

# Silver City Food Co-op Garbanzo Gazette

Volume 21

✧ Your Monthly Newsletter ✧

April 2021

## Co-op Hours:

Mon. - Sat.  
9 am - 7 pm

Sunday  
11 am - 5 pm

575•388•2343  
520 N. Bullard St.

## LOOK INSIDE!

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YOU  
ARE  
WHAT  
YOU  
EAT



## Earth Day is All Month Long

Gila Earth Day will be celebrated throughout April, providing a variety of opportunities to take action on behalf of our planet. The international theme for this year's event is "Restore Our Earth", and the Gila Resources Information Project (GRIP) and Gila Earth Day planning committee are organizing multiple activities: virtual programming from participant organizations, classrooms, and individuals throughout the month of April; a virtual book tour discussion with Laura Paskus author of *At the Precipice* New Mexico's Changing Climate on Thursday, April 22; and small, COVID-safe community actions around the region on Saturday, April 24. Please contact GRIP Membership & Program Coordinator Doyne Wrealli at [earthendoyne@gmail.com](mailto:earthendoyne@gmail.com), or visit the Gila Earth Day page on Facebook.

## New Products Available Only at Your Local Co-op

Have you tried the Synergy Cheddar from Jasper Hill Farm? How about the BioRevolution Dark Roast Coffee from Equal Exchange? Both of these new products come from cooperatively owned and operated businesses, and are only available at your locally owned and operated Co-op! Try them today.

## Wanted: Help with Landscaping

The Co-op is looking for someone to take on the regular upkeep of our Adopt-a-Median. Contact Mike Madigan at [mike@silvercityfoodcoop.coop](mailto:mike@silvercityfoodcoop.coop) or (575) 388-2343 for details.

## 2021 General Membership Meeting to Happen Virtually

This year's Silver City Food Coop General Membership Meeting will take place on May 16, 2021 from 10am-12pm. Due to Covid restrictions this will be a virtual meeting with a limited number of reserved spaces available. Please email [sfcgmm2021@gmail.com](mailto:sfcgmm2021@gmail.com) to reserve a space. The General Membership Meeting will be videoed for those unable to attend.

## A Note of Thanks to Monica Rude

The Silver City Food Co-op would like to express our gratitude to Monica Rude, owner/operator of Desert Woman Botanicals for all the good medicine you've supplied to our community over the years. Best of luck to you in retirement, Monica, and we can't wait to see your tradition carried with Prairie Small.

## More Sharing of Gratitude

The staff of the Co-op would also like to thank Michael for the donation of flowers, which have regularly graced the front window shelf of the Co-op for about a year now. Your kindness has brightened our days! Also the cakes and cookies you bring us have warmed up our bellies and put extra smiles on our faces. Thanks for all you do, Michael.

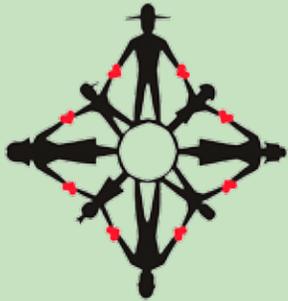
## Coffee Discount Program Concludes in June

A reminder to all of you who participated in last year's coffee section renovation project: Your discount on bulk coffees will expire in June. Thanks again for coming together to reinvigorate our coffee section!

1775 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

## Kevin Waters

General Manager

## The Garbanzo Gazette

Editor: Mike Madigan

Guest Writers:

Jane Papin, Elise Stuart  
Carolyn Smith, Monica Rude, Rick Stansberger

Staff Writer: Judith Kenney

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Submissions are welcomed!

Submit letters, articles, or items of interest to:

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

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# Unfiltered Waters



by Kevin Waters  
General Manager

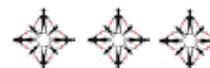
As Grant County has gone from red to yellow in New Mexico's COVID color coding system, and vaccinations are more widely available, it is exciting to see Silver City recover some bustle and business downtown. The question has come up more than once from customers about when we might adjust our customer limit from the current level of eight. Under the state restrictions, we can certainly increase our capacity, and going to a limit of 10 or even 12 customers is likely to happen sooner than later. This would still be well under our allowable limits, alleviate the line outside a bit, and maintain a reasonable customer experience. Recognizing the days of a jam packed Co-op are done, even if we achieve turquoise level at some point. We will look at county color code, county daily

sense of humor, or are a fire marshal, please understand that is a joke! Relocating to the new building will of course help with congestion issues. We intend to see both dramatic sales increases in the new facility, achieved with a significant reduction in sales per square foot. With spaces that will allow for comfortable customer socializing, you won't have to do the Bullard Street shuffle anymore. Which of course leads to a more relaxed shopping experience, which leads to a bigger transaction size, the holy grail of the grocery business. Increased transaction size has happened at Bullard Street this year as result of the pandemic and social restrictions. Wait, maybe we should limit customer count at the new store to increase transaction size? What do you think, 10 customers? Genius.



cases, vaccination availability generally, vaccination level among employees, and the subjective "feel" of customer counts in making the decisions. I did have an idea for a celebratory event to mark the time when the virus is vanquished and these considerations no longer apply. That is to have a Co-op stuffing event, and pack as many bodies into the building as humanly possible, like college students in the 50s packing a Volkswagen. A big middle finger to the virus. If you don't know my dry(ish)

We recently received our completed annual review and it confirmed what we already knew about 2020. Due to the extenuating circumstances of the pandemic, the intense loyalty of our membership, and the availability of CARES Act stimulus money, the Co-op had an exceptional financial year. We will break this down in more detail in our Annual Report in June. The timing of this strong year that built our cash position, and the current interest rate environment, have us in a uniquely beneficial time for project finance. As noted in last month's Gazette, we are currently seeking financing for the updated plans and design of the Pope Street building. We are making progress in this area, but there is nothing additional to report on the project as of yet. We will communicate any significant news as soon as we have it.



# Now Available in Large Sizes!

At the Front Window!



28 oz  
&  
32 oz

*Blueberries*  
*Cherries*  
*Strawberries*  
*Harvest Blend*  
*Mango/Strawberry*  
*Blend*



in 5 pound bags



*Strawberries, Blueberries, Mangoes*



## Silver City Food Co-op Staff

*Judith Kenney*  
outreach/GG

*Dougan Hales*  
produce/bulk

*Kate Stansberger*  
supplement buyer

*Jake Sipko*  
produce manager

*Carol Ann Young*  
GG/office

*Becky Carr*  
dairy buyer

*Jess DeMoss*  
POS manager

*Misha Engel*  
frozen buyer

*Marguerite Bellringer*  
finance manager

*Kim Barton*  
POS

*Doug Smith*  
grocery buyer

*Tinisha Rodriguez*  
HABA buyer/POS

*Mike Madigan*  
am

*Marchelle Smith*  
deli

*Joy Kilpatrick*  
receiver

*Judy Kenneally*  
deli

*Christine Dalmedo*  
produce/grocery

*Tuan Tran*  
wherever needed

*Clorissa Holguin*  
wherever needed

*Eric Brown*  
wherever needed

*Vynce Bourné*  
bulk buyer

*Kevin Waters*  
gm

*Carolyn Smith*  
deli manager

*Anjelica Anaya*  
wherever needed

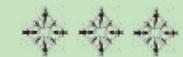
*Lauren Christensen*  
wherever needed

*Willem Jepson-Browne*  
wherever needed

*Kassandra Sedillos*  
wherever needed

*Andrea Sandoval*  
wherever needed

*Eva Ortega*  
wherever needed



## Smoothies

Smoothies are a warm weather favorite that hold a special place in the hearts of many health seekers. Traditionally, spring and summer are the best seasons to enjoy raw foods and smoothies, chockful of vitamin and fiber-rich raw fruits and veggies. In spring, our bodies are typically working to lighten the heavy and congested qualities that have accumulated over the winter, hence bitter greens and warming spices are suitable this time of year. When summer rolls around, we are best able to digest uncooked foods. Then, our bodies can often benefit from cooling and hydrating fruits such as peaches, strawberries, and watermelons, which can be incorporated into cool blended drinks.

Did you know that simple culinary herbs like ginger, cinnamon, cardamom and mint not also make your food taste delicious, but can help with digestion? It is beneficial and fun to experiment with different ways to adjust smoothie recipes. Also, some folks may find that icy-cold foods can weaken their digestive fire. These people should leave the ice cubes behind. This simple change can help you digest your beloved smoothies.

## Blueberry, Strawberry, Banana & Cardamom Smoothie

¼ cup blueberries  
½ cup strawberries  
½ banana  
1 teaspoon raw organic cane sugar or coconut sugar  
1/8 teaspoon cardamom powder  
1 cup cool water  
\*The addition of cardamom to this all-fruit smoothie does wonders for its digestibility.

# Kitchen Meditations

## Spring

### Avocado, Radish and Cucumber Salad

#### Ingredients:

2 medium sized radishes, sliced  
1 large cucumber, cut into quarters,  
lengthwise and then chopped  
¼ cup red onion, chopped  
1 ripe avocado, cut into small chunks  
¼ cup chopped fresh parsley  
Juice of ½ lemon  
½ teaspoon dried dill  
1-3 tablespoons olive oil  
Salt, to taste



#### Instructions:

Place all ingredients into a large bowl.  
Toss well and serve.

### Bulk Herb News

#### Coriander Seed



Dried coriander seed, rustic, pleasantly fragrant, and uplifting, is the fruit of the cilantro plant. A native of the Mediterranean region, it is extensively grown in India.

From an Ayurvedic perspective, coriander seed is drying. A cool infusion of the seeds flushes heat out of the urinary system. The diuretic and digestive qualities are useful in detoxifying the blood. As a digestive, expectorant, and anti-allergenic, it is an especially useful remedy in the spring and summer when growing things are casting off pollen everywhere. Coriander seed is common in anti-allergy formulas. While mainly known for its strong affinity and benefit to the digestive system, it may also be helpful for clearing mucous from the lungs. It has also been shown to support healthy blood sugar levels and arterial and cardiovascular health.

As we transition to the warmer months of the year, you may find that a simply prepared, coriander seed tea may have a balancing effect on body and mind. You can purchase the seeds at the Co-op's marvelous bulk herbs counter.

#### Coriander Seed Tea

2 tablespoons coriander seeds  
1 quart of water

- Bring the water to a boil and turn off the heat.
- Immediately add coriander seeds to the hot water and let them steep for 15 minutes.
- Strain the water and discard the seeds.
- Drink the water over the next few hours.

### Rosemary Roasted Radishes

#### Here's what you need:

Radishes (3 bunches), washed, cleaned, and halved  
1 tablespoon coconut (melted), avocado or olive oil  
2 teaspoons fresh rosemary, roughly chopped  
2 teaspoons lemon juice  
Salt and pepper, to taste

#### Instructions:

- Preheat oven to 350° F and line a large baking sheet with parchment paper.
- Place radishes, oil, salt, and pepper in a large bowl. Mix well. Place on the baking sheet and roast for 35 minutes, stirring halfway through.
- Once done, toss with rosemary and lemon juice.

Enjoy!

#### Notes:

Roasting time will depend on how large your radishes are. If using your typical red radishes, the color might bleed some and turn pink while roasting. The flavor will still be the same!



### The Frugal Co-op Chef

#### Spaghetti w/ Green Garlic & Olive Oil

#### Ingredients:

Salt  
2 tablespoons olive oil  
2 oz. green garlic, green parts cut into 3" julienne strands,  
white parts thinly sliced  
6 oz. spaghetti  
2 tablespoons freshly grated parmesan or romano cheese  
Freshly ground black pepper

#### Preparation:

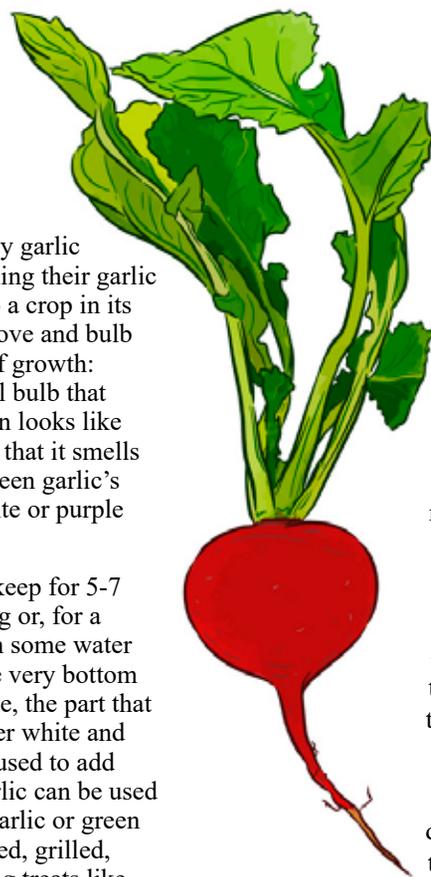
- Bring 3 quarts of salted water to a boil in a large pot.
- Meanwhile, heat the oil in a 10" skillet over low heat. Add the green garlic and two pinches of salt. Stir to coat. Cover and cook, stirring frequently, until wilted, 5-7 minutes. Remove pan from heat.
- Boil the spaghetti until just al dente. Set aside about 1 cup of the cooking water and drain the pasta.
- Return the skillet to low heat. Add spaghetti and ¼ cup of the cooking water. Toss well. Add the cheese and 2 tablespoons of the water. Toss again.
- Season to taste with salt and pepper, adding remaining water, if pasta seems dry. Serve with extra cheese, if desired.

# Jake's April Produce Picks

## Green Garlic

Green garlic (also called young garlic or spring garlic) is simply garlic that hasn't fully matured. It's the natural result of farmers thinning their garlic stock, but an increase in popularity has turned green garlic into a crop in its own right. Green garlic is pulled from the ground before the clove and bulb skins dry out, so you might see green garlic at various stages of growth: with a barely discernible bulb (like a green onion), with a small bulb that has no clove separation, or with a large bulb and cloves. It often looks like a green onion, so you might want to give it a sniff to make sure that it smells pleasantly of garlic rather than onion. You'll also notice that green garlic's leaves are flat, instead of tubular. Select bunches with long white or purple bases, dark green leaves and intact roots.

Green garlic should be stored in the refrigerator, where it will keep for 5-7 days. Wrap it in a damp paper towel and place it in a plastic bag or, for a non-plastic alternative, stick the green garlic in a tall glass with some water in the bottom. To prepare, treat it like a small leek. Trim off the very bottom of the bulb (the roots are actually edible too once the basal plate, the part that holds the roots to the plant, is removed) and use all of the tender white and light green parts. Dark green leaves can be saved for stock, or used to add flavor to a soup (pop them in whole, like a bay leaf). Green garlic can be used successfully in many foods, wherever you'd use regular bulb garlic or green onions. Add it raw to salads, dressings, and sauces. Try it braised, grilled, or pickled. Add it to a frittata, a soup, or pair it with other spring treats like asparagus. Put green garlic in a pasta or rice bowl. Enjoy!



## The Radish

It seems that the radish is a veggie that we either love or hate (dislike may be a better choice of words here). Be that as it may, it IS one of the healthiest edibles from the garden. They are an excellent source of antioxidants, electrolytes, minerals, vitamins and fiber. Fresh roots are a good source of vitamin C, a powerful water soluble antioxidant, required by the body for the synthesis of collagen and to help scavenge for free radicals, reduce inflammation and boost immunity.

When selecting radishes, look for those that are fresh, stout and firm. Their tops should be sprightly and green. Avoid roots that have cracks or cuts on their surface and, if it yields to pressure, the interior is likely to be fibrous instead of crispy. At home, remove the tops since they rob the roots of nutrients if left intact. Rinse thoroughly to remove soil, and store in a sealable bag in the refrigerator.

Radishes are spicy, peppery, crunchy, and zesty. Eaten raw, they definitely have a kick, but when roasted, the flavor changes completely, tasting almost like a potato. The spiciness mellows out and allows their natural sweetness to come through. They turn golden and caramelized and a little juicy. Check out the recipe for Rosemary Roasted Radishes on this month's Kitchen Meditations page. It's fun to try something new, especially when it's so easy!

## Becky's April Dairy Pick Synergy Cheddar

Synergy Cheddar Cheese is a slightly sweet and nutty cheese cooperatively made by two award-winning Vermont Cheesemakers. Sophisticated yet mild, it is perfect for melting and as an accompaniment to your favorite pinot noir. This collaboration embodies the cooperative spirit and synergistic relationship between Jasper Hill Farm and Cabot Creamery Co-operative. Synergy is produced by Cabot Creamery Co-operative and aged in the Cellars at Jasper Hill Farm in Vermont. Support the cooperative economy and try this cheese!

Jasper Hill Farm is committed to preserving Vermont's working landscape. On-farm, underground aging vaults are used to cave-age cheeses made by Jasper Hill as well as three other farmstead cheesemakers and select products from Cabot Cooperative. The Cellars' seven vaults comprise a piece of infrastructure designed to add as much value as possible to the region's raw materials.

Cabot Creamery is one of the oldest family farm cooperatives in New England, primarily known for their world-class line of cheddars. Jasper Hill works with Cabot graders to hand-select vats of young cheese that are suited to graceful cave-ripening. Upon arrival to 'Vault 5,' a temperature and humidity-controlled cave within The Cellars, blocks are coated with lard, brushed, and turned in order to cultivate a living natural rind. These traditional methods impart unique complexity to the developing cheese.

*Available only at your local food co-op.*

**March 31 - May 4 • Members Only • 20 % OFF • In the front dairy cooler**

# CO-OP Community



## Thank You Co-op Volunteers!

Many thanks to these member volunteers for their February service.

Sue Ann Childers • Jane Papin  
Tim Garner • Tammi Pittman • David Burr  
Monica Rude • Susan Van Auken  
Elise Stuart • Rick Stansberger



Renew your membership and reap the rewards!

MAD four times a year!  
Members Only Specials!  
Discounts on Special Orders!  
You'll be supporting our local & regional food shed & you'll help to build a resilient local economy.  
**You Own It!**

Silver City Food Co-op Gift Card



Give a gift card to a friend!

Give the gift of health, nourishment and taste.



## 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 April

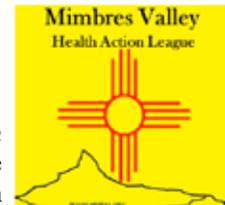
## Silver City Farmers' Market



Silver City Farmers' Market will help the Farmers' Market supplement our costs to pay a manager to administer the Double Up Food Bucks program, allowing folks on EBT to purchase two dollars of fresh, local fruits and veggies for every dollar.

### February Round Up \$1010.32

## Mimbres Valley Health Action League



Every month, MVHAL (Mimbres Valley Health Action League) hosts a mobile food bank at the Roundup Lodge on Acklin Hill Rd. This program is organized by the state through Roadrunner Food Bank. MVHAL pays \$3600 per year to Roadrunner to subsidize the program and purchase additional food. We offer nutritious boxes of fresh and bulk food that feeds approximately three to four hundred people in the Valley each month. The Silver City Food Co-op roundup donations will be added to our mobile food bank operating fund. MVHAL gives thanks to everyone who rounded-up at the Co-op and supported this program.

### Round Up for May

## Youth Mural Program



Youth Mural Program will create more murals in our community with the goals of teaching students about history and culture through the arts, connecting students with their peers, local artists, and community members, and teaching students that public art can enrich and enhance the quality of life in their community.



# Silver City Recycles



305 S. Bullard St. at the corner of Sonora Street  
Recycling drop-off time for April: Saturday, the 24th, 12-2 pm.

From Stuart Egnal regarding the recycling of metal bottle caps:

*They are recyclable, but getting them to stay in a bale of steel cans would be a challenge - so I'd say no, not worth the trouble.*

For more information:

Visit the Co-op's website [www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)  
to read *The Joy of Local Recycling* • Garbanzo Gazette • February 2021 • page 8  
in the Garbanzo Gazette archives

## Member Appreciation Days

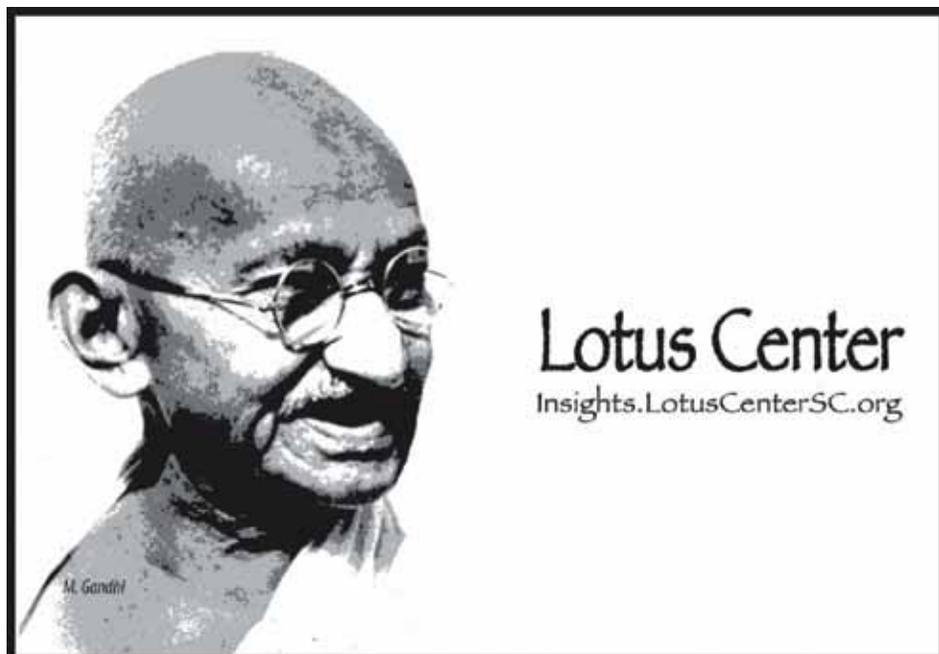
# MAD

is happening again in

## June and July

• Two Trips •  
Your Choice

**\$ 10 % OFF • Stock Up and Save \$**



### DOUBLE UP FOOD BUCKS™

2 for 1 on  
Local Produce  
everyday  
with your EBT card

## 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



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



## 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!**

# Grapefruit Power!

By Jane Papin



Jane and Brahmani

The baby of the citrus family (just 300 years old), grapefruit is a subtropical hybrid citrus fruit with the botanical name *Citrus x paradisi*. It is thought to have originated in Barbados as an accidental cross between the sweet orange and the pomelo, both of which were introduced from Asia in the 17th century, probably by one Captain Shaddock, an Englishman who brought seeds from Indonesia in 1693. By 1750, it was known as the "forbidden fruit" and the "smaller shaddock." Wonderfully sour, bitter and slightly sweet, it made its first appearance in the U.S. when it

was brought to Tampa, Florida in 1823, where it flourished in the heat. It took time to become wildly popular. Some people were put off by its thick skin and bright, crisp flavor. But the grapefruit thrived and its name evolved in English, based on how the fruit hangs from the branch in grape-like clusters. Today, the U.S. is the world's major producer of this fruit.

Grapefruit season is primarily from January to May and, according to Dr. John Douillard in his book, *The 3-Seasons Diet*, it's a great transition fruit from winter into spring. Sour, sweet and heavy due to its high water content, grapefruit is the perfect antidote for the end of winter. In the spring it has the unique ability to break up mucus that can be a problem in "allergy season." A grapefruit in the morning is an effective way to clear out any congestion accumulated during the night. Considered one of the Seven Wonders of Barbados, it contains vitamin C, fiber, potassium and calcium.

According to Jeff Primack in his book, *Conquering Any Disease*, grapefruit may be a core ally in

building vitality at a cellular level. The white part is phytochemical-rich and best used blended for maximum absorbability. Eat your grapefruit first thing in the morning without other foods. Peel off the outer skin leaving the white fuzz, which is incredible medicine. You can blend the white pith, fruit and seeds. The pith contains D-glucarate that supports the body's natural detoxification process and promotes cellular health for tissues including the liver, prostate, lung, breast and colon. Also, Naringenin, found exclusively in grapefruit, has powerful anti-viral properties. Grapefruit is the food highest in the special fiber pectin. It is proven in studies as a top cholesterol lowering agent.

The grapefruit inherits its potency from its parent, the pomelo. Also known as Chinese Grapefruit, pomelo is an enigma. There is no other fruit like it. They can be the size of a basket-ball, but are mostly pith, which means you get more potent, pithy medicine to activate immunity! This pith cleans arteries, kidneys, liver and everything.

Again, it's recommended to eat this potent fruit on its own. It is best assimilated by the body when emulsified in a high-speed, three horsepower blender such as Blendtec or Vita Mix that breaks its fibers down to the cellular level. Just remember to remove the peel. Jeff Primack suggests adding a bit of fresh mint, ginger or other herbs to spice it up a bit. I would imagine some raw honey might also be good, if you like.

Grapefruit and pomelo are in season now, as I write this. Silver City Co-op has both grapefruit and pomelo in stock for us to enjoy for our best health. I always feel so grateful for all the amazing food which we have access to at our Co-op.



# A "How To" Guide to Storing Fruits and Vegetables

*There are plenty of tricks to keep lettuce crisp, carrots crunchy and potatoes un-sprouted...and that's only the beginning. Here's the definitive guide to the best ways to store your precious produce.*

## **Garlic**

Store in a mesh or paper bag in a dry, dark place with plenty of well-circulating room temperature air.

## **Leeks**

Wrap in a damp paper or cloth towel in the refrigerator. For extra protection, put them and their cloth in a plastic bag.

## **Onions**

Like garlic, place in a mesh or paper bag and store in a dark and dry place.

## **Carrots**

Place them in a plastic, mesh or open cloth bag in the veggie bin of your refrigerator.

## **Celery**

This is odd. Wrap tightly in aluminum foil and store in the fridge. For a more environmentally friendly option, wrap in a damp towel.

## **Cucumbers**

Store cucumbers in a dry, dark place with plenty of room-temperature to cool air circulation, or in the refrigerator on a high shelf—warmer than the crisper. (Store zucchini and summer squash this way, too.)

## **Eggplant**

Store eggplant in a dry, dark place with plenty of room-temperature to cool air circulation.

## **Fennel**

Store fennel in the refrigerator, wrapped in a damp paper or cloth towel with the stalks and bulb separated, in two plastic or mesh bags.

## **Greens**

Store greens, unwashed until you're ready to eat them, in the refrigerator in a container with a paper or tea towel draped over the top instead of a lid (or wrapped in a damp paper or cloth towel). For another idea, check out lettuce.

## **Herbs**

Store herbs in the refrigerator, wrapped in a damp paper or cloth towel; alternatively, store them stems-down in a water-filled jar at room temperature (or in the refrigerator with the tops covered by a bag—store scallions and asparagus like this, too!). Basil is best left out of the fridge and used as quickly as possible, to avoid its turning brown.

## **Lettuce**

Store lettuce directly in a salad spinner. Wash, spin and store in the fridge with the lid on. If you don't own a spinner, care for your lettuce as you would other greens.

## **Mushrooms**

Keep them in the refrigerator (or somewhere very cool), in a paper bag or a perforated package.

## **Peppers**

They love a cool spot in the kitchen, in a container covered with a cloth towel.

## **Potatoes**

Store in a dry, dark place with plenty of room-temp air circulating. A mesh or paper bag works well. Store sweet potatoes and beets like this, too.)

## **Radishes**

These should be kept with their greens in the refrigerator, wrapped in a damp paper or cloth towel. If they've lost some of their crunch, soak them in ice water until they perk up.

## **Squash**

Keep winter squash in a dry, dark place with plenty of air circulation.

Tomatoes: Find a cool spot for them in the kitchen with air circulation. Keep super ripe tomatoes in the fridge. Store peaches the same way.

## **Now for Fruit**

### **Apples**

These round beauties love the cold, so store them in the fridge in a bag in the crisper drawer. Some purists prefer to wrap each apple separately in paper or cloth.

### **Avocado**

Keep them in a cool spot in the open air. If perfectly ripe, you can transfer them to the refrigerator to preserve that ripeness level for a couple of days.

### **Bananas**

Store at room temp until they ripen. If not ready to be eaten, place them in the refrigerator for a couple of days. They will stay at that level of ripeness for that time.

### **Berries**

Keep berries in a container lined with paper or cloth towels, with the lid slightly open. To extend their life, first wash them in a solution of vinegar and water. Then dry thoroughly and transfer to the container.

### **Citrus**

Store all citrus in the fridge. If you plan on keeping them at room temp for any length of time, place them, tightly sealed, in silicone or plastic containers.

### **Mangoes**

Mangoes like to be out on the counter in the open air but, if they are at perfect ripeness, send them to the fridge where they will keep for a couple of days without going bad.

### **Pears**

Pears ripen from the inside, so by the time they are soft on the outside the inside flesh may be overripe and mushy. If unripe, leave them at room temperature. Ripe pears should be stored in the refrigerator.

### **Grapefruit**

If planning to store grapefruit for a long period, place the fruit in a plastic bag and store in your fridge crisper. Stored this way, grapefruits will last up to 6 weeks.



## Earth Day Crossword Puzzle

**Across**

4. We have flowers, fruits, vegetables and other \_\_\_\_\_ in our garden.

5. We live on planet \_\_\_\_\_.

6. Reduce, Reuse, \_\_\_\_\_.

7. Together we can \_\_\_\_\_ the Earth.

**Down**

1. We need to \_\_\_\_\_ and take care of the Earth.

2. Dogs and cats are types of \_\_\_\_\_.

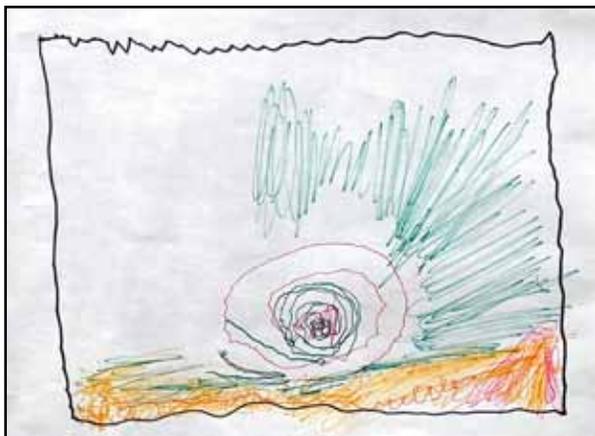
3. Plants, trees and birds are a part of \_\_\_\_\_.

7. The \_\_\_\_\_ is so bright I have to wear dark glasses.

Words: animals sun plants Earth love nature save recycle

## Even

*a poem and a drawing  
by Rick Stansberger*



Even though  
the night's still cold  
our spider descends  
from its place in the eaves  
and hangs in the desert wind  
working on its web  
by porchlight.

No flies yet.  
No other bugs at all.

Coming in,  
we admire  
its symmetry of  
body, web, intention.

A little scary,  
a little ahead  
of the times.

*From Expelling Trelnitz*

## Monday Morning

*a poem by Elise Stuart*

In the silence of early morning,  
I stand outside,  
ready to leave for work.  
Across the road a buck appears,  
antlers upraised.  
He looks at me—  
and time shifts.  
The only movement he makes  
is to turn his head slowly,  
then back to face me again.  
He does not tell me  
everything is all right.  
He stands, like a prince,  
showing how to be at home,  
on a broken patch of cement  
in this strange little world of ours.  
He brings me in with his gaze  
teaching me what it is to be tender,  
including me in his world for a moment,  
as time winds out on a spool.

# HOW DO THEY DO IT?

## USING BIOTECH TO CREATE VACCINES FOR COVID-19

by *Monica Rude*

Two of the vaccines currently authorized for administration in the United States, produced by Pfizer & Moderna, utilize a small, non-infectious snippet of mRNA (messenger RNA). When someone receives an mRNA vaccine for COVID-19, it tells the person's own cells to make the SARS-CoV-2 spike protein, the portion of the virus that enables it to invade cells. The person's immune system then recognizes the viral spike protein as foreign and produces antibodies to eliminate it. So, if an actual SARS-CoV-2 virus tries to infect a vaccinated person weeks or months later, his or her immune system will be ready to fend it off.

Our cells constantly produce thousands of mRNAs, which provide the instructions needed to make proteins, so this technology mimics a method already used in our bodies. The vaccine is created in the laboratory using a synthetic mRNA fragment which is a copy of the specific gene (nucleic acid) segment of the viral RNA that carries the instructions to build the antigen of the virus protein spike, and is not related to human DNA. These mRNA fragments are formulated into lipid nanoparticles which protect the RNA strands from the body's defense system and helps their absorption into the cells. Nanotechnology involves the manipulation of materials and the creation of structures at the scale of atoms and molecules, the nanoscale. One nanometer is a one billionth of a meter, or roughly 100,000 times smaller than the width of a human hair. Since the viral fragment is also this size, a methodology of this type is needed to deliver the vaccine into immune cells. mRNA vaccines do not affect or reprogram DNA inside the cell. The mRNA should degrade in the cells after producing the foreign protein.

Another vaccine, created by Johnson & Johnson, is a human adenoviral vector COVID-19 vaccine and is based on the virus that causes the common cold, also a corona-type virus. It has been modified to contain the gene for making the spike protein of the SARS-CoV-2 virus which causes COVID-19. Compared with some of the newer, experimental technologies, the mRNA vaccine and adenoviral vectors are touted as more tried-and-true, based on the same technology used to make its Ebola vaccine.

And all genetic vaccines—DNA vaccines, mRNA vaccines, and adenoviral vector vaccines—mimic a natural viral

infection by forcing our bodies to produce viral proteins inside our cells. That spurs the T cells of our immune system to attack these vaccinated cells, and in the process, they learn to seek and destroy cells infected with the real virus in the future.

It becomes “easy” for researchers to synthesize the vaccine once they know the nucleic acid sequence of the target viral protein. This new technology made it possible to speed the development of these vaccines, as well as boosters against variant strains of the virus and future vaccines. After the emergence of the disease-causing SARS, MERS, and now SARS-CoV-2 viruses, it is expected there will be other corona virus health threats in our future. These are evolving viruses, able to survive by continuously changing their DNA to alter the spike protein. Increased urbanization and contact between different world regions is another factor that will increase the frequency of epidemics. mRNA vaccines are also being developed to fight other infectious agents and for preventing many other conditions, such as cancer and HIV. So, stand by: there are more vaccines in the pipeline...

To learn more:

<https://www.ncbi.nlm.nih.gov/> (National Center for Biotechnology Information)

<https://www.donnieyance.com/covid-19-vaccines-variants-immune-health-and-traditional-medicine-use-across-the-globe/>

<https://www.youtube.com/watch?v=bAtg85QEKGk>  
(Mass Vaccination in a Pandemic - Benefits versus Risks: interview with Geert Vanden Bossche)

<https://www.stephenharrodbuhner.com/wp-content/uploads/2021/03/covidupdates.mutations.txt.pdf>

*Monica Rude grows herbs for the Desert Woman Botanicals product line and herbs for the gophers, grasshoppers, nematodes & pollinators.*



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Apologies to Jennifer Lamborn for omitting her byline from her insightful article *Everything is Connected: Lessons and Gifts from the Kingdom of Fungi* in the March GG.

# GRAB'N'GO

## Waste Not, Want Not

by Carolyn Smith

Many years ago, I visited my older brother in Los Angeles, CA, and he took us to his favorite burrito stand to try their popular “Garbage Burrito”. Filled with all kinds of veggies, beans, and cheese, it was huge! It was also super yummy and this “Garbage Burrito” lives on in my memory.

I have gone on to use the expression “Garbage” as an adjective to describe other dishes that are put together with lots of ingredients, usually odds and ends that I want to use up, so they don’t end up in the garbage, or in my case, the compost pile. For years I have made a “Garbage Quiche” on the last night of my family’s annual beach vacation, cleaning out the refrigerator of leftover cooked and fresh vegetables, bits of cheese, eggs, the last spoonful of yogurt, and the milk or half and half we wouldn’t need the next morning. These quiches have been both delicious and gratifying.

Last year, inspired by the Silver City Food Co-op’s Grab 'n' Go Veggie Lasagna, I made “Garbage Lasagna” instead of quiche, and this proved to be an even bigger hit with my

family, especially my younger brother who is not really that keen on eggs. I sautéed or steamed a variety of leftover vegetables, made a tomato sauce with onions, garlic, and Italian seasonings, chopped or grated leftover cheeses and layered these with lasagna noodles starting with sauce on the bottom, then noodles, a layer of veggies, more sauce, finally cheese and then a repeat of all layers. Lasagna is best baked covered at 350 for 55 minutes and uncovered for another 5 minutes. Keep in mind that leftover lasagna freezes well and can be cut into portions for future quick meals. Sometimes I make lasagna just for myself, freezing most of it for those nights when I’m too tired to cook from scratch.

Some of the vegetables we use for the Grab 'n' Go Veggie Lasagna include sautéed green and red bell peppers, mushrooms, onions, and zucchini, roasted eggplant and tomatoes, steamed chard or kale and fresh basil. Fillings for lasagna can be as varied as toppings for pizza. Maybe one day we’ll see Lasagna Lounges alongside Pizza Parlors.



*Marchelle carefully crafting a pan of lasagna in the deli kitchen.*

**Complete recipe reprinted from the March GG:**

### White Bean Chili Enchiladas with or without Roasted Chicken

1-2 Tbsp of olive oil	1 tsp oregano
1 onion, diced	½ tsp coriander
1 carrot, diced small or sliced thinly	¼ tsp chipotle or cayenne
4 stalks celery, sliced thinly	Salt and pepper to taste
2 cloves of garlic, minced	1 package frozen corn
1 red or green bell pepper, diced,	2 cans white beans, cannellini, navy or lima
1 quart broth, vegetable or chicken	2 ½ cups shredded roasted chicken (optional)
1 can (7 oz) green chilies	1 Tbsp lime juice or to taste
1 - 2 tsp cumin	½ lb grated cheddar cheese
1 tsp smoky paprika	12 corn tortillas

- Sauté onions, carrot, celery and bell peppers in olive oil until soft.
- Add garlic and sauté or 1-2 minutes.
- Add herbs and spices and stir in for 1-2 minutes.
- Add broth, green chilies, and salt and pepper to taste.
- Stir in frozen corn and simmer for five minutes.
- Add white beans, roasted chicken and lime juice.
- Preheat oven to 350.
- Cover bottom of a 9x13 baking pan with chili.
- Layer 6 corn tortillas over chili, overlapping.
- Cover with more chili and top with grated cheese.
- Repeat layers: 6 corn tortillas, chili and cheese.
- Bake covered in an oven for 30 minutes; uncover and bake 4 more minutes to melt cheese.

## Long-time Co-op member Kate Brown wins the Tulip Tree Gardens CBD gift box!



Southwest New Mexico potter, Kate Brown, is the winner of the Tulip Tree gift box raffle! Tulip Tree Gardens, located in Beecher, Illinois, is a truly organic and regenerative farm dedicated to creating the highest quality CBD products.

Kate specializes in terra cotta ware, with an intense focus on glazes and textural effects. Through the years, she has made thousands of pots, many of which have graced the lives of many local residents and people passing through, bringing them a sense of joy with each use. Kate's painterly use of glazes brings her pieces alive with references to her everyday life at her home near the Gila wilderness.



## Welcome Prairie Small • the New Owner of Desert Woman Botanicals •

Desert Woman Botanicals owner, Monica Rude, is happy to announce the peaceful transfer of company ownership to her long time assistant, Prairie Small. Monica has spent the past 30 years studying the healing properties of medicinal plants and creating many herbal remedies known for their effectiveness and high quality. These products have been sold across the nation and locally in co-ops, herb stores and health practitioner offices, as well as the Silver City Farmers' Market and other events throughout New Mexico, and on the website. The best-known product, Fire Cider, reputed to be the best-tasting anywhere, has enjoyed a loyal following for 21 years. Monica has also taught many classes on growing and using herbs in her "Grow Your Own, Make Your Own" series. Home grown, freshly harvested herbs are key to creating remedies with maximum effectiveness, she claims, especially Cayenne which cannot be purchased commercially except for that imported from India.



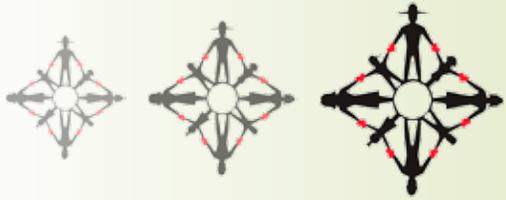
Monica plans to continue to grow herbs for the DWB product line and perfect the fine art of weed scaping and puttering. She concludes, "It has been my great privilege to grow this business over the past 30 years; actually, it has grown me in many ways. Stretched might be a better word... as many of you know. Never really about the money, my connection with the plants has led me down many paths with amazing customers, apprentices, teachers and colleagues. I am so grateful to all of you for your constant support, patronage and love. The food hasn't been bad either..."

Co-op member Prairie Small grew up in Kansas (you guessed it – on the prairie) and came to the desert twenty years ago. She has been studying herbs for many years, the past three with Monica, learning the secrets of making all the Desert Woman products you have come to know and love, according to long-established recipes. She is looking forward to continuing to make these products and creating new ones of her own. She spends her spare time enjoying her three amazing daughters and innumerable cats, dogs, chickens and ducks, kayaking, hiking and soaking in hot springs. Look for your favorite Desert Woman products at Silver City Food Co-op and visit our new website: [www.desertwoman.net](http://www.desertwoman.net).



Photo: Aisah Yarbrough

Monica Rude and Prairie Small



# From Your Board . . .

## Reflections from the Board: One Year Into Working Online

Our Board Meeting in March was nuanced with playful jokes allowing some forgiveness for not being quite as graceful and on the ball as years previous with the continued distanced, online meetings we're working with in the face of COVID-19. Don't worry, our work is still thorough and we're holding our responsibilities as best we can in the face of being a year into an unprecedented pandemic. Pre COVID-19, it was occasionally challenging in meetings to track all of the tasks that need to be done, do all the research to make informed decisions, and stay engaged and motivated with all of our weekly and monthly tasks. Moving online has faced us with a more challenging task and we are feeling relieved that, in the future, we'll be able to meet face-to-face yet again.

For now, our Zoom calls bounce between screen shots of the speaking Board Members with the rest of the Members observing in the Brady Bunch at the edge of the screen fashion that many of us are all too familiar with these days. Occasionally, someone's cat decides to join or we forget to push mute and the sounds of our fiddling echo through each other's computer speakers and into each other's homes. Sometimes our calls drop and our internet connections create comical delays that ripple giggles in response to awkward timing. It's life these days! Apart from the quirks of working from home through a computer screen, the board has been holding the same format for our meetings and, truly, doing a good job under the circumstances.

We want to take a moment (remembering the imagery of the Board working from home) to express our deep gratitude to Co-op staff, who have not had the privilege to work from home and have tapped into deep resilience, putting their lives at the risk of COVID-19, to continue to provide us all with nourishing food through this health crisis. We are so honored to have their dedicated presence and their persistent spirits showing up day after day to keep our shelves stocked. Thank you, staff, so deeply.

As Spring's signs of verdant life emerge from the depths of the soil and the buds blossoming in trees, so too do the signs of our social emergence begin to show. This emergence is easily witnessed on Bullard Street most days, but especially on Saturday mornings. While these spaces where we are returning to commune are opening slowly, we recognize that it is still not an appropriate time to host a large gathering in person for our annual General Membership Meeting (GMM).

And, so, our GMM this year will be held via Zoom. Though this platform leaves something to be desired for many of us longing for social interaction, it is the best avenue we've got to gather together en masse this year! The event will take place on Saturday, May 16th from 10-12pm. It will include most things past years attendees have experienced, with the exception of pie! Our General Manager, Kevin Waters, will be sharing a summary of this year's annual report. Our Board President, Shanti Ceane, will present updates on the Pope St. Building and our progress on the transition to our new location. If you are interested in attending this event, please email [scfcgmm2021@gmail.com](mailto:scfcgmm2021@gmail.com) to receive the link for the event! Be aware, our Zoom license allows us to have 100 participants in a session. So, it is important to RSVP soon if you would like to join. Also, if you RSVP please plan to attend to maximize our available participation! We will be recording the event and sending it out to the membership post event, so there is no fear of missing the content!

We're looking forward to seeing you, even if it is in tiny boxes on our screens! We've got lots to share from an exciting year at Silver City Food Co-op!



## 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 fourth Wednesday of every month at the Pope Street building, from 5:30 to 7:30 pm).

**CONTACT:** Julianna Flynn  
[board.scfc@gmail.com](mailto:board.scfc@gmail.com)  
Recruitment, Orientation, and Development Chair  
*Or, any board member*

**WE LOOK FORWARD TO HEARING FROM YOU!**

### Board Meeting Schedule

The SCFC Board of Directors meets the fourth Wednesday of each month on Zoom. Please email the Board for more information.

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.

**Shanti Ceane/President**  
Board Term: 2018-2021

**Julianna Flynn/Vice President**  
Board Term: 2019-2022

**Scott Zager/Treasurer**  
Board Term: 2019-2022

**Emma McKinley/Secretary**  
Board Term: 2020-2023

**Kristin Lundgren/Member**  
Board Term: 2019-2021

**Gwen Lacy/Member**  
Board Term: 2019-2022

**Tuan Tran/Member**  
Board Term: 2020-2023

**Susan Golightly/Member**  
Board Term: 2020-2021

**Our new email address:**  
[board.scfc@gmail.com](mailto:board.scfc@gmail.com)

**Board of Directors**



*Shanti Ceane  
President*



*Julianna Flynn  
Vice President*



*Scott Zager  
Treasurer*



*Emma McKinley  
Secretary*



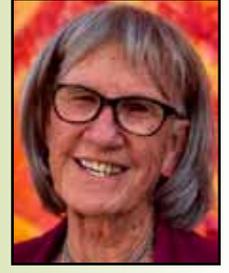
*Kristin Lundgren  
Member*



*Gwen Lacy  
Member*



*Tuan Tran  
Member*



*Susan Golightly  
Member*



*Silver City Food Co-op invites you to the*

# **General Membership Meeting**

*May 16th, 10-12pm*

*Online Zoom Meeting*

**General Manager Kevin Waters will present  
Co-op's Annual Report!**

**Board President Shanti Ceane will present an  
update on our Relocation Plan!**

*Please RSVP to [scfcgmm2021@gmail.com](mailto:scfcgmm2021@gmail.com) for  
access link. Attendance limited, but event will be  
filmed for membership distribution.*





# April

## Members Only Specials

### March 31 - May 4

### 20% OFF! listed prices



**Go Veggie**  
DF Cream Cheese  
8 oz  
reg \$4.19



**Chatfield's**  
Premium Carob Powder  
16 oz  
reg \$7.69



**Emerald Cove**  
Kombu Sea Veggie  
1.76 oz  
reg \$5.99



**Wasa**  
Crispbread Multi Grain  
9.7 oz  
reg \$3.59



**T-Relief**  
Arnica+12 Pain Relief  
100 tabs  
reg \$11.99



**Hyland's**  
Restful Legs  
50 tabs  
reg \$11.99



**Jasper Hill Farm**  
Synergy Cheddar  
6.5 oz  
reg \$6.99



**Heavenly Organics**  
Honey Chocolate Mint Pattie  
.39 oz  
reg \$5.59



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



**Otto's**  
Cassava Flour  
1 pound  
reg \$9.29



**Rumford**  
Baking Powder  
8.1 oz  
reg \$3.59



**Hyland's**  
Leg Cramps PM  
50 tabs  
reg \$13.99



**BHI**  
Mucus Relief  
100 tabs  
reg \$12.99



**Waxelene**  
Therapeutic Ointment  
.5 oz  
reg \$19.99

## Co-op Deals

flyers  
available

on our website

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

and at the front of the store

