

# Silver City Food Co-op *It's MAD!* Garbanzo Gazette

Volume 19

✦ Your Monthly Newsletter ✦ September 2019

## Co-op Hours:

**Mon. - Sat.**  
**9 am - 7 pm**

**Sunday**  
**11 am - 5 pm**

**575•388•2343**  
**520 N. Bullard St.**

## LOOK INSIDE!

• highlights •

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**YOU  
ARE  
WHAT  
YOU  
EAT**

## General Manager Search Update

The Silver City Food Co-op Board of Directors has announced the hiring of an Interim General Manager for the Co-op, while the process of hiring a permanent General Manager continues. Garland McQueen will be joining us on September 2, 2019. He brings a wealth of experience in Cooperative Management from his work with Columinate (formerly Cooperative Development Services) and we hope you'll join us in welcoming him to the community. More information can be found inside on PAGE 15.

## Member Equity at the Co-op to Increase to \$20 in 2020

You may know that Member Economic Participation is one of the Principles that guide Cooperatives. As Member-Owners of the Food Co-op, your annual equity payments (the \$10 payment you make when becoming a member or renewing your membership each year) helps make capital improvements at the Co-op. For example: if the Produce Cooler goes down, and needs to be repaired or replaced, funds from our Member Equity account could be used to make the updates. The Board of Directors and Management have decided that it's time to increase this annual equity payment to \$20, which will begin in January of 2020. Thank you for these contributions which ensure the health, well-being, and good-repair of our Co-op.

## • Member Appreciation Days • Three Big Days in September!!!

The next Member Appreciation Days are less than a month away. From September 25-27, Member-Owners will receive a 15% discount on purchases at the Co-op. Get your special orders in now, and thanks again for all your support!

by Mike Madigan

## Voting for Bylaws Changes Ended

- Thanks to everyone who voted on changes to the Co-op's Bylaws. Voting closed on August 28, and results will not be available until after printing of this newsletter. Once results are available we will be posting them on the website and in an email to SCFC Member-Owners.

## Applications for 2020 Round-Up Program Will Be Available in October

If your organization is interested in applying to be a participant in the 2020 Round Up program, keep your eyes open for application materials which will be available on the Co-op website in October. Submissions for the 2020 Round Up program will be accepted from October 1-October 31. The Round Up program is an excellent opportunity to raise needed funds for our local non-profit organizations and regularly generates as much as \$1500 each month through your generosity. Thanks for your community support!

## Parking Gets a Bit Tighter

It's official! The parking lot next to Adobe Springs is closed for construction for the next several months, and we hope that won't slow you down from supporting your local Food Co-op! Remember, we are always happy to help carry your groceries out to your vehicle, and it's often a great chance for us to get outside for a bit! Don't be shy. We're happy to help.

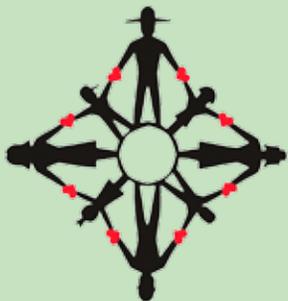
## New Faces at the Co-op!

We're happy to welcome two new team members at the Co-op. You'll see Jeremy and Aji up at the cash registers and providing customer service and stocking on the sales floor. Welcome, welcome, welcome!

**2081 member/owners strong and counting . . .**

# Silver City Food Co-op

established 1974



[www.silvercityfoodcoop.coop](http://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

## Mike Madigan

acting General Manager

## The Garbanzo Gazette

Editor: Mike Madigan

Guest Writers:

Carolyn Smith, Jane Papin

Staff Writers: Judith Kenney

Evan Humphrey, Kate Stansberger

Layout & Design: Carol Ann Young

Proofreader: Jenny Morgan

Eric Brown

Submissions are welcomed!

Submit letters, articles, or items of interest to:

[judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)

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# Co-op & Community Events

## Grant Co. Rolling Stones Annual Gem & Mineral Show

August 31 - September 2

Grant Co. Veterans Memorial Business and Conference Center

3031 Hwy. 180 East, SC. Call 575-654-4424 for details.

## Lucibela: Cape Verdian Singer, Thursday, Sept. 9, 6:30 pm to 8:30 pm

The Gardens at Light Hall Patio, WNMU. Free and open to the public.

Learn more about Lucibela at <https://www.lucibela.com>.

Please call 575-538-6469 for more information.

## 2nd Saturday Gallery Walk, Saturday, September 14, 5 pm to 7 pm

Enjoy an evening at the galleries in historic downtown Silver City every second Saturday.

Sponsored by the Silver City Art Association.

For more information go to [silvercityart.com](http://silvercityart.com).

## Full Moon Hike, Saturday, September 14

Cliff Dwellings - The program begins at dusk, taking visitors on a tour of the dwellings in the moonlight.

Gila Cliff Dwellings, NM 15.

Please call the Gila Visitor Center for information. 575-536-9461

## Silver City Food Co-op Board Meeting, Wednesday, September 18, 5:30 pm to 7:30 pm

Board meetings are held the third Wednesday of the month at 907 Pope Street.

Member/owners are welcome to attend.

## 15th Annual Gila River Festival, Our River, Our Future September 19 - 22

Visit [gilariverfestival.org](http://gilariverfestival.org) to view the full program.

## Sampling Wednesdays

At the Co-op!

Held on most Wednesdays of the month, great food will be sampled.

Come and find out how good organic is!

## Popcorn Fridays

Each Friday from 9 am to 3 pm the Co-op offers popcorn and other food samples.

Volunteers are needed to help make popcorn.

It's fun, you get to meet lots of people, and see what is happening at the Co-op!

If you are interested in helping with this ongoing event,

please contact Judith at [judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)

Don't Sleep  
Through It!



3 days of MADness!!

15% OFF

excluding mark-downs  
maximum 25% discount

Wed, Thurs, Fri  
September 25, 26, 27

Shop as much as you want  
all three days

## Silver City Food Co-op Staff

*Judith Kenney*  
produce/outreach

*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 manager

*Tinisha Rodriguez*  
POS/HABA buyer

*Allie Iacocca*  
produce/HABA buyer

*Mike Madigan*  
acting gm

*Leah Chastain*  
merch. specialist/receiver

*Marchelle Smith*  
deli

*Joy Kilpatrick*  
produce

*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

*Ajlaa Claussen*  
wherever needed

*Jeremy Devenny*  
wherever needed



# Kitchen Meditations

Fall

## Grilled Corn with Basil Butter



### Ingredients:

8 ears of corn, shucked  
Olive oil  
2 sticks room temperature butter  
1 cup basil, loosely packed

### Directions:

- Preheat grill to medium hot\*
- Roll corn in a little olive oil. When grill is hot, add corn and close the lid. Turn the corn a few times, until some of the kernels are blistered and the rest a bright and shiny yellow. This shouldn't take longer than 8 minutes. Be careful not to overcook or the corn will be dry.
- Meanwhile, add butter and basil to a food processor and let it rip! You may need to scrape down the sides once or twice. When the basil is finely chopped and the butter has a light green tint, it's ready.
- When the corn comes off the grill, slather it with the basil butter. Sprinkle with a little salt, if desired. Eat immediately.

Note: Basil butter can be made ahead. Extra will keep for a week or two in the fridge. It's yummy on toast!

\*If you don't have access to a grill, boiling is the classic way to prepare sweet corn. Fill a pan with enough water to cover ears of corn and bring to a boil. If your corn is very fresh, cook for 3-5 minutes. For corn that's a few days old, go for 6-8 minutes.

## Three Sisters Soup

*This recipe features the "three sisters," corn, squash and beans, the three main crops of many of the native peoples of North and South America.*

### Ingredients:

4 lbs. winter squash  
4 quarts vegetable stock (or water)  
2 small diced yellow onions  
1/4 cup olive oil  
1/4 cup chopped garlic  
2 tsps. dried thyme  
1 tsp. ground black pepper  
1 lb. fresh or frozen corn kernels  
4 cans beans (any bean of your choice)  
1 bunch sliced green onions  
1/2 cup white wine (optional)  
1 large bay leaf

### Instructions:

Preheat your oven to 350 °F. Slice your squash in half and scoop out the seeds, then roast for about 40 minutes. Allow to cool. When soft, scrape out the flesh and save the liquid for later. Blend until totally smooth (you can use a food processor or blender).

Sauté onions in a large pot over medium heat until brown, then add garlic, thyme, and black pepper, stirring until the garlic turns brown as well.

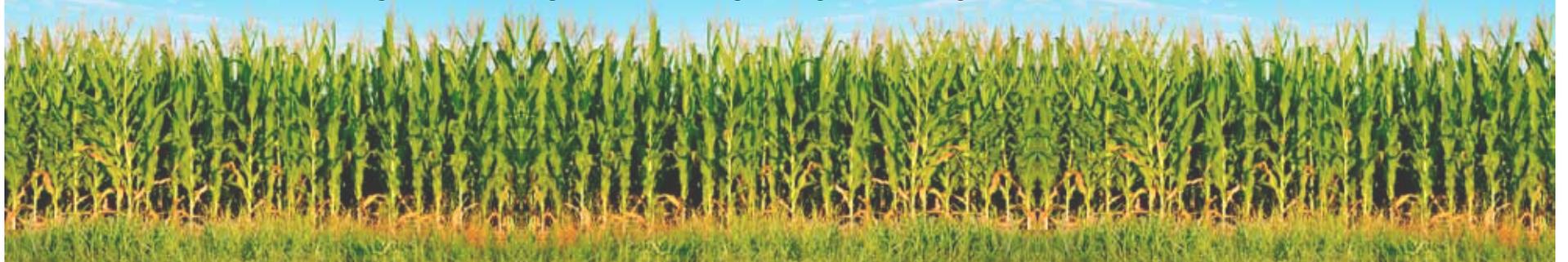
Pour in the stock and follow with the bay leaf, wine, and squash. Allow it to simmer for a few minutes before adding the rest of your ingredients. Simmer for about 20 minutes total.

## The Ksinnkerhska (Iroquois) Legend of the Three Sisters

The term "Three Sisters" emerged from the Iroquois creation myth. It was said that the earth began when "Sky Woman" who lived in the upper world peered through a hole in the sky and fell through to an endless sea. The animals saw her coming, so they took the soil from the bottom of the sea and spread it onto the back of a giant turtle to provide a safe place for her to land. This "Turtle Island" is now what we call North America. Sky woman had become pregnant before she fell. When she landed, she gave birth to a daughter. When the daugh-

ter grew into a young woman, she also became pregnant (by the West wind). She died while giving birth to twin boys. Sky Woman buried her daughter in the "new earth." From her grave grew three sacred plants—corn, beans, and squash. These plants provided food for her sons, and later, for all of humanity. These special gifts ensured the survival of the Iroquois people.

*Source: Erney, Diana. November 1996. Long live the Three Sisters. Organic Gardening.*



# Jake's September Produce Pick

## Kernels of Truth



Corn, or maize, as we know it today would not exist if it weren't for ancient agriculturalists who developed it in what is now the country of Mexico, some 10,000 years ago. It is a human invention, a plant that does not exist naturally in the wild and can survive only if planted and cultivated by human beings.

It was started from a wild grass called teosinte and looked very different from modern day corn. Its kernels were small and spaced wide apart on their ears. Grown throughout North and South America, it became a significant food crop for the original inhabitants of these continents and is now a staple food for a large part of the world's people.

Despite the nutritional and cultural importance of corn in the lives of so many people on our planet, the true diversity of corn is unknown. There are, in fact, billions of genetically different maize plants resulting from the efforts of many, many growers, especially in Mexico, who live and grow corn in diverse environments, each with his or her own farming practices. For simplicity's sake we will take a look at the types of corn that all varieties fall into. Different types are defined by their internal structure and proportions of starch contained within. These proportions allow for different culinary uses.

### Popcorn

Popcorn is one of the oldest types of domesticated corn. It has a hard, brittle shell. When heated, the moisture inside the kernel builds up a pressure of steam, causing it to explode, resulting in the white, crunchy and lumpy forms that so many of us know and love.

### Flint

Flint corn is known for a hard outer layer ("hard as flint"), surrounding a small, soft endosperm inside the kernel. It can also be popped, but often the kernels will crack, rather than burst open. It stores well. Because of its hard outer layer and lack of sugar, flint corn is best used as grits, polenta and atole, as well as roasted and ground for pinole.

*This is corny!  
Leah  
Dougan  
Judith  
Tinisha  
& Jake*



### Flour

The most commonly grown corn in the Southwestern U.S. is flour corn, used mainly for tortillas and bread. Composed mostly of soft starch, which lends it to easy grinding into a fine meal, it possesses a subtle and delicate flavor and is well digested.

### Dent

Also known as "field corn," dent makes up the majority of commercially raised corn in the U. S. It is used, primarily, for animal feed, processed foods and ethanol. The kernels contain a hard form of starch at the sides and a softer type in the center. This center shrinks as the kernels dry, forming a "dent" in the top of the kernel. The ears are hefty and large and have strong stalks to support their weight. Dent can be used, because of its high starch content, for fine-ground cornmeal or enjoyed on the cob when harvested in its early stages. It can also be dried to make hominy to grind into masa or fermented into corn beer.

### Sweet

Here is the corn that we know so well! Eat it right off the cob in its early or "milk" stage when it is tender and juicy. Standard sweet corn originated from genetic mutations which prevent the conversion of sugars into starch. Sweet corn is the ideal corn to be eaten fresh, but it can also be dried and reconstituted, as with chicos, which are made by roasting and hanging to dry. After the corn is dried, the kernels are rubbed off by hand and stored, to be used throughout the winter. Chicos, which swell up to fresh corn consistency when cooked, can be used in delicious winter stews or prepared simply with beans.

*"Small Farmers in Mexico Keep Corn's Genetic Diversity Alive" by Emiliano Rodrigues Mega, November 19, 2018. Scientific American  
"Types of Corn," Native Seeds Search Blog, June 12, 2018*



*Melissa can't wait to try Castello Havarti Dill.*

# Becky's September Dairy Pick

## Castello Havarti Dill

Native to Denmark, Havarti is a semi-hard cheese, with a subtle sweet, mildly acidic flavor. Very creamy and smooth, it harmonizes well with salads, sandwiches, and on its own. *Castello Havarti Dill*, now found in the Co-op's dairy cooler, features tiny, aromatic green shoots of dill distributed throughout the cheese, imparting a slight tang to each bite. *Castello Havarti Dill* is perfect as part of a movie night cheese tray, served with crackers, nuts, and fresh or dried fruit. Wondering which wine to serve with this mouthwatering cheese? A red zinfandel or sauvignon blanc is the way to go!

# CO-OP Community

## Co-op Community Donations

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

Grant Co. Food Pantry  
Deming Refugee Shelter

*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 service.*

Paola Hurtado Rodriguez • Ellen O'Bryan  
Kim Sweeney • catherine bialopiotrowicz  
Frances Trotta • Malika Crozier  
Tim Garner • Logan Campbell • Betty Mishuk  
Pantha Huff • Jane Papin



## Taste Samplers Needed!

Isn't it fun to get free food?



It's even more fun to be the gracious person giving the food.

Become a sampler and hand out food samples every other Wednesday from 9 am to 12 noon or 12 noon to 3 pm.

It's fun and you get to see all of your friends.

Contact: [judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)

## 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](mailto:judith@silvercityfoodcoop.coop)

Three hours earns a 15% Volunteer Discount



## 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 September

July  
Round Up  
\$1391.49!

Round Up for October

## Lotus Center

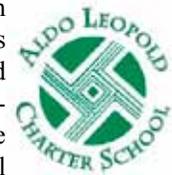
The Lotus Center is a non-profit community center in downtown Silver City offering classes in meditation, yoga, and other types of mindful movement. Lotus welcomes people who seek to improve their health, relieve stress, and find inner-peace in a welcoming and serene place.

The Center is also a community service organization, bringing practices of growth and healing to the community through the following programs: Yoga in Public Schools ("YIPS"), Meditation for Recovery, Yoga for Veterans, and Trauma-sensitive Yoga (for victims of sexual assault). These community service programs are provided at no cost to students/clients.



## Aldo Leopold Charter School Foundation

We plan to use the funds for our Youth Conservation Corps Program and the Archaeology Crew that helps support conservation education. The school trains and equips students serving on this crew to conduct 15 peer-education classroom presentations to 300 elementary age students in Grant and Luna Counties during the school year. They cover high interest environmental topics such as Gila River Habitat, Archaeology, Birds, Mammals and Forest Habitat. Classroom teachers appreciate the materials we provide and the opportunity for their students to do hands on learning. We will use the funds to help purchase presentation materials and transportation costs.



## The Center for Food Security and Sustainability

The Commons: Center for Food Security and Sustainability's two main programs are our Food Pantries and our Alimentos Para Los Niños Backpack Program. Our food pantries feed over 600 hungry families per month, between the two Silver City pantries (first Saturday from 10-noon and last Wednesday from 4-6, at The Commons) and the Mining District pantry (third Tuesday from 1-3, at Bataan Park in Santa Clara), as well as Hachita and Gila pantries. Our Backpack Program provides weekend supplemental nutrition to approximately 275 children per week. The Silver City Food Co-op's Roundup donations help fund these programs, in addition to keeping our doors open and our lights on. The Co-op also provides our food pantries with staple foods at cost, helping us include healthy options in every food box we distribute. We couldn't do what we do without the partnership of community-minded organizations like the Silver City Food Co-op!



# Round Up Applications Accepted Soon!

**It's nearly time for ROUND UP submissions!  
We'll open the application process October 1st-31st,  
so if you are a community non-profit seeking a financial boost  
start getting ready to apply!**

For more than 40 years, the Silver City Food Co-op has been committed to giving back to our community. In 2017, we introduced the Round Up Program, a new way for member/owners and customers to participate in this commitment. This simple yet powerful community giving program allows customers to "round-up" their grocery bill for recipient organizations that share our commitment to a healthy community.

**Applications will be available  
October 1st through October 31st.  
online at [www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)  
and at the Co-op front office.**

**Chosen recipients will be announced in December of 2019.**



**Do you love your Co-op?  
Do you want to get the word out about  
Co-op related topics and issues?  
There is so much to discuss!  
We would love your help writing articles for  
the Garbanzo Gazette!**  
*Members,  
if interested, please email  
[judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)*

**Three hours earns a 15% Volunteer Discount**

## **MAD** September

**25th, 26th, 27th • All Three Days**

**receive 15% 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 \$10/year and you can recoup  
your membership by shopping just one MAD.

## **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!**

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





# Quince, the Fabulous Forgotten Fruit

by Carolyn Smith

Quince, long hidden in plain view, is making a comeback! Native to the region of Iran and Turkey, the quince tree has been cultivated since 4000 B.C.E. Much prized for its fragrant and versatile fruit, quince can be found on all continents and was one of the first trees brought over to the New World by both the Spanish and English immigrants. Quince trees grow throughout the United States, including New Mexico and Arizona; if you look closely, you will find quince trees growing right here in Silver City!

Quince (*Cydonia oblongata*), is a hardy, drought tolerant, low-maintenance, small tree or shrub (10-25 ft.), grows in all types of soil, zones 2-24, and is very adaptive and tough. Its toughness belies the delicate beauty and fragrance of its pink/white blossoms in the spring, the dancing demeanor of its branches swaying in the wind and the sweet aroma of its golden ripe fruit in the fall. The claim of ancient traders was a single ripe fruit could “perfume an entire caravan”.

Quince is a member of the rose family (Rosaceae), considered by some to be the third most economically important of the crop plant families, after the grass family (Poaceae) and the legume family (Fabaceae). Some other members of the Rosaceae family are apples, pears, cherries, peaches, nectarines, apricots, plums, almonds, loquats, blackberries, raspberries, and strawberries.

So why did the quince lose popularity in the U.S.? Quinces are generally not eaten fresh; their taste is tart, even acrid if not fully ripe and even when ripe they can be rock hard and difficult to bite into. Their greatest value to early English settlers was as a source of pectin and a gelling agent. With the advent of commercial pectin and gelatin, the quince was no longer necessary.

With the emergence of a new cooking and foodie culture, the resurgence of heirloom varieties and the embracing of international cuisine, quince has been rediscovered. Through the alchemy of cooking, quince magic happens: pale flesh transforms into a rosy pink, grainy turns delicate and creamy, tartness deepens into full-bodied sweetness, and an intoxicating aroma fills the air.

Quince can be used in the preparation of a variety of sweet and savory dishes: pies, cakes and confections, stews and chutneys, and fruit sauces for meat and vegetarian dishes.

Quince gives a real flavor boost to everything, from a sweet-tart quince and parsnip stew to lamb-stuffed quince dolmas, and it is the secret ingredient to a really special apple pie, the “je ne sais quoi” that keeps them coming back for more.



*Carolyn, gardener extraordinaire, checking the fruits of her labor.*

Quince is high in pectin and works well when added to other cooked fruit to thicken jam or preserves. The word “marmalade” originally meant quince jam and came from “marmelada” Portuguese for quince jam and “marmelo,” Portuguese for quince.

The flesh of the quince turns red after cooking with sugar due to the formation of anthocyanins. This bright color can be seen in Turkish delight made from finely ground quince that is cooked with sugar and then spread out to dry, as well as the dulce de membrillo (quince paste or quince cheese) that originated in the Iberian peninsula and can be found in Spanish speaking cultures around the world, including right here in Grant County.

Quince is not only delicious, it’s nutritious. According to the USDA, quince is a rich source of vitamin C, zinc, potassium, copper, iron, and dietary fiber as well as the phytonutrients, catechin, epicatechin and limonene.

## **Fun Facts:**

- *The Spanish name for quince: membrillo may have been derived from the Spanish word for willow: el mimbre.*
- *Eve’s fruit of temptation and the fruit given by Paris to Aphrodite may have been the quince, not the apple.*
- *In the Balkans, when a baby is born, a quince tree is planted as a symbol of fertility, love and life.*
- *Quince is regarded as a symbol of love and happiness and given as tokens of love.*
- *Throughout the Middle Ages quince was used at every wedding feast.*
- *Ripe quinces are a great natural air freshener.*
- *Quince seeds were used as a gelling agent before commercially produced gelatin became available.*
- *The emollient-coated quince seeds are used around the world to make a tea to soothe sore throats.*



# Wild Blueberries

By Jane Papin



Wild blueberries contain ancient and sacred survival information going back 10,000 years and have adapted to innumerable climate fluctuations over the millennia. Their innate intelligence has prevented them from becoming a monoculture. Thriving with more than a hundred variable strains, wild blueberries can burn to the ground with scorching heat and come back stronger than ever.

Wild blueberries contain dozens of antioxidants, including the anthocyanin varieties. Anthocyanins are the pigments that give red, purple and blue plants their rich coloring. These tiny powerhouses contain not just one pigment, but dozens. When looking at the inside of a wild blueberry, you will notice its blue color, while the inside of a cultivated blueberry is greenish.

The wild blueberry is considered one of the top adaptogenic, anti-mucus, anti-inflammatory, antioxidant-rich foods we can eat, bringing optimal balance to our bodies and Being. They are one of the most effective heavy metal detoxifying foods, helping to remove mercury, DDT, radiation and viruses from our bodies. And, because of their ability to survive and even triumph through fire and ice, their indestructible essence becomes part of us when we eat them!

Blueberries help restore the central nervous system and flush out Epstein-Barr neurotoxins from our livers which benefit greatly from the blueberry's powerful nutritional profile. Its potent pigments are especially beneficial for the cells of the liver. The good bacteria of the intestinal tract is also enhanced, which makes our entire body happy. These same anthocyanins have the ability to flush embedded toxins from the system and can help repair thyroid tissue and reduce the growth of nodules.

It's been my intention to convey to readers what a potent and all-encompassing super food the wild blueberry is. And, yes, our Co-op carries them frozen. Other Co-op members and I have been ordering them by the case and enjoying them blended in smoothies on a regular basis.

All the material I have shared with you is from the work of Anthony William, author of the five Medical Medium books and other internet blogs and podcasts.

*\*The content of the Garbanzo Gazette is presented for informational purposes only and is not a substitute for medical advice, diagnosis, treatment, or prescribing. Nothing contained in or accessible from this newsletter should be considered to be medical advice, diagnosis, treatment, prescribing, or a promise of benefits, claim of cure, legal warranty, or guarantee of results to be achieved.*

## The Blueberriest Blueberry (The Wild One)

by Judith Kenney

This wild native fruit is the low-bush blueberry (*Vaccinium angustifolium*) that grows in the northeastern part of North America. Believed to be one of the first edible fruit bearing plants to be consumed by early man after the last ice age, these wild plants can be found from South America, north to the Arctic, Asia and Europe.

Wild blueberry barrens, rolling areas of sandy soil along the foggy coastlines of northeastern North America, first grew naturally and were later maintained by the original human inhabitants of these areas. A nutritious supplement to their diet, Native people also used the blueberry medicinally, as juice for coughs and as a tea, made from the root, as a relaxant during childbirth. Berries produced from this rugged terrain are quite small and sweet, far superior in flavor, to the cultivated blueberry plants with fat, often mushy, fruit offered in markets today.

Please don't be fooled by their tiny size. Wild blueberries pack more flavor into their small blue bodies than any other blueberry on the planet! Nutritionally, they wield a powerful punch, being one of the most robust sources of antioxidants in the botanical world. Anthocyanin, the antioxidant that gives blueberries their color, contains mighty inflammation-fighting and cell-protective properties.

How fortunate for all of us who shop and work at the Food Co-op that we have delicious **Woodstock Organic Wild Blueberries** available in our frozen section. Perfect for use in cooking, baking, smoothies and more, these little fruits can add taste and nutrition aplenty to your daily fare.



# Supplement Department

## NEWS

### Celebrate National Mushroom Month at the Co-op

*By Kate Stansberger,  
Supplement Buyer*



*It's a giant fungus! No, wait!  
It's artist and Co-op staff member Annabella  
wearing a mushroom cap she made herself.*

September is National Mushroom Month! We have some different varieties of yummy mushrooms in our produce department, organically grown, of course, (see below) and in our supplement department we carry several mushroom products from the *Host Defense* folks. Some examples are: reishi, lion's mane, and a combination of several mushrooms in the "My Community" line. (*Host Defense* also sponsors a "Bee Friendly" program to foster our buzzy friends that pollinate plants too numerous to mention.)

*Fun mushroom fact:* a fungus named "armillaria bulbosa" is HUGE- one found in a Michigan forest weighs as much as a blue whale! So enjoy both forms of mushrooms the Co-op has to offer - both the fresh ones, and the more concentrated supplements.



## Edible and Delectable Fungi *aka Mushrooms*

A mushroom is neither a fruit nor a vegetable. Technically, they're not even a plant, but for thousands of years, edible fungi have been a popular ingredient in the home cooking of many cultures. Remember, though, unless you are an experienced mycologist, do not eat mushrooms that you find growing in the wild. Many poisonous species have an appearance quite similar to those that are safe to eat. Following are just a few appetizing examples to tempt you from the intriguing world of edible fungi.

*Crimini* mushrooms are an eminently edible type, available in almost all food stores. These plumply rounded cuties range in color from light tan to a dark, rich brown and, in size, from small to very large. With a rich taste and meaty texture, the crimini is good both cooked or raw, canned or dried.

*Shitakes* range in color from tan to dark brown, with broad, umbrella-shaped caps, wide open veils and tan gills. The shitake has a rich, full-bodied flavor, with a meaty texture that enhances a wide variety of dishes. They are yummy when cooked by almost any method, especially sautéing, broiling and baking. Stems should be removed before cooking, but, still, perfect in soup stocks.

*Look for crimini and shitake mushrooms in our produce section.*



# Greenhouses: Back to the Future

by Carolyn Smith

Growing plants in a controlled environment has been around at least as long as the Roman Empire. There are records of cucumber plants being housed in frames covered with oil cloth or sheets of selenite that were wheeled outside every day into the sun and back inside at night.

I have lived and gardened in many different climatic zones all over the country, and greenhouses have been invaluable everywhere. Here's why:

- Greenhouses extend the growing season by providing a protective indoor environment for seeds to germinate and plants to grow until conditions are suitable to transplant outdoors.
- Greenhouses provide plant protection from severe weather including temperature extremes, strong winds, hail, frost and snow.
- Growers are protected from the elements too!
- Greenhouses afford protection from animal and most insect predation.
- In the harshest environments, food production can be year round with the right design and set up for each season.
- There's more control over humidity levels and temperatures in both the air and soil; no more waiting for the soil to warm up and/or dry out to prepare beds for planting.
- Attached greenhouses provide heat and moisture to living spaces, creating a healthier environment and savings on heating bills.
- As lush moist oases in dry desert climes and warm green refuges in the colder northern latitudes, they feed the soul.

How do greenhouses work their magic? A greenhouse is constructed of transparent glass or plastic in the form of polyethylene film or multiwall sheets of polycarbonate or acrylic glass. The sun's short wavelength infrared radiation passes inside. Everything inside absorbs this radiation and warms up. This heat is then released in the form of long wavelengths, most of which cannot pass back out through the greenhouse. Heat trapped inside builds up throughout the day. Warm temperatures encourage growth and evaporate water, creating high humidity that aids in plant growth.

I have had the good fortune to work in some amazing greenhouses. My first was a small beautiful 8x12' wood and glass greenhouse in Marin County, CA. I used this greenhouse for all my flower and vegetable plant starts as well as for drying tomatoes. This greenhouse was a joy to use; especially on cold winter days. It had a gravel floor, wood slatted shelves at the perfect height and automatic vent openers regulated by indoor temperatures. As the temperature rose, wax contained in metal cylinders warmed up, expanded and pushed up pistons that opened the vent; when the wax cooled down and contracted, the piston lowered and the vent closed. So simple and no electricity was required. What a great invention!



*Even in the coldest months, Dugan enjoys his greenhouse as a sanctuary of warm, soft air and soothing greenery.*



*Early September is the time to prepare and plant greenhouse beds. And there's Carolyn!*

A few years after moving to Silver City, I was invited to join the Boston Hill Growers' Cooperative. Seven members, including the owner William Joseph, shared a 30x60 ft. greenhouse. Each member had 75 square feet of raised beds and was responsible for greenhouse care one day/week: opening windows and doors, watering, and bug patrol as needed. In early September, we prepared and planted our beds, mostly winter greens. The greenhouse roof collected rainwater in large outdoor tanks that filled large indoor water troughs and 50 gallon drums used for watering the beds and as heat sinks to moderate indoor temperatures. We used doors and windows for ventilation and to release excess heat and closed everything up to retain heat. There was a large gas heater, but we found that it wasn't necessary for hardy winter crops, and cooler temperatures decreased aphids. In general, larger greenhouses are more efficient as inside temperatures do not fluctuate as much. They heat up slowly during the day as heat is absorbed into the soil, floor and other heat sinks and cool down gradually as all this heat is released. For six years I harvested delicious nutritious greens from October-April! What a great model for food sustainability and community building.

Most recently, my partner Gregg Dugan and I started Two Birds Fruit. We propagate grape vines, goji berries and fig, pomegranate and quince trees. We take cuttings in November and December, put them into one gallon pots and grow them out through winter and early spring in Dugan's greenhouse space, a 3 ft. wide x 3 ft. deep x 40 ft. long raised bed located inside on the south side of his home. Dugan always reserves a couple of 3x3 ft. sections of the bed to grow greens, mostly lettuce and beet greens. We really enjoy the gifts from these plants: warm soft moist air, soothing greenery, endless entertainment watching them grow and thrive, and delicious salads and cooked greens.

Many local producers have chosen to grow all or some of their crops in greenhouses because of the many environmental challenges we face here in the southwest. Others use greenhouses for plant starts, to sell or to get a jump on the season. Preferred Produce Inc. located in Deming, NM now has 87,000 sq. ft. of greenhouse production. One of the largest complexes of greenhouses in the world is located in Almería, Andalucía, Spain and covers almost 49,000 acres!

With continued population growth and the global climate crisis, greenhouses may prove to be an essential and necessary strategy for future food production throughout the world.

# Kids' r e m e m b e r

## Elephant Appreciation Day!

• September 22nd •

- People all over the world are interested in elephants. They even have their own appreciation day, on September 22! Read on for some fascinating facts about these captivating animals.
- Elephants have hair all over their bodies.
- Elephants have eyelashes.
- The African elephant is the largest living land mammal.
- An elephant's trunk serves as a nose, a hand, an extra foot, a signaling device and a tool for gathering food, siphoning water, dusting, digging and more.
- Elephants don't drink with their trunks, but use them as a "hose" to drink with. They fill their trunks with water and then pour it into their mouths.
- While swimming in deep water, an elephant will use its trunk as a snorkel in order to breathe.
- The Elephant is the only mammal that can't jump.
- Elephants purr, like cats do, as a means of communication.



## Fun for Kids: Co-op Explorers!

Co-op Explorer Kids get a free piece of organic fruit whenever they visit! To become a card-carrying Co-op Explorer, kids 12 and under simply need to bring your grown-up person to one of our registers and ask to join the club. That's it! You'll receive an official membership card which you can bring to the produce kitchen where a staff member will provide assistance and you can select a piece of fruit to eat on the spot or save for later. Children participating in this program also get a Fruit & Veggie Passport and a sticker to show that you're an Explorer.

*We look forward to sharing the delicious fun with you!*





# Back to Basics

by Evan Humphrey

Earlier in the year I raised prices on a range of items in an attempt to reach my target margins for the department. Over the past months I have been meticulously tracking movement on these items. Many saw much less movement after the increases. So, I have decided to take a different approach with this set of products by putting them on our *Co-op Basics* program.

The theory with *Co-op Basics* is that we are able to offer certain types of staple foods at rock bottom prices to serve a wider range of customers. It also allows us to offer some items that would be prohibitively high priced at our standard margins. I've used these ideas to put together a new list of basics for the bulk department.

In order for these lower prices to be sustainable, I need to see a significant boost in movement. I will advertise far and wide with the intent of bringing more shoppers into our small store! Hopefully, we will attract some people who might not otherwise shop here. The perception of high prices at the Co-op is one of the things that we continue to address, and prices, as always, are subject to change in both directions, often beyond our control. I will run with this new basics list for a while and see how we are doing after a few months.



*You can't get more basic than beans!  
Here's Evan holding a bowl of fresh, organic pintos.*

## New Basics

<i>Price per pound</i>	<i>New</i>	<i>Old</i>		<i>New</i>	<i>Old</i>
Mung Dal Org.	3.19	3.69	7-Grain Cereal Org.	2.29	2.69
Almonds Org.	12.59	13.29	Yellow Corn Meal Org.	1.59	1.99
Almond Butter	12.89	13.89	French Vanilla Granola Org.	6.99	7.99
Pecan Halves Org.	14.89	15.99	Choc Almonds	12.79	14.99
Cashews Whole Raw Org.	11.39	11.69	Pearled Barley Org.	1.39	1.89
Lentils, Red Org.	2.29	2.89	Rolled Oats Regular Org.	.99	1.29
Millet Hulled Org.	1.39	1.69	Pinto Beans Org.	1.99	2.29

## Existing Basics

Short Grain Brown Rice Org.	2.29
Long Grain Brown Rice Org.	2.29
Anasazi Beans Org.	2.69
French Roast Coffee Org.	9.99
Breakfast Blend Med Coffee Org.	9.99
Love Buzz Coffee Org.	9.99



BULK Weigh-in

BULK Weigh-in

BULK Weigh-in

BULK Weigh-in



# 2 U From Your Board . . .

## A Vision on the Horizon

By Scott Zager

Our food cooperative is progressing on several fronts. Sometimes we stumble; but we fall forward and when we stand up, we are one step closer to fine. This article will briefly discuss where we are with our current company finances.

Presently, we stand at the center with a horizon encompassing a 360-degree field of view. All directions remain an option; yet we have made decisions toward one particular point toward the future. The route we take to arrive there, and the rate we travel are uncertain; but like Lewis and Clark, we must journey forward with undaunted courage. Our bearing to be chosen begins with where we are at. Our journey is deliberate, well-planned and financially prudent. We have a collaborative and truly cooperative board of directors. The store is earning a profit. Business is good and getting better. Our debt to equity ratio is solid and well-within national standards for financially sound cooperatives. The store inventory for the second quarter of the fiscal year was excellent. Staff are handling the transition well and morale is reasonably high during this period of transition in leadership. Progress is being made on Pope Street. Architecture designs are being made and store layouts are being drafted, which are prerequisites to determine construction costs, a business pro forma and define the limits of our debt. Furthermore, a subcommittee has been formed to evaluate candidates for the General Manager position. This GM Evaluation Subcommittee is comprised of board directors, co-op staff representatives and representatives from the general membership.

### ***Finances of our Co-op as a Company***

Our store has been quite profitable so far, this fiscal year. By the end of the 2nd Quarter we have had a total sales revenue that is nearly \$55 thousand more sales than last year at this time. Our Gross Margin is the profit the co-op makes after the cost of goods and services are deducted from total sales. To date in 2019, our Gross Margin is above the seven-year average. Cost of personnel is well within our goals. Total operating costs are at acceptable levels even though we have had several thousand dollars of unplanned expenditures due to extra administrative and personnel costs.

All in all, when we combine the expenses incurred from all our buildings and relocation planning with our store profits, our company balance sheet shows that we literally break even. Please note, this also includes several thousand dollars in unusual expenses. Yet, profit and loss of our co-op is not the whole story. Other financial measures demonstrate that our cooperative is in a healthy financial condition. This includes the fact that our co-op has enough cash on hand to be well within national standards for food cooperatives. Furthermore, our debt to equity ratio is satisfactory in comparison to most cooperatives. And we have over twice the amount of current assets as we do current liabilities. Finally, it is remarkable to note that our growth in 2019 sales to date is 1.33% above inflation.

### ***Other Measures of Success***

Our food cooperative is a business anchor and draw to downtown Silver City. We provide fresh, natural foods to our community. Many depend solely upon the healthy and environmentally sound products that we provide. We are a retail outlet for local producers. We contribute cash donations to several worthwhile causes that better our town, not just our customers. We employ 34 staff, who represent all demographics of age, heritage and family size. Our staff are further engaged in the community and their economic livelihood enhances the quality of everyone's lives. Our co-op is a draw to those who move here. Many are retirees who based their decision to relocate in Silver City in part because of our natural food store. Our food store, and the ideals it stands for, is an economic, cultural and social hub. It is a tie that binds.

Our food cooperative must continuously repair, renovate or relocate. Capital is what is required for these necessary improvements. We acquire capital from store profits and from annual member shares. Also, keep in mind that people come and go like waves on a beach. We must always attract new member-owners as old friends move on. Our co-op must remain relevant to people's lives. We must accommodate their economic needs, suit the schedule of their lives, and promote their craving for social and environmental concerns. One can say, that's just who we are at the Silver City Food Cooperative. And we are proud of it, because we do it so very well!

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## **UPDATE ON BYLAWS VOTE**

At the time of the publishing deadline for this Garbanzo Gazette, we did not yet have the results of the by laws vote as we were awaiting the deadline for mail-in ballots before commencing the ballot count. We have started the verification process and can report that we have enough ballots for a valid vote. The results will be posted on-line and in the store once the ballots have been counted. Many thanks to all the member/owners who voted.





Laurie Anderson  
President



Kristin Lundgren



Scott Zager  
Treasurer



Shanti Ceane  
Secretary



Jennifer Johnston  
Vice - President



Julianna Flynn



Gwen Lacy

## Update on General Manager Search

We have received applications for the open General Manager position and a group consisting of Board Members Jennifer Johnston and Scott Zager, Staff Members Evan Humphrey and Kate Stansberger, and Member-Owners David DeMars and Sherri Moser have started the process of reviewing and rating the candidates.

During this process, Mike Madigan (Assistant Manager and current Acting General Manager) along with other key staff have been working extremely hard to fill in for the vacancy. The Board greatly appreciates the dedication and hard work exhibited by Mike and other staff during this transition time.

The search, selection and training process is in full swing but not yet complete, therefore we feel it is too much to expect Mike and the rest of the staff to cover the vacant position indefinitely. It is also clear, based on our current

candidate pool, that whoever is hired will need some additional training. To that end, the Board has made the decision to hire an Interim Manager through Columinate (previously Cooperative Development Services). Garland McQueen has provided consultation for us in the past, is familiar with our Coop's operations, and is an expert in cooperative management. He has had many years experience as a coach and as an Interim Manager. He has worked with very small cooperatives as well as very large ones. He also has experience with expansion efforts and opening new stores. When he last worked with us, the Board received numerous positive comments from the SC Food Coop Staff at various levels.

We are pleased he has agreed to serve as the Co-op's Interim General Manager until the search committee completes the search process and a permanent General Manager is hired and fully trained. Please join us in welcoming Garland to our community and Coop as of September 2, 2019.



## 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:** Laurie Anderson  
[laurindaa713@gmail.com](mailto:laurindaa713@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 third 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.

**Jennifer Johnston/Vice-President**  
Board Term: 2018-2021  
[johnstonjenny40@gmail.com](mailto:johnstonjenny40@gmail.com)

**Kristin Lundgren**  
Board Term: 2019-2020  
[klundgren2@gmail.com](mailto:klundgren2@gmail.com)

**Laurie Anderson/President**  
Board Term: 2017-2020  
[laurindaa713@gmail.com](mailto:laurindaa713@gmail.com)

**Shanti Ceane/Secretary**  
Board Term: 2018-2021  
[shantifo@gmail.com](mailto:shantifo@gmail.com)

**Julianna Flynn**  
Board Term: 2019-2022  
[juliannaflynn8@gmail.com](mailto:juliannaflynn8@gmail.com)

**Scott Zager/Treasurer**  
Board Term: 2019-2022  
[sczager1959@gmail.com](mailto:sczager1959@gmail.com)

**Gwen Lacy**  
Board Term: 2019-2022  
[glacymail@gmail.com](mailto:glacymail@gmail.com)

Board of Directors



# September

## Members Only Specials September 4 - October 1

### 20% OFF! listed prices



**Shelton's**  
Links  
assorted, 12 oz  
reg \$5.99



**Miso Master**  
Chickpea Miso  
16 oz  
reg \$9.99



**Straus**  
Plain  
Whole Milk  
Greek Yogurt  
32 oz  
reg \$8.19



**Base Culture**  
Butter Blondie  
Butter Brownie  
2.2 oz  
reg \$2.49



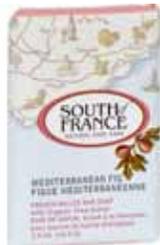
**Milton's**  
Crackers  
Assorted, 4.5 oz  
reg \$3.99



**Badger**  
Headache Soother  
.6 oz  
reg \$6.69



**Tierra Farm**  
Cashew Butter  
reg \$11.59#



**South of France**  
Bar Soap  
Assorted, 6 oz  
reg \$5.59



**Ka • Me**  
Bean Threads  
3.75 oz  
reg \$1.99



**Grandpa's**  
Pine Tar Soap  
3.25 oz  
reg \$3.99



**Sustainable Seas**  
Albacore Tuna  
in Water No Salt Added  
5 oz  
reg \$4.19



**Kuli Kuli**  
Moringa Veg Powder  
.4 oz  
reg \$1.99



**Co-op Deals  
flyers  
available  
at the front of the store**

The Co-op flyer is also available on our website:  
[www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)

