

# the Garbanzo Gazette

Volume 14

a monthly newsletter of the Silver City Food Co-op

## WHAT'S HAPPENING @ 614?

by Susan Van Auken

It's the end of the first week of November and time to share news about the blue building at 614 Bullard St.

Hopefully you know that the co-op rented this building for a year while we gather data and study the possibility of an expansion project. It always seems prudent to remind everyone that the only decision that has been made so far was the decision to rent the building for a year. So don't go spreading any rumors yet.

Here is what has happened this month.

- We have completed a package of our financial statements and are distributing it to three banks in Silver City. When the bankers review our numbers we hope to determine how much money we could borrow, which will affect future decisions.
- The NM Manufacturing Extension Partnership (MEP) representative from Roswell came to Silver City the first week in October to analyze the effi-

ciency of our operation. While no new information was actually provided, it was very beneficial to have an outside service verify our own views about our limitations. The MEP also provides valuable networking skills and has offered information about potential grants, gifts, and low interest loans.

- A local architect reviewed the 614 building and will provide: a) a conceptual design for how the space could be used to meet our needs, b) a plan for implementing the possible renovation in separate phases, and c) a contractor's estimate of cost.
- Reaching out to the greater co-op community, a co-op in Wisconsin was located that is providing beneficial information about their recent expansion. This co-op was comparable to ours in retail space, annual sales, size of town, and demographics. We have started a good dialogue with them.

That's all for the early November update. ❖

## ANNUAL Community Outreach Report

by Carolyn Smith

The Silver City Food Co-op is 40 years old and still going strong! By now our Co-op community is part and parcel of Grant County. It's an essential and integral component of this piece of New Mexican high desert we call home.

The Silver City Food Co-op provides a safe and nurturing place for all of us to come together and shop for delicious whole foods and sustainably made products, a place to hear the latest information on nutrition or gardening, a place to share recipes and cooking tips or news of our latest adventures and challenges. Every day, new people walk into our store and are welcomed by the Co-op staff who are happy to share their knowledge and expertise and help customers in whatever way they can. We attract people interested in fresh local and organic produce and products made with simple natural ingredients, people who come looking to improve and maintain their health, with the knowledge that cooking and eating high quality foods is a great way to start.

People are attracted to the Silver City Food Co-op because we're not your average grocery store. They feel the cooperative difference. We operate with a focus on the triple bottom line: People, Planet and Profit; decisions are made keeping the well-being of all three in mind and we are guided by seven cooperative principles:

- Voluntary and Open Membership - Our membership is open to all, without gender, social, racial, political, national origin or religious discrimination.
- Democratic Member Control - Each member has equal voting and decision-making power, on a one-member, one-vote basis. No one person gains more

control based on amount of money invested.

- Member Economic Participation - Owners contribute capital to the business through purchasing owner shares.
- Autonomy and Independence - Cooperatives are autonomous, self-help organizations governed by their owners.
- Education, Training and Information - We make provisions for the education of our members and the public about the nature and benefits of cooperation, as well as about our products.
- Cooperation Among Cooperatives - We cooperate with other co-ops to the maximum extent possible, for the mutual benefit of all.
- Concern for the Community - We reinvest some of our economic benefits and resources into the community.

The Silver City Food Co-op is a real asset to Grant County. We invest in our community and we serve our community. Don't forget: We the members are the Co-op! Founding members created it and past and present members have kept it going. We make it all happen through our participation and support as members, employees, volunteers and customers. By spending our food dollars at the co-op, our money recirculates around our community to benefit our neighbors, local organizations, schools, and businesses.

Check out all of the outreach work you have contributed to in 2014 and next time you come into the store take a look around and you may be surprised to see a real cross-section of Grant County: folks of all ages, races, shapes and sizes, people born and raised here, transplants and those passing through, perhaps a window into a bright future everywhere.



### Donation Boxes

*Puppydog Ranch* - \$332.70  
*End of the Road Ranch Horse Rescue* - \$277.70  
*S.N.A.P.* (Spay/Neuter Awareness Program) - \$439.35 through October  
*Co-op Kids* (The Volunteer Center's Alimento para el Nino Program, Rosie's Children's Program at El Refugio and Big Brothers Big Sisters) - \$922.40 through October

### Fundraisers at the Register

*Kids In need of Supportive Services* (K.I.S.S.) - \$266.00 (as of Nov. 5)  
*The Grant County Community Food Pantry* - \$233.00 (as of Nov. 5)  
*Gila/ Mimbres Community Radio* - \$226.00 (as of Nov. 5)

## 2014 Election Results

for Revisions to the Silver City Food Co-op Bylaws

There were 173 valid member-owner votes cast from a total membership of 2058 (as of 11/01/2014), or 8.41% of the total membership.

Revisions to the Bylaws PASSED

with 168 Yes,  
3 No, and 2 blank votes.

Bylaws require a majority approval from the total number of member-owners voting.

A special THANK YOU to all the member-owners who voted in this important election!

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Food and Medicine  
from Ayurveda  
Eat Right to Enhance  
Your Immune System

# Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

## Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

## Ends 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

## Staff

Joseph Patrick  
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Bob Lee  
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Dougan Hales  
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Kate Stansberger  
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Jessie Gauthier  
Lee Ann Miller  
Gabbie Sturdivant  
Brenna Brown  
Andrea Padilla  
Julianna Tow  
Henry DeMars  
Sarah Hardisty  
Tinisha Rodriguez

## Annual Co-op Equity

\$10.00

## The Garbanzo Gazette Gang

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Submissions are welcomed!

Submit letters, articles, or items of interest to:

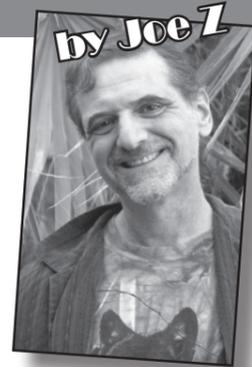
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# Cup o' Joe

by Joe Z



Co-ops are about love. Okay – now I can hear some of you thinking, “here he goes again with his hippie-dippie drivell”. Yeah – maybe – but isn’t it an odd commentary that when love is brought up as a motivating and energizing force, it is oft met with derision and relegated to children’s books filled with pink unicorns and sparkly stars. Adults deal with the real world of necessity, power, greed, lies and corruption – no place for love here.

Way back in the 70s, at the start of the New Wave Co-op movement, there was lots of talk about love – sometimes that’s all they talked about to the detriment of getting things accomplished. Many of the early Co-op pioneers of those times came from the Peace Movement when the war and protests died down. They were motivated, felt empowered, mostly altruistic, believed in peace and love strongly and knew how to organize. Although, pulling together a protest rally or running an underground newspaper wasn’t quite the same as operating a retail business – but they believed that they could and would learn. These people were powered by love.

They formed small communities around the country and pooling their resources built Co-op storefronts by the hundreds. While no two co-ops were exactly alike, they all believed that they could. It didn’t matter what the topic really was, they simply believed that they could. They could do it. Anything. Together – they could accomplish anything.

The Co-ops then were much more political than they are now. Passions were aroused in many meetings as talk of changing the economic systems of the world, of corporations giving way to small regional producer and distribution co-ops. Of breaking the strangle hold the moneyed has on the government and towns. Of creating a world that works together in harmony with the natural nature elements. Of fostering a society where cooperation ruled rather than completion.

Yet, no matter the struggles or discontent between individuals and groups as they grappled with how to make all this happen, at the end of the day, they’d get together for a potluck, share a group hug and drum far into the night. Strip all the surface layers away – love was at the core.

We Co-op folks are in love. First – we love ourselves. We want to be healthy and we want food that helps our bodies grow, function and prosper. We’ve organized into a Co-op to ensure that we can get the foods that we want. So second, we love that there are others like us willing to band together that allows us to create such a place. We would not exist if not for each other.

Third, we love our larger community. Issues of sustainability, a people friendly environment, safe and wholesome streets and neighborhoods as well as support for the arts and other community activities. We are not separate from Silver City, Grant County and New Mexico.

Our love extends to the larger world as well, especially those that grow and produce the products that we love to eat. We strive to find fair trade companies and listen to how companies treat their workers and the communities they operate in.

We have to run a sustainable, efficient business. Because most costs are fixed for a business, the most malleable expense is payroll. Low wages and working people to their limit is considered normal in business. Unfortunately, to compete, that reality applies to us as well. Strict, hieratical systems are efficient but dehumanizing. Co-ops have been experimenting with many different forms of internal organization that puts empowering, rewarding and pleasing systems at the forefront of our efforts. Some work, some don’t. We continue to experiment. And we do this because we love our Staff and want them to love working here.

It seems that our society doesn’t equate love with seriousness. Exxon is not powered by love. It’s hard to find any love in Walmart’s personnel policies or in their devastating effect on the small local businesses that are destroyed as they grow.

And yet ---- love is what we all constantly talk about. Most religions preach love at their base. We love our country. We love our families and friends. We love football. Cars. iPhones. Pizza. Rock and Roll!!! Probably because it’s what we all want. What we strive for. And it is often more a feeling than a reality.

Co-ops are love in action. Real. Tangible. Something that you can literally sink your teeth into. Nope – not perfect though. As people, we are all subjected to the many foibles that plague human interactions. We are taught to compete for almost everything since we are very young. Co-operation is seen as weakness – witness our governments. We polarize into yes and no – right and wrong --- up and down. That is not absent in Co-ops. Those dynamics are real and hard. And yet, the Co-ops that have survived over the years, used love and common vision to build bridges between the factions. For those that were overpowered by discontent, those that lost the love needed to build those bridges – they failed.

As we end our 40th Anniversary celebration this year, the love that is apparent at the Silver City Food Co-op is on full display for all to see. Out-of-Towners marvel at how big our Co-op is despite its tiny size. One recent visitor from another Co-op similar in size as ours was exceedingly complimentary as to how open, inviting and friendly our Co-op is, both in the atmosphere of the space and the people energy of the Staff and Members/Customers.

People have often wondered why I have spent most of my working life at Co-ops. Why I would work through many difficult situations and trying times. Why I would choose lower compensation than what could be obtained in “regular” businesses. It’s because creating a better world, better businesses, better systems of interaction and caring human relations are more important. Simple as that. And I love it!

Have a Wonderful Solstice and Holiday Season!! May all our endeavors next year be powered by Love!



at the Silver City Food Co-op

The taste of Jem Raw Organics sprouted nut butters is rare, and rich and delicious! Now you can experience these over-the-top yummy and nutritious condiments in three flavors:

*Cinnamon Red Maca Almond* - a blend of almonds, warming cinnamon and raw maca.

Decadent, robust superfood!

*Coconut Cardamom Almond* - a rich, ambrosial combination of cardamom, almonds, coconut and lucuma fruit!

*Maqui Camu Super Berry* - Maqui and Camu berries impart a complex note, perfectly balanced with a creamy almond base, mmmm!



Indulge in the smooth, creamy taste of Rice Dream’s Vanilla Frozen Dessert! This organic, dairy-free treat contains no refined sugars and is gluten-free. Dream brand is a supporter of the Non-GMO project, a non-profit organization dedicated to providing consumers with non-GMO food sources.

All of Stacey’s Tortillas are 100% organic, GMO-free and vegan. Since their beginnings in 1994, Stacey’s has been committed to providing customers with wholesome and delicious tortillas made with the highest quality ingredients. Dedicated to responsible, green practices, this company takes great care to ensure that all aspects of their operation are conducted as responsibly, fairly and sustainably as possible. The Co-op is now carrying these first-rate tortillas in both white and whole wheat in our bread cooler near the front of the store.



## Donations of Food/Gift Bags

The Grant County Community Food Pantry  
 Guadalupe Montessori School  
 Chocolate Fantasia  
 New Mexico Organic Farming Conference  
 Gila/Mimbres Community Radio  
 Aldo Leopold High School Fundraisers  
 Gila Conservation Coalition Wild & Scenic Film Festival  
 Grant County Rising March for a Cause  
 Mimbres Roundup Lodge St. Patrick's Day Dinner & Thanksgiving Day Dinner  
 WNMU Fundraisers: Eco-Sustainability Club Community Garden, Occupational Therapy Assistant Program, Dual Enrollment Program's Hero Day  
 San Francisco Valley 4-H Club Spring Bingo Fundraiser  
 Silver High School After Prom Project Safe Night  
 Earth Day Celebration  
 Grant County Home & Garden Expo/Silver City Farmers' Market Fundraiser  
 Silver Regional Sexual Assault Services-Silent Auction  
 Grant County Food Policy Council  
 The Youth Substance Abuse Prevention Coalition  
 Pinos Altos Volunteer Fire Rescue  
 Grant County Association of Educational Retirees  
 Silver City 10-11 Boys Baseball All Star Team  
 Conservation Voters of New Mexico  
 P.E.O. Sisterhood Chapter BR  
 Zumba Party in Pink  
 S.N.A. P. (Spay-Neuter Assistance Program of Silver City/Grant County) fundraisers  
 Tour of the Gila  
 Tour of the Gila Volunteer Party  
 Pedalista! 2013 Fundraiser for The Bike Works  
 Guadalupe Montessori School Summer Day Camp  
 New Mexico P.E.O. Chapter AG  
 Silver Fire Relief Dinner  
 Trail Days  
 Bicycle Safety Training  
 HMS Jump Into Summer  
 Arts and Cultural District event  
 Gila/Mimbres Community Radio Flower Fiesta Fundraiser  
 Gila Conservation Coalition Gila River Festival Silent Auction  
 Cliff Schools Annual Fall Festival  
 Rotary Club Gala and Charity Auction  
 Annual Mimbres Valley Harvest Festival  
 Silver City Farmers' Market Salsa Fiesta  
 Farm2Chef  
 Silver City Museum's Ghost Walk  
 Bikeworks Fruit for Young Cyclists  
 Benefit Ride for Annie Crawford of Twin Sisters Cyclers

## 25 Local Community Events in 2014

1. Downtown Dash
2. Food Inc. Movie Night
3. Wild and Scenic Film Festival
4. Chocolate Fantasia
5. Grant County Rising/March For A Cause
6. Silver City Farmers' Market Home & Garden Expo
7. Grant County Health Fair
8. Earth Day
9. VDAY 2013/ "The Vagina Monologues"
10. Tour of the Gila
11. Jump into Summer
12. Silver City Museum's 4th of July Ice Cream Social
13. Silver City Clay Festival Mud Pie Contest
14. Flower Fiesta
15. Pickamania/Friday Street Dance
16. SCFM Salsa Contest
17. Gila River Festival
18. Gila Monster Gran Fondo
19. Silver City Museum's Ghost Walk
20. SCFM Local Harvest Pie Contest
21. Farm2Chef
22. Silver City Museum Ghost Walk
23. Toys for Tots Drive
24. Festival of Trees
25. NM Tamal Fiesta y Mas

## Partnerships in 2014

Aldo Leopold High School – Internship Program, Earth Day, Fundraisers, Volunteer Days  
 Bikeworks – Pedalista, Fruit for Young Cyclists  
 Earth Day Committee – GRIP, Office of Sustainability, Aldo Leopold, Lone Mountain Natives  
 Gila Conservation Coalition – 3rd Annual Wild and Scenic Film Festival, Gila River Festival  
 Gila Mimbres Community Radio – GMCR Sponsor, Radio Station Open Houses, Flower Fiesta, Fundraiser at the Register, Cookin' with the Radio cookbook  
 Grant County Food Policy Council – Community Conversations (Mimbres, Silver City, the Mining District, and Gila/Cliff)  
 Guadalupe Montessori School – Summer School Day Camp and Festival of Trees  
 HMS: (CHI) Center for Health Innovation Open House, Jump Into Summer  
 Non-Profit Resource Group – SW Regional Non-Profit Resource Conference  
 Rotary Club of Silver City - 2014 Rotary Biennial Benefit, End Polio Now  
 Silver City Farmers' Market – SCFM Sponsor, Grant County Home and Garden Expo/Co-op Seed Share, Salsa Contest, Mud Pie Contest, Flower Fiesta, SCFM Local Harvest Pie Contest, Farm2Chef,  
 Co-op Community Volunteer Program  
 Silver City Museum - 4th of July Ice Cream Social, Ghost Walk, Co-op Community Volunteer Program  
 Silver City Public Library – Donations to purchase books and magazines, co-op movie "Food for Change" donation  
 Silver Regional Sexual Assault Services-Silent Auction Fundraiser  
 SW New Mexico Green Chamber of Commerce–Tamal Fiesta Y Mas  
 The Mainstreet Project – Downtown Dash, The Silco Theater, Taste of Downtown, Lighted Christmas Parade  
 Mimbres Region Arts Council – Chocolate Fantasia and Pickamania Street Dance  
 The Volunteer Center – Grant County Community Food Pantry and Mobile Food Pantry, Martin Luther King Jr. Service Day, The Garden Program at Sixth Street Elementary  
 WNMU – Downtown Dash, "VDAY 2014", Hoops for Hope, Grant County Health Fair, Eco-Sustainability Club Community Garden

## Sponsorships/Memberships in 2014

Bower's Fund  
 Chocolate Fantasia  
 Earth Day Celebration  
 Food for Change Co-op Movie  
 Grant County Community Food Pantry  
 Grant County Food Policy Council  
 Gila/Mimbres Community Radio  
 Gila River Festival  
 Gila Monster Gran Fondo  
 Health Security Campaign for New Mexicans  
 NCGA (National Cooperative Grocers Association)  
 New Mexico Organic Farming Conference  
 New Mexico Professional Fire Fighters Association  
 Non-GMO Project  
 Organic Consumers Association  
 Pickamania  
 V-Day 2014  
 Silver City Farmers' Market  
 Southwest NM Green Chamber of Commerce  
 The Last Crop Movie  
 Tour of the Gila  
 2014 Rotary Biennial Benefit  
 Truth in Labeling Coalition

## Volunteers

Susan Van Auken	Janet Goodrich
Carmon Steven	Margaret Hadder-
Gail Rein	man
Jerry Boswell	Ron Harpe
Meadow Clark	Amy Hart
Lynno Aldin	Glenn Henderson
Lita Furby	Anthony Howell
Jennifer Johnston	Deb James
Ann Alexander	Laurel Johnson
Vicki Allen	Hasani Kudura
Jodi Andrew	Annie Lessem
Jerry Bartels	Sandra Lucas
Linda Bartlett	Kristin Lundgren
Rachel Bigley	Pamela Morgan
Sharon Bookwalter	Ellen O'Bryan
Althea	Jane Papin
Booth-Athenian	Shirley Pevarnik
Mary Buonocore	Miriam Richer
Eliza Cain	Jane Riger
Sue Childers	Monica Rude
Jim Coates	Dawn Sanford
Nancy Coates	Sarah Sayles
Pat Cowan	Marie Schabloski
Richard Ducotey	Rod Schabloski
Pamela Eaton	Matthew Sommer-
Jean Eisenhower	ville
Eileen English	Terry Song
Patricia Erickson	Eileen Stevens
Mary Ann Finn	Rebecca Summer
Elizabeth Foster	John Tank
Rikk Foxx	Cheyenne Thomas
Gail Fritz	Elsie Troutman
Carol Fugagli	Chelsi Vella
Hawk Fugagli	James Wagner
Whitney Gates	Lyna Weinfurter
Melvyn Gelb	Kathleen Wigley
David Golumb	Kori Wilken
	Cynthia Wolf



## Co-op Community Forums - 2014

January: "Sprouts and Microgreens" with Amy Hart and Carolyn Smith  
 February: "Chocolate Treats"  
 February: Ayurvedic Medicine" with Athena Wolf  
 March: "NM Organic Farming Conference-2013 Revisited" with Kristen Lundgren, Terry Song, Meggie Dexter and Carolyn Smith  
 April: "How to Make Your Own Tempeh" with Sharon Bookwalter  
 May: "Eat Your Own Vegies Year Round" with Susan Van Auken  
 June: "Yes, the Wonders of Compost" with Sarah Sayles  
 July: "Simply Sorbet"  
 August: "The Sustainable Kitchen" with Michael Sauber  
 September: "Introduction to Permaculture" with Jean Eisenhower  
 September: "Brew Your Own Probiotic Beverages" with Sharon Bookwalter  
 October: "Detox" with Rachel Bighley  
 November: "New Native Food Crops for New Mexico" with Dr. Richard Felger  
 December: "Cooking with a Pressure Cooker" with Mary Ann Finn



# December Community Forum Pressure Cooking

"Fast food" takes on a whole new meaning with a pressure cooker. Come learn how to create fast and delicious food as well as cook black beans better at high altitude and rice in no time.



*the forum is presented twice*

## Tuesday, December 9th & Thursday, December 11th

from Noon to 1 pm

the blue building @ 614 N. Bullard St.

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

## CRÈME BRÛLÉE

- 2.5 cups crème fraîche
- Rind of 1 lemon, cut in thin strips
- 4 jumbo egg yolks
- 1/4 cup granulated sugar
- a few drops vanilla extract
- 6 heaping TB light brown sugar

Simmer crème fraîche with the lemon rind gently 10 minutes. Let cool 10 minutes. Beat egg yolks with the sugar in a heatproof bowl until pale and creamy, add vanilla, then strain in the crème fraîche, stirring well. Place bowl over pan of hot, not boiling, water, and cook until custard thickens, 20-25 minutes, stirring occasionally. Don't let the water come to boiling point at any stage. When ready, custard will be velvety in consistency and lightly coat the back of a spoon. Put into 6 ramekin dishes and chill overnight.

The next day, sprinkle 1 heaping TB light brown sugar over the top of each custard and smooth evenly. Place under a very hot broiler until sugar melts and bubbles, 3-4 minutes. Let cool, chill again up to 8 hours. Serves 6

## MARRAKESH STEW

- 1.5 pounds boneless beef, venison, or lamb
- 1 large onion, chopped
- 2 cloves garlic, minced
- 5 medium carrots, chopped
- 2 cups stewed tomatoes
- 2 medium turnips, chopped
- 1 medium potato, chopped
- 1 cup water, or broth
- 1 cinnamon stick
- 1 tsp each ground cumin, coriander, cloves, turmeric
- 1/4 tsp crushed hot chiles, or more to taste
- Pinch each ground allspice, nutmeg
- 2 cups cooked chickpeas
- 1/2 cup pitted prunes, halved
- 1/2 cup raisins
- 2 TB fresh parsley, chopped
- 2 TB slivered almonds, toasted lightly

Brown meat in batches in 1-2 tablespoons oil in a soup pot, set aside.

Stir into drippings the onion and garlic, saute until translucent and tender; return meat to pot. Add the carrots, tomatoes, turnips, potato, water or broth, and spices, bring to a boil, cover, reduce heat and simmer 40 minutes. Stir in chickpeas, prunes and raisins, cover and cook until vegetables are tender. Stir in parsley and serve over a bed of couscous or rice; garnish with toasted slivered almonds. Serves 6

TOMATO-RICE SOUP W/  
ROASTED GARLIC AND  
NAVY BEANS (Vegan)

- 1 TB olive oil
- 1 medium yellow onion, diced
- 6 cloves garlic, minced
- 1 cup long-grain brown rice
- 2 bay leaves
- 2 tsp dried thyme
- 1 tsp dried marjoram
- 2 tsp salt
- Freshly ground black pepper
- 2 28oz cans crushed tomatoes
- 1 15oz can navy beans, drained/rinsed

Saute onion and garlic in olive oil 5-7 minutes until translucent; add rice, bay leaves, thyme, marjoram, salt and pepper; cook, stirring 2 minutes.; add tomatoes, then fill up the can with water twice and add the water. Bring to a boil, lower heat to med-low, cover, and simmer 45 minutes. When rice is completely cooked, add beans and heat through. Remove bay leaves before serving. Serves 10-12

CALABRIAN ALMOND  
CAKE

- 1 pound almond meal
- 6 eggs, separated
- 1 1/2 cups sugar
- Zest of 1 lemon, finely grated
- Confectioners' sugar for dusting

Preheat oven to 350F. Butter a 10" cake pan.

Beat egg yolks with sugar until pale and creamy; add lemon zest and almond meal, stir to combine (mixture will be dense). Whisk egg whites in a separate bowl until stiff peaks form; fold whites bit by bit into almond mixture until well combined.

Pour into cake pan and bake 40-50 minutes, or until top is firm and browned nicely. Cool before dusting with confectioners' sugar.

MASHED SPICED  
SWEET POTATOES  
(Vegan)

- 3 pounds sweet potatoes
- 1/2 tsp salt
- 1/2 tsp ground cinnamon
- 1/8tsp ground allspice
- 1/4 tsp ground nutmeg
- 1/4 tsp ground ginger
- 2 TB maple syrup
- 1 TB light vegetable oil (not olive oil)

Bake sweet potatoes in 400F oven until a fork can easily poke through the potatoes in center. Remove from oven and split down middle to cool. When still warm, but not too hot to handle, scoop out sweet potatoes and place in a large bowl; add remaining ingredients and mash everything with a strong fork. Serve warm. Serves 4



## TURMERIC

Turmeric has been used to treat a myriad of ailments for millennia, especially in Ayurveda, the 5,000 year-old system of healing that has its origins in the Vedic culture of India. Within the bountiful range of medicinal plants, few possess such a wide spectrum of applications as turmeric. It is known mainly as an anti-inflammatory, the effectiveness of which is comparable to contemporary pharmaceutical medicines. Happily, modern science is beginning to recognize the abundant healing qualities of turmeric. It has been established in animal studies, that turmeric possesses anti-inflammatory, antioxidant, anti-viral, anti-fungal, antibacterial, and anti-cancer properties. Preliminary human studies are now showing promise for this amazing herb in the treatment of a wide range of conditions, including osteoarthritis, Alzheimer's, cancer and certain skin ailments.

The Latin name for turmeric (sometimes

spelled "tumeric") is "Curcuma Longa," which originates from the Arabic name for the plant, "Kurkum." Its healing properties lie in the stalk, or rhizome\*, the part that is also used to flavor, color and preserve food. Turmeric has hundreds of molecular constituents, each with a variety of biological processes, its primary active ingredient being "curcumin,"

the substance responsible for the biological activity of turmeric.

The basis of most scientific research, curcumin can be extracted from turmeric and is sold in supplement form.

Turmeric is commonly found in Indian curries, infusing this traditional dish with complex flavor, nutrition and its unique golden-orange hue. There are

many ways to add such a versatile herb to your diet. Some may find straight turmeric powder somewhat bitter, but when a teaspoon or two is added to a pot of soup or stew, the flavor disperses and imparts a subtle depth that appeals to most people.

You can use the herb in its fresh, raw form in much the same way by adding it, grated

or squeezed in a garlic press, to smoothies, marinades, rice dishes, etc. Alternatively, as mentioned above, both turmeric and curcumin supplements are now widely

available. A recent finding shows that absorption of turmeric is improved in the presence of piperine, a constituent of

black pepper, so try to find supplements that contain piperine or black pepper extract. Of course, when cooking with the venerable turmeric, adding a few grinds of fresh black pepper will enhance assimilation.

Yes, there is far more to good health than just adding this spice to your meals. However, as part of an overarching plan that includes an anti-inflammatory diet, appropriate exercise and stress reduction, the daily addition of turmeric can make a valuable contribution to health and well-being!

Try this delicious and simply prepared recipe for turmeric tea:

- 4 cups water
- 1 teaspoon turmeric powder
- Freshly ground black pepper

Bring water, turmeric powder and black pepper to a boil. Reduce heat and simmer for 10 minutes. If desired, enjoy with a squeeze of lemon and/or honey. ❄️

\*A stem that grows horizontally under or along the ground and sends out shoots and roots.



# December Sales

To Our Co-op Members & Customers: Please note that sales run for a two-week period. Please stop by the Co-op and take advantage of all the great offerings each month. A few of the sale items are listed below.

## December 3-December 16

					
Bulk Shelled Walnut Halves reg \$14.99# <b>SALE \$12.69#</b>	Earth Balance Buttery Sticks 16 oz reg \$4.79 <b>SALE \$3.69</b>	Alexia Classic French Rolls 12 oz reg \$4.29 <b>SALE \$3.39</b>	Choice Tea Oolong 16 bags, assorted reg \$4.59 <b>SALE \$3.39</b>	Weleda Wild Rose Body Oil 3.4 oz reg \$21.99 <b>SALE \$16.99</b>	MegaFood Women's One Daily 30 ct reg \$25.99 <b>SALE \$17.99</b>

## December 17-December 30

					
Bulk Rolled Oats reg \$1.49# <b>SALE \$1.19#</b>	Brown Cow Yogurt 32 oz, assorted reg \$3.49 <b>SALE \$3.00</b>	Nature's Path Hemp Plus Toaster Waffles 7.4 oz reg \$3.29 <b>SALE \$2.50</b>	Chocolove Bars Almonds & Sea Salt in Dark Chocolate 3.2 oz excluding 73% Dark reg \$2.89 <b>SALE \$1.99</b>	Dr. Bronner's Bar Soap 5 oz, assorted reg \$3.99 <b>SALE \$2.99</b>	Bach Rescue Remedy 20 ml reg \$19.99 <b>SALE \$15.99</b>

## Member Only Specials

December 3-December 30

	
Bulk Equal Exchange Organic French Roast reg \$12.69# <b>SALE \$9.99#</b>	Nancy's Cream Cheese 8 oz reg \$3.19 <b>SALE \$2.89</b>
	
Blue Horizon Crab Cake Bites 6 oz reg \$5.49 <b>SALE \$4.99</b>	Mediterranean Stuffed Grape Leaves 10 oz reg \$7.59 <b>SALE \$6.89</b>
	
Badger Lip Balm .15 oz, assorted reg \$2.49 <b>SALE \$2.19</b>	Rainbow Light Active Adult 50+ Multivitamin, 30 tab reg \$17.99 <b>SALE \$16.19</b>

# Kids' Corner

## FREE FRUIT FUN

Now Kids, color in this here picture, bring it on down to the Co-op and get your free piece of fruit.  
(Produce Staff Selection)

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_



### PRODUCE COMPOST GUIDELINES

This is a free service provided for our customers. We are not able to honor "special" requests for specific produce in bags and keep this service free. Please note:

- First come, first served
- One bag per person, please
- Scraps are bagged as produce is processed
- Best days for compost are Tuesday & Thursday

### GROCERY SPECIAL ORDER POLICY

Members receive a 10% off shelf price discount on special orders of case quantity in ALL departments. HABA and Supplements will receive the 10% discount when the quantity ordered is at least six (of the same item). Cases of local meat must weigh 10 pounds or more to receive the discount. All CO+OP Deals and Essentials Program items will no longer be excluded from receiving the discount; however, a case MUST be ordered to receive the special order 10% discount.

### PRODUCE SPECIAL ORDER POLICY

Produce special order deadline is Thursday at 7 pm. The pickup date is conveyed to the customer by the buyer. The only exception of this deadline is when the Co-op is closed on Thursday due to a holiday. Check with the produce managers if this occurs.

### 614 MEETING ROOM POLICY

Individuals, groups & organizations are welcome to use the meeting room at 614 N Bullard, as long as one organizer is a co-op member. Room is not intended for commercial use or events where a fee is charged. Meetings must be held during regular store hours (Monday-Saturday 9:00am-7:00pm) A key is required to open the building which must be picked up, and returned to the store the same day of the meeting. Contact Margarita: margarita@silvercityfoodcoop.com or the co-op at (575) 388-2343. Thank you!

Co-op  
**KID**



Corner

# From Your Board... Future

# FOCUS

by Gail Rein,  
President



## Announcing “Conversations with the Board” Series

We want to give you a heads up on an exciting, new discussion series called “Conversations with the Board.” For some time, board members have been feeling we need to provide an opportunity for you—our member-owners—to talk with us about anything you want. We are planning four of these conversation events in 2015, offering one each quarter on the first Tuesdays of January, April, July, and October. Refreshments will be provided at each event. Hoping to attract many people, we will be holding two of these quarterly events in the morning and two in the evening. Here’s the schedule so you can mark your calendars.

- Tuesday January 6th from 8:30 to 10:00 a.m.,  
614 Bullard St.
- Tuesday April 7th from 5:30 to 7:00 p.m.,  
location to be announced
- Tuesday July 7th from 8:30 to 10:00 a.m.,  
location to be announced
- Tuesday October 6th from 5:30 to 7:00 p.m.,  
location to be announced

Shortly before each event, announcements with complete details will be posted in the store and on the co-op’s website, as well as published in the Garbanzo Gazette. Hope to see you at one or more Conversations with the Board... we look forward to talking with you!

## Member Linkage Committee Wants You!

The members of the Member Linkage Committee work as a team to provide effective communication among the co-op’s board of directors, operations, and member-owners. To this end, the members of the committee include board members, staff, the general manager, and member-owners.

To be most effective, we need two or more member-owners serving on the committee. The past two years, we have had two member-owners, and one of these wonderful people has moved to Colorado so we now have just one member-owner on the committee.

Please consider joining our committee. We’re doing a lot of fun things this year, and not only fun, but also things that make a difference! The committee is behind the surveys and focus groups that have been conducted this year. Soon the committee will be planning a forum for the board to share its findings from the 614 feasibility study with member-owners. We’re also starting to plan the General Membership Meeting that will happen in the spring.

If you are interested in becoming a committee member, please come to one of our monthly meetings to check us out. We meet on the first Wednesday at 11:00 for about an hour in the 614 building. Also feel free to email the committee chair, Gail Rein, at rein.gail@gmail.com. Hope to see you at one of our meetings!

Are YOU one of those  
DEDICATED, COMMITTED, PASSIONATE

Co-op members-owners  
Who just CAN’T wait to be part of  
THE GOVERNANCE TEAM and  
Work tirelessly for our  
Local, charming, and loved  
FOOD CO-OP?

If so, then

Here are dates YOU must consider:  
New 2015 board members begin in MAY  
Election of board members is in APRIL

And YOU must decide to run for this  
Wonderfully rewarding and thankless job in MARCH  
SO WHAT DO YOU NEED TO DO NOW?

Contact a board member  
Talk to Assistant Manager Margarita  
Attend a board meeting – 3rd Wed of each month

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

Susan Van Auken/Vice President  
Board Term: 2013-2016  
susanvanauken@gilanet.com

Carmon Steven/Secretary  
Board Term: 2013-2016  
yankiecarmon@gmail.com

Lynno Aldin/Treasurer  
Board Term: 2012-2015  
peacelynno@gmail.com

Meadow Clark  
Board Term: 2012-2015  
mc@conflictmediation.net

Jennifer Johnston  
Board Term: appointed  
thru May 2015  
johnstonjenny40@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.

# Food and Medicine from Ayurveda

by Athena Wolf

Empowering people to heal themselves for five millennia, Ayurveda, or the science of life, has become popular, though often misunderstood in America.

Unlike Western methods which treat symptoms; Ayurveda treats people according to their individual DNA (constitution) and works to bring their current condition into harmony with that constitution.

To do this we identify certain DNA markers, described thousands of years ago in the Ayurvedic system. Then we use natural healing techniques such as; diet specific for your constitution, marma points, massage, medicated oils, lifestyle change, specific yoga, breathing exercises, plant medicine, sauna and diet. You can see that this is different from western herbalism in that Ayurveda uses multiple techniques. It is also different from Naturopathy which tends to use vitamins. Vitamins are understood in Ayurveda as chemicals produced in a laboratory. Ayurveda derives its power from being very specific for each individual. It was the world's first holistic system, intricate and sophisticated; it takes ten years to become an Ayurvedic doctor. Because of the American culture of looking for plants or chemicals to suppress symptoms people tend to continue that orientation when using Ayurvedic herbs. Let's look at how a couple of these powerful medicines from Ayurveda are being used today.

Medical research on turmeric has confirmed the Ayurvedic recommendations for use as an anti-inflammatory, in lubricating the joints, eliminating cancer cells preventing Alzheimers. Instead of also respecting the traditional use of this root, Western medicine has made it into a drug and put it in a capsule. "Widespread con-

tamination of curcumin products with a Class-1 residual solvent known as EDC (1,2-dichloroethane) is known. According to the Toxic Substances and Disease Registry of the Department of Health and Human Services, the potential health effects of exposure to the Class-1 solvent at levels above 5 ppm (parts-per-million) include: central nervous system disorders; adverse liver, kidney, and lung effects; and heart failure. Long term effects: probable carcinogen. The problem is so widespread, according to the researchers, curcumin extract with an EDC amount less than 5 ppm is not easily found." This information comes from a pharmaceutical company making this drug with an alternative solvent. Turmeric is less expensive and more effective than "curcumin," using the traditional methods of cooking it into a curry or making Golden Milk. You can find a recipe for this here <http://www.curanderahealing.com/recipes>.

Ashwagandha is widely used by many people, though it is only beneficial for Vata aggravation. I've found people in Silver City taking it because it was recommended by friends who had a good experience with it. They are confused when it doesn't work for them. This is another case where separating the plant use from the tradition has not been beneficial.

Ashwagandha is very helpful for those who have the DNA make-up we call "Vata", it gives them more energy, appetite and

strengthens the immune system. For those with other constitutions it can create internal heat which leads to inflammation, or cause others to gain weight.

Black Seed has long been used in Ayurvedic formulas with great success. I use it for "Vata" depression in the formula, Yogaraj guggulu, and I make Haba Baraka from the seeds for auto immune disorders such as lupus, leukemia and severe allergies. Used to flavor baked goods in the Middle East, Black Seed (*nigella sativa*) is a wonderful and safe food that can also be used as medicine. When the prophet Mohammad proclaimed, "Use this seed often, as it is a cure for everything but death." He meant seeds, not oil, as there was none then. The plants referred to in the Bible as well, come from the Ayurvedic tradition. People today prefer the convenience of the oil, but it must be used with caution as it is so potent. Contact dermatitis has been reported with topical application of the seed oil and it is not safe during pregnancy or for children.

Magnesium stearate is formed by adding a magnesium ion to stearic acid. The compound has lubricating properties, which

allows supplement making machinery to run faster.

Research has shown that stearic acid suppresses T cells

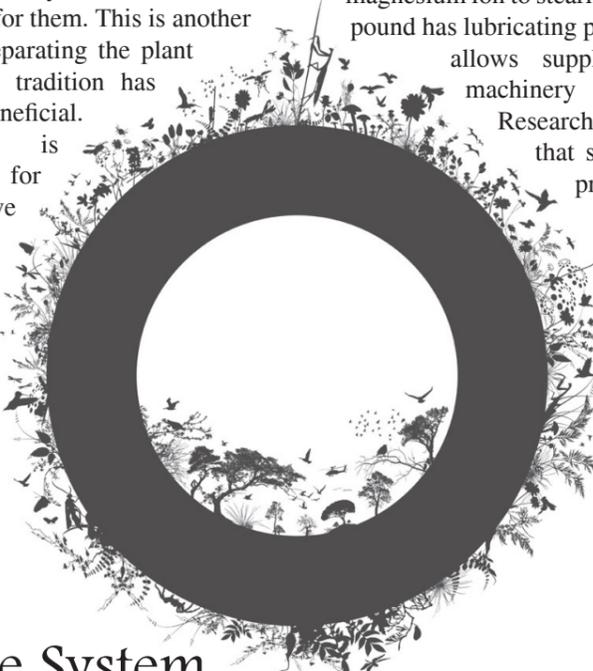
which are a key component of your immune system. According to one study,



stearic acid causes the collapse of cell membrane integrity. Stearate is sourced from hydrogenated oils such as cottonseed oil. Even when this crop is not genetically engineered, cottonseed oil tends to have very high levels of pesticide residues. Triphala is a well-known Ayurvedic remedy for healing the intestinal tract and for dissolving cataracts. However, the following companies use magnesium stearate to lubricate their machines. It is an ingredient in these Triphala formulas; Banyan, Douglas Laboratories, Nature's Way, Planetary Herbals, Swanson's.

The foundation of treatment in Ayurveda is the awareness of how the universal qualities of Earth, fire, air and water manifest through our DNA. Understanding how these elements influence our unique constitution can give us the knowledge to adopt the most beneficial diet, climate, music, exercise and oils to bring us into balance. One may also apprehend psychological and physical tendencies, strengths, weaknesses. Self-understanding, which is the foundation of life, is greatly increased by living in balance. ○

[Athena Wolf grows Ayurvedic plants in the Mimbres. You can find her at [curanderahealing.com](http://curanderahealing.com), or 536.9335.]



## Eat Right to Enhance Your Immune System

### Things you can do:

Minimize consumption of sugar, refined oils and flour products, alcohol. These substances (notice I did not refer to them as "food") increase inflammation and free radicals, are toxic to the liver and the immune system. One teaspoon of sugar inactivates the immune function for up to 6 hours (Fadia). Experiencing sugar cravings? Eat a whole fresh apple or carrot; it will provide fiber and replace the vitamins and minerals your body actually needs. Chromium picolinate supplement might help the cravings by correcting chromium deficiency.

Get enough sleep, stay away from others who are sick. Rest. Don't smoke.

Drink plenty of good water. This means non-chlorinated water. To determine the minimal amount you need daily, multiply your weight by .66. Sweating from strenuous exercise, warm weather or menopausal hot flashes increase daily need beyond this basic amount. Bored with plain water? Try adding cucumber, strawberries, citrus wedges, and fresh mint or ginger to create flavorful water. Carbonate your own water or herb tea with the purchase of an inexpensive device. Economical and fewer plastic bottles to recycle.

Drink hot fresh ginger tea, maybe add a little honey, Cayenne, lime. Yum. Additionally, black or green teas enhance production of interferon levels, part of the first line of immune defense against viral infections.

Eat your veggies, fruits, nuts and seeds. Eat colors. Eat greens. Add them to your smoothie. Eat broccoli, red and yellow bell peppers, onions, garlic, kale, cranberries, asparagus, cocoa, buckwheat, red grapes. Most fresh produce provides vitamin C, quercetin and other bioflavonoids that are anti-bacterial, anti-viral, anti-fungal, anti-yeast, antioxidant and anti-inflammatory. They reduce free radicals and stimulate T cell production to fight infection. Eat some raw foods daily which contain enzymes necessary to assimilate nutrients, support metabolism, digestion and energy.

Eat organic food to avoid genetically modified organisms and their associated pesticide residue. This is a major way to reduce the toxic load on your body, a source of stress.

Eat fermented foods. Beneficial microorganisms in kefir, yogurt, sauerkraut, kim chee, tempeh and miso balance gut microflora and enhance immune function.

Eat 1 Brazil nut a day to get enough selenium to protect against influenza; try a zinc daily supplement to support immune system function and when sick, zinc lozenges to inactivate viruses in the mouth and throat.

Eat oregano. It contains health-promoting essential oils, which are strongly anti-septic, anti-bacterial, anti-fungal, and is high in anti-oxidants. It is also loaded with dietary fiber, folates, pyridoxine, vitamins C, A, and K, iron, manganese, and carotene.

Avoid anti-bacterial handwash. An FDA advisory panel has concluded these products are no more effective than plain soap at preventing infectious illness and could increase antibiotic-resistant microorganisms. The Center for Disease Control (CDC) recommends hand washing vigorously with soap and water for 20 seconds, covering all surfaces of the hands and fingers. The CDC recommends the use of alcohol-based antimicrobial products when soap and water are not available. ([www.healio.com/pediatrics/news/print/infectious-diseases-in-children](http://www.healio.com/pediatrics/news/print/infectious-diseases-in-children)).

Walk, stretch, breathe. Can you say YOGA? Tai Chi? Low to moderate exercise stimulates lymph drainage throughout

By Monica Rude

the body and enhances immune function. Get a massage to improve circulation, aid in removal of toxins and promote relaxation.

Reduce the effects of stress by taking adaptogens, plants that "enhance general overall functioning, somewhat like a tonic but one that increases the ability of the organism to respond to outside stressors ..." (p.298 Buhner). Astragalus, cordyceps, rhodiola, and licorice are some herbs recommended by Stephen Buhner to keep the immune system healthy. Others include Holy basil, ginseng and Reishi mushrooms.

Reduce stress by getting more rest. Every hour of the day doesn't have to be filled with activities and busyness. Did I mention rest? ✨

Learn more: *Healthy Immune System*, Vijay Fadia, edit. *Homestead Schools, Inc.*, 2006, Torrance, CA *Herbal Antivirals: Natural Remedies for Emerging and Resistant Viral Infections*, Stephen Buhner, Storey Publ., 2013, No Adams, Mass. This article is for educational purposes only and not to be taken as medical advice. For more help, consult a trusted health practitioner. [Monica Rude owns *Desert Woman Botanicals* and lives in Gila where she grows herbs for the product line and cooks from scratch.]



# SAGITTARIUS

(November 22 – December 21)

Perennial adventurer Sagittarius hits new heights of restlessness. Tend to old business, then off you go; join a circus, sail to exotic ports, seek enlightenment in a Himalayan cave. Sagittarius have a deep longing to find a place where they truly belong. Quests take them to ancestral lands, back to where they were born. Many will be on the move, literally or metaphorically, though the longing is not easily soothed. Continue to be electrically, playfully creative; consider a sabbatical to get work ready. Fertility is high; ancestors may return as magical children.

# December 2014

*Winter Solstice - Once more the balance tips;  
the scales of the year veer toward the light,  
and we pray in that illumination for peace.*

**Full Moon 12/6/2014 05:27:13 am (MST)**

**Winter Solstice 12/21/2014 04:03 am (MST)**

**New Moon 12/21/2014 06:36:15 pm (MST)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
			Member Linkage 11-12			
7	8	9 Forum Pressure Cooker 12-1 pm @ 614	10 Solstice Dreaming 3-4:30 pm @ 614	11 Forum Pressure Cooker 12-1 pm @ 614	12	13
14	15	16	17	18	19	20
			Board Meeting 4:30-7:30			
21	22	23	24	25	26	27
			Christmas Eve Co-op Closes @ 5	Christmas Day Co-op Closed		
30	31		1	2	3	
			Co-op Closes @ 5	New Year's Day Co-op Closed		

**Fall MAD!**  
Choose your own  
Member Appreciation Day  
in November **OR** December!

## Causes

By Janine Canan

Maybe you think you are determined by your genes, or your karma.

Or you think that childhood experiences are more important.

Maybe you believe it's really a matter of the food you eat.

Or subtle things like magnetic waves from phones and ghosts and planets.

Or you sense how other's thoughts, words and actions affect you, even your own!

Maybe you're convinced it's all in the effort you make.

Or - all in God's hands.

Well, She has sent a poet to say.

It is all of the above - and below - and beyond.

## December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				New Year's Day Co-op Closed		
4	5	6	7	8	9	10
			Member Linkage 11-12			
11	12	13 Forum 12-1 pm @ 614	14	15 Forum 12-1 pm @ 614	16	17
18	19	20	21	22	23	24
			Board Meeting 4:30-7:30			
25	26	27	28	29	30	31
			YYP-ML 11-12:30			

## January

Pre-Sorted Standard  
US POSTAGE PAID  
Albuquerque NM  
PERMIT #762

**silver  
city  
food  
CO-OP**

520 N. Bullard St.

Silver City, NM 88061

[www.silvercityfoodcoop.com](http://www.silvercityfoodcoop.com)

**Open**  
**Monday - Saturday**  
**9 am - 7 pm**  
**Sunday**  
**11 am - 5 pm**