

the Garbanzo Gazette

a monthly newsletter of the Silver City Food Co-op

Paradigm for a New Economy

"Imagine" and the 2012 International Summit of Cooperatives

by Patricia Cumbie



Nearly 2,800 cooperators from 91 countries converged on Quebec City, Canada, for the 2012 International Summit of Cooperatives under the theme, "The Amazing Power of Cooperatives," in October this past year. The summit aimed to promote the development and performance of co-ops and to prepare them to meet the economic challenges of the 21st century. St. Mary's University of Halifax, Nova Scotia, also hosted a pre-summit gathering called "Imagine," which drew 600 participants who came to hear economists, university faculty, and researchers from around the globe discuss cooperative economics.

There's nothing like starting the business day wearing language translator headphones and diving into a deep immersion of co-op, co-op, co-op. It was bracing and exhilarating. It's rare that I have a chance to experience or contemplate my role in a global movement.

I attended both conferences and left strongly impressed by the sheer magnitude of the ideas, influence, and people power that cooperatives have mobilized on our planet. It was really stirring to be in a room that held a conference crowd of thousands and to realize that every person there was deeply committed to their cooperatives "back home" and striving to make them better.

Every day I met people such as Boris -Schaffer of the Canadian Ethical Restoration & Construction Cooperative in Vancouver, British Columbia, whose co-op works with immigrants involved in the construction trades to make sure they are not exploited; Armen Gabielyan from Farm Credit Armenia, the only credit union in that country; and Mavis Alvarez, a Cuban writer and consultant working with fledgling cooperatives in her country. The sense of purpose was palpable, and because of that, the size of the crowd wasn't intimidating. Every day offered an opportunity for rare exchanges with people from co-ops large and small from all over the world. People were fired up and exchanged business cards with alacrity.

To have the opportunity to be outside of my country, language, and co-op culture was an experience in capability and understanding like no other. Whenever I bumped into someone I knew from the U.S. food co-op sector (and given the size of the gathering it was amazing how often that happened), we'd launch into a kind of inspiration shorthand. It seemed there was no end to how much we felt we could be "blown away" on a given day. Most important, we learned that everyone has a role in our global movement, that cooperation matters, and that all those dreams we have about saving the world can be made manifest.

We only have one planet

Chilean economist Manfred Max-Neef and his message was the foundation for many of the concepts discussed at the Imagine conference. Max-Neef believes the current world economy is on a collision course that will converge into chaos or disaster in the coming decades. The dominant economic paradigm, with its exponential growth at any cost, has overreached resource capacity, causing a global economic crisis.

The real and devastating costs of cheap consumer goods, fueled by speculation, fossil fuels, and extensive depletion of the environment, are already having a dramatic effect on societies around the world. It's an old story: if a company can't reduce costs where it's located, it will outsource jobs to places with cheaper labor and weak standards or regulations for protection of people and the environment.

For example, last November a textile factory, Tazrin Fashions, in Dhaka, Bangladesh, had a fire that killed 112 workers who were locked in an eight-story sweatshop. Clothing produced there was made by employees who made 21 cents an hour generating cheap shirts for retailers such as Wal-Mart, H&M and JC Penney. There is absolutely no justice in this way of doing business. It was conditions like this that motivated the Rochdale Pioneers, and many speakers at the Imagine and Summit conferences agreed that their vision for a more just way of doing business is even more relevant today.

The need for a new economy

From Max-Neef's perspective, multinational corporations are a big problem. Most of them are focused solely on return on investment for shareholders, are in control of a substantial amount of the world's resources, and the outcome of their unregulated greed is climate change, income inequity, and lack of democracy. Max-Neef believes this is not only an economic and financial crisis in the making but also a crisis of humanity. "Probably never before in human history have so many crises converged simultaneously to reach their maximum level of tension," he said.

Solutions to these tensions were the focus of many discussions at Imagine. It is clear that more needs to be done by cooperatives to address the underlying problems of climate change and human exploitation. Compared to some cooperative colleagues at the conference, food co-ops have done significant work to educate customers about their ecological footprint and the benefits of fair trade and buying local. Additionally, many food co-ops are seriously invested in green practices, from how they build their buildings to how they sell food. Food co-ops and their constituencies have been ahead of the sustainability curve (compared to other co-op sectors, as well as grocery industry retailers) in understanding the impact their behavior as consumers and retailers has on others in different parts of the world.

This is all well and good, but at Imagine the speakers pushed participants to think beyond the pithy slogans we put in brochures and newsletters for our members and customers. The immediate need for sustainability and human-scale business practices in our world means that co-ops have a mandate to be part of changing the economy for the better. Cooperatives were touted by many speakers, many of them newly converted by research, as a powerful solution to the world's problems given their focus on solidarity, cooperation, and compassion. To sum it up: Cooperatives need to come out from the shadows of perceived economic and social marginality, and they need to grow for sake of the planet.

One billion owners can't be wrong

The impact of cooperation is far-reaching, and for a long time this was something people knew intuitively. Now there's more research being done to back up the talk about benefits and impact. "A billion people are not starry-eyed idealists; they are realists. They are members of cooperatives because it works for them and their families. These businesses coming together in such numbers to make our cooperative future are the voice of the billion," said Dame Pauline Green, president of the International Cooperative Alliance (ICA). A major feature of the conferences in Quebec was the informative research presented by a number of consulting firms that made a very strong case for cooperation as an economic model that works.

Ipsos Marketing in Quebec conducted a global research study on perceptions toward cooperatives in five cities: Quebec City, Manchester, Paris, Buenos Aires, and Tokyo. Co-ops were consistently thought to be more committed to providing excellent customer service, and most people felt the co-ops did not exist just to make profits. They didn't always think the products were any different, although the food co-ops in Tokyo

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2013 General
Membership
Meeting

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

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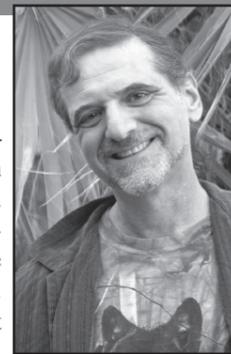
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Cup o' Joe by Joe Z



I'm actually rather glad that April is over (these columns are written about a month before they're published). I rarely look forward to the end of a month but I wasn't actually looking forward for April to begin either.

The main detriment was a trip I had to take to St. Paul, Minnesota. I have nothing against St. Paul. And I really don't mind traveling but I prefer to do it of my own volition rather than having it dictated to me and having the agenda set for me. Despite the fact that it was important and for a good cause.

You see, as part of my position here at the Co-op, I had to become a member of what is called the NCGA. No, that's not the National Corn Growers Association (www.ncga.com) but rather a group called the National Cooperative Grocers Association (www.ncga.coop), an organization of great importance to our Co-ops. Although... I really never considered myself a "grocer". Not that it's a bad thing. But, to me, it really doesn't match the grandeur that the Cooperative Movement is and aspires to be.

The Movement is one of the most successful grass-roots attempts by people to take control of the monetary forces that swirl around them. And we've been around since the mid 1800s! We're a stubborn, gritty movement designed to empower the masses and serve as an alternative to the corporate giants that dominate the marketplace. I've always seen myself as a proponent of social change, an advocate for alternative business structures, a champion of Organic and Natural Food and a promoter of Economic Democracy. But, alas, it appears that I'm actually a Grocer, albeit, a cooperative one.

So-be-it. Fellow Cooperative Grocers from all around the country came to St. Paul for the Annual Spring Meeting. We (I was accompanied by Susan Van Auken, our Board President) spent a day driving to Albuquerque and then flying to Minnesota. Immediately after checking into the hotel, we went to a gala reception where we ate and mingled with all the Co-op people. About 134 Co-ops are part of the NCGA and each had their Board representative and their DR in attendance.

I'm our Co-op's DR or Designated Representative - usually the gm of the Co-op. I'm told being the DR is serious stuff. Even before I started here in Silver City, I was sent many papers that needed to have my signature affixed agreeing to all the provisions of the organization. Including that much of its doings are confidential and can only be talked about between DRs and NCGA staff. Ooooo --- a secret society! I was hoping for funny hats and secret handshakes. There doesn't appear to be hats and no one showed me the handshake yet -- though maybe I have to be here a while before I'm let through to the inner sanctum. But if there is one, I probably couldn't tell you because I signed a paper and, well, it's a secret (rumor has it that if you reveal any secrets, you're forced to eat a box of Twinkies washed

down with 2 liters of Coca-Cola - or maybe they say that to frighten us freshman - pretty scary if you ask me). You'd think we're talking about the inner workings of the Fed instead of the price of bananas. That's what Grocers do: talk about bananas.

As I mentioned, the NCGA is actually very important and vital to the Co-ops. Far from being a "feel good" association, they form our Co-ops into a virtual chain store to allow us to obtain lower prices than a stand alone store can. Our fabulous "Co-op Deals" are also arranged and procured by the NCGA. They are a purchasing/management assistance group dedicated to the growth and expansion of Natural Food Co-operatives. That's a good thing. Before they formed in 2004, Co-ops were on the decline. The NCGA has given the modern co-op movement the purchasing and management tools needed to be a player in a very crowded field. Not so much here in Silver, but elsewhere, the Whole Foods, Trader Joe's, Natural Grocers and such have been outperforming the earnest and dedicated Co-ops. And yet, there has been a resurgence of Food Co-ops since 2005 and, overall, we are stronger together.

Trudelling back to the hotel room much later in the evening, I exhaustedly curled up in the unfamiliar bed and pretended to sleep. With breakfast starting at 7:30, it was necessary to be up by 6:30 to get ready. Oh, but wait, MN is an hour ahead of NM so that's 5:30 our time. Groan. But up I got, and so began three days of tightly packed meetings mixed with eating. The weather was grey, cold and wet. Met some great people. Got lots of ideas. I smiled a lot.

Another day of travel and I dragged myself back into our Co-op to catch up. And I needed to do that quickly because the next day I had to buzz over to Phoenix for a friend's birthday. Of course, then I got sick. Bestowed that wonderful present upon her too. It seems to last about 2 weeks whatever kinda bug it is.

And also in April was the 7 hour Board retreat meeting and a regular Board meeting and a couple of Committee meetings and the General Membership Meeting as well as quite a few meetings of staff groups. The staff meetings are actually my favorite because not only can we figure out business nuances together, we can assign timelines and responsibilities and actually make things happen.

So here I am poised at the beginning of May ready to savor every moment of the next few months. It's time to see if we can use all the ideas gleaned from those meeting and move ourselves forward. We'll get momentum as we dance through the summer till I need to fly away to Seattle in September for the Annual Fall Meeting of the NCGA. Can't tell you what it's about though. It's a secret. ✨

Garlic Scapes

A *garlic scape* is the leafless, flowering stem that hardneck varieties of garlic send up once they are mature. Hardneck garlic types are generally harder than softneck and are the only ones that send up a scape, which can be removed and eaten before flowering. All parts of the plant are edible and, as you might expect, the scape has the same garlicky flavour as the bulb, with a fresher and greener taste. Chop up garlic scapes and add them to any dish you like. They make a delicious addition to any sort of stir fry, soup, or egg dish. Fry chopped scapes in a little oil and throw in a bunch of freshly washed and chopped kale, cook over medium heat until kale is cooked (6-10 minutes). Saute scapes in butter and a little white wine to make a rich spring sauce for pasta, rice, meat, or vegetables. You can also, just for fun, snip scapes into cream cheese for a tasty spread or add to bread dough before baking.



Did you know?...

Garlic Scape Pesto

- 1 pound garlic scapes, cut into 2-inch pieces
- 1 1/4 cups grated Parmesan cheese
- 1 cup olive oil
- 1 tablespoon lemon juice
- ground black pepper to taste

Combine ingredients and blend in a food processor.

STAFF PICKS

Jenny Morgan Waxelene



Our first staff pick is from Jenny Morgan. She's worked at the Co-op three different times for a total of about six years. Currently, you can find her gracefully moving between her duties as cashier, assistant front end manager, and office person. Jenny chose Waxelene as her favorite product. As she says, "I could be the poster child for Waxelene. My hands get so dry and cracked and Waxelene is the only product I've found that helps them heal and even seems to prevent the cracking."

I concur with Jenny. Waxelene is marvelous! Billed as a petroleum jelly alternative, it creates a waterproof barrier on the skin, contains no petroleum products, and won't clog pores. The ingredient list is pure and simple: organic soybean oil, beeswax



(raw and unbleached), organic rosemary oil, and vitamin E oil that has been distilled from non-gmo soybeans. Its uses are many. It can be applied to any areas of skin in need of soothing and moisturizing. Useful as a make-up remover, it also reduces diaper irritation, prevents chafing resulting from all manner of sporting activities, and as a luxuriant lip balm. Some folks also use it as a way to prevent flyaway hair. This versatile emollient leaves a satiny sheen on your skin and I enjoy smoothing it on my face and hands, and feet.

Waxelene is a company with a deep commitment to health and sustainability. Located in San Raphael, California, they use recyclable glass jars with metal lids, 100% recycled boxes, and are a 100% wind-powered facility. They're looking out for Planet Earth and you can, too, when you purchase a jar!

Erin Toney Voskos Strawberry Greek Yogurt



Erin has been our very capable point of sale (POS) assistant at the Co-op for 3½ years, working together with Jeanné Miller, to make sure that all products are priced correctly. She is also an avid outdoorswoman, especially passionate about white water rafting. Erin's pick for this month is Voskos Strawberry Greek Yogurt. She says, "It is absolutely delicious, tastes like ice cream, creamy and sweet, but not too sweet."

Voskos, located in Sun Valley, California, produces a thick and velvety Greek yogurt with no additives or rBST (recombinant bovine growth hormone), and is gmo-free. Essentially, yogurt is fermented dairy milk. It stays fresh longer than plain milk and contains billions of bacteria that are beneficial for the human digestive system. By helping to stabilize intestinal flora, yogurt enhances the absorption of fats, eases the assimilation of nutrients, and reduces the negative effects of antibiotics. The Greek form of this healthful food is made by pouring regular yogurt through cheesecloth or a fine sieve to remove the whey, resulting in a richer texture. Because the straining process also removes some lactose, it is also lower in sugars and carbohydrates.

Most culinary historians agree that fermented products made from a variety of animal milks were first consumed by the nomadic peoples of Central Asia, about 9000 years ago, during the Neolithic Age. Later, Pliny the Elder, Roman naturalist and philosopher, called yogurt a miraculous food and in India it has always been considered a food of the gods. Written records have confirmed that all members of Genghis Khan's conquering armies were sustained by yogurt made from mare's milk.

Of course, yogurt in its original form was very sour and plain and quite different from Voskos' fruit-filled deliciousness. If your taste runs along more primitive lines, you can certainly find a number of simple, unflavored brands of yogurt in our dairy cooler or even make your own. However, for a lovely treat you can explore the world of modern Greek yogurt by sampling a Voskos. We are currently carrying them in strawberry, honey, and plain flavors.



by **Judith Kenney**

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rated higher, especially since the tsunami, because food safety is a big concern. Overall, people felt that co-ops would do the right thing and that the business model benefits society, especially since community ties today seem to be weaker. The respondents also felt that greedier, more capitalistic business practices were a threat to their communities.

However, people didn't necessarily understand what made a business a cooperative, and they felt that cooperatives were not as good at advertising or promotion as their competitors. Even more concerning, survey results included the perception that co-ops were not as good at growing the size of their businesses, given the pressures of competition.

The respondents' reasons for joining the co-op are also interesting to note. Half of them believe in the cooperative model and the values it espouses, while another significant portion are people who placed a high premium on goods and services. A smaller group of "joiners" were interested in deals; others joined the co-op since they "never questioned not joining," because the co-op was something they grew up with (especially in Manchester). The number-one reason for not joining the co-op was that people didn't think it was a "good deal." Others were unfamiliar with co-ops or how they were different, so they didn't join.

McKinsey & Company also was commissioned by the Desjardin Group, Credit Agricole, and CIPB, to study how cooperatives grow, how they do business differently, and their potential in the future. According to McKinsey's research, the core advantage of co-ops is their close relationship with their customers and understanding their expectations and needs, and this is one key to greater growth for cooperatives. Co-ops consistently outperform their rivals on customer satisfaction. However, they found co-ops are not as agile or innovative as their competitors, and they are not developing the talent they need to maximize the flow of ideas.

Nearly everyone at the conferences agreed the current economic environment presents an opportunity for co-

ops, but people felt that co-ops need to adjust more quickly to a fast-paced business environment. Peter Marks, the CEO of the Cooperative Group in the U.K., responded to the McKinsey study by stating, "The cooperative business model, and what we consider to be its superior governance, can only be the icing on the cake, or the tiebreaker. We need, first and foremost, to be efficient and commercial, to give customers the right product at the right time...If we do this as well as the competition, then we can use our strengths, the concepts of trust, more transparent governance, and a longer-term outlook, as a potential differentiator."

The following conclusions and key insights from the research were presented at the International Summit:

- Co-ops should grow, but they need to continue to be "true" to their mission.
- Co-ops need to promote the co-op model with pride.
- Co-ops must move beyond the intangibles and prove they can be competitive.
- Co-ops need to improve their alignment and ability to mobilize.

Come out co-ops, wherever you are

Concurrent with the research that concluded that co-ops "need to promote the co-op model with pride," academics also discussed the need for cooperation to be taught as a legitimate way of doing business in schools, colleges, and universities. There are 1 million cooperatives around the world, serving the needs of a billion members. They provide jobs to 100 million people, and the top 300 co-ops, from all sectors, generate \$1,600 billion in global revenue. This figure is comparable to the world's ninth largest economy, and the global co-op movement represents the world's largest democracy. Yet, co-ops suffer from mainstream obscurity and are disregarded in business schools. How can this be? Stefano Zamagni, an economics professor with the University of Bologna, Italy, believes that this cooperative vacuum has occurred as part of a backlash in the 1950s to cooperative thought. An American economist, Benjamin Worth, wrote an article in 1958 that

reverberated around the world wherein he claimed that co-ops were inferior because they were not based on the capitalist model of growth and efficiency. "The co-op world never reacted to this accusation, and now we come to the present day," said Zamagni.

Virtually none of the academic business schools across the globe teach cooperation. The St. Mary's University Sobey School of Business in Halifax, Nova Scotia (the sponsor of the Imagine preconference) is one of only a handful in the world where participants can get a master's degree in co-op and credit union management. Cooperation may have been intentionally marginalized decades ago by people fearful of liberal or socialist thought, but now it is time for co-ops to assert their rightful place in the academy. Going forward, the research presented at the conferences, as well as other ongoing projects, are going to be used to introduce the cooperative curriculum to business schools. In addition, the ICA plans to ameliorate the lack of co-op economists on the advisory panel for the G20 countries, which by and large are home to the world's largest cooperatives.

Declaration of hope and the power of cooperatives

Overall, I think the conferences represent a re-awakening of the power of working together within the co-op movement to enhance cooperation's global influence. The United Nations' declaration of 2012 as Year of the Cooperative was a great tool for cooperators to make a positive impression on people who may not be familiar with the benefits of cooperation. I also think the UN's declaration has an even longer-term value. By spending a whole year focused on co-op outreach, it re-energized people working in co-ops to tell the co-op story, and by capping off the year with an international summit, it encouraged in-depth discussions of the challenges to cooperation and the solutions that can be reached through working together. Imagine and the Summit re-energized people in a way that will certainly take cooperation even further in the future. ❖



KITCHEN MEDITATIONS

BOW TIES WITH BROCCOLI PESTO

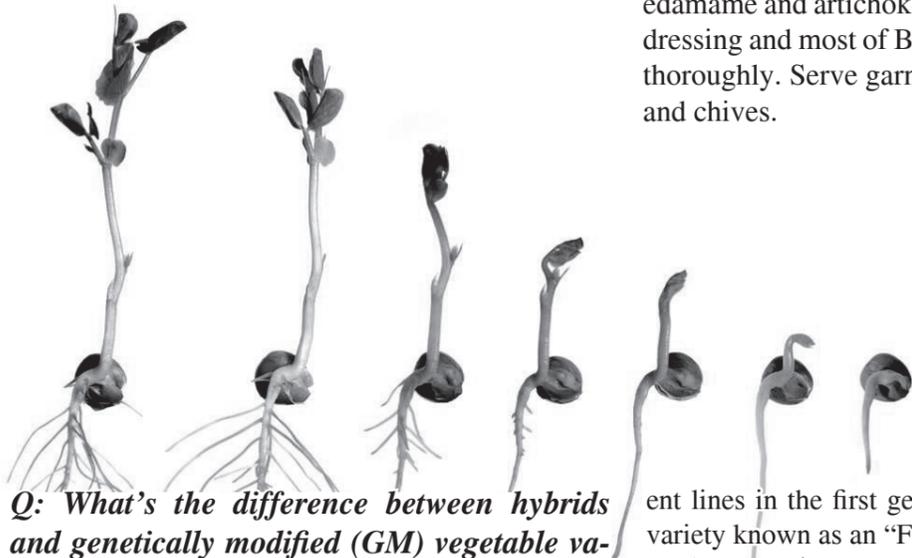
- 6 TB blanched hazelnuts, plus more for garnish
- 2 cups broccoli florets
- 1 1/2 cups loosely packed parsley leaves
- 1/4 cup plus 2 TB olive oil
- 1/2 cup mint leaves
- 4 tsp lemon juice
- 1 1/2 tsp grated lemon zest
- 1 1/2 tsp capers, rinsed and drained
- 5 garlic cloves, peeled
- 12 oz farfalle pasta

Toast hazelnuts in skillet 3-5 minutes or until golden, shaking skillet often. Cool, coarsely chop, and set aside.

Bring large pot of water to a boil. Cook broccoli in boiling water 2-3 minutes, or until tender. Remove with slotted spoon and reserve cooking water for farfalle. Rinse under cold water and drain.

Pulse hazelnuts, broccoli, parsley, oil, mint, lemon juice, lemon zest, capers and garlic in food processor or blender until smooth. Season with salt and fresh ground black pepper.

Cook farfalle according to package directions in broccoli cooking water. Reserve 1/4 cup cooking water before draining. Toss farfalle with pesto and reserved cooking water. Garnish with toasted hazelnuts, and drizzle with olive oil.



Q: What's the difference between hybrids and genetically modified (GM) vegetable varieties?

A: The term “hybrid,” which you’ll often see in seed catalogs, refers to a plant variety developed through a specific, controlled cross of two parent plants. Usually, the parents are naturally compatible varieties within the same species. This hybridization, or the crossing of compatible varieties, happens naturally in the wild; plant breeders basically just steer the process to control the outcome. In contrast, GM varieties (sometimes called “genetically modified organisms,” or “GMOs”) are a whole different animal, as we’ll explain in a bit. First, some background on plant hybridization.

Humans have been cultivating new plant varieties since the beginning of agricultural development, but until fairly recently, the process required patience. Developing a non-hybrid, open-pollinated (OP) variety using classic plant-breeding methods takes six to 10 generations, says John Navazio, a plant breeder and senior scientist for the Organic Seed Alliance in Port Townsend, Wash. (Most heirloom varieties are open-pollinated.)

Modern hybridization speeds up that process considerably. Using a method of controlled crossing devised by Charles Darwin and Gregor Mendel in the mid-19th century, plant breeders can now produce seed that combines the desired traits of two pure par-

WATERCRESS, EDAMAME & FENNEL SALAD

- 10 ounces frozen edamame
- 2 bunches watercress
- 1 fennel bulb
- 3 TB apple cider vinegar
- 1 TB Dijon mustard
- 1/4 tsp sea salt
- freshly ground black pepper
- 4-5 TB olive oil
- 1/3 cup snipped fresh chives, divided
- 4 large artichoke bottoms (canned) sliced
- 1/2 cup Brazil nuts, chopped

Bring a pot of salted water to a boil and add edamame. Return to a boil and cook about 2 minutes. Drain, refresh with cold water and drain thoroughly.

Discard coarse stems from watercress. Place in a bowl of cold water. Halve fennel lengthwise and remove core; cut crosswise into thin slices and add to watercress.

In a small bowl, whisk vinegar, mustard, salt and black pepper. Add 4 tablespoons olive oil in a thin stream, whisking constantly. Taste and add more oil if desired. Stir in half the chives.

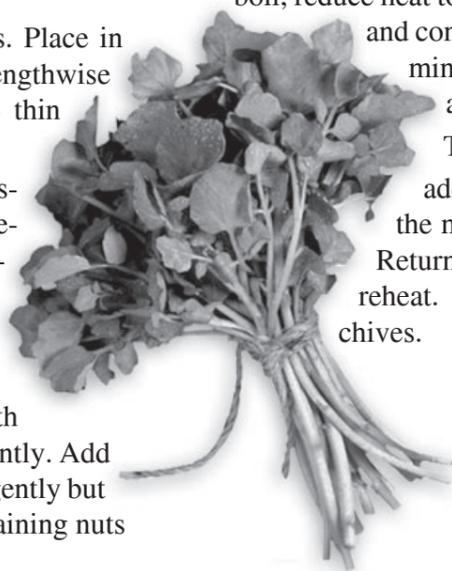
Drain and dry watercress and fennel. Place in a large bowl along with edamame and artichoke slices. Toss gently. Add dressing and most of Brazil nuts; toss gently but thoroughly. Serve garnished with remaining nuts and chives.

ZUCCHINI SOUP WITH MINT

- 3 TB olive oil
- 1 medium onion, diced
- 4 zucchini, diced (@ 4 cups)
- 4 cloves garlic, minced
- 4 cups water
- 2 vegetable bouillon cubes
- 3 TB chopped fresh chives
- 2 TB chopped fresh mint
- fresh ground black pepper

Place olive oil in medium pot over medium-high heat. Add onion and cook, stirring often, until it begins to soften. Add zucchini and garlic, continue stirring until vegetables soften. Add water and bouillon cubes; stir well. When mixture comes to a boil, reduce heat to maintain a steady simmer and continue cooking for about 10 minutes, or until vegetables are tender.

Transfer to a blender and add 3 tablespoons chives and the mint. Process until smooth. Return to pot, add pepper, and reheat. Serve topped with more chives.



[all recipes courtesy of Delicious Living magazine, www.deliciousliving.com]

Hybrid Seeds vs GMOs

by Vicki Mattern

ent lines in the first generation. This creates a new variety known as an “F1 hybrid.” To create F1 seed, seed companies grow two parent lines in the field each year, designate the male and female parents, carry out pollination under controlled conditions — such as hand-pollination under row cover — and then harvest seed from the females.

“Plant breeders like F1 seed because it’s faster and easier than breeding new open-pollinated varieties,” Navazio says. “You can cull the bad traits from the parents while stacking their good traits in the F1 offspring.” For gardeners, hybrids sometimes provide advantages compared with OP varieties, such as better disease resistance. Big seed companies also like F1 hybrids because the process gives them proprietary ownership of each new variety. And because seed from F1 plants won’t produce uniform offspring, gardeners must buy new seeds each year.

Unlike hybrids, which are developed in the field using natural, low-tech methods, GM varieties are created in a lab using highly complex technology, such as gene splicing. These high-tech GM varieties can include genes from several species — a phenomenon that almost never occurs in nature. “With GM varieties, genes are transferred from one kingdom to another, such as bacteria to plants,” Navazio says. A corn variety developed by Monsanto, for instance, includes genetic material from the bacterium Bt (*Bacillus thuringiensis*), which kills European corn borers. So far, only commodity crops with GM traits

— such as corn, soy, alfalfa and sugar beets — have been approved by the U.S. Department of Agriculture (USDA) for use, primarily in processed foods and animal feeds. The exception is GM sweet corn, which is now available at your grocery store.

The trouble is that nobody knows how these unnatural new organisms will behave over time. The seed companies that develop these varieties claim intellectual property rights so that only they can create and sell the variety. In some cases, companies — such as Monsanto — even refuse to allow scientists to obtain and study their GM seeds. For some crops, such as corn, wind can carry the pollen from GM varieties and contaminate non-GM varieties. And there is no mandatory labeling of GM content in seed, says Kristina Hubbard, advocacy and communications director for the Organic Seed Alliance.

Though few vegetable seeds are GM now, they may be soon. One way to avoid GM seeds is to buy certified organic seed, which, according to the National Organic Program, must not be genetically modified. If a seed catalog doesn’t say a seed has been tested, ask the supplier.

In a nutshell: Hybrids are the product of guided natural reproduction, while GMOs are the result of unnatural, high-tech methods used to create untested organisms that would never emerge in nature. ✦

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June 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.

June 5-June 18



Bulk Fantastic Hummus Mix
reg \$5.99#
SALE \$4.79#



Nature's Path Hemp Plus Toaster Waffle
reg \$3.29
SALE \$2.29



Chobani NF 6oz Pomegranate Yogurt
reg \$1.49
SALE \$1.25



Annie's 8 oz Dressings Assorted
reg \$4.49
SALE \$2.99



Alaffia 32 oz EveryDay Shea Body Lotion
reg \$11.69
SALE \$9.99



America Health Super Papaya Plus 250 tab
reg \$10.49
SALE \$6.49

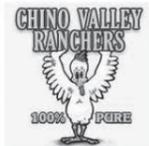
June 19-July 2



Bulk Quinoa
reg \$3.99#
SALE \$2.99#



Applegate The Great Organic Uncured Beef Hot Dog
reg \$8.39
SALE \$5.99



Chino Large Brown Eggs
reg \$4.59
SALE \$3.49



Bionaturae 9 oz Fruit Spread assorted
reg \$4.19
SALE \$2.89



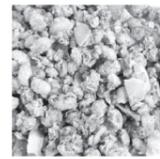
Kiss My Face 9 oz Liquid Soap assorted
reg \$5.59
SALE \$4.29



Nordic Naturals Omega-3 Lemon 120 ct
reg \$29.99
SALE \$24.99

Member Only Specials

June 5-July 2



Bulk Nature's Path Hemp Plus Granola
reg \$4.89#
SALE \$4.39#



Amy's Spinach Feta Pocket Sandwich
reg \$2.99
SALE \$2.69



GoodBelly Probiotic Straight Shot
reg \$3.49
SALE \$3.19



Nasoya 15 oz Nayoanise
reg \$4.79
SALE \$4.39



Organix Organic Cat Treats Chicken
reg \$3.89
SALE \$3.49



MegaFood MegaFlora 30 ct
reg \$24.99
SALE \$22.49

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
BULK



From Your Board...

From the GMM-to All of You by Susan Van Auken, President

Hi Everyone,

Here I am, beginning another term on the board of directors and another year as the president of the co-op. Thank you all for the opportunity to serve our co-op.

At the general membership meeting the president is supposed to ensure that members hear a little about what the board has accomplished. So, do you wonder what your board does all year? Very briefly I thought I would share with you some of what we have done during this last year.

Our first major governance responsibility is oversight of the co-op. Within this role last year we have performed all of our duties specified by the bylaws, and in accordance to our board calendar.

The oversight tasks include:

- Regularly reviewing and revising our policies which direct the general manager in operational decisions and serve as his job description. These policies cover staff treatment, staff compensation, budgeting and financial planning, asset protection, customer service, and membership.
- Monthly reviewing of monitoring reports from

the general manager based on the policies we have created.

- Providing fiduciary oversight by thoroughly reviewing financial reports each quarter
- Hiring an auditor
- Evaluating the general manager's job performance
- Ensuring venues for regular contact with the co-op member-owners

In order to accomplish all of the above the board must keep itself operating effectively. Last year we did this by:

- Ongoing recruitment of potential new board members
- Providing thorough orientation for all new board members
- Involving ourselves in ongoing board training and education
- Evaluating our own performance, process, and activities.

These were the day-to-day, month-to-month activities of the board. We also completed the fol-

lowing two major accomplishments for the benefit of all co-op members:

- Finalizing the change from a fee-based membership to an equity membership
 - Searching for and hiring a new general manager.
- The board also continued its efforts on a third major task. Several years ago, knowing that we were scheduled to pay off our existing mortgages in 2013, we began the process of educating ourselves and visioning goals for the future. We are continuing the process of exploring what the co-op might do in the years to come.

Lynno suggested that we share our comments with you in song. Lynno and I provided the content, and Gurnie Dobbs, my partner, wrote the lyrics. All three of us will sing it now. So here we go. Please join in on the last chorus. You will all recognize the tune. ❖



Our Co-op Is Owned By You and Me

Verse One

*The Silver City Co-op, was made to offer healthy food,
For thirty-nine years now, it's been running continuously,
Our board of directors, works behind the scenes tirelessly,
Here's some things, we've done recently.
Starting in 2013, we have changed from member fees,
To an equity membership, for more democracy,
And now it's official, the members are the owners,
Our co-op is owned by you and me.*

Chorus

*This co-op is your co-op; this co-op is my co-op,
From the frosty coolers, to the check-out counters,
From the organic produce, to the brimming bulk bins,
Our co-op is owned by you and me.*

Verse Two

*Our store front building, was bought in 1989,
And as we've known for awhile, at the end of 2013,
We will have completely paid off, the store and warehouse,
Then you and me, will be mortgage free. Eeh-Haw!
The board is visioning, what's next for the co-op,
Within a changing world, into an unknown future,*

*Our goal is still the same, healthy food for everyone,
Even those who are babes-in-the-baskets now.*

Chorus

*This co-op is your co-op; this co-op is my co-op,
From the frosty coolers, to the check-out counters,
From the organic produce, to the brimming bulk bins,
Our co-op belongs to you and me.*

Verse Three

*When Doug Zilm resigned, we doubted it would be easy,
To find a new manager, we were a little queasy,
We searched and found the right guy, to lead our co-op,
Three cheers for jolly-good Joe Z.
And cheers for our employees, who run the store wonderfully,
They buy, price, stock and clean, and do everything in between,
You see them right up in front, but some are seldom seen,
Our co-op is loved by you and me.*

Chorus

*This co-op is your co-op; this co-op is my co-op,
From the frosty coolers, to the check-out counters,
From the organic produce, to the brimming bulk bins,
Our co-op is loved by you and me.
Our co-op is owned....
Our co-op belongs...
Our co-op is LOVED by you and me.*

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: 2013-2016
susanvanauken@gilinet.com

Carmon Steven/Vice-President
Board Term: 2013-2016
yankiecarmon@gmail.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

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

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

June 2013



New Moon 6/8/2013 at 8:59:01 am (MST)
Full Moon 6/23/2013 at 4:33:38 am (MST)

HERBAL ANTIOXIDANT



While better known for protecting the liver, milk thistle (*Silybum marianum*) also has cancer-protective effects. It contains an antioxidant, anti-inflammatory flavonoid complex called silymarin. Research shows that it promotes the repair of DNA, blocks angiogenesis and suppresses proliferation and metastasis in a variety of cancers. Milk thistle is available as a tincture or standardized extract. You can also use the ground seeds in tea or sprinkle them atop foods. Milk thistle's delicious relative, the artichoke, also contains polyphenols.

Staff Celebrations

Anniversaries

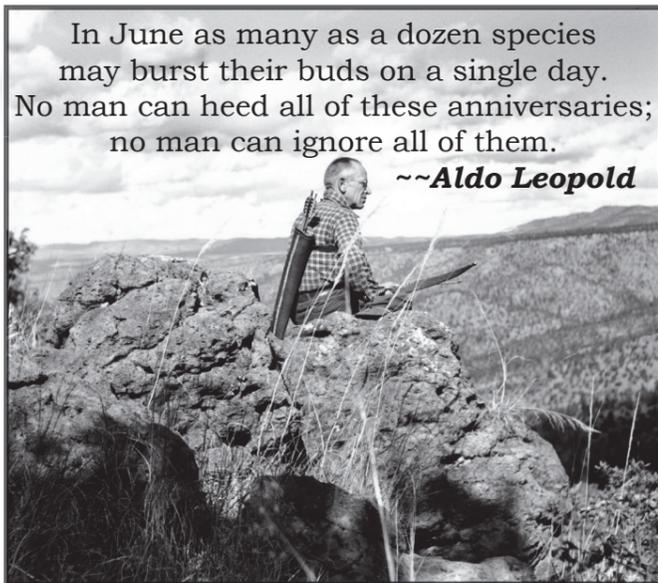
- June 1 Tracey Franco
- June 3 Margarita Courney
- June 13 Kevin Fast

Birthdays

- June 5 Jake Sipko
- June 9 Becky Carr

In June as many as a dozen species may burst their buds on a single day. No man can heed all of these anniversaries; no man can ignore all of them.

~~Aldo Leopold



Co-op Events

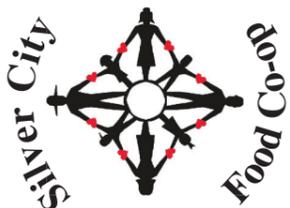
June 2013

- 11 Community Forum:
Documentary Film: *Birth Story - Ina May Gaskin & the Farm Midwives with Lisbeth Eyrich-Fischer*
Noon-2:00 pm
- 12 Monthly Board Meeting 4:30-7:30pm
- 14 Member Linkage Committee Meeting 1:00-2:00 pm
- 16 Father's Day!

July 2013

- 4 Independence Day- CO-OP CLOSED
- 10 Monthly Board Meeting 4:30-7:30pm
- 9 Community Forum:
& *GMOs with Monica Rude*
- 11 Noon-1:00 pm both days
- 12 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