

the Garbanzo Gazette

Volume 13

a monthly newsletter of the Silver City Food Co-op

2013 BOARD OF DIRECTORS' ELECTION

There are two (2) positions open, each for a 3-year term.

Below are statements from this year's candidates to the board of directors.

Your ballot for the election is enclosed. Ballots will also be available in the Co-op by the ballot box.

Voting begins at 9:00 a.m. Friday, March 1st and ends at 5:00 p.m. Monday, March 25th. Mail-in ballots must be received by 5:00 p.m. Thursday, March 28th to be counted. Election results will be posted in the Co-op Friday, March 29th.

CARMON STEVEN

I moved to Silver City in 2009 after a decade of visiting the area. On each trip to town I found the co-op to be one of my favorite destinations. I enjoyed the co-op experience from products, to staff, to customers which was very different from the mega health and whole food stores in San Diego where I lived. Part of my criteria for moving to Silver was to be within walking distance of downtown and the co-op.

My interest in food and how what we eat impacts our health came from a family history of food allergies. Over the years, my interest in eating 'healthy' expanded to learning about organic food from a wellness, renewable, and carbon footprint viewpoint. It wasn't until I was faced with a serious illness in 2008 that I started to investigate how food-as-medicine could change lives, and I am still learning more.

When I was asked to fill a vacant seat on the co-op board in May 2012, I was honored and enthusiastic about the opportunity. While serving on the board my understanding and appreciation of where our food comes from, local versus organic, the influence of food production on the economy, and more has expanded. Also during this time I was privileged to participate on the General Manager Selection, Member Linkage and Long Range Planning Committees.

I have a master's degree in business administration with an emphasis on administrative and project management. During a 30-year career I learned how critical it was to understand the context of decision-making within different organizations before implementing objectives. This approach has proven effective in addressing co-op board challenges. I believe my most important contribution, however, is the ability to listen, question, and promote consensus for a cohesive and productive team.

Silver City is a wonderful place to live, full of many caring and committed people. I enjoy contributing my time and energy to our community and ask you for the opportunity to continue my service as a director on the co-op board.

If you have any questions or concerns you would like to discuss, please feel free to email me at yankiecarmon@gmail.com.



SUSAN VAN AUKEN

Hi Co-op Members!

I want to thank you all for the privilege of being on the board of directors and president of the co-op. Over the years I have enjoyed and I have despaired during moments on the board, but all and all I have felt at "home." As a board member I have given the co-op a lot of my time, energy, and skills; I have taken the ride one must take to learn about co-op boards and policy governance; and in return I have good feelings knowing that I have provided a necessary service for our co-op. In my own mind I believe my term on the board is not yet finished, in part because our new general manager is still in his early days with us. Therefore, I submit this statement for my candidacy for another term on the board.

Here is a little bio in a nutshell. I changed my diet to healthy foods when I was in my early 20's. I have worked in 5 or 6 retail natural food stores, including our co-op, taught cooking classes on using whole grains, helped to build a nutritional consulting business with a friend, was farm administrator (as well as a greenhouse and field worker) for Seeds of Change farm in Gila for 4 years, worked as a "personal chef" and have had many large gardens during the 25 years I have lived in Gila. As for my work on boards, I have served our co-op for 6 years now, and in the past I served on boards of child care centers and Upper Gila Watershed Alliance. Since I have written articles in almost every Garbanzo Gazette, I imagine that many co-op members are familiar with my interests and my views about board work, our co-op, and natural foods, and also know that food – organic, healthy, and local food - is a central organizing facet in my life.

As many of you know, the board needs to pay attention to our co-op's future. With my interest in healthy and local food, my interest in supporting alternative forms of business and our community economy, as well as my ability to see the big picture while paying attention to details along the path – I believe that I am a valuable board member for the long-range perspective we need.

If you would like to have me serve another board term, I am here and ready to continue working for our co-op.

Thanks so much,
Susan Van Auken



PLEASE VOTE!

All active member-owners are strongly encouraged to participate in the Co-op's decision-making process.

[Bylaws Article II, Section 2-6, Responsibilities]

In This Issue

Page 2

Cup o' Joe
Did You Know?...

Page 3

Staff Picks
Insomnia

Page 4

Kitchen Meditations
How to Dye
Easter Eggs Naturally

Page 5

Co-op Deals
Monthly Specials
Kids' Corner

Page 6

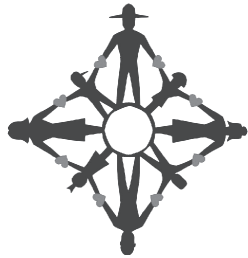
From Your Board...

Page 7

Community
Outreach Report

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

Store Hours

Mon-Sat 9am-7pm

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
Judith Kenney
Bob Lee
Tyrone Wright
Carolyn Smith
Tracey Franco
Dougan Hales
Jake Sipko
Kate Stansberger
Carol Ann Young
Margarita Courney
Jeanné Miller
Becky Carr
Vicki Gadberry
Lennie Buckingham
Erin Toney
Jess DeMoss
Meggie Dexter
Brian Bates
Misha Engel
Kevin Fast
Angie Carr
Glenn Thayer
Mary Giardina
Carol Kay Lindsey
Richelle Price
Jarrod Swackhamer
Dan Jameson
Melissa McDermott
Doug Smith
Jessie Gauthier
Jenny Morgan
Joe Z
Marguerite Bellringer

Annual Co-op Equity

\$10.00

Kids under 18 and living at home FREE

The Garbanzo Gazette Gang

Editor: Margarita Courney

Contributors: Judith Kenney & Carolyn Smith

Layout & Design: Carol Young & Meggie Dexter

Submissions are welcomed!

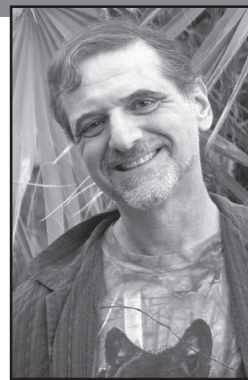
Submit letters, articles, or items of interest to:

gg@silvercityfoodcoop.com

©2013 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



So I'm now officially part of the Silver City Food Co-op Community! That's so cool! I've been part of lots of different communities as all of you have been too. I'm also now part of the Silver City Community, the New Mexico Community, the Main Street Project Community and the old balding guys with big noses community (that one isn't that much fun but some communities choose you instead of the other way around).

The word "community" really doesn't explain much by itself, does it? It's a rather amorphous word that needs a modifier to have any meaning. "I'm a member of a community" really tells us nothing - even recluses and hermits belong to the recluse/hermit community although I don't believe that they have picnics or sing-a-longs.

I just recently had a conversation with a woman - a world traveler - who said she moved to her town (not here but almost as small) because she was looking for "community." Huh? I guess there wasn't any community on other parts of the planet. Go figure. While words are fun, they can also be rather confusing at times yet none-the-less, important.

So why am I obsessing about communities? Well, as a co-op, we have an obligation - via the Co-op Principles and self-imposed - to serve and to be responsive to the community. But what community are we talking about and what does it mean to be a community-minded co-op?

Believe it or not, these questions have dogged consumer cooperatives for decades. Really. When co-ops first got going in the late 1800's and early 1900's they were generally established in poorer locales with limited choices as to where to shop. Their communities were literally the geographic location and they sold just about everything - they were general stores.

But something happened in the Sixties and Seventies. The "counter culture" - often referred to as "hippies" (or personally - "my people") - started little buying clubs and store-fronts centered around quality foods and egalitarian operating principles. These were the New Wave Co-ops. They literally changed the concept of community. Suddenly, the community was not defined by shared location but rather by shared ideas, actions and involvement. At the same time, these co-ops WERE still concerned about the folks located around them - the local people and the local entrepreneurs - plus folks around the world - the larger "community." They were concerned about things such as their suppliers - were they receiving a fair price for their product/labor or were they being exploited, were they impersonal manipulative mega-corporations and were they harming the planet.

Certainly, these are philosophical questions best discussed late in the evening over some brews or a few glasses of wine. But in reality - they are questions that need answers since they effect the decisions we make at this Co-op. And more personally - I have to know this because, as part of my position, I have to ensure that we attain this.

Should we reach out to the Wal-mart shoppers by offering Coke, Pepsi and Twinkies? (Okay- Twinkies are a moot point at this juncture in time but you know what I mean). After all, they "reach out" to us by offering Organics and Natural Foods to gain market share. Well, some co-ops do. We affectionately call them "transitional" co-ops - helping folks move from traditional diets to more healthy ones. But as a matter of fact, being a co-op has nothing to do with natural/organic foods. There's no reason you can't have a co-op dedicated to junk food and unhealthy life styles. We are a natural foods co-op because that's what the members/owners wanted when our co-op was started and it has been reinforced over the years.

So what does it mean to be a responsible member of the larger community? Well, I interpret it to mean that we reach out to the Silver City Community, the New Mexico Community and the World Community with Education. Co-ops, and particularly Natural Food Co-ops, have a compelling story in these modern times, both in our business structure (we own it!) and in the foods that we sell. It's not about serving the greater community the junk food they crave but rather how our Co-op, both in structure and food, can serve them better.

Yet - actually - currently - I'm more concerned with our more immediate community - the people who own our co-op and those that patronize it. In other words - you. I'm new here and know little about you all. Thus I have a request: please talk with me! When you see me in the Co-op, please come over and introduce yourself. Tell me what you think. Who you are. Why you're here. What makes you happy. I want to know. Now I may not remember your name the next time I see you - we have over 2000 members and patrons and my brain is overwhelmed with facts, figures and numbers - but that doesn't mean I'm not paying attention.

You are now my community. In my new position, I will do my very best to help us achieve our goals and dreams. Not mine - ours. Together we can achieve what we want and maybe even one day, impact our greater community. It's all up to us! ✨

Did You Know? PROMOTE SKIN RENEWAL

Why does our skin benefit from exfoliation? To remove all those dead skin cells which have accumulated on the surface of our skin. It's the dead skin cells that give aging skin the tendency to develop a dull, lifeless appearance. Once the old dead cells are scrubbed off the surface of the skin and washed away, the skin is left with a lovely smooth glow.

Older skin needs the opportunity to rejuvenate itself. Exfoliation provides the stimulation and critical skin cell renewal which results in a younger, fresher look and actually encourages healthier skin.

Depending on your skin type, the when and why to exfoliate takes differing strategies. Exfoliation a few times a week for sensitive skin is all that is usually recommended while an oily skin type will benefit from a gentle daily exfoliation. It is also helpful to give your skin an occasional respite from exfoliation for a week or so every month, especially if any irritation begins to occur. Exfoliation will soften the appearance of wrinkles and stimulate healthy cell renewal. Try one or all of the following recipes and get ready for Spring!

SUGAR SCRUB

- 1/2 cup oil (see list below)
- 1/8 cup coconut oil
- 3/4 cup turbinado sugar
- 10-15 drops essential oil (see list below)

Mix oils together, add essential oils and blend well, add sugar. Place in airtight container.

SALT SCRUB

- 3/4 cup coarse kosher/dead sea salt
- 1/4 cup oil (see list below)
- 1/4 cup coconut oil
- 10-15 drops essential oil (see list below)

Mix oils together, add essential oil(s), mix well, add salt. Place in airtight container.

OATMEAL MASK

Add just enough warm water to loose oatmeal to form a paste. Massage into skin and let stand 10-15 minutes. Rinse with warm water.

YOGURT MASK

- 1 tsp plain Greek yogurt
- juice of 1/4 orange

Stir to mix. Dip fingers into mixture and smooth onto face. Leave on for 15 minutes, then rinse with warm water. (This is a perfect mask for sluggish skin.)

OILS FOR SCRUBS (mix & match):

Apricot kernel, avocado, sweet almond, macademia, kukui nut

ESSENTIAL OILS FOR SCRUBS (mix & match):

Eucalyptus, lavender, lemon, mandarin, orange, peppermint, vanilla, ylang ylang

[Source: Mother Earth Living, www.motherearthliving.com]



Staff Picks for March

by Judith Kenney

Jessie Gauthier is a cashier, cleaner, and stocker at SCFC. In addition, Jessie, is studying Environmental Sustainability at WNMU. She chose Yogi Egyptian Licorice Tea as her favorite. She starts by saying, "Whether or not you are a fan of licorice, you will enjoy this tea! It transcends conventional licorice by adding cinnamon, orange peel, ginger, cardamom and pepper. It is non-caffeinated, warming for the body, and soothing for the mind. The longer it steeps, the richer the flavor. I'll put it in a thermos and take it to class to stave off hunger."



The story of Yogi Tea began in 1969 when Yogi Bhanan, an Indian spiritual teacher, began teaching Kundalini Yoga in North America. After each class he served a delicious, aromatic spice tea to his students, which they

aptly named "Yogi Tea." This beverage was a delightful blend of traditional Ayurvedic spices, which are still included in many current Yogi Tea formulas. These teas include 60 varieties of green, herbal, and black teas that are created with both flavor and a therapeutic purpose in mind. From Aztec Sweet Chili to Women's Raspberry Leaf, all are made with natural ingredients, many of which are certified organic. Egyptian Licorice Tea has been formulated to support the respiratory and digestive systems. Licorice, also known as "sweet root," has been



used in food and medicine for thousands of years for a wide range of ailments and is still used today for several conditions, although not all its uses are supported by scientific evidence. Please do your homework before consuming licorice to make sure that it is not contraindicated for your particular metabolism.

Dan Jameson has been cashiering at the Co-op for five years. A man of intellect and an avid reader, Dan's choice for this month is Lilly's Hummus. To quote Dan, "From our friends in Portland, Oregon comes this delicious, spicy hummus, available in Kalamata Olive and Garlic flavors.* The ingredients are simple and fresh. It's great for dipping with Simply Naked Bagel Chips or rice crackers."



I spoke with Brianna Wheeler of Lilly's Hummus and she kindly provided me with the scoop on the beginnings of the company and some interesting details that characterize their commitment to producing a superior product ethically and sustainably.**

Lilly's is owned and operated by husband and wife team Lilly and Michael Miscoe. Lilly created her first hummus on a whim in her own home kitchen to serve at a dinner party. Her guests were so delighted with the unique flavors that they encouraged her to sell her hummus at local farmer's markets. Five years later, her delicious product, in many variations, can be found in

markets nationwide. Based in Portland, Oregon, their facility is housed in a mixed-use space that includes Lilly's FDA regulated production facilities, Headwaters Repertory Theatre, North Portland Yoga Studio, Ruby Jewell Handmade Ice Cream, and multiple art and fabrication studios. As Brianna said, "It's unique structure, location, and variety of businesses is like a microcosm of Portlandia itself."



All of Lilly's fresh ingredients are grown locally, while tahini and olive oil are imported from Egypt and Spain. Garbanzos are organically grown in Northern California and all vegetables are sourced from local Oregon farms. In addition, the vegetables are roasted using a hazelnut briquette developed by Lilly's. Hazelnuts are a renewable resource in the Pacific Northwest. Michael Miscoe, CEO, was even featured on Martha Stewart for them!

*While Lilly's does offer a plentitude of other flavors, limited shelf space at SCFC dictates a smaller selection.

**Brianna made the job of writing this article a breeze by sending information about Lilly's that I was pretty much able to include as she wrote it. Thank you, Brianna.

INSOMNIA

by Sue Bovenizer



The clock keeps ticking as you toss and turn in bed. Another wake-filled night as you watch the minutes slowly count down until dawn. You think, "If I get to sleep now, I'll have 5 hours' sleep – I can get by on 5 hours...." Then "I've gotten by on 3 hours of sleep before..." and then "Ugh, how am I gonna survive this day on NO sleep!!!!" Sound familiar? If so, you may be one of the 40% to 50% of people who find themselves sleepless from time to time or maybe you are one of the 10 % who have chronic insomnia. By definition, insomnia means either the inability to fall asleep, the inability to stay asleep, or both together. According to the medical profession, symptoms lasting less than one week are classified as transient insomnia, symptoms between one to three weeks are classified as short-term insomnia, and those longer than three weeks are classified as chronic insomnia.

Transient or short-term insomnia has many different causes, some being jet-lag, or changes in shift work, uncomfortable bedroom temperature, loud disruptive noises, physical pain or tense muscles and stress. Chronic insomnia might be more due to psychological stressors like anxiety, depression and uncontrolled racing thoughts. Physiological chronic pain like acid reflux (GERD), COPD, sleep apnea or hormonal problems can also cause chronic insomnia. And of course caffeine, alcohol and sugar too close to bedtime can easily disrupt valuable sleep.

Although essential oils by themselves may not cure insomnia, they still can go a long way in helping ease some of the symptoms of sleeplessness. For instance, if insomnia is caused by physical pain from tension in the muscles, mixing essential oils in a carrier oil and massaging them onto tired achy muscles will help ease some of the physical discomfort. Taking a warm bath in relaxing oils will also soothe tense over-taut muscles. Some of the essential oils for tense muscles include birch, juniper, lavender, black pepper, chamomile or

marjoram.

Anxiety is a major cause of insomnia. Those little creeping annoyances that seem like nothing in the daytime explode into all-encompassing dire situations in the middle of the night. Feelings of helplessness, fear, worry, uncertainty are intensified in the dark, to the point where there seems to be no possible solutions. Calming and centering the mind are good techniques to use to combat insomnia, but very often the thoughts over-ride any mantras or pranayamas at night and even counting sheep can seem like too much effort. Burning essential oils before bed in an aroma lamp is helpful as well as spritzing essential oils onto bedding. It's a passive way of calming the mind and easing the thoughts. Oils to burn or spritz at night include benzoin, chamomile, lavender, marjoram, jasmine, ylang-ylang, or rose. I have also found that Bach Flower Remedies greatly ease anxiety and night fears. They have a specific Nighttime Rescue Remedy that I have heard is very effective.

Depression is also a major contributor to insomnia. The feelings of hopelessness, sadness, despair, and loneliness can be overwhelming in the dead of night, especially if there is no one to share those emotions with. Again, flower remedies are an immense aid, as is a great technique called "Emotional Freedom Technique" (EFT) (you can find information on EFT online). Essential oils that support uplifting feelings of hope and encouragement are geranium, grapefruit, jasmine, lavender, melissa, neroli, patchouli and sandalwood. These oils can be used in an aroma lamp, spritzed on the bedding or better yet, bathed in before bed. To use the essential oils in the bath, take some sea salts or mineral salts and mix a few drops of some of the oils into the salt before placing them in the bath.

Hormones in women wreak havoc on sleep patterns. Whether it is pain from premenstrual cramps, hot flashes or PMS, hormones can disrupt a good night's

sleep. There are various herbs, essential fatty acids and vitamins that work to alleviate some of the symptoms of hormones-gone-crazy, and aromatherapy oils can assist as well by bringing harmony for a more comfortable menstrual pattern. For premenstrual tension, burning oils in an aroma lamp can create a calming and relaxing atmosphere. Oils like clary sage, jasmine, rose, rosewood and ylang ylang can help bring an inner peace and contentment to stress and irritability. A soothing bath before bed with these oils included can also bring balance to a tense energy pattern. Add aromatherapy candles to this bath experience and it can feel like sheer heaven! For water retention and bloating during PMS, oils such as cypress, fennel, juniper or geranium can help by either massaging the body with these oils in a carrier oil, or else by bathing in them. This releases the edema and stimulates stagnant fluid flow and allows for a more comfortable sleep. For menstrual cramping, massaging the belly in a clockwise direction with a carrier oil containing a combination of bergamot, clary sage, cypress, ginger, jasmine or peppermint can help to relieve symptoms; as can soaking in a warm bath with the oils. Stimulating blood flow by placing a cloth impregnated with these oils over the belly with a hot pad on top can also work wonders with cramping and is very comforting in the middle of the night. Hot flashes and night sweats are very debilitating. Some good essential oils for relieving some of these symptoms are clary sage, fennel, geranium, melissa and chamomile. Any of the above methods of application will work for hot flashes.

Next time you are lying awake, cursing at the night, take a breath of aromatherapy. You just might find the sandman visiting you!

[Sue Bovenizer is a natural health therapist certified in aromatherapy, massage, cranio-sacral therapy, and Integral Yoga instruction. She lives in Charlottesville, Va.]

Reprinted by permission from Ms. Bovenizer.



HORSERADISH POTATO GRATIN

- 3 cups heavy cream
- 1/4 cup prepared horseradish
- 1/4 tsp ground nutmeg
- salt & freshly ground black pepper
- 3 # potatoes, peeled, thinly sliced

Preheat oven to 375. Butter a shallow 3-quart baking dish.

Combine cream, horseradish, nutmeg and 1.5 tsp salt and about 1 tsp freshly ground black pepper. Add the potatoes and toss to coat.

Place potato mixture to the baking dish, press to submerge potatoes.

Cover with foil, place on baking sheet and bake 25 minutes. Remove foil and bake until potatoes are tender and top is golden, 50-65 minutes.

ITALIAN EASTER EGGS

- Marinara sauce
- 4 cloves garlic, crush 3; slice 1
- 3 jalapeno, thinly sliced
- 4 eggs
- 1 red onion, thinly sliced
- Parmesan cheese
- Basil, fresh
- Olive oil

Spread marinara sauce in bottom of baking dish; top with crushed garlic and sliced jalapeno

Place eggs on top of sauce, top with thinly sliced red onion and sliced garlic

Sprinkle eggs with cheese, salt & pepper

Bake at 350 for 10 minutes

Put basil leaves on top of eggs, drizzle with olive oil and slide basil underneath eggs

Serve w/warm crusty bread

BRUNCH PIE

- 3/4 cup chopped kalamata olives
- 1/4 cup chopped garlic-stuffed olives
- 1/2 cup chopped plum tomatoes
- 2 TB chopped scallion
- 2 TB chopped red onion
- 1/2 cup chopped white mushrooms
- 3 cloves garlic, minced
- 1/2 cup chopped marinated artichoke hearts
- 1/2 cup shredded sharp cheddar cheese
- 1/2 cup crumbled feta cheese (optional)
- 1 TB finely chopped fresh basil
- 1 TB finely chopped fresh oregano
- 1 TB finely chopped fresh thyme
- 4 large eggs
- 1/2 cup milk
- Salt & fresh ground black pepper
- 2 TB butter, melted
- 10 sheets frozen phyllo dough, thawed

Preheat oven to 350.

Mix kalamata and green olives, tomatoes, scallion, onion, mushrooms, garlic and artichoke hearts in a large bowl. Stir in cheese(s), basil, oregano and thyme and set aside 20 minutes.

Beat eggs, milk and salt and pepper to taste in another bowl.

Brush a 10 inch pie dish with a little butter; stack 6 sheets of phyllo dough (keep remaining sheets covered with a damp towel) and cut the stack into a 12” round. Place 1 phyllo round in the pie pan and brush with butter, repeat layering the phyllo and brushing each sheet with melted butter.

Spread the olive mixture evenly in the pie pan, pour the egg mixture over.

Cut remaining phyllo sheets into rounds and layer on top of pie, brushing each layer with melted butter.

Bake about 1 hour, until top is golden and a knife inserted in the middle comes out clean. Let rest 10 minutes before slicing.

TOFU CHOCOLATE BUDINO (Vegan)

- ¾ cup light brown sugar
- 2/3 cup water
- 2 TB unsweetened cocoa powder
- 8 oz bittersweet chocolate, chopped
- 14 oz soft tofu
- 2 tsp vanilla

Combine sugar, water and cocoa in saucepan. Bring to a boil, stir until sugar is dissolved. Simmer 5 minutes, turn off heat and cool slightly.

Melt chocolate in bowl set over lightly simmering water.

Add all ingredients to a blender and puree until completely smooth. Divide in cups and refrigerate 2 hours or overnight.

[recipes courtesy of House Foods, www.house-foods.com]

[recipes courtesy of House Foods, www.house-foods.com]

How To Dye Easter Eggs Naturally

COLOR	MATERIALS	AMOUNTS
Pink	Beets*	1 bunch, washed & sliced
Bright Pink	Beet Juice	Cover eggs in a pan, from bottled juice
Lavender	Blackberries or Cranberries	Cover eggs in a pan, juice or 1 frozen pckg
Deep Purple	Grape Juice	1 or 2 frozen containers
Rust Yellow	Apples	4 apples, peels only
Rust	Onion Skins	6 red or yellow onions, peel skins
Pale Green	Spinach or Carrot Tops*	1 fresh bunch, chopped
Olive Green	Marigolds	Petals from 6 gold flowers
Blue/Gray	Blueberries	2 frozen containers or bags
Light Blue	Petunias*	Petals from 6 purple flowers
Turquoise	Red Cabbage*	1 large cabbage, grated and sliced
Bright Yellow	Turmeric	2-3 TB powdered spice

*Refrigerate overnight to deepen color when using these materials.

Items Needed: White eggs, egg cartons, pan, water, vinegar, slotted spoon and natural materials for dying.

Directions: Place uncooked eggs in a stainless steel stock pan. Add water 2-3 inches above eggs. (When using juice, fill 2-3 inches above eggs, do not add water.)

Add 1 TB vinegar and natural dye ingredients.

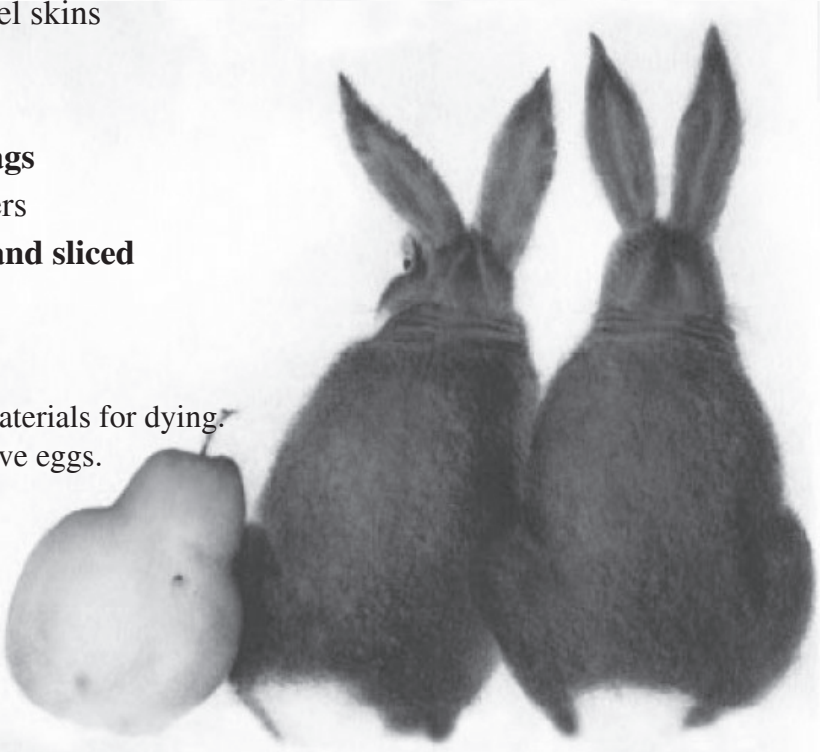
Cover and bring to a boil. Reduce to simmer 15-20 minutes.

Carefully remove with slotted spoon and let air dry.

Colors may vary depending on steeping time & ingredients used to dye eggs.

The flavor of the egg may change based on the dye.

[courtesy of About.com]



March 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 sale items are listed below.

February 27-March 19

					
Bulk Lundberg Long Grain Brown Rice reg \$1.59# SALE \$1.49#	Earth Balance Buttery Spread reg \$4.99 SALE \$3.79	Cascadian Farm Frozen Vegetables reg \$4.19 SALE \$2.79	Annie's Homegrown Shells & Cheese assorted reg \$3.19 SALE \$1.66	Lily of the Desert 12 oz Aloe Vera Gel reg \$8.19 SALE \$6.49	Renew Life Total Body Rapid Cleanse reg \$28.99 SALE \$24.99

March 20-April 2

					
Bulk Yellow Popcorn reg \$1.79# SALE \$1.39#	Organic Valley Butter reg \$6.19 SALE \$4.79	Amy's Frozen Burritos reg \$2.89 SALE \$1.99	Back to Nature Stoneground Crackers reg \$4.39 SALE \$2.89	Clearly Natural Glycerin Soap assorted reg \$1.79 SALE \$1.33	Bach Rescue Remedies Pastilles reg \$7.99 SALE \$5.79

Member Only Specials

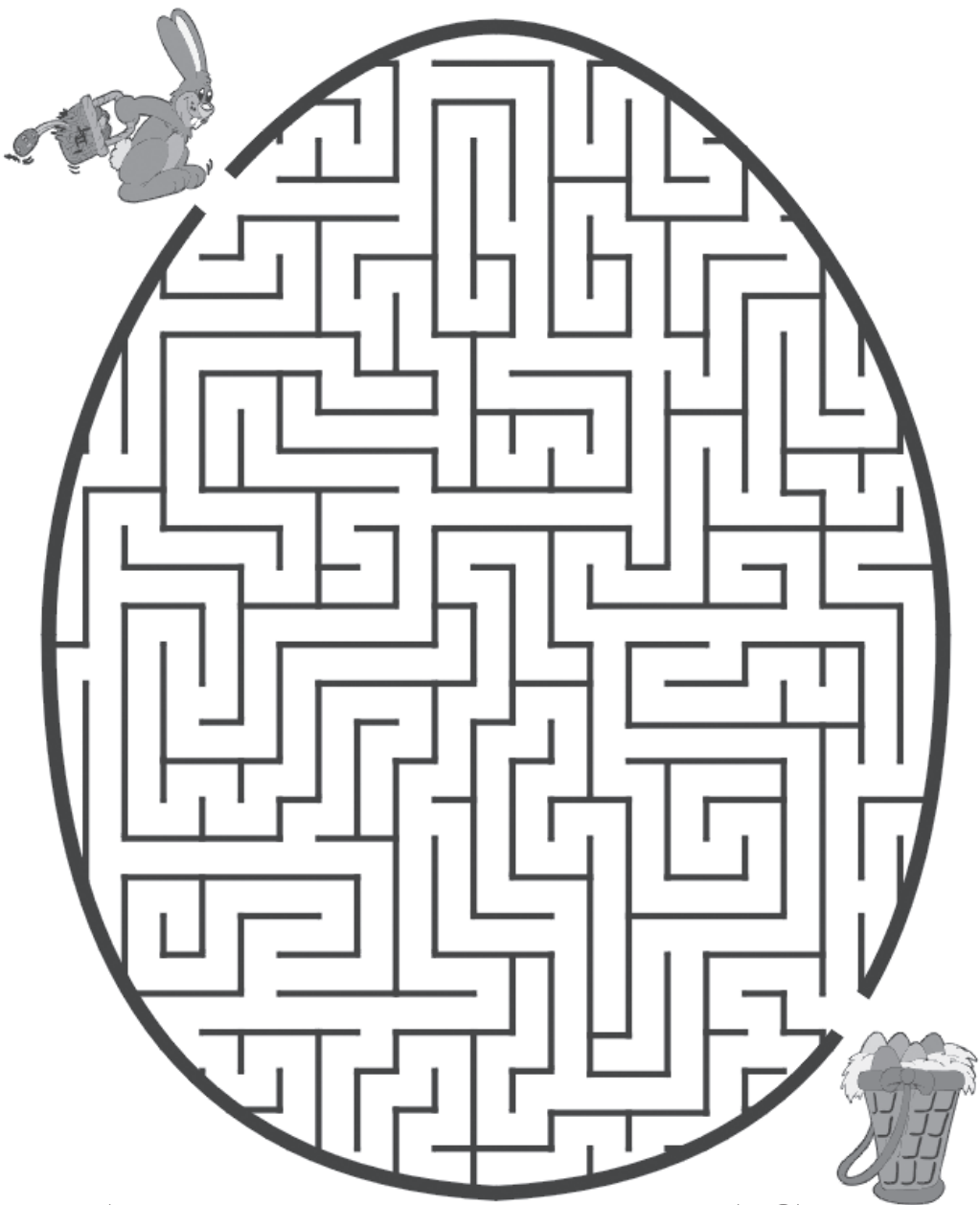
February 27-April 2

	
Bulk Equal Exchange Organic French Roast reg \$12.69# SALE \$8.99#	Lisanatti Almond Cheese reg \$3.69 SALE \$3.39
	
Organic Valley Hardwood Smoked Bacon reg \$8.39 SALE \$7.59	Ginger People Gin-Gins reg \$2.39 SALE \$2.19
	
Avalon Biotin B Thickening Shampoo/Conditioner reg \$9.59 SALE \$8.69	Simply Organic 2 oz Vanilla Extract reg \$5.39 SALE \$4.89

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 randomly 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 CAP 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. Membership Matters items sold in cases on the shelves will now receive a 10% discount (instead of 20% 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.

CO-OP COMMUNITY ROOM POLICY

Individuals, groups & organizations are welcome to use the community room, as long as one organizer is a co-op member. Seating capacity is 24. Room is not intended for commercial use or events where a fee is charged. Contact Margarita: margarita@silvercity-foodcoop.com or call the Co-op at (575) 388-2343. Please allow 7 days to receive confirmation of your request. *Thank you!*

CO-OP
KIDS
LOVE
SPRING!



From Your Board...

Follow That Dollar

by Jerry Boswell, Treasurer

Over the last several years, the steady growth in the market that food cooperatives have created has gradually caught the attention of a few “big box” grocery chains across the country. There are now corporate franchises such as Wild Oats, Whole Foods, and Trader Joe’s that are tapping into the co-op grocery market and competing head-on with stores like ours. Even stores like Albertson’s and Safeway now offer many of the products that we carry in our store. In a way, we should be flattered that these large corporations are aware of our success, innovation, and hard work. After all, it was the small co-ops that were on the cutting edge of the grocery market when they began offering products like bulk foods and organic produce.

Unfortunately, it’s a “dog-eat-tofu world” out there and it is becoming more and more difficult for small stores like ours to compete with corporations that have nearly unlimited financial resources. We can’t buy huge lots of food at ridiculously low wholesale prices like Wal-Mart can. We don’t have the huge floor space that would be necessary to offer every grocery item known to humankind like Albertson’s can. And I don’t have any idea where we would install the jungle gym play area for kids to use while their parents shop in our store. (Maybe I’ll consult my fellow board members about that one.)

In order for our co-op to remain competitive with large corporate grocers we must continue to make our members aware of the many differences between cooperatives and corporations. These differences are becoming more difficult to sort out because the big box stores have figured out how to market and display their products in a way that appeals to folks that have traditionally shopped at co-ops. This is why we need to “toot our own horn” and make our customers aware of what we have to offer.

If you were to interview each of our members and patrons and ask them why they joined our co-op you would surely hear a wide assortment of reasons. For example, many local co-op shoppers may tell you that they prefer to shop with us because our store creates a sense of community in downtown Silver City. Others may patronize our store because they know that we research our products and stock items that are organic or perhaps gluten-free, or are non-GMO certified. Maybe some folks come because they have noticed that a large percentage of our produce and our meats are grown locally or regionally and don’t require a large carbon footprint to get onto our shelves. Lots of people love our bulk food offerings and our excellent selection of vitamins and health supplements. It is also likely that some people may support us because we are serious about recycling and they

are aware that we support the sustainability movement. Who knows, some shoppers might even appreciate the fact that we, as a responsible downtown business, are trying to pay our employees a livable wage and are managing a store that is serious about empowering our employees and providing a fair and enjoyable workplace. And, there are probably a few civic-minded co-op members that are proud of the fact that our store gives back to organizations and various concerns within our community that help our children, donate to the needy, or make our town a better place to live in general.

In all fairness, even the “big box” stores can do many of the things that I previously mentioned. They donate to the community. They can hire nice people and provide friendly service. They can offer products like organic produce and health supplements. But, there are things we do that would be difficult, if not impossible, for corporate stores to do. Since we are a small, locally owned and operated cooperative, we can purchase smaller quantities of food from local suppliers and growers. And because we are a cooperative that is run by our members, we are able to provide for and work with organizations within our community that are important to us. We can also run our store the way we see fit. We don’t have to adhere to rigid or restrictive policies that are generated in a corporate boardroom far away. Another important difference between our co-op and the corporate-run stores is that a much greater percentage of the money that is spent at our store stays local and helps to power our local economy. Since our store is built on a business model for cooperatives, our profits aren’t skimmed away in the form of stock dividends. Our stockholders are our local members.

There is a little game I like to play when I shop at different stores that has a philosophical element to it. I’m certain that there are many of you who enjoy playing this game as well. The game isn’t as much about how cheap the prices are, or whether I like the boss, or how big the store is. It is called “Follow That Dollar” and the gist of the game is to anticipate the journey that my dollar is about to take once I buy something from that store. If the dollar flows in a direction that I believe is good, or if it helps to make the world a better place, then I spend my money there. If, to the contrary, the dollar flows in a direction that works against causes that I support, then I spend my money elsewhere. If we want to have a stronger voice in this world we should consider making an effort to take a closer look at where we spend our money. When I play “Follow That Dollar,” I know that I can spend my money with a greater degree of confidence. I spend part of my income at the co-op because my dollars help pay the salaries of some really cool people that I want to see live and thrive in our commu-

nity. I also know that the co-op buys quality products from suppliers that are concerned about things like pollution, healthy food, and fairness in the workplace. It is comforting to me to know that the money I spend here goes “outward” and into the community instead of “upward” and into the pocket of some corporate stockholder who may choose to use the money to generate a reckless profit at the expense of my standard of living. So, follow your heart of hearts, think about where you spend your money, and help keep the Silver City Food Co-op a viable part of our community for years to come. ✧



Volunteer Discount Policy

Members who volunteer for 3 hours of work receive a 15% discount on all purchases for one day. Discounts must be used within the same calendar year of their volunteer work.

If you are interested in volunteer opportunities at the Co-op, email or call Carolyn: carolyn@silvercityfoodcoop.com (575) 388-2343.

Board Meeting Schedule

The SCFC Board of Directors meets the second Wednesday of each month in the Co-op Community Room, 4:30-7:30 pm, the agenda for the meeting is posted in the store at least one week prior to the meeting.

Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among those member 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.

Silver City Food Co-op Board of Directors

Susan Van Auken, President
Board Term: 2010-2013
susanvanauken@silanet.com

Lynno Aldin, Vice President
Board Term: 2012-2015
lynno@peacemealcoop.com

Gail Rein, Secretary
Board Term: 2011-2014
rein.gail@gmail.com

Jerry Boswell, Treasurer
Board Term: 2012-2015
gboswell5275@msn.com

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

Carmon Steven
Board Term: 2012-2013
yankiecarmon@gmail.com

Lita Furby
Board Term: 2011-2014
luddite555furby@montana.com



Chocolate Fantasia!

Many thanks to
Lennix Buckingham,
our galactic chocolatier,
and to
our wonderful volunteers!



Outreach Report

by Carolyn Smith

Have you visited the Silver City Food Co-op's website: www.silvercityfoodcoop.com recently? Did you know that the Co-op is on Facebook and Twitter?

Co-op member Isaac Clodfelter revamped our website, and now the Marketing and Outreach Department is maintaining it in-house. We also manage the Co-op's Facebook page and Twitter account. Doug Zilm will now be tweeting for others out in California.

Our web pages offer a wealth of information for members, customers, and community members. On our home page are bi-monthly *Co-op Deals* sales, monthly *Member Specials*, along with our calendar of events and news items of particular interest.

Under *Our Community*, discover just how involved the Silver City Food Co-op is in the life of our community beyond the storefront, through co-op community partnerships, sponsorships, participation in local events and donations to community organizations.

Our Co-op page has links to the history of our Co-op, our Co-op's *Articles of Incorporation* and *Bylaws*, membership benefits, information on the co-op model and principles, and how co-ops differ

from other businesses.

Can't remember all the names of staff and board members? Look for the staff and board member photos to refresh your memory.

Go to the Newsletter link on our website and find, not only the current edition of the *Garbanzo Gazette*, but all of the back issues dating from March 2003! **Go paperless, Go Green!** Fill out the simple **Yes! Please take me off the mailing list** form found at the front of the store (right next to the 5¢ refund donation boxes), and start downloading the *Garbanzo Gazette* on your computer each month.

Check out *Our Food* for RECIPES!, photos and information about our local food suppliers and articles with information on various food issues such as *Pesticides in Kids Linked to ADHD*, *Ten Top Reasons to Buy Organic*, and *The Dirty Dozen*. Find a complete list of all the bulk food items we carry in our store, and links to each store department to learn what's behind product selection by department heads.

Our Blog features *staff picks* with information about these products as well as current articles and items of interest.

If you have a Facebook account of your own,

like the Silver City Food Co-op's page. Our page focuses on Co-op products and events, and shares links to other sites for valuable information on food, nutrition, and health. Join us on Twitter, too. **SilverCity Food-Co-op @SCFoodCoop**

Every page on our website lists our store hours, telephone number and address and offers links to our email, Facebook page and Twitter account. On the Board page, you'll find easy access to individual board members with links to their personal email addresses.

We'd like to hear from you! How are we doing? What do you like? Please share your thoughts, suggestions, and comments. It's great to hear from you in person, but thoughts come and go, and sometimes it's easier to seize the moment and send a quick email or comment on Facebook. This is OUR Co-op. Together we will continue to cultivate this amazing community resource.✧



MEET A LOCAL PRODUCER

SUPER SALVE COMPANY

by Judith Kenney

As buyer for the health and beauty department at the Silver City Food Co-op, I have always been pleased and proud to be able to offer our customers an exceptional line of face and body care products that just so happens to be local! Super Salve Company, is located in panoramic southwestern New Mexico near the ghost town of Mogollon. Denise Tracy Cowan, owner and developer of Super Salve, is a second generation herbalist. Her mother, Phyllis Hogan, is a practicing herbalist who began her own herb store, the Winter Sun Trading Company in 1976 in Flagstaff, Arizona and is director of the Ethno Botanical Research Association which she co-founded in 1983. As you might imagine, Denise spent her girlhood immersed in the world of plants. She recalls going on outings with her mom and sister, DeeAnn

Tracy Brown, along the Gila River outside of Coolidge, Arizona to search for medicinal plants. Later, she apprenticed at Winter Sun and, after graduating from Michael Moore's Southwest School of Botanical Medicine as a clinical herbologist, continued to work as manager of the herb store for nine years. Her big move into the world of body care started with her formulation of a salve to prevent and heal foot fungus for folks on rafting trips down the Grand Canyon. Super Salve Company was born, in 1990, out of the positive response to this extremely effective salve. Today this eco-sustainably conscious company employs 14 people. All products are made in-house (including their plant infused oils), are botanically based, and contain no



petro-chemicals or GMOs. Also, customers can now choose between three different skin care lines, Super Salve, Power Repair, and Body Nurish. Having used many of these products, I can attest to their effectiveness, purity, and sheer luxuriant quality. I certainly have my favorites but rather than recommending specific products, I urge you to dive into the world of Super Salve on your own. One exciting note is that this company's Sierra Madre Sun Cream has been blogged for best sunscreen by Shane "The People's Chemist" Ellison. Thank you Super Salve. We're proud to be able to call you "local!"✧



BENEFITS OF MEMBERSHIP

- Membership means ownership in the Silver City Food Co-op
- As a member, every dollar you spend at the co-op is a vote for a stronger local economy
- Supporting your co-op is investing in a vibrant downtown, a healthy community, and a business that seeks and sells local products
- Membership entitles you to share in the decision-making process; Voting to elect members to our Board of Directors, changes to our by-laws and other membership issues
- As a member, you may choose to be very

- involved by running for the Board of Directors, or serving on a board committee; Being active and committed by shopping at the co-op, voting, at tending member forums, or sharing your thoughts with the Board, management or staff
- Another way to participate is to volunteer to represent the co-op in our community, such as:
 - Deliver groceries to homebound members;
 - Staff co-op outreach events;
 - Serve on board committees
- Members receive a 10% Membership Matters discount on:
 - Full cases of regularly stocked water or grain

- beverages;
- Full (unopened) 25 or 50 lb. bags of products sold in bulk bins (nuts, beans, rice, flours and grains);
- Coffee (5 lb. bags);
- Pasta (box sizes);
- 25 lb. bags of juicing carrots;
- Reference book Prescription for Nutritional Healing;
- Reusable Chico bags & African Market baskets
- During Member Appreciation Days (MAD), members receive a 10% discount on everything in the store

March 2013



New Moon 3/11/2013 at 12:54:19 pm (MST)
Full Moon 3/27/2013 at 2:30:20 am (MST)



Plant Your Medicine

OREGANO (ORIGANUM SPP.): Studies have found a compound in oregano called carvacrol to help prevent inflammation, which may help it protect against arthritis. Oregano is also high in several antioxidants including phenols and flavonoids, both of which are thought to protect against chronic diseases such as cancer.

GROW IT: Hardy, perennial oregano is extremely easy to grow provided it has ample light. Find a window with at least six hours of bright light, or place oregano under fluorescent or grow lights. Grow oregano in 6" pots and it will assume a trailing nature. Pinch off leaves regularly to encourage an increased harvest. Plant in well-draining soil, and let soil dry slightly between watering.

EAT IT: A classic in Italian sauces such as marinara and pizza sauce, oregano is also extremely common in both Mediterranean and Mexican cooking. Add oregano to poultry, seafood, chili, vinaigrettes, and much more.

Staff Celebrations

Anniversaries

March 11 Carolyn Smith

**This is my simple religion.
There is no need for temples;
No need for
complicated philosophy.
Our own brain, our own heart
is our temple;
The philosophy is kindness.
~Dalai Lama**

Co-op Events

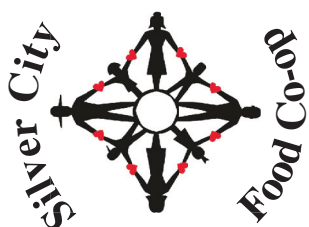
March 2013

- 1 Candidate Statements printed in Garbanzo Gazette
Official Ballots included in the Garbanzo Gazette
Voting Period Begins for the Board of Directors
- 10 Daylight Savings Time Begins
- 13 Monthly Board Meeting 4:30-7:30pm
- 12 Community Forum:
NM Organic Farming Conference Revisited
- 14 Noon-1:00 pm both days
- 25 Voting Period Ends for the Board of Directors
- 28 Member Linkage Committee Meeting 10:00-11:00 am
- 29 Board Election Results are posted in store

April 2013

- 9 Community Forum:
Topic to be determined
- 11 Noon-1:00 pm both days
- 10 Monthly Board Meeting 4:30-7:30pm
- 20 Earth Day Celebration @ Gough Park 10:00-11:00am
- 25 Member Linkage Committee Meeting 10:00-11:00 am

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



520 N. Bullard St.
Silver City, NM 88061
www.silvercityfoodcoop.com