



# Silver City Food Co-op

# GARBANZO GAZETTE

Our monthly newsletter • August 2016

Volume 16

## Co-op Hours:

Monday - Saturday

9 am - 7 pm

Sunday

11 am - 5 pm

575•388•2343

520 N. Bullard St.

## Not All That Shines is Gold, Maybe it's Silver: A New Co-op Employee's Journal Entry

by Robin Austin

My life in Silver City so far has been a dream: the sun, the porch, the little garden, and room to sew and craft. I didn't think I would ever walk to work in my lifetime. And not only do I walk to work but also to the laundromat and to the post office and to a quiet place to sit alone and look out over the town. I can walk to six different thrift stores. Six! I shouldn't get started on the thrift stores. I love them so much I could cry.

There are classes and Gin Rummy and intimate music performances in cricket-filled backyards. The Big Ditch is for exploring and Boston Hill is for perspective. My heart beats differently here and I feel more myself.

Maybe the best example is one of my most sacred Silver City traditions, Ecstatic Dance. Dancing in New York City is incredibly romantic – it's dark, late, and wild. I'm glad to know that world exists, I'm glad to have met it. But now I dance in a sun-filled room on Sunday morning with bright smiling faces and the kind of energy that flows only when you allow yourself to truly be a kid again. That suits me better, infinitely better. It is connection that feels real the rest of the day and the next too.

The natural surroundings are incredible. There is the vastness of the desert and the pine smell of the wilderness. You can feel cozy and surrounded or free and wide open. The ridge lines seem to follow the natural curves of my soul. They are accessible yet powerful, both friends and gods.

The sun is pretty much always shining and if it's not it's because there is a powerful and beautiful storm approaching. The sky fills with the most majestic clouds I've ever seen and the air smells so good you want to bottle it and fill your dreams with it. I get giddy as a child when I hear the first raindrops against my window panes. It's here! I love how you can see the storms coming for hours and sometimes they tease and sometimes you're lucky.

Here I make eye contact with people and say hello, even people I don't know. That just doesn't happen everywhere. I don't have to compete with anyone's cell phone to have a conversation and I can't even begin to describe how refreshing that is.

When I'm at work as a cashier at the coop and I ask my customers in line how they are today, I truly mean it. I want to know. Because I'm lifted by their answers and their shiny eyes. Of course not everyone is having the best day ever and that's okay. There are babies to feed and jobs to do and life is still hectic but I've lived in a lot of places and I've never seen such a consistent positivity in the people I work with, socialize with, and serve.

People talk about it freely, how great it is to live here. When Brett says, "Just another day in paradise," I know he means it. And that makes me aware of paradise all around me too.

Of course I've only been here a couple months and it's summertime – tomatoes and swimming and shorts. And I'm aware that to some extent the novelty will wear off and I'll slowly drift into the routines of daily life without as much gratitude and awe as I have now. A form of that is bound to happen, it's only natural. But right now, in this moment, I'm incredibly grateful for this experience of living in Silver City, New Mexico, surrounded by the beauty of the earth and its people. 



Robin is one of the friendly faces you will see at the register.



Robin is stocking our delicious organic fruit and produce!

Silver City Food Co-op  
Market Café

## Café Hours:

Sunday

8:30 am - 5:00 pm

Monday,

Wed. - Sat.

8:30 am - 7 pm

Closed Tuesday

575•956•6487

614 N. Bullard St.



YOU  
ARE  
WHAT  
YOU  
EAT

# Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

## Store Hours

575-388-2343

Mon-Sat 9am-7pm

Sunday 11am-5pm

## Café Hours

575-956-6487

Mon., Wed. - Sat. 8:30am-7:00pm

Sunday 8:30 am - 5:00 pm

Closed Tuesday

## Vision Statement

Because of all that we do,

our member-owners,

our food co-op, and our extended

community will gain and maintain health.

## Seven Cooperative Principles

Voluntary and open membership

Democratic member control

Member economic participation

Autonomy and independence

Education, training and information

Cooperation among co-ops

Concern for community

**Joe Z**

general manager

**Mike Madigan**

assistant manager

## The Garbanzo Gazette Gang

Editor: Charmaine Wait

Contributors: Susan Van Auken, Robin Austin,  
Jennifer Johnston, Bret Sarnquist & Bill Blakemore

Layout & Design: Carol Ann Young  
& Meggie Dexter, Consultant

Submissions are welcomed!

Submit letters, articles, or items of interest to:

[gg@silvercityfoodcoop.com](mailto:gg@silvercityfoodcoop.com)

©2016 Garbanzo Gazette

All Rights Reserved. Articles published in this newsletter  
do not necessarily reflect the views of the board,  
management, or staff of the Co-op.

# Cup o' Joe

by JOE Z



As I write this, the 2nd political convention is under way. Are you enjoying them? I'm not paying much attention, you know. For a political junkie such as myself – this is a big change for me. I don't know why – but I'm not that inspired. Sure – I have opinions and I will certainly vote as I have done since I turned 18. Yet I have a lot of trepidation about it. Maybe it's because I always expect great things after an election and then get disappointed. That's what you get for having expectations.

I always want things to change. I guess that's because I never accepted the way things are. I always believe that things can be better and more fulfilling. But change always seems to bring its own issues to the table. Take the new health care program. It's great! So many more people are able to get insurance. People won't go bankrupt because of an illness. People with pre-existing conditions can get coverage. But it's also terrible. The level of bureaucracy associated with it is mind-numbing. Many rates are going up. States and insurance companies are all playing games trying to get around the provisions. It's a great idea that is steeped in compromise and loopholes.

Change happens whether we like it or not and not just because of political gyrations. Real change happens because, we the people, want it. For example, smart phones were an idea that people really wanted and in a few years changed the way we communicate. It's great! But do I really need to go over all the reasons they're not so great?

When I first got involved with Co-ops way back in '76, I felt that this movement would change our country and our world. We would discover new ways to work together. People would take back control of their food supply. We would change the way we eat and farm. Food would be purchased for health not the processed crap that was causing many illnesses. Food would be for people – not for profit.

What a brave new world we would create! Idealistic and hopeful! The future was bright and exciting.

Things didn't go exactly like our imaginations suspected. The world kept changing and shifting – some good and some not so good. And through it all – our tiny Co-ops kept growing and trying to figure out their place in the world and would keep experimenting with new ways of governing and organizing ourselves.

Be careful what you wish for because we did change the food consciousness of our country. It took a long time but Organic and Natural foods are really starting to catch on. As our Co-ops grew, private business saw a market that they did not recognize previously and targeted that market. With more resources available to them than what was available to the Co-ops, they slowly built themselves to where Organic and Natural foods are now the fastest growing category of foods.

Everyone is jumping on board. Yay! The Co-ops wanted us all to change our relationship with our food and it is finally happening! This is a really good thing! We all really, really wanted this. But it is not exactly what we envisioned.

Big Business sees profit and in the last few years, really glommed onto the foods that helped the Co-ops to thrive. The huge conglomerates started buying up all the little Organic/Natural companies. Our vision of food for people not profit almost seems totally dead. Co-ops all over the country are struggling as these big businesses buy up the food supply and offer the foods at cut rate prices to build their market share.

We changed the market and that change is now threatening us. But Co-ops were not only about the foods. We were about economic democracy, right livelihood and justice in our food choices. We were about OWNING our own food distribution rather than having the moneyed folks sell us whatever can make them a dollar.

The three largest groceries have cornered the Market on Organic/Natural foods. Walmart is the largest retailer and the largest grocer. It is a private company that has always catered to the lowest common denominator and all their decisions have to do with making more profit at the expense of their workers and the communities they exist in. They are what they are and they probably perform some sort of service to a selection of the populace. I see them as a limited vision and selfish company but often they are the only place in town to get what you need.

The second largest grocer is Kroger. You may not have heard of them because they operate under many different names. Their Simple Truth brand is the largest Organic brand. And they only started it about 4 years ago. They are a Wall Street company. We do not have a Kroger store in Silver City.

Albertsons is now the third largest grocer in our country. I always liked Albertsons because they were a small company struggling against the big boys. And now they are one of the big boys. But they did not get there because of their efforts. They got there because a private equity firm bought them and a bunch of other small companies and combined them all together. More power to them. They own many other types of companies – whatever makes them money. Nothing wrong with that. But they are not interested in food other than how much money they can make. Do you know they also own Remington arms, Bushmaster Firearms, Dakota Arms, DPMS Panther arms, H & R Firearms, Parker Gun Makers and well as a few others? They had well over a billion dollars in firearms and ammunition sales in 2014. Nothing wrong with that overall. But what the heck does that have to do with food and our communities.

The Co-ops are us. Our communities. Our friends and neighbors. We exist for each other and the changes in our market – changes we helped create – actually can and does threaten our Co-ops. So Co-ops need to change too so that we can always serve the health of our communities and ourselves. Our Co-op will be experimenting with new ways to serve our Membership. A good example is our Market Café. Although we are in this tiny town, we are not immune to the dynamics at work nationally and globally. Changes are coming. We have no choice. It will be great!



# Common Myths About Food Co-ops

By: Co+op, stronger together

*For food lovers on the hunt for fresh local produce and healthy, sustainable products, the local food co-op may be a hidden gem. Why hidden, you ask? Many people, including co-op shoppers, are not entirely sure how co-ops work—or how to get involved. Luckily, the most common misconceptions can be cleared up in a snap. Read on to get the real answers to frequently asked questions about food co-ops. You may be surprised by what you find!*

## Myth #1

I have to be a member to shop at the food co-op.

### Fact

Everyone is welcome at the co-op. Just do your shopping like you would anywhere else. Once you've discovered the benefits of co-op shopping, you might want to find out more about the benefits of membership, too.

## Myth #2

I have to be a hippie/liberal/vegetarian/etc. to shop at the co-op.

### Fact

Same answer: everyone's welcome. Liberal or conservative, hippie or yuppie, veggie lover or bacon lover—anyone can shop co-op (that means you!).

## Myth #3

Being a co-op member means I have to join the board (or work part-time at the co-op, or do something else I'm not really sure I want to do).

### Fact

All you really have to do is enjoy shopping at the co-op! Sure, you can run for the board or participate in co-op events if you like, but your level of participation is always entirely up to you.

## Myth #4

I have to pay an annual fee to be a member of the co-op.

### Fact

To become a member of most co-ops, you invest a small amount of money in the form of shares. Most co-ops allow you to buy them all at once or over time (but most member benefits start at once). Your shares make you a co-owner of the co-op along with the other members. If for any reason you decide to leave the co-op, there is a process to get your investment refunded.

## Myth #5

There's no reason to become a member.

### Fact

While co-ops welcome everyone, there are definite benefits to becoming a member. For instance, members can vote in co-op issues, so they get a say in how the co-op works and where it spends its money. And speaking of money, when the co-op turns a profit, members may be eligible for a patronage refund in proportion to their purchases. There's also a host of other member benefits that are specific to each co-op (just talk to the staff to find out more).

So even if you only shop at the co-op once a month, the benefits are likely to exceed your investment, and you'll get to play a part in a vibrant community resource.



*Co-op staff working and laughing together.*

## What is a Cooperative?

A member-owned and member-controlled business that operates for the mutual benefit of all members. Examples include your local food co-op, a local housing or child care co-op, Group Health Cooperative, and any credit union. The cooperative form of business is one that brings the owners, controllers, and users of a business together into one group.



*Co-op staff having fun dressing up for Fancy Friday.*

## Facts

- There are more than 29,000 co-ops in the United States with Americans holding 350 million co-op memberships.
- U.S. co-ops provide over 850 thousand jobs and create more than \$74 billion in annual wages with revenue of nearly \$500 billion.
- The majority of our country's 2 million farmers are members of the nearly 3,000 farmer-owned cooperatives. They provide over 250 thousand jobs and annual wages of over \$8 billion.
- Over 8,300 credit unions provide financial services to nearly 100 million members.
- More than 900 rural electric co-ops deliver electricity to more than 42 million people in 47 states. This makes up 42% of the nation's electric distribution lines and covers 75% of our country's land mass.
- Approximately 233 million people are served by insurance companies owned by or closely affiliated with co-ops.
- Food co-ops have been innovators in the areas of unit pricing, consumer protection, organic and bulk foods, and nutritional labeling.
- More than 50,000 families in the U.S. use cooperative day care centers, giving co-ops a crucial role in the care of our children.
- About 1.2 million rural Americans in 31 states are served by the 260 telephone cooperatives.
- More than 6,400 housing cooperatives exist in the U.S., providing 1.5 million homes.
- The .coop web address extension has been adopted by over 3,000 co-ops and while many cooperatives may use .com or other domain extensions, when you see .coop, you can be sure that it's a cooperative. For more information, visit [www.coop](http://www.coop).
- How do co-ops impact the economy? Check out the University of Wisconsin Center for Cooperatives' research on the Economic Impact of U.S. Cooperatives and the Hoffer Report (summary) to see the impact co-ops have in Northwestern New England.



*Each department has a buyer who works hard to purchase the best products for us.*

# KITCHEN MEDITATIONS

Summer



## Nutrition Nugget Avocado

Avocados are one of those rare foods that are both sinfully delicious and nutritionally loaded. Most people know that avocados contain an abundance of good quality unsaturated fats, but an avocado also has more fiber than a cup of pitted prunes, more potassium than a banana, more protein than almost any other fruit, and are a good source of B vitamins and vitamin C. Half of a medium-sized avocado has about 160 calories, with 15 grams of fat, 7 grams of fiber, and 2 grams of protein, and makes a delicious addition to soups, on sandwiches, in a burrito or quesadilla, or even by itself – try one thinly sliced and topped with lime juice, and a pinch each of salt and chipotle powder for a satisfying snack.

Avocados are also a great way to boost the nutritional content of other dishes, such as smoothies. Adding half an avocado to a green smoothie or shake adds a ton of nutrition and also gives your smoothies a rich, creamy texture without adding ingredients like ice cream. Avocados even work well in desserts like puddings or vegan ice creams, including an amazing avocado-tahini ice cream, if you're in the mood for a treat that's fairly healthy and has a complex, not-too-sweet richness.

While avocados are not a low-calorie food, they're a good source of quality nutrition, and have a place in almost any diet, except for your pets', as avocados can be toxic to some animals. So enjoy, but keep the guacamole up on the table for the people in the house – not that there is likely to be leftovers!

-- Bret Sarnquist RD LD



## More Bulk Spices at Great Prices!

Our favorite price-comparing Co-op shopper gave us more price comparisons between the big store and the Co-op. Again, the Co-op's organic spices are at the best prices in town, hands down!

Spice	Co-op	Other Store
Ginger	\$1.33 / oz.	\$2.48 / oz.
Paprika	\$1.02 / oz.	\$2.34 / oz.
Rosemary	\$.84 / oz.	\$3.97 / oz.

## The Frugal Co-op Chef



## Grapes

*Grapes! Refreshing grapes can be used in so many ways. Organic grapes at the Co-op do not have pesticides. Here are some suggestions.*

- Eaten fresh
- Made into juices, wines, jelly, preserves
- Dried into raisins and currants
- Toss into fruit and vegetable salads
- Add to side salads (chicken salad or pasta salad, for example)
- Serve with cheese as a snack
- Serve slightly chilled

## Grilled Summer Vegetables with Fresh Mozzarella

By: Co+op, stronger together

### Recipe Information

Total Time: 40 minutes

Servings: 4-6

Grilled vegetables are delicious and easy to cook. Take advantage of summer's vegetable bounty with this simple recipe.

### Ingredients

- 2 zucchini, cut lengthwise into 1/4-inch slices
- 2 red bell peppers, seeded and sliced into large strips
- 1 small eggplant, cut into 1/2-inch rounds
- 1/2 pound fresh mozzarella, salted or buffalo style, cut into thick slices
- 1 tablespoon olive oil
- Pinch salt and black pepper
- 1/4 cup fresh basil, julienned (optional)

### Marinade

- 1/4 cup olive oil
- 1/4 cup red wine or balsamic vinegar
- 1 tablespoon fresh garlic, minced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano

### Preparation

1. In a large bowl, combine all marinade ingredients. Add the prepared vegetables and marinate 30 minutes, turning often.
2. Heat your gas or barbecue grill on medium-high. Remove the vegetables from the marinade and grill until cooked through, about 5 minutes, turning often.
3. Season the mozzarella with olive oil, salt, and pepper. Arrange mozzarella slices around the edge of a serving platter.
4. Remove the vegetables from the grill and layer the eggplant first in the center of the platter, then zucchini, and top with bell peppers. Drizzle with leftover marinade and garnish with basil.

# Jake's August Produce Picks

*August, the peak of summer, lots of fresh fruits and vegetables to choose from right now. At the Co-op, Jake is highlighting our great avocados, especially our great everyday low price, zucchini, and luscious grapes.*



*Jake Sipko  
Produce Manager*

## Zucchini

*By: Co+op, stronger together*

Come summer, there's always zucchini on the menu! How lucky for us that something so delicious is also a prolific grower. National "Sneak Some Zucchini into your Neighbor's Porch Day" is August 8, about the time when zucchini crops across the country abound.

Enjoyed as a vegetable but actually an immature fruit, zucchini is a relative of the cucumber and the melon. Formerly called Italian squash—the word "zucchini" comes from the Italian word for small squash, "zucchino"—it was likely introduced to the United States by Italian immigrants in California in the early 1920s.

Zucchini takes just about 50 days from planting to eating. It's not cold hardy, but it'll grow easily in many parts of the world, including throughout the United States. And it comes in all sizes, from just a few inches to the largest zucchini to date, grown in Niagara Falls and measuring 8 feet 3 inches.

The zucchini is an excellent source of manganese and vitamin C and a very good source of magnesium, vitamin A, dietary fiber, potassium, folate, copper and phosphorus. It's a good source of omega-3 fatty acids, vitamins B1, B2 and B6, calcium, zinc, niacin and protein. The edible flowers are a good source of beta-carotene and vitamin C.

The best known of the summer squash, there are at least 50 varieties of zucchini, from smooth, long, thin specimens (Fascienne and Cocolle) to squat and round ones (Black Ball and Lucky 8). Skin colors range from yellow (Golden Girl and Grenade) to dark green (Nano Verde di Milano) and some with striped or speckled skin (Green Tiger and Lucky 8). There's even a rectangular variety (great for grilling) called Green Griller and a grey-skinned variety, called Greybeard.



You may come across recipes calling for courgette, the French term for zucchini. Zucchini has a light, delicate flavor, and the entire fruit is edible—the skin, flesh, seeds. Zucchini is available throughout summer, and its peak season is May through August. Small to medium-sized zucchini are generally more tender than older, larger vegetables (the vegetable develops more seeds and becomes tougher as it gets larger).

Look for bright, blemish-free skin, and avoid zucchini with soft spots. It should be firm and heavy for its size. If the rind is too hard it may be over-mature.

Take care not to puncture the skin, or the fruit will decay more quickly. Store zucchini unwashed in a perforated plastic or vegetable bag in the refrigerator for up to a week.

## Grapes

*By: Co+op, stronger together*

What more could you ask for in a snack? Grapes are refreshing, sweet, and low in calories. They provide fiber, vitamins, and those highly touted antioxidants. No preparation (beyond a good rinsing) is required, and they're already perfectly bite-sized! As ideal as they are as snack food, grapes also enliven other dishes. Try them in a chicken curry or a rice salad, for example. A range of colors—red, purple, and frosty green—makes a pretty plate for easy entertaining or an after-school treat.



*Tinisha selecting grapes for a Sunday picnic. Ummm!*

Many people have tried their hand at the avocado's claim to fame, guacamole, but did you know there is so much more to love about this nutritious, wholesome fruit than its role in a classic chip dip? Sometimes referred to as a "butter pear," the avocado contains unique, monounsaturated plant-based fats that earn it a gold star from nutritionists as a heart-healthy indulgence. Avocados can help your body absorb fat soluble vitamins A and D, while also contributing fiber and vitamins B, C and E to your diet. In addition, one avocado has as much potassium as a whole banana. When was the last time butter did that?

*At the Co-op, organic avocados are offered at the everyday low price of .99cents each.*

## Avocados



***In a Hurry?***  
**Grab 'n' Go  
to the Rescue!**



*Sarah is stocking the Grab 'n Go cooler with fresh food.*

Oh, what wonderful food is found in the Grab 'n Go cooler! If you are in a hurry, too tired to make dinner, or need a dish to take to a friend, check out the Grab 'n Go cooler.

Brenna and her deli crew make the items fresh every day, so there is always something new to try. You will find soups, nori rolls, tapioca, tabbouleh, several salads, sandwiches and more each day. It is always a feast for the eye and a delight for the tummy.



*Sarah is holding the yummy nori rolls. There are sauces hidden inside the container!*

*The cooler is located at the front of the store. Check it out next time you are in the Co-op.*

## *Do you like shopping?*



Want to help someone who cannot get to the Co-op?

Here is the perfect volunteer opportunity!

We need a shopper once a week for about 2 hours.

*Is that you?*

Contact:  
[charmeine@silvercityfoodcoop.com](mailto:charmeine@silvercityfoodcoop.com)

## September **MAD**

*Wed. 14th, Thurs. 15th, Fri. 16th*

Pick your own day  
to receive **15% off** your purchases!  
(Excluding mark-downs & deli items)

Be sure to tell the cashier **BEFORE** they start ringing up your purchases that you are using your **MAD** discount!

**Member Appreciation Days (MAD)** are offered 4 times each year, and are yet another way to save money at the Co-op.

Memberships are only \$10/year and you can recoup your membership by shopping just one **MAD**.

## August Forum

*Join us!*  
*to learn about*  
*Gardening by Season*  
*with Gale Green*

**Thursday, August 11th**  
from Noon to 1 pm

**Community Room @ the Market Café**

**614 N. Bullard St.**

For more information call the Co-op at 388-2343



Co-op  
**KID**

**Corner**

# Planning a Summer Picnic

There's no better way to celebrate the beginning of summer than by planning a leisurely outdoor picnic. Here's how to keep your picnic out of bug-bite and spoiled-food territory to enjoy warm breezes, delicious food and fun.

## Prep everything ahead of time

This may seem like a no-brainer, but putting in the time to chop your veggies, assemble your kebabs, or slice your baguette before leaving the house will keep the fuss—and mess—to a minimum once you get outside.

## Stay bug-free

Bring small citronella candles to place along your picnic table. If you're picnicking on a blanket (where fire isn't the friendliest option), pack a bottle of chemical-free mosquito repellent from the body care section of your co-op.

## Avoid foods that spoil easily

That means mayo, cream-based dips, and fresh cheeses are best left at home—unless you're planning to transport them a short distance on ice and eat them immediately. Any leftovers should be thrown away (so plan your portions carefully!).

## Practice food safety

Take care to make sure all raw meats are wrapped separately, and transport them on ice. Use separate cutting boards and utensils for handling raw meat (bring an extra plastic bag to keep them in), and wash your hands as often as possible. Hand sanitizer is a must.

## Cook meat with care

If you're grilling outdoors, keep raw meats below cooked meats on the grill at all times, and make sure they're cooked thoroughly before eating (a meat thermometer can confirm doneness). Hamburgers should be cooked to 160 degrees, poultry to 170 degrees, and beef, veal, and lamb cuts to 145 degrees.

## Keep it earth-friendly

Bring reusable napkins (you'll not only avoid fly-away paper napkins, but cloth napkins can also be used to wrap food and bottles for transport). If you are using disposable products, look for recycled and biodegradable options at the co-op. And make sure your picnic spot's as pretty as a picture for its next al fresco diners!



## August

**Thursday, August 11, 12 noon to 1 pm**

Community Forum  
Gardening by Season  
with Gale Green  
614 N. Bullard St.

**Saturday, August 13, 9 am to 2 pm**

Artisan Market  
Support local artisans!  
614 N. Bullard St.

**Wed., August 17, 4:30 pm to 7:30 pm**

Silver City Food Co-op Board Meeting  
614 N. Bullard St.

**Saturday, August 27, 9 am to 2 pm**

Artisan Market  
Support local artisans!  
614 N. Bullard St.

**Sunday, August 28th, 11 am to 2pm**

Annual Co-op Picnic and Potluck  
Penny Park

## Fridays in August

Popcorn Fridays  
free popcorn and other food samples  
Silver City Food Co-op  
520 N. Bullard St.

## September

**Thursday, Sept. 8, 12 noon to 1 pm**

Community Forum  
Stress Management  
with Pamela Morgan  
614 N. Bullard St.

**Saturday, Sept. 10, 9 am to 2 pm**

Artisan Market  
Support local artisans!  
614 N. Bullard St.

**Saturday, Sept. 17, 10 am to 2 pm**

Red Hot Children's Fiesta  
Penny Park

**Wed., Sept. 21, 4:30 pm to 7:30 pm**

Silver City Food Co-op Board Meeting  
614 N. Bullard St.

**September 21 to 25, 2016**

Grant County Fair  
Fairgrounds in Cliff, NM

**Saturday, Sept. 24, 9 am to 2 pm**

Artisan Market  
Support local artisans!  
614 N. Bullard St.

## Fridays in September

Popcorn Fridays  
free popcorn and other food samples  
Silver City Food Co-op  
520 N. Bullard St.

Get your tail to the  
**Dog Days of Summer**  
**Sale**



**August 1 - August 31**  
**10% - 40% OFF!**

on selected items  
• limited to stock on hand •

Silver City Food Co-op  
620 N. Bullard St.



Market Café  
614 N. Bullard St.

*In Historic Downtown*

# CO-OP Community



## Co-op and Community Events (Volunteers Needed for Co-op Events)

### Co-op Community Donations

The Co-op donated to or collected donations on behalf of these organizations:

- Grant County Food Pantry
- Town of Silver City, Adopt a Median
- Guadalupe Montessori School

### Bag Refund Donation Program

Thank you for using your own shopping bags!  
For each shopping bag used, we will give you a chip valued at 5¢ to donate to one of two non-profit organizations. The non-profit organizations are currently changed every two months.

The Co-op is proud to work with members and donate to these worthy organizations:

- |                     |                       |
|---------------------|-----------------------|
| <b>Fort Bayard</b>  | <b>Humane Society</b> |
| <i>\$57.30 June</i> | <i>\$137.50 June</i>  |



### Thank You Co-op Volunteers!

*Many thanks to these member volunteers for their service.*

- Christine Dalmedo • Saguara Compton  
Dana Baskett • Deb James • Bridget O'Leary  
Edward Norman • James Oden • Marta Bloy  
Richard Mahler • Robert Fischhoff • Janet Eagleye



### POPCORN POPPERS Needed!



*Ever notice how happy people are when you give them something?  
Make lots of people happy making and giving out popcorn and food samples on Fridays at the Co-op! Shifts are: 9am to 12noon and 12noon to 3pm.  
It's fun and you get to visit with your friends and meet new friends.*

Contact: [charmeine@silvercityfoodcoop.com](mailto:charmeine@silvercityfoodcoop.com)

### Annual Co-op Picnic & Potluck August 28th, 11 am to 2 pm Penny Park

Join us for a fun Sunday at Penny Park. This is a great way to meet fellow member/owners and to introduce friends to the Co-op family. Come by for burritos provided by the Co-op and please bring a salad or dessert to share and your own dinnerware. Lots for children to do at the Park, and we will take a group picture at 11:30 am. Come and have some fun and food!

### Artisan Markets

Artisan Markets are held the second and fourth Saturdays of the month, May through October, 9 am to 2 pm, and November through April, 10 am to 3 pm. Open to member artisans with handmade arts and crafts. Contact [charmeine@silverfoodcoop.com](mailto:charmeine@silverfoodcoop.com) if you are interested in selling your handmade art.

### Seed Library, Vegan Support Group and Permaculture Workshops

Did you know that on the third Saturday of every month the Seed Library has a workshop from 11 am to 12 noon? That is followed by a vegan/vegetarian support group at 12 noon, and a permaculture workshop from 1 pm to 2 pm. All are free, open to the public and held in the community room at the Market Café.

### Community Forums

On the second Thursday of each month, community forums are held. If you are interested in presenting a forum on health, food, sustainable living or about how your local non-profit serves the community, please contact [charmeine@silvercityfoodcoop.com](mailto:charmeine@silvercityfoodcoop.com) to discuss your proposal.

### Popcorn Fridays

Each Friday from 9 am to 3 pm the Co-op offers popcorn and other food samples. Volunteers are needed to help make popcorn. It's fun, and you get to meet lots of people and see what is happening at the Co-op! If you are interested in helping with this ongoing event, please contact us.

### Volunteer at the Co-op

When you volunteer to work for the Co-op, for every 3 hours of volunteer service, you receive a voucher good for 15% off for one day. It's a win-win!  
To volunteer, please contact Charmaine at 388-2343 or email [charmeine@silvercityfoodcoop.com](mailto:charmeine@silvercityfoodcoop.com).



### Annual Food Co-op Picnic and Potluck

**Sunday, August 28**  
**11 am to 2 pm**  
**Penny Park**

**bring a salad or dessert to share**

# On Being an Omnivore

by Susan Van Auken

Humans are omnivores, meaning we can choose what we eat from the wide palette of foods available throughout the world. A variety of foods can be eaten in various combinations, and we can survive and even thrive on vastly different dietary intakes.

We are NOT like koala bears, as these animals have only one food they can eat: eucalyptus leaves. It is a simple diet. No choice for them. Two obvious consequences of this severely restricted diet are that Koalas can live only in areas where eucalyptus trees grow, and if these trees experience a disaster, the koalas suffer and die too.

Humans are able to live all over the planet and choose what we eat, especially now, when food is flown all over the world. Some people make choices for ethical or religious reasons and many choose to eat no animal products. Other choices are made due to the locale in which we live. In northern climates with a very short growing season, fruit, vegetables, and grains are difficult to grow or obtain, dictating a meat-based diet there. But most of us make our dietary choices for other reasons – popular culture, taste, habit, price, and even ease of preparation.

We in Silver City can eat what we want, as the co-op is packed full of basic foods and tantalizing treats. Using whatever criteria we deem important, as co-op members we can choose to eat meat, fish and chicken, or be a vegan or a vegetarian. Foods to satisfy all choices are available.

**NOTE: Vegans and vegetarians need not read any further, as the rest of this article is about meat.**

I eat a little meat every now and then, but until researching this article, I had not really looked at all the choices available in the freezer at the co-op. I was surprised to see a broad selection of bison, elk, beef, lamb, and pork products. Possibly you already knew these were available, or perhaps you will want to peruse the freezer carefully next time you shop.

Choosing the meat that is best for you to eat means understanding a little about how animals are raised. The meat offered at the co-op is from seven different small ranches or farms in New Mexico, Colorado, Texas, and Iowa, and two farming co-ops. The websites of the producers listed below are very informative on topics such as their business ethics, how they treat their animals, and what they feed them. A quote from one of these sites states what ought to be obvious: “An animal’s diet can have a profound influence on the nutrient content of its meat.” Eating meat from animals raised under the healthiest circumstances and fed the best food is a choice that the co-op makes possible to us all.

Many people in America eat a lot of beef, and lately this has become the focus of various health concerns, resulting in recommendations to eat less red meat. However, studies have shown that these health problems associated with meat arise from eating conventionally raised beef, fed and fattened on grain. Meat from cows raised solely on pasture, eating the foods nature intended, provides health benefits not concerns. This is because grass-fed beef is lower in saturated fats and calories, and higher in the good fats, such as omega-3 fatty acids. Bison and elk provide similar benefits.

Misha Engel is the buyer who has created this healthy meat selection for our small co-op, and she packs a lot into a very small space. She notes that Pederson’s apple-smoked bacon is used in the most popular sandwich in the Grab ‘n Go cooler – our version of the classic BLT.

If you choose to eat meat, make your choices from our small but diverse meat selection, and know that you are eating the best.



Products Carried at the Co-op	Brand	Ranch /Farm Location
Bison – steaks, ground bison, hot dogs	<i>Frontiere</i>	Longmont, Colorado
Elk – stew meat, ground elk Bison – burger patties	<i>Grande Natural</i>	Del norte, Colorado
Lamb – chops, stew meat, chorizo	<i>Tierra del Sol</i>	Ft Hancock, Texas
Pork – chops, roasts	<i>Kyzer Farm</i>	Albuquerque, New Mexico
Pork – ham, sausage links	<i>Beeler’s Pure Pork</i>	Le Mars, Iowa
Beef – steaks, ground beef, liver	<i>J-6 Ranch</i>	Mimbres, New Mexico
Beef – ground beef	<i>Sweet Grass Co-op</i>	Co-op farms and ranches in New Mexico and Colorado
Pork – ground pork, bacon, sausage Beef – liver, soup bones	<i>Organic Prairie Co-op</i>	Co-op farms and ranches in various locations in the U.S.
Pork – apple-smoked bacon	<i>Pederson’s</i>	Meat purchased from other farms and ranches
Beef – hot dogs	<i>Applegate</i>	Meat purchased from other farms and ranches

## Great on the grill!

### Applegate Organic Uncured Beef Hot Dogs



**Applegate Organic Beef Hotdogs**

**\$1.00 Off**



Silver City Food Co-op 520 N. Bullard - good through 8/31/16

# From Your Board...

## Three New/Returning Board Members Have Been Elected to The Silver City Coop Board

### Here Are Statements from Each Member



L to R: Carmon Steven • Karen Strelko • Nancy Coates  
Jennifer Johnston • Jean B effort  
Gail Rein • Bill Blakemore

#### New Board Member-Bill Blakemore

Once I heard that the Board of Directors was seeking new board members, I considered applying. My reasons were, and still are, very simple and direct. I cherish The Silver City Food Coop. I believe in its mission to bring healthy foods and products to Silver City and Grant County. It is simple as that.

After I had formally announced my candidacy, many member-owners encouraged me to stay the course. What remains important to me is that I can bring a number of life-long skills to the board. Once I was elected and began to learn much more as to how the Silver City Food Coop Board of Directors operates, the more I realized what a complex system it is. My major challenges have been learning the board manual and the very hard work board members and the general manager have contributed to make the coop an efficient and viable organization.

This learning curve for me will be long and demanding, but I feel the effort will be well worth it. One of my on-going efforts is to widen the circle of participation of the member-owners of the coop.

Thank you, Bill Blakemore ❄

#### New Board Member-Jean-Robert P...B effort

I ran for the co-op board because Jerry Bartles, a board member at the time, contacted me to see if I wanted to be on the board. Previously I was on the board from 2006-2009. He got ahold of me more than once, kept reminding me, coming by my art gallery (where I am a lot) and early on talking to him, I already knew with an inner knowing that I was going to answer the call.

From Peoples' Food Coop and also Food Front in Portland, Oregon and Ashland Food Coop to Amigos in Taos, New Mexico (sadly, no longer with us) to that health food store on Alameda Street in Santa Fe (What was its name, help me out here someone...Alameda Grocery?) to La Mountanita in Albuquerque to Red Mountain Food in Patagonia, Arizona, as well as Food Conspiracy Coop in Tucson, along with Bisbee Food Coop, and Mountain View Market Coop, Las Cruces, and one or two in Truth or Consequences and Cottonwood, Arizona (no longer with us along with many others too numerous to mention, in Texas, Utah, Montana, California, Hawaii)-I would hunt them down like a good pizza place. ("the Velvet Elvis" in Patagonia and Wood-Fired in Wynola, near Julian, California .btw).

Traveling in my younger years was always locating the health food store as the first stop in the next new town. Becoming a vegetarian, sometimes vegan, 26 years ago, probably had something to do with it. And then Silver City Food Coop happened twenty years ago along with kids.

Marcel goes off to college at Antioch in Yellow Springs, Ohio and graduates next year, so I hope to make the trip and check out StarFlower Natural Foods (locally owned)...still a few travel miles left in the tank. Anatole just graduated and wants to go to Humboldt State University...ooohh...health food store in Arcata...!!!...time to revisit....hmmm, brings up memories of Quincy Natural Foods in California. And Olive moved to Santa Fe with her mom last year, so that leaves me an empty nester.....(Don't Cry for Me, Argentina!) It's time to feed my inner coop and reckless health food store ways as a board member. ❄

#### Nancy Coates---New/Returning Board Member

Am I a new board member or am I not- a new board member?...that is the question. I served on the Silver City Food Coop board for the past year, but I had not been elected but rather appointed to the board for a year. This year was the first time I actually ran for the board, so I guess the operative word is "elected"-technically I am a newly elected board member.

My perspective of the board has changed immensely since last year. For my first few months on the board I felt very lost. There is a lot to learn and absorb, including policies, protocol, and personalities. This term, although we did a major rewrite of the policies, and some personalities have changed, the learning and adjustment curves are much less steep.

Also, I happened to be the member-owner that was asked to be on the hiring committee when the last manager, Doug, left the position. So I was part of the team that hired Joe Z. At the end of the hiring process, I felt Joe was a good choice and match for the Coop and was excited that he was ultimately chosen. And getting to know Joe better while on the board over the course of the past year, I am constantly impressed with his broad knowledge, total dedication to our Food Coop and coops in general, and fresh perspectives. ❄

**Karen Strelko/President**  
Board Term: 2015-2018  
browserandlouie@yahoo.com

**Jean-Robert B effort/Vice President**  
Board Term: 2016-2018  
aspace.studiogallery@gmail.com

**Jennifer Johnston/Secretary**  
Board Term: 2015-2018  
johnstonjenny40@gmail.com

**Gail Rein/Treasurer**  
Board Term: 2014-2017  
rein.gail@gmail.com

**Bill Blakemore**  
Board Term: 2016-2019  
blakemore1936@gmail.com

**Nancy Coates**  
Board Term: 2016-2019  
coates@gilanet.com

**Carmon Steven**  
Board Term: 2016-2017  
yankiecarmon@gmail.com

Board of Directors

#### Board Meeting Schedule

The SCFC Board of Directors meets the third Wednesday of each month at 614 N. Bullard Street, 4:30-7:30 pm.

Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among those members who would like to speak. If ten minutes is insufficient, a special meeting may be called on another day. If a member wants more time, they can contact the president and ask to be added to the agenda. Please make this request at least one week before the meeting.

# August HABA & Supplements Sales

August 3 - August 16

coop deals

August 17 - August 30

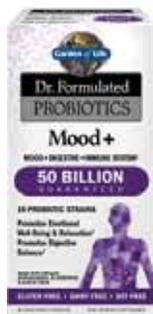
coop deals



**Avalon Organics**  
Ultimate  
Night Cream  
2 oz  
reg \$15.69  
**SALE \$9.99**



**Nature's Gate**  
Purifying  
Liquid Soap  
12.5 oz  
reg \$6.69  
**SALE \$3.99**



**Garden of Life**  
Probiotics  
Mood +  
60 ct  
reg \$38.99  
**SALE \$28.99**



**Garden of Life**  
Organic Fiber  
Assorted, 7.9 oz  
reg \$29.99  
**SALE \$12.99**



**Kirk's**  
Castile Bar Soap  
4 oz  
reg \$1.99  
**SALE \$1.49**



**Weleda**  
Sea Buckhorn  
Creamy Body Wash  
6.8 oz  
reg \$8.69  
**SALE \$5.99**



**Boiron**  
Acteane  
120 tabs  
reg \$23.99  
**SALE \$17.99**



**Nature's Plus**  
Sugar-Free Vit C  
Chewable  
90 Animals  
reg \$13.49  
**SALE \$7.99**

## It's Never Too Soon

by Jennifer Johnston

Doesn't it seem like the annual Silver City Food Coop board of directors elections were only a couple of months ago? Oh - that's right, they were! However, it's never too soon for you to begin your own journey toward becoming a future board member yourself.

If you are interested in learning more about our BIT program, contact any current board member for more details. In general, you will start by attending an actual board meeting. (They are held the third Wednesday of every month in the community room at the Market Café, from 4:30 to 7:30 pm).

While at that board meeting, if you believe you are interested serving on the board in the future, let a board member know during the meeting break. Then, to begin the BIT program, we'll ask you to commit to attending three consecutive board meetings, and we'll make sure you have a current board member to act as your mentor. Then we go through a formal process of approving your BIT appointment (this is the board of directors after all; there are administrative rules to which we must adhere).

Following board approval of your appointment, which likely would happen during the meeting itself, the rest is smooth sailing. You and your mentor will schedule an initial orientation, and that mentor will be your go-to person as you attend actual board meetings and participate in actual board business. By the time you have finished the BIT program you will have negotiated your way through a quarter year with the Silver City Food Coop Board of Directors! It is a very hands on experience, something that is truly invaluable and enlightening for those who wish to volunteer for board service at our co-op.

If you have any questions or need additional information please contact Jennifer Johnston or Bill Blakemore, or any of the other members who currently serve on the Silver City Food Coop board of directors.



# August Sales

To Our Co-op Members & Customers: Please note that sales run for a **two-week** period.

Each month 100s of items are on sale. To see a complete list, please visit our website.

The pictured items are just a sample of the great values you will find at the Co-op each month.

## August 3 - August 16

## coop deals



Bulk  
Organic  
Green Lentils  
reg \$1.99#  
**SALE \$1.69#**



**Hail Merry**  
Macaroon  
Merry Bites, 3.5 oz  
reg \$3.99  
**SALE \$2.99**



**Rudi's**  
Original  
Sandwich Bread  
Gluten-free, 18 oz  
reg \$6.19  
**SALE \$4.39**



**Jackson's Honest**  
Salsa Fresca  
Tortilla Chips, 10 oz  
reg \$5.39  
**SALE \$3.99**



Bulk  
Organic Raw Hulled  
Sunflower Seeds  
reg \$3.39#  
**SALE \$2.99#**



**Redwood Hill Farm**  
Goat Yogurt  
Plain, 32 oz  
reg \$6.69  
**SALE \$5.99**



**Cascadian Farm**  
Frozen Kale  
10 oz  
reg \$2.89  
**SALE \$1.66**



**Less Evil**  
Aged White Cheddar  
Popcorn, 5 oz  
reg \$3.99  
**SALE \$2.99**

## August 17 - August 30

## coop deals



Bulk  
Organic  
Flax Seeds  
reg \$2.19#  
**SALE \$1.99#**



**Rudi's**  
Spelt &  
Ancient Grain Bread  
20 oz  
reg \$6.29  
**SALE \$3.69**



**Rumiano**  
Mozzarella  
8 oz  
reg \$4.99  
**SALE \$3.99**



**Organic Valley**  
Shredded  
Parmesan Cheese  
4 oz  
reg \$5.19  
**SALE \$3.99**



Bulk  
Organic  
Green Split Peas  
reg \$1.69#  
**SALE \$1.19#**



**Harvest Bay**  
Coconut Water  
33.8 oz  
reg \$5.69  
**SALE \$4.69**



**Van's**  
Wheat-Gluten Free  
Waffles  
9 oz  
reg \$3.39  
**SALE \$2.33**



**Good Health**  
Avocado Oil & Sea Salt  
Potato Chips  
5 oz  
reg \$3.89  
**SALE \$2.39**

## Members Only Specials August 3 - August 30



**Follow Your Heart**  
Chipotle Veganaise  
12 oz  
reg \$5.39  
**SALE \$4.29**



**Tofurky**  
Smoky Maple Bacon  
Tempeh  
7 oz  
reg \$3.99  
**SALE \$3.19**



**Heavenly Organics**  
Organic Raw  
White Honey  
12 oz  
reg \$8.19  
**SALE \$6.59**



**Himalaya**  
Garcinia  
Lipid Support  
60 caps  
reg \$17.99  
**SALE \$14.39**



**Heavenly Organics**  
Organic Raw  
Neem Honey  
7 oz  
reg \$8.19  
**SALE \$6.59**



**Late July**  
Jalapeño Lime  
Tortilla Chips  
5.5 oz  
reg \$3.29  
**SALE \$2.69**