great amount of fiber and protein.



AUSTIN BEERWORKS BLOODWORK ORANGE
A delicious IPA for the summer. It's smooth on the tongue but also 7% alcohol to get you going.



Nowruz



Hi Everyone, Negar Kidman here. I'm the graphic designer here at Wheatsville. I am proud to say that I was born in Tehran, Iran before moving to the United States when I was just nine years old. Springtime is a special time for me because I grew up celebrating the spring equinox, which is the Persian New Year, called Nowruz.

Nowruz, marking the first day of spring and the beginning of the year in the Iranian calendar, has been celebrated for over 3,000 years.. It is a time for family gatherings, feasting, and gift-giving. The celebration typically lasts for 13 days (about two weeks) and includes various traditions such as cleaning the house, visiting family and friends, and preparing special dishes.

One of the most iconic symbols of Nowruz is the Haft-Seen tale or alter, which is decorated with seven items that all begin with the Persian letter "sen" and represent various aspects of life and nature. These items include Sabzeh (wheat or lentil sprouts), Samanu (sweet pudding made from wheat germ), Senjed (dried fruit of the oleaster tree), Seer (garlic), Seeb (apples), Somagh (sumac), and Serkeh (vinegar).



On the day of Nowruz, families gather around the Haft-Seen table and exchange gifts. They also visit relatives, friends, and neighbors and share food and sweets. The celebrations continue for 13 days, which is known as the "13 days of Nowruz". Nowruz is a time of renewal, joy, and hope for the year ahead. The celebrations bring families and communities together and create a sense of unity and belonging.

And this Nowruz I wish everyone a very happy New Year.

Negar Kidman
Graphic Designer

Staff Spotlight

WHERE ARE YOU FROM AND HOW LONG HAVE YOU BEEN WITH WHEATSVILLE?

Originally I'm from McAllen, Texas and moved to Austin in 2012. I started working at Wheatsville in October of 2021.

WHY WHEATSVILLE? WHAT APPEALS TO YOU ABOUT THE CO-OP MODEL?

I use to work at Whole Foods but I think I was always meant to come to Wheatsville. It was like divine timing or something like I was driving and I hit a few road blocks which made me go in a different direction but it brought me to this really cool place.

What appeals most? I use to come in a do some shopping at both stores when I was in the area and I always thought Guad was the cutest store ever. I really love how much Wheatsville gives back to the community with our community action partners, donating food, Wheatsville Cares.

WHAT'S YOUR FAVORITE PRODUCT AT WHEATSVILLE?

I love making my own personal pizza with the Vicolo crust also popcorn tofu, duh.

SOMETHING PEOPLE DON'T KNOW ABOUT ME?

I am a mother of 5. Baby Domingo, dog Luci, cat Blair, cat biscuit, rabbit Daisy.

ASK ME!!!

No.1 Most KNOWLEDGEABLE



Kayla Hoots
Grocery & Wellness Clerk

Local VENDOR HIGHLIGHT



The Cultured Carrot was founded by two local Austin women, Palak Sadarangani and Kristin Simpson. Palak is a health coach practicing an Ayurvedic lifestyle and Kristin is a pharmacist with a holistic lifestyle approach. The team was inspired by the health benefits of fermented foods and their positive impact on the microbiome and gut health. Their dressings are the next evolution of ancient fermentation and are a delicious and easy way to incorporate powerful benefits into family meals.

Stop by our Produce Department at both locations to check out this awesome local vendor – The Cultured Carrot!

After researching and studying the microbiome, both founders were surprised to learn that 80% of our immune system is found in the gut. Consuming fermented foods helps to bolster our immune system and improve overall health. They found that traditional fermented foods on the market like kimchi, sauerkraut, kombucha, kefir and miso were not always easy to incorporate into their families' diets. Thus, the idea of creating fermented vegetable dressings for salads, marinades and sauces was born.



The Cultured Carrot products are made with 100% organic veggies and avocado oil. You can often find The Cultured Carrot team demoing products at both Wheatville locations. Next time you see them, be sure to stop by their table, say hello, and taste the uniquely delicious dressings they have developed! They have four great flavors available on Wheatville shelves including:

- **UNBEETABLE** • **ROOTING FOR YOU** • **BELEAVING** • **CAULIPOWER RANCH**



Tanya Carney
Store Director South Lamar