

Silver City Food Co-op Garbanzo Gazette

Volume 20

✧ Your Monthly Newsletter ✧

May 2020

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE!

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**YOU
ARE
WHAT
YOU
EAT**

New Board Candidates Elected! Congratulations!

Congratulations to Tuan Tran, Emma Eileen McKinley, and Susan Golightly! With more than 330 active Co-op members voting, we are proud to announce the election of all three candidates to the Silver City Food Co-op's Board of Directors. Each candidate received more than 80% of the total valid votes.

Thank you all for participating in this unusual election which provided us with a remarkable opportunity to reassess our election process. This marks the first year of conducting our election largely in an online format. Thanks also for your patience, as this streamlining process has come with a few hiccups to be addressed before our next voting period.

We have a challenging year ahead, and a good group of dedicated directors to usher our progress. New Board Members will be seated at the May 27th Board meeting where outgoing directors will vacate their positions and term limits for our newest board members will be established. Onward and upward we go!



Susan T. Golightly



Emma Eileen McKinley

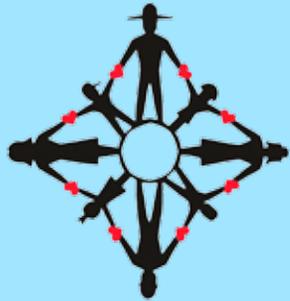


Tuan Tran

2095 member/owners strong and counting . . .

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop
575.388.2343

Store Hours
Mon-Sat 9am-7pm
Sunday 11am-5pm

Vision Statement

Promoting the inherently healthy relationship between food, community, and nature.

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

Kevin Waters
General Manager

The Garbanzo Gazette
Editor: Mike Madigan

Guest Writers:
Jane Papin, RJ Jones, Rick Stansberger

Staff Writers: Judith Kenney
Evan Humphrey

Layout & Design: Carol Ann Young
Proofreaders: Jenny Morgan
Eric Brown

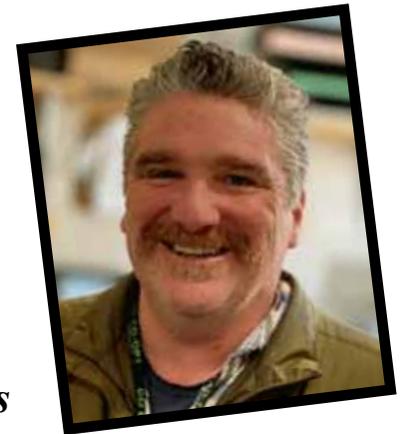
Submissions are welcomed!
Submit letters, articles, or items of interest to:
judith@silvercityfoodcoop.coop
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Still Waters Run Deep



By Kevin Waters



Proverbs are something that I often considered as old fashioned, oversimplified thinking that ignored the complex, multidimensional character of human behavior. As I get older, I have become increasingly aware how the self-evident accuracy of many platitudes distill so much of what happens in our world into pithy truisms. Like truth emojis, this philosophical shorthand just seems to carry more weight. With age comes wisdom I guess.

In January, it was “absolute power corrupts absolutely”, and “those who ignore history are doomed to repeat it” that were on my mind quite a bit. In February, had the phrase “an ounce of prevention is worth a pound of cure” been ruling the day, we might not be living through the 10,000 pounds of prevention we are in right now.

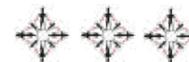
In March, obviously, it was necessity being the mother of invention. If you had asked our Co-op on March 1st to devise a plan to deal with keeping the store as safe as possible in the shadow of a pandemic, perhaps by the end of the month we would have scheduled a meeting for a group to brainstorm ideas and research best practices. Make it a necessity, and within a few weeks we were masked up, gloved up, building barriers, making our own sanitizers, changing schedules, limiting capacity, and offering personal shopping and curbside pick-up among other things. And, being as nimble as possible in dealing with supply chain disruptions.

One of the biggest changes for co-ops is the shuttering of hot food, soup, and salad bars across the country. This key point of differentiation has for years been a growth strategy for co-

ops to offer clean organic, prepared foods at good prices. The margins are strong, and it is a draw for the rest of the store. When ‘big box’ started to offer organics, it was a way to maintain, and even grow, in the face of strong competition. Rather than market share, it was now share of stomach, and restaurants were part of the grocer’s competitive landscape. With the advent of the pandemic, many of these co-ops are now offering their formerly self-serve products as packaged product, as well as taking phone orders and doing take-out and delivery meals with basic items like pizza and burritos. Many industry experts are predicting the grocery store self-serve prepared foods model may be radically changed forever.

Fascinatingly, this crisis has also spawned a whole different level of grocery adaptation, only it is not from grocery stores. It is from restaurants. For restaurants, necessity being the mother of invention, it also seems that turnabout is fair play. In many large markets across the country, as gathering restrictions tightened, and restaurant sales cratered, some restaurants have adapted, and begun selling groceries. As people couldn’t find staples like flour, because the grocery supply chain was struggling with their just-in-time food delivery model, restaurants realized their food service supply chain had flour aplenty. They started bagging their 50 pound bags down to five pounds and selling them to-go. Eggs, lemons, salt, restaurants have ingredients to sell, and many are giving it a go. This rapid evolution is captivating, how a crisis has potentially hatched a whole new business model.

Maybe there is something new under the sun after all.



Member Appreciation Days

it's

MAD

again!!

10% OFF

excluding mark-downs
maximum 25% discount

June and July

two days • your choice



Silver City Food Co-op Staff

Judith Kenney
outreach/GG/produce

Dougan Hales
produce/bulk

Kate Stansberger
supplement buyer

Jake Sipko
produce manager

Carol Ann Young
office/GG

Jeanné Miller
herb buyer/produce

Becky Carr
dairy buyer

Jess DeMoss
POS manager

Misha Engel
frozen buyer

Jenny Morgan
office

Marguerite Bellringer
finance manager

Kim Barton
POS

Michael Sauber
grocery

Doug Smith
grocery buyer

Evan Humphrey
bulk buyer

Lee Ann Miller
cashier

Brenna Brown
deli

Tinisha Rodriguez
HABA buyer/POS

Mike Madigan
am

Leah Chastain
merch. specialist

Marchelle Smith
deli

Joy Kilpatrick
receiver

Elysha Montoya
wherever needed

Judy Kenneally
deli

Christine Dalmedo
produce/grocery

Hina Rainbowchild
wherever needed

Annabella Gomez
wherever needed

Melissa Yarbrough
wherever needed

Tuan Tran
wherever needed

Clorissa Holguin
wherever needed

Eric Brown
wherever needed

Ajalaa Claussen
wherever needed

Vynce Bourné
wherever needed

Kevin Waters
gm

Carolyn Smith
deli manager



Kitchen Meditations

Spring

Mexican Queso Dip

This takes just a few minutes to make.

Ingredients:

10 ounces Asadero Cheese
¾ cup half & half or milk
4 ½ ounces chopped green chiles (canned is fine)
¼ cup (or to taste) chopped jalapenos, finely diced
2 ripe tomatoes, diced
¼ cup chopped cilantro
Tortilla chips to serve (optional)

Instructions:

- In a medium saucepan over low* heat, break up cheese. Then place in a skillet.
 - Stir in ¾ cup milk until cheese sauce is melted and smooth.
 - Stir in chopped green chiles, chopped jalapenos, diced tomatoes, and cilantro.
 - Pour into serving bowls or drizzle over any dish that you'd like to zing up!
- *Be sure to melt and cook the sauce over low heat to prevent a crust from developing



Blanched Asparagus

One of the quickest and easiest ways to prepare fresh asparagus is to simply blanch the spears for a couple of minutes and toss them with some freshly grated parmesan cheese, olive oil, and lemon zest. Boiling them for only a couple minutes ensures that the asparagus will be cooked through, but still crisp and vibrant green. Asparagus should have a gentle crunch and not be mushy.

Ingredients:

1 lb. asparagus (if you change the quantity, adjust your other ingredients)
2 Tbsp olive oil
2 Tbsp parmesan cheese (freshly grated is most tasty)
1 teaspoon lemon zest
Salt and ground black pepper

Method:

- Fill a medium saucepan halfway with lightly salted water. Bring to a boil.
- Prepare the asparagus. Rinse thoroughly, break off and discard any tough bottoms. Cut into 1-2 inch sections, slicing the stalks at a slight diagonal.
- Blanch the asparagus: add the asparagus to the boiling water and lower the heat to maintain a slight simmer. Parboil the asparagus for exactly 2 minutes. Drain the hot water...carefully!
- While the asparagus is still hot, toss in a bowl with olive oil, parmesan and lemon zest. Salt and pepper, to taste. Serve warm or at room temperature.



The Frugal Co-op Chef

Strawberries with Balsamic Black Pepper

Great with summer salads, especially with fresh greens and a special cheese. You may not need any dressing. Serve over ice cream or simply top with a spoonful of whipped cream.

Ingredients:

1 quart strawberries
3 tablespoons sugar (or to taste)
1 ½ tablespoons balsamic vinegar
Black pepper, to taste

Instructions:

- Rinse strawberries, remove their green tops, and slice
 - Place berries in a medium non-reactive bowl (such as a glass bowl)
 - Sprinkle berries with sugar and the balsamic vinegar. Toss gently to coat
 - Allow the mixture to rest for about 15 minutes
 - Add 4 to 5 grinds of coarse black pepper to the berries and stir gently
 - Allow flavors to meld about 5 minutes before serving
- *Chill leftovers in the fridge and use within a couple of days.
You can also freeze for longer.

Talk About Herbs Beet Powder

Beet powder has a slightly sweet, earthy taste that can boost nutrients in your recipes. Retaining all the protective nutrients of ripe beets, it's naturally rich in vitamins and minerals. Interestingly, beets are naturally rich in nitrates, which has linked them to a number of health benefits, including improved cognitive function, enhanced athletic performance and lowered blood pressure. Beet powder is an easy way to reap the plentiful benefits that eating beets can provide. Use a few teaspoons of the powder in sauces, dressings and smoothies. It can also be used as an alternative to food coloring in cakes to give them a bright red velvet color. Adding cocoa to your recipe will help to subdue beet's natural flavor.

Jake's May Produce Picks

Asparagus

Asparagus (folk name sparrow grass) is a perennial flowering plant, easily recognizable for its long shoots that sprout up in the spring. It has been used and enjoyed, since antiquity, medicinally, as an aphrodisiac, and as a flavorful vegetable. The asparagus plant appeared in an Egyptian frieze 5000 years ago and Queen Nefertiti was allegedly a fan.

The finest texture and the most palatable yet least bitter taste is found in the plants' young tips, but by the time the plant has begun to branch and assume its mature form, it has become too bitter to be considered palatable. The young, slender spears with their pointed, scaled tips will infuse any dish with a mellow, green freshness. Generally speaking, thinner spears are better for roasting, grilling, stir-frying, tossing with pasta, and eating raw in salads. Thicker asparagus is traditionally left whole so its tender, meaty texture can be appreciated. Try it steamed and served with butter or blanched and chilled with a vinaigrette, herbs, or other dressing. Asparagus is best enjoyed by selecting the earliest, most tender shoots and serving lightly steamed with a squirt of lemon. It's your true taste of spring.



Just say cheese!



Keep smiling!

Strawberries

Sweet and juicy, with an unmistakable texture and fragrance, strawberries are the most popular berry fruit in the world. An excellent source of vitamin C and manganese, strawberries are a very good source of dietary fiber and iodine, too. They're also a sweet, delicious source of potassium, folate, B vitamins, omega-3s, magnesium, copper and vitamin K—and they contain many phytonutrients to boot. Generally available from spring through summer, strawberries are at their peak through mid-summer. Look for plump, firm, shiny red berries with fresh green caps (berries that are still yellow or green will taste sour because they're not yet ripe). By the way, bigger isn't better when it comes to strawberries; medium-sized berries are usually more flavorful than larger ones. Make sure the berries aren't crushed or damaged by tight packaging and that there's no sign of moisture. Remove any spoiled berries before storing in the refrigerator for a day or two. Don't wash them until you're ready to eat them and use them as soon as possible after purchase, because they're very perishable. Strawberries freeze well, sliced or whole.

Becky's May Dairy Pick

F & A Asadero Cheese

Asadero cheese is a mild, semi-soft cheese from Northern Mexico, especially favored in the province of Chihuahua. Asadero, or queso Asadero, is very similar in texture to string cheese. Both are made using a process called "pasta filata," a technique that involves stretching out the cheese dough to develop a distinctive stringy texture. As Spanish Dominican monks began to arrive in Mexico to establish missions, they brought with them many aspects of European culture, including the pasta filata method and, so, Asadero cheese was born.

Mild-tasting with a pleasant acidity, Asadero is an excellent melting cheese with a creamy smooth texture. It's the cheese of choice for stuffing peppers and melting on cooked foods, including quesadillas, pizza and nachos.

CO-OP Community

Co-op Community Donations

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

**Food Pantry
Explorers for Kids**

We would like to thank the members who give generously each month with donations to the Food Pantry through the Food Co-op's "Chili" program.



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their March service.

**Tim Garner • Jane Papin
Carol Beth Elliott • Brandon Thaler**



Calling for Guest Writers!

Do you love your Co-op?
Do you want to help get the word out about the issues facing the Co-op?



We would love your help writing articles for the Garbanzo Gazette!

Members, if interested please email judith@silvercityfoodcoop.coop

Three hours earns a 15% Volunteer Discount

RAIN CHECK

Sorry we are out.
Lettuce make it up to you!



We now have rainchecks to give our member/owners and customers better service!

Round Up Donation Program

The Silver City Food Co-op invites you to "Round Up." This means as a customer you can round up the balance of your total purchase to the nearest dollar, thereby donating that amount to a local non-profit. Donation recipients change every month. Information can be obtained at the cash registers when you check out. Many thanks to our cashiers who make this program work so that we can all give to our community.

Round Up for May

Spay/Neuter Awareness Program of Silver City/Grant Co.

County is a non-profit organization dedicated to helping stop the destruction of healthy dogs and cats resulting from overpopulation by providing financial assistance to low-income persons to spay or neuter their companion animals. Preventing unwanted kittens and puppies helps the pet owners, who have healthier pets and fewer veterinary bills, and they don't face the extra financial burden of feeding the young animals.



March Round Up \$1061.44

Literacy Link Leamos

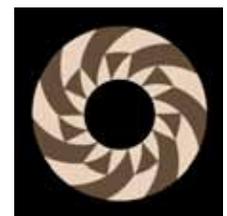
LLL is Grant County's community-based family literacy program. Their mission is to raise literacy levels in our county, helping as many people learn to read as possible, through free tutoring and outreach projects.



Round Up for June

Mimbres Region Arts Council

Mimbres Region Arts Council's (MRAC) mission is to nurture a creative community. We are seeking Round Up funds to expand the region's only K-12 Art Exhibition and Awards program. The K-12 Southwest Student Art Exhibition attracted more than 450 works of art from students in four regional school districts, Silver Consolidated, Cobre, Lordsburg and Deming. Over 200 students and their families attended the awards ceremony and exhibition opening held at WNMU's Miller Library. Award Ribbons were given to 4-6 students in four age categories. Round Up funds will be used to purchase Art Supplies for each of the participating art educators who dedicate extra time and effort to showcase the work of their students.



General Membership Meeting

May 10 • 4-7pm
Sage Peak Pavillion

Day fun!

Staff/Board

Meet our new GM

Annual Report!

If you're interested in volunteering to support this event,
please contact Kristin Lundgren at
klundgren2@gmail.com

Please try to bring your own plates,
bowls, etc. to reduce waste!

Take time to spend the day in nature for Mother's Day,
then join us for a celebratory gathering!

MAD June, July

Two Days of Your Choice

receive **10% off your purchases!**
(Excluding mark-down items
25% maximum discount)

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

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

Memberships are only \$20/year and you can recoup
your membership by shopping just one MAD.

**We will happily carry
your purchases
to your vehicle,
wherever you're parked!**



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



Maintaining A Healthy Co-op >

*In light of COVID-19 coronavirus in New Mexico,
we are taking steps to minimize exposure to our shoppers and staff members.
Many of you rely on the Co-op for your food, health, and home goods,
a responsibility that we take very seriously.*

The health and well-being of all inhabitants of Silver City and the surrounding area is our top priority.



Tuan and Dougan smiling with their eyes while processing greens.



Stocking when the store is closed helps to have fewer of us on the floor when we are open.



With her ever-ready smile, Leah wipes down the counter between shoppers.



Exploring new ways to serve our community. Here, Judith helps customers with their curbside order.



Kim disinfects hand baskets after each use.

Together



Who is that masked produce worker?



To comply with social distancing standards, Carolyn and Judy work mornings in the Deli and Marchelle afternoons. These accomplished women are all trained and certified by the National Restaurant Association, and our kitchen is certified by the NM Environmental Dept.



Some of us are working from home.



Longtime Co-op staff, Kim and Jenny, built and installed our plexiglass shields, necessary protection for cashiers and customers alike.



Clean masks drying in the sun.

*We appreciate your patience and understanding.
Thank you for helping us keep our Co-op safe and available to all.*

HABA Department

NEWS

Choosing Products that Support Wellness

Wyndmere Essential Oils

Wyndmere is an established producer of quality essential oils, founded in 1995. All plants used in their oils are grown, harvested, and distilled using sustainable methods optimized to capture their unique therapeutic properties. It's a family-run business with twenty employees, not too big or small.

Wyndmere Defend Naturally Foam Soap is a lavishly lathering hand soap with a spicy, aromatic and antiseptic blend, rich in virgin coconut oil. One hundred percent pure essential oils and all plant ingredients. Enjoy this luxurious, silky smooth soap with a foam pump that allows you to get more applications per container. Defend Naturally Remedy is an all-natural cleaning spray that doubles as a hand sanitizer (not suitable for Covid-19, however). Spritz into the palm of your hands and rub together until dry. Spray as needed on hard surfaces such as kitchen or bathroom counters.

Badger Zinc Sunscreen

We love Badger Clear Zinc Oxide Sport Sunscreen SPF 35! It's easy to apply and rubs in clear, with no white smear across your nose. Water resistant for at least 80 minutes, Badger sunscreen is made of 98% certified organic ingredients, is made in the USA and certified cruelty-free. This sport formula offers moisturizing sun protection in a gentle antioxidant-rich sunflower oil base. Badger is a people-friendly, family owned and run company, nestled in the woods of New Hampshire. Badger's mission is to create the purest, highest quality products possible with the intention to protect, soothe and heal.



HABA Department buyer, Tinisha, with great new products for a healthy summer.

Lumino Wellness Food Grade Diatomaceous Earth

Diatomaceous Earth (DE) is not earth or dirt. It is the fossilized remains of microscopic shells of one-celled aquatic plants (diatoms). Because the cells of these algae were high in a compound called silica, the dried sediment produced from these fossils is also very high in silica. These deposits are found all over the world, but only a few are considered to be food grade, suitable for human and animal consumption. Some people have found food grade DE to be helpful for treating high cholesterol, constipation and improving the health of skin, nails, teeth, bones and hair. There is a wealth of information about food grade DE on the internet, so do your homework to decide if it might be a useful addition to your personal health regimen.

Aromaland Defense Formula Hand Soap

Aromaland, located in Santa Fe, NM, is a leading source for high quality aromatherapy and body care products. In business since 1995, they offer one of the largest selections of aromatherapy products in the world and strive to offer the best quality and excellent service. We carry their Defense Formula Hand Soap, a customer favorite here at the SCFC. An environmentally friendly soap that is effective without the use of harsh chemicals, Defense Formula includes essential oils that are known to demonstrate thorough cleaning activity. Modern times dictate that nothing is more important than washing our hands often, with a deep cleansing soap. Enjoy the silky smooth, bubbly power of Defense Formula Hand Soap at every sink in your home.



Nettles

by Jane Papin

A quote from herbalist David Hoffman: “When in doubt, choose nettle.” I like this as stinging nettles remain an unsung hero for improving health in so many ways. According to herbalist Susun Weed, nettle infusion and teas are “recommended for those wanting to stabilize blood sugar, reset metabolic circuits to normalize weight, reduce fatigue and exhaustion, restore adrenal potency to lessen allergic and menopausal symptoms and eliminate chronic headache.” Many herbalists and individuals who regularly ingest nettles know this to be true.

High in protein, chlorophyll, enzymes and minerals they help build the protein in blood, strengthening and nourishing it. Strong blood equals strong defensive energy to protect the body. One of the first spring greens to show thier tips, they are excellent for gentle spring detoxification, helping to release toxins from the lungs, kidneys and liver. They are also excellent for digestion. They are good for protein-based allergies, such as in nut and seed allergies.

Michael Moore speaks about how the rhizome or root has been shown, when combined with saw palmetto berries, to have predictable value in treating benign prostatic hyperplasia, equaling the drug Finasteride, with no side effects.

Medical Medium Anthony William believes that nettle leaf is ideal for supporting our bodies through stressful times. It is life-giving, life-strengthening, and an anti-inflammatory for tired organs, and is considered to be an anti-radiation food for pampering our adrenal glands and other members of the endocrine system that are often overburdened.

Rich with bone building and bone protecting nutrients such as silica, nettles have more than 40 trace minerals in their most bioactive, bioavailable and assimilable forms.

In Anthony’s book, *Liver Rescue*, he states how nettle leaf increases hydrochloric acid in the stomach, which helps ease any burden on the liver. It also improves bile production inside the liver, calms an aggravated and inflamed gallbladder, inhibits growth of gallstones and supports bile passage in the liver. Nettles enhance overall liver cell function, reduce heat from toxins and gently cleanse a variety of old, inherited toxins.

Nettles are called stinging nettles because they will do just that sting you! They are covered with tiny hollow hairs (trichomes), like little needles. When you brush against them, you break the fragile silica tips off the hairs and they pierce the skin, injecting a chemical cocktail, neurotoxins, and acids into you which are harmless, but do hurt and itch. The stingers act as an armor for the plant, to protect it from the herbivores who would like to eat it. After we briefly cook it or dry it, no more stingers!

Urtication is the intentional stinging of oneself with nettles. This could be done for issues like arthritis, carpal tunnel, inflammation in the joints, and stinging ones kidney area to improve adrenal health. This practice is painful and can itch and feel unpleasant for a day or two. This is a practice of old which I find interesting and have not personally done!

The fibers that can be harvested from nettle stalks have been an important source, historically, for ropes, nets and clothing.

I have found growing nettles at home is easy. And, it is wonderful living with nettles as with many plants that are such a benefit to humanity. Mine are root bound by now, happily living in big black landscaping tubs. When you harvest and prepare live nettle it is important to wear rubber gloves. Spring through late fall, these nutritious greens can be harvested and steamed or cooked into soups. All year round they can be dried and enjoyed as a tea or dried, powdered, and used as a vital ingredient for green drinks.

Locally, you can find nettle products at our Silver City Food Co-op and Bear Creek Herbs as well as from our many herbalists with their fine offerings and much more information.

Ahh time for my cup of hot nettle tea. Cheers and please enjoy the nettles!

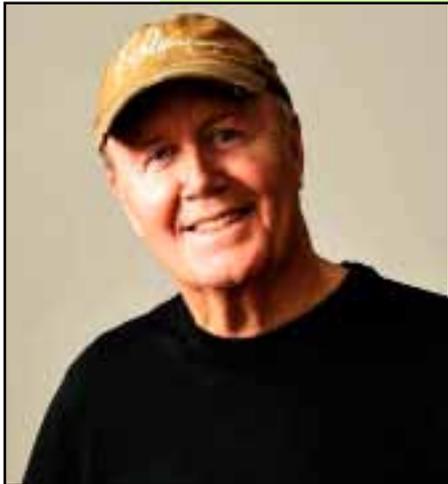


*Springtime!
Jane in her lovely garden with her nettles.*

Legumes



By RJ Jones



Hello again!

Our present crisis has created a lot of heavy questions. And the information we receive about it often leaves us feeling confused and unsafe.

Well then, ain't it a relief to come across something so perfect that it leaves little room for doubt? Studies show that legumes, which include beans, lentils, peas, and peanuts, are just such a thing. Most of you already know this because they are flying out of our Co-op!

Trivia: According to respected anthropologist Michael Chazan, the oldest-known domesticated beans in the Americas (second millennium BCE) were found in Guirarrero Cave, Peru.

Good Health: In “Beans Lead To Longer Life,” an article written for the Elegant Bean website, Dr. Joel Fuhrman, an expert on dietary nutrition wrote, “The conclusions of an important longitudinal study show that a higher legume intake is the most protective dietary predictor of survival among the elderly, regardless of their ethnicity. The study found legumes were associated with long-lived people in various food cultures, such as the Japanese (soy, tofu, natto), the Swedes (peas, brown beans), and the Mediterranean people (lentils, chickpeas, and white beans). Beans and greens are the foods most closely linked in scientific literature against cancer, diabetes, heart disease, stroke, and dementia.”

Articles written about beans sometimes warn that beans should be avoided because they contain lectins. It's true; lectins are harmful. They can reduce the body's ability to absorb protein. Most likely, nature put them there to keep animals from eating them. Thankfully, neither La Cocina nor Jalisco's serves uncooked beans! “The reason we cook legumes in the first place is to destroy the lectins they contain (and to soften them, of course).” Bobbie Morris, whose family began farming in California more than 100 years ago, wrote these words. And she should know. Bobbie and her husband farm ancient heirloom beans near the Sacramento River.

Data from the National Nutrition and Health Examination Survey (1999-2002) showed that children between the ages of 12 and 17 who ate beans had about an inch smaller waistline than their peers and weighed 7 pounds less. Adults had a similar result.

Check out this quote from the trusted website, Physicians Committee for Responsible Medicine: “Adding just half a cup of beans a day to the diet can significantly reduce LDL (or “bad”) cholesterol levels, according to a new meta-analysis published by the Canadian Medical Association.”

Most beans: To fit the following nutritional information into this article, I found the following “bean average” at Dr. Greger's SELF Nutrition Data website:

One cup of beans contains 78 calories, no fat, no cholesterol, no salt, 6.5 grams of protein, and provides a good source of Vitamin B6, Folate, Manganese, Thiamin, Magnesium, Phosphorus, Iron, Potassium, and Riboflavin.

And! They have a low glycemic load (which can be helpful to know for people with diabetes or pre-diabetic conditions). Black beans have 15g of fiber per cup!

Since I am not a cook, I know which restaurants have vegetables and where to find healthy meals. (There's always the Grab 'n' Go at the Coop!) Mostly, though, I eat at home. Breakfast is easy—oatmeal with cinnamon, date sugar, raisins, followed by a bowl of berries, and a cup of black coffee. Lunchtime is usually beantime. Don't tell Nancy, Diane, or Anthony, but almost daily, I saunter over to the pantry and grab me a can. If I choose baked beans, I strain out the sugary syrup, heat 'em up, and pour them over a baked potato (“Look mama, I can bake a potato!”) Other days, I open a can of pintos or blacks, add a third of a can to half a pouch of Tasty Bite Organic Brown Rice (from the Co-op), and spice the rice up with salsa and organic Divina Kalamata Spread (don't know where I found that delicious caviar-like stuff). Dinner is usually a mixed green salad with as many things in it as I can chop. I also make Victoria Boutenko green smoothies in my Vitamix blender!

Yes, I realize that a lot of my “handy recipes” consist of products that come packaged. Obviously, it's better for the planet when we all cook from scratch. Yet, in spite of my flaws, I do strive to be a good friend to Mother Earth. Maybe learning how to cook is next.

Finally, I've heard folks say, “I know they are healthy, I just don't like them.” But with so many different ways they can be eaten, whether as hummus, or tempeh, as split-pea soup, in chili, as a bean burger, in a burrito, in a PB&J sandwich, a sweet potato lentil bowl, or as part of a summer salad, someone looking for tasty legumes has many choices.

God gave us legumes. She wants us to enjoy them.
They are sooo good for us!





Three New Liquid Bulk Offerings from Hummingbird Wholesale! All Organic!

Save money and reduce waste!

BULK Weigh-in

Sesame Seed Oil

Organic sesame seeds are expeller pressed to create delicious, unrefined oil. Used for centuries in Asian cultures, this golden oil adds a mild sesame flavor to any dish.

Unrefined Sesame Oil contains antioxidants, including sesamol and sesamin, and vitamin E, and is high in omega 6 and 9.

Unrefined Sesame Oil is used for medium heat cooking with a smoke point of 320-356 F°. Ideal for salad dressing, sauces, marinades, sautéing, and in baking; or pour over steamed vegetables, fish, grains, potatoes, or popcorn. Serve with dark green leafy vegetables to help with absorption of vitamins and minerals. Also great as a massage oil!

Canola Oil

Non-GMO Canola oil's reputation in the food manufacturing and culinary industries as a healthy and well rounded versatile oil has ensured its continuing growth and popularity. It has both a light, mild taste and is low in saturated fat making it well suited to a variety of uses such as cooking, baking, frying, sautéing, or developing dressings and marinades. Canola oil contains omega-3's and a host of other healthy fatty acids such as oleic (monounsaturated) and linoleic (poly unsaturated). All our canola oil is Organic and expeller pressed.

Balsamic Vinegar

Our Organic Balsamic Vinegar comes from the Modena region of Italy and is made from Organic Ancellotta, Lambrusco, and Trebbiano grapes. Certified Organic, this 60 grain (6% acidity) vinegar has been aged 6 years, is highly aromatic and has a high balance of being sweet, while remaining tart.

BULK Weigh-in



BULK Weigh-in



April 29 thru June 2
• on these liquid bulk products •

Shoyu Sauce • 70141 • \$3.39/lb
 Tamari Sauce • 70143 • \$4.69/lb
 Honey • 70077 • \$8.19/lb
 Sunflower Oil • 70172 • \$4.29/lb

Sesame Oil • 70173 • \$6.69/lb
 Canola Oil • 70147 • \$4.29/lb
 Olive Oil • 70039 • \$6.99/lb
 Balsamic Vinegar • 70144 • \$4.29/lb

BULK Weigh-in

Kids' Corner

Really Easy Spaghetti with Tomato Sauce

This is a super recipe for school-aged children. With a little parental supervision, kids can whip up a yummy Italian style dish for the whole family. Serve with a salad and crusty bread.

Ingredients:

- 1 14 ounce can chopped tomatoes
- 1 teaspoon brown sugar
- ½ teaspoon dried oregano
- 2 Tablespoons olive oil
- 2 cloves garlic
- 14 ounces dried spaghetti (choose gluten-free, if preferred)
- 1 Tablespoon salt (for water)
- Parmesan cheese for topping

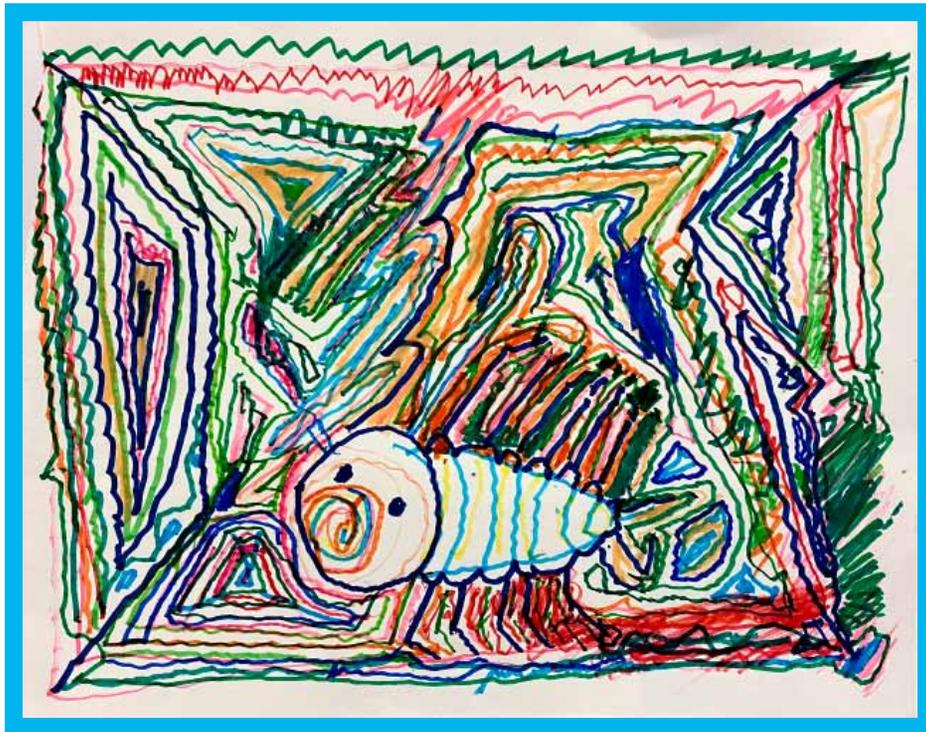
Instructions:

- Put the canned tomatoes into a pan and add the sugar, oregano and olive oil.
- Squash the garlic with a rolling pin and peel off the skin. Add garlic to the tomatoes.
- Bring the tomatoes up to a gentle simmer; the sauce will bubble slightly. Cover with a lid and cook over low heat for about 30 minutes. Stir the sauce once in a while.
- Bring a large pot of water to a boil over high heat and add 1 tablespoon salt.
- Ask an adult to help you cook and drain the spaghetti.
- Pour the sauce over the drained spaghetti and top with Parmesan cheese if you like. Serve your pasta right away.

Co-op BIG KID



Corner



The Business of Living

by Rick Stansberger

to all beings

Flowers are marketing
bees manufacturing
mantis engages in
hostile takeover.

Wind broadcasts
ants develop real estate
grass invests in seed.

And when somebody
leaves a mess
in come buzzards, coyotes, germs --
the recycle team.



2 U From Your Board . . .

The Annual Report on the State of the Co-op to Members has been postponed until June, because financial review was received later than normal due to COVID-19.

Please look for the report by email and in the June GG.

Reminder:

The General Membership Meeting has been postponed due to COVID-19. Tentatively, it is scheduled for August.

Beginning in May, the Board meetings will be on the fourth Wednesday of the month.



Recruiting Board Members in Training

THREE MONTH TERM: If you would like a little taste of board work before buying the whole hog, becoming a B.I.T. is probably a good idea.

DESCRIPTION: Commit to attend 3 consecutive board meetings. (They are held the third Wednesday of every month at the Pope Street building, from 5:30 to 7:30 pm).

CONTACT: Jennifer Johnston
johnstonjenny40@gmail.com
Recruitment, Orientation, and Development Chair
Or, any board member

WE LOOK FORWARD TO HEARING FROM YOU!

Board Meeting Schedule

The SCFC Board of Directors meets the fourth Wednesday of each month at our new building, 907 N. Pope St. 5:30 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.

Laurie Anderson/President
Board Term: 2017-2020
laurindaa713@gmail.com
Jennifer Johnston/Vice-President
Board Term: 2018-2021
johnstonjenny40@gmail.com
Shanti Ceane/Secretary
Board Term: 2018-2021
shantifo@gmail.com
Scott Zager/Treasurer
Board Term: 2019-2022
sczager1959@gmail.com
Julianna Flynn
Board Term: 2019-2022
juliannaflynn8@gmail.com
Gwen Lacy
Board Term: 2019-2022
glacymail@gmail.com
Kristin Lundgren
Board Term: 2019-2020
klundgren2@gmail.com

Board of Directors



May

Members Only Specials

April 29 - June 2

20% OFF! listed prices



South of France
Liquid Soap
Assorted, 8 oz
reg \$5.59



Picnik
Coffee Creamer
25.36 oz
reg \$5.89



Wild Tonic
Raspberry
Jun-Kombucha
16 oz
reg \$4.49



Genuine Bavarian
Sunflower Seed Rye Bread
17.6 oz
reg \$5.29



Maxine's Heavenly
Cookies
Assorted, 7.2 oz
reg \$6.99



South of France
Shea Butter Soap
6 oz
reg \$3.99



American Health
Acidophilus
Plain
16 oz
reg \$15.99



Lillabee
Brownie Mint Thins
4 oz
reg \$5.79



Triple Leaf
Ginger Tea
20 ct
reg \$4.69



Kirk's
Castile Soap
4 oz
reg \$1.99



Ka-Me
Sai Fun
Bean Threads
3.75 oz
reg \$1.99



Radius
Natural Silk Floss
33 yds
reg \$4.19



Hummingbird
Brown Flax Seed
Organic
reg \$2.39#



GrandyOats
Gluten-Free
Granola
Organic
reg \$7.89#



Co-op Deals
flyers available
on our website

www.silvercityfoodcoop.coop
and at the front of the store