

the Garbanzo Gazette



Volume 14

a monthly newsletter of the Silver City Food Co-op

The shopper survey we circulated in June provided almost 150 responses. One of the main findings of this survey was that the vast majority of respondents stated "I love the co-op!" This did not surprise me, because so many of you say that you wouldn't have moved to Silver City if the co-op wasn't here. I find it wonderful that so many people have this sentiment, because like in a marriage or long-time friendship, if the love is truly felt, the difficult discussions will resolve more sweetly.

The responses to the open-ended questions provide a broad perspective about what shoppers think, what they are concerned about, and what they hope for the future of the co-op. And this was the purpose of the survey. As you will see below, the responses covered a wide range of beliefs about expansion or relocation and concerns about our current store. Perhaps you will find that you are aligned with one or more of these responses. All the comments add to our food for thought as we continue to pursue the question of expansion or relocation.

I hope that, as you read this summary of the responses, you will ponder the large and small questions they pose, or perhaps answer, about the future of our co-op. This is part of the process facing board members, and we want you all on the journey with us.

As you might remember, the first part of the survey asked shoppers for their reactions to the news that the co-op is discussing possible expansion or relocation. Some reactions included:

- 1) expansion or relocation is a good idea because we could provide exciting new aspects to the store such as a café, a deli with prepared food, and non-food items,
- 2) more space would help rectify those items that have negatively impacted shoppers at our current

location, and

- 3) expansion or relocation would just be a great thing to do!

Another group of people had concerns about expanding or relocating. We (the board, I imagine) were encouraged to:

- 1) thoroughly examine the downsides, risks, and possible unintended consequences,

- 2) make sure we are not overly ambitious or fiscally irresponsible,

- 3) examine all ideas with a view toward long-term needs of the co-op, and

- 4) consider other forms of growth besides physical space, such as education and outreach. Other responses included:

- 1) stay downtown,

- 2) the building currently being rented is not the right spot, and

- 3) there might be better options with better parking if we look beyond downtown.

At the other end of the spectrum were the people who believe that expanding or relocating is not a good idea. The following comments were shared:

- 1) growth at all costs is unsustainable,

- 2) expansion does not seem necessary,

- 3) it is not economically wise,

- 4) a big debt might necessitate higher prices, and

- 5) an expansion might not generate the needed increase in revenue. Other suggestions were to renovate the current building and to move the offices to a separate location.

Do you see what I see with these responses? Co-op shoppers do not all think alike, and many probably want different outcomes from an expansion or relocation. I imagine though, everyone would agree that we—the board and the staff—need to thoroughly examine all avenues, try to see unintended consequences, and be fiscally responsible.

The second part of the survey asked people to comment on what things

We LOVE our Co-op

negatively impact their shopping experience at our current store. More than half of the negative impacts are issues that we want to address regardless of whether we stay in our current location, expand, or move—issues such as congestion of dogs and people outside the store, music too loud, high prices, products from corporate producers, and not enough signage for what is in each aisle.

A number of comments indicated that shoppers thought we needed more space. These include:

- 1) long lines at checkout,

- 2) lack of space inside and out,

- 3) limited inventory, and

- 4) congestion caused by staff restocking shelves.

Other comments about the negative aspects of the current building could be remedied by renovation or repairs:

- 1) difficult handicapped access including the front door and

- 2) parts of the building and equipment not in good condition.

The final question on the survey asked shoppers what the co-op can do to positively impact their shopping experience in the future. Lots of ideas poured forth from members on this question, many of them providing valuable input that could be used in our existing store or a different building, and our staff will review all of the comments carefully.

As with the previous question, a number of the suggestions for improving the shopping experience were tied to the idea of having more space. These suggestions include:

- 1) expand choices such as a café, juice bar, and salad bar,

- 2) make wider aisles,

- 3) have more checkout counters,

- 4) explore shared parking with neighboring businesses,

- 5) open a second location,

- 6) carry more local goods like food and crafts,

- 7) create an outdoor space to relax, socialize, or eat, and

- 8) have live music.

Additional comments suggested creating additional space in our existing building by reconfiguring the space we have and examining all the opportunities we can have right now with our current space.

This survey proves to me that we—specifically the board and the staff—have a lot of work to do. We have heard what shoppers consider to be limitations in our current store, we have had issues identified, and we have heard many suggestions for remedying these issues. We have also heard shoppers' concerns and excitement around expansion or relocation.

Now the process continues. I hope you believe you are in a long-term relationship with the staff and the board of directors at the co-op. I hope you know the board listens to your needs and concerns and is doing its best to keep you informed of our activities, deliberations, and decisions about the future of the co-op. I hope our discussions continue and we find a course of action that works for all of us. And let's all remember how much we love our co-op!

by Susan Van Auken

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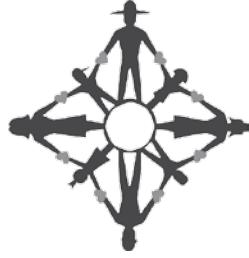
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Food Labels:
Not Lite Reading
Food as Medicine:
for the Prostate

Silver City Food Co-op

established 1974



www.silverscityfoodcoop.com

575-388-2343

Store Hours

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

Ends Statement

Because of all that we do, our member-owners, our food co-op, and our extended community will gain and maintain health.

Seven Cooperative Principles

- Voluntary and open membership
- Democratic member control
- Member economic participation
- Autonomy and independence
- Education, training and information
- Cooperation among co-ops
- Concern for community

Staff

Joseph Patrick
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Meggie Dexter
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Patricia Walsh
Jody Andrews
Evan Humphrey
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Lee Ann Miller
Gabbie Sturdvant
Derek Palmer
Brenna Brown
Andrea Padilla

Annual Co-op Equity

\$10.00

The Garbanzo Gazette Gang

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Submissions are welcomed!

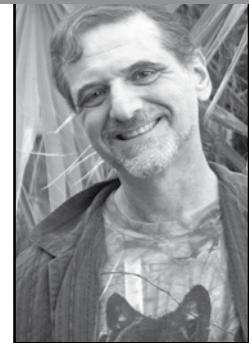
Submit letters, articles, or items of interest to:
gg@silverscityfoodcoop.com

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Cup O' Joe

by Joe Z



problems never abated - I just figured it was normal.

Going off to college didn't help at first. To my now normal fare of burgers, shakes, fries and pizza, I added hot dogs - quick and easy.

Then something happened. The digestive issues became so severe that I went to a doctor. He gave me "little yellow pills that will make you feel good" and scheduled me for a barium enema. Even way back then (mid 1970's), and even with my lack of knowledge, this sounded off so I called my older sister who was into nutrition and medical stuff.

After a bunch of ridicule expected from older sisters to dumb younger brothers, she lectured me on food - the real food - and how we should sue our parents for child abuse because of what they fed us.

I called the doctor back and asked him about the possibility of diet having an impact on my problems. His response sticks with me to this day (along with the little yellow pills quote). He said ruefully after a slight delay, "Diet has nothing to do with these problems". I hung up, never got the tests and stopped the little yellow pills (they weren't helping anyway).

As luck would have it, I had just discovered our local Co-op and - amazingly - they had the foods that my sister was talking about. The food - at first - became my medicine. I learned about colon cleanses and amazing gut rebuilding products such a yogurt.

After a few months, the issues I have had since I was a kid mostly disappeared. Not only that, but I experienced new flavors and textures that I never knew existed. While my Sister got me started, it was the people at the Co-op - sharing experiences and educating ourselves about new possibilities that bettered my life.

I learned to cook. I learned about spices. I learned about food combining. I made my own yogurt, sprouts and almond milk. Somewhere along the line, mostly for personal reasons, I became primarily vegetarian and again discovered new combinations and food possibilities. I was eating real foods.

I still have weaknesses for potato chips and ice cream - especially the fantastic ones we have here at our Co-op. It takes a lot of will power to limit myself and I must always be on guard of a relapse. But eating well makes it easier and those things are now just a treat instead of a diet.

Today, you can find many of the foods I discovered nearly 40 years ago in conventional stores - if you know where to look. But you don't find the knowledge base that is provided by the Members and patrons of the Co-ops. Many of us - if not most of us - have similar stories to tell. What's yours? ☀

NEW PRODUCTS



Redmond is a company that is passionate about wellness. If you share that devotion to all things pure and healthful, you may like to try **Earthpaste**, "an amazingly natural toothpaste." It contains ZERO unnatural additives and is "unlike any other you've experienced." The ingredient list for their spearmint flavor is as follows: Purified Water, Food Grade Redmond Clay, Spearmint Essential Oil, Menthol and Tea Tree Essential Oil. It's a very clean product!



Another great gluten and dairy free product new to our frozen department is **Amy's Single Serve Rice Crust Pizza**. The light, tender crust is topped with a soy-based mozzarella cheese and Italian pizza sauce made with organic sun-ripened tomatoes and a special blend of herbs. The perfect base for your favorite pizza toppings!



Cashew Dream is the first non-dairy beverage to be made with organic cashews. It's a creamy milk alternative that's gluten and lactose free. Made by Imagine Foods, the same company that makes the wildly popular Rice Dream, its deliciously nutty taste goes especially well in smoothies or on your breakfast grains and cereals.

Two new offerings from Hilary's Eat Well can now be found in our frozen section. **The Root Veggie Burger** is a tasty creation based on crunchy millet, beets, sweet potatoes and turnips, while its' exotically-named companion, the Black Rice Burger, features millet, adzuki beans and Lotus Brands Forbidden Rice. Simple, high quality ingredients are front and center at Hilary's Eat Well. Enjoy these products from an ethical company committed to sustainable business practices and healthy food for all.

Community Outreach Report

by Carolyn Smith



My love of co-ops goes way back. It started in 1977, while I was attending Syracuse University and sharing the top two floors of a house with 6 fellow students. I didn't know the first thing about cooking; I literally didn't know how to boil an egg!

Fortunately several of my roommates were good cooks and I had a copy of the Joy of Cooking cookbook, which covers everything from boiling eggs to dressing and cooking woodchuck stew. Though I've never had the pleasure of the latter, I do have a story about a pregnant vegetarian friend living in the wilds of West Virginia, but I'll save that for another time.

All of my housemates were vegetarians and had already turned on to a diet of whole grains, beans, tofu, nuts, sprouts and lots of fresh fruits and vegetables. There was a health food store on campus and the Syracuse Real Food Co-op in the neighborhood. The co-op had the larger selection and better prices. I decided to join the co-op. I paid the small annual fee and signed up to volunteer 3 hours a month, so I could receive a discount on my groceries. With a flick of a pen, I expanded my community and my source of cooking instructors.

Embracing a diet that featured beans and rice came naturally to me. Red beans and rice is as much a part of the New Orleans cuisine as Shrimp Creole or Crawfish Etouffé. It's on the menu every Monday in restaurants around the city, a tradition arising from Monday wash days when

water for washing clothes was boiled on woodstoves. A pot of red beans cooked alongside, so at the end of a long work day dinner was ready. A traditional New Year's Day meal in the South, for good luck and prosperity, is black-eyed peas and rice served with cooked greens or cabbage, and cornbread. The peas symbolize prosperity because they swell when they are cooked, greens represent money and cornbread gold. Rice serves as the main starch in the Crescent City, in place of the bread and potatoes of other cultures. In addition to red beans and black-eyed peas, I love my mom's side dish of cold garbanzo beans with a vinaigrette dressing.

Under the tutelage of my housemates and co-op friends, I switched to brown rice and whole wheat bread. I learned to love lentils, kasha, millet, borsht (with plenty of sour cream), home fries, eggplant parmesan, spinach lasagna, falafels, tahini, yogurt, granola, even nutritional yeast. It's cold in Syracuse, so we were always making big pots of soup, creatively using whatever vegetables and leftover grains were in the fridge.

The co-op introduced me to the idea of buying in bulk, eliminating the need for packaging and the unnecessary waste of resources. I began to think about how my purchasing choices could make a difference to the environment.

One of my favorite volunteer jobs at the co-op was cutting and packing cheese. I was introduced to all kinds of cheeses

beyond the Kraft American and Swiss cheese slices of my childhood or the occasional Cracker Barrel treat of pepper jack or cheddar. I really enjoyed the convivial co-op atmosphere; we had great conversations and fun while we worked.

At the front of the store was a children's play area; a volunteer watched over the kids, while parents shopped or did their own volunteer work. There was also a Community Board where members posted rooms to rent, items for sale, services, classes, workshops and upcoming events. There was a ride sharing board, a very important service as most students back then didn't have their own cars.

The Syracuse Real Food Co-op was all

about providing the freshest local and organic whole foods and eating well, exercising the power of choice for personal and environmental health, working together and building community. It was a new world and I was happy to be in it. Forty years later, the same can be said about the Silver City Food Co-op. We are a local and independent community store, connecting people with their food and with each other, providing an economic alternative for a sustainable future. What's not to love! ☀



Kick-off Pickamanía on Friday, September 12th at the downtown street-dance! Get your jig on 6:30-9pm in the 6th street parking lot next to the Food Co-op.

The Silver City Food Co-op is proud to sponsor

The Out of Kilters of Tucson,
traditional Irish music from rousing ballads
to toe-tapping jigs and reels

the Co-op's annual PICNIC SEPTEMBER 7TH SUNDAY 11-2

Come to the Food Co-op's Annual Picnic! Sunday, September 7th from 11am to 2pm at the Gomez Peak Pavillion. The Co-op will provide the main dish. Please bring a salad or dessert dish to share and bring your own plates and utensils. Celebrate summer and our wonderful community with games, friends and good food!



We are taking a huge group photo for our 40th anniversary. Come early to be part of the Co-op Community Photo which will be taken at 11:30!

September Community Forum



Brew your own Probiotic Beverages

Come learn the basic
two-step fermentation
process using kefir grains,
organic sugar and juice

*the forum is presented twice
Tuesday, September 9th
& Thursday, September 11th*

from Noon to 1 pm

@ 614 N. Bullard St.

For more information call the Co-op at 388-2343

KITCHEN MEDITATIONS

BANANA, COCONUT, CHOCOLATE CHIP SNACK CAKE

- 2 ripe bananas
- 2 large eggs, beaten
- 2 cups dark brown sugar
- 1 tsp vanilla
- 8 TB coconut oil
- 1 cup flour
- 3/4 tsp sea salt
- 1/2 cup semi-sweet chocolate chips
- 2 handfuls shredded coconut, unsweetened

Preheat oven to 350°F; line a 9x13 baking pan with parchment paper.

Mash bananas, add eggs, brown sugar, vanilla and coconut oil; mix well.

Sift together flour and salt, add to banana mixture, stir until just combined.

Add chocolate chips and coconut, stir to evenly distribute; pour into prepared pan, sprinkle with sea salt to lightly dust surface. Bake 45-55 minutes until toothpick comes out clean; cool before slicing.

CHOCOLATE-CINNAMON COFFEE CAKE

- 1/2 cup (1 stick) unsalted butter, room temperature
- 1/2 cup blanched hazelnuts, chopped
- 2 ounces bittersweet chocolate, chopped
- 3/4 tsp ground cinnamon
- 1 cup sugar, divided
- 2 cups flour
- 3/4 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp sea salt
- 1 tsp vanilla extract
- 2 large eggs
- 1 cup plain whole Greek yogurt

Preheat oven to 350°F; butter 8" square baking pan.

Toss hazelnuts, chocolate, cinnamon, and 1/4 cup sugar in a bowl.

Sift together flour, baking powder, baking soda, and salt.

On high speed, beat butter and remaining sugar until light and fluffy; add vanilla, then eggs, one at a time beating to blend after each addition; add dry ingredients alternating with yogurt, begin and end with dry ingredients.

Pour half the batter into pan and smooth top, top with half the hazelnut mixture. Spoon remaining batter over, smooth top and top with remaining hazelnut mixture.

Bake until golden and tester comes out clean, 40-45 minutes. Cool in pan before slicing.



SWEET CREAM CAKE

- 1 1/4 cups sugar
- 1 1/4 cups flour
- 2 TB baking powder
- 4 eggs
- 1/2 cups cold water
- 1 1/2 cups heavy cream
- 2 TB butter
- 2 TB sugar

Preheat oven to 350F, grease a bundt pan.

Mix together the sugar, flour and baking powder with a fork.

In a separate bowl, whisk the eggs and water until smooth; pour into flour mixture and whisk until smooth. Pour batter into well-greased pan, bake 25 minutes or until golden brown.

Heat the heavy cream with the butter and sugar until very hot, but not boiling. As soon as cake comes out of the oven, pour mixture over cake and let sit 15 minutes; after cream has been absorbed, but before cake cools completely, loosen edges and invert onto a serving plate to release the cake. Let cool completely before serving.

ESPRESSO BANANA BREAD

- 3 very ripe bananas, mashed
- 1 egg
- 2 TB sour cream
- 2 ounce shot of espresso
- 1 tsp vanilla extract
- 1 tsp instant espresso granules
- 1/3 cup coconut oil
- 3/4 cups sugar
- 1 1/2 cups flour
- 1 tsp baking soda
- 1 tsp salt

Preheat oven to 350F; grease 9x5 loaf pan. Stir mashed bananas together with egg, sour cream, espresso and vanilla until well combined; stir in espresso granules; stir in coconut oil until completely incorporated; follow by stirring in sugar until well mixed.

Sift together flour, baking soda and salt; add to wet mixture, stir just until combined; pour into loaf pan, bake about one hour, until tester comes out clean. Cool in pan 15 minutes.

Local Eggs

What's a super source of protein and goes great with green chile? You guessed it, eggs! Cashier Lee Ann Miller's number one pick for this month is fresh eggs from her very own hens. Indeed, she loves them for their protein content and because "they taste so good!" Her favorite way to prepare them is to melt a little butter in a cast iron skillet, add eggs and scramble up with cheese and (there it is) green chile. She recommends avocado and local tomatoes on the side. Mmmm!



When Lee Ann isn't cashiering, keeping merchandise neat and organized, and providing great customer service, she looks after, in her words, "my dog Sally, five horses, seven goats, eight cats, three ducks and a lot of chickens. The rest of the time, I use my chain saws to clean up my property, cutting and thinning trees and bushes for fire prevention and wood to burn."

Eggs have long been recognized as a source of high quality protein. They contain all B vitamins, including B1, B2, B3, B5, B6, B12, choline, biotin and folic acid.

They are a very good source of selenium and iodine, which may be difficult for some people to obtain if their diets do not contain certain foods. Also, many folks are surprised to find out that egg yolks contain omega-3 fats and that by providing hens with a natural, pasture-based diet, these will increase. Thank you, Lee Ann, for providing your healthy local eggs to the Co-op!

by Judith Kenney

STAFF PICKS

Kuumba Made Scar Repair Salve

Red-headed Jesse Logan-Samuels, one of our newest cashiers at SCFC is also a knitter and a weaver, a mom and a pie baker, and loves to listen to local live music. Sadly, for us, she has moved on to another job in Silver City that is in her area of expertise, but not before she was able to share her favorite product. With so much going on, she's had plenty of opportunity to put it to the test. She has found Scar Repair Salve from Kuumba Made to be quite effective for preventing scars and also as a great all-purpose soothing balm. She says that it is similar to the original Super Salve, with a slightly softer consistency that has been very helpful for burns, hangnails, rough skin patches, chapped lips, sunburn, calluses and kid's owies!



Jesse also pointed out that Kuumba is located in Tucson, AZ which is important to us at the SCFC since we strive to offer as many local and regional products as possible to our customers. It's a natural body care company that's been in business for over 25 years. Their fragrances, salves and lotions are popular wherever sold and are based on herbs that are either grown on organic farms or wild harvested. Everything is made in small batches.



September Sales

To Our Co-op Members & Customers: Please note that sales run for a **two-week period**. Please stop by the Co-op and take advantage of all the great offerings each month. A few sale items are listed below.

September 3-September 16 **coop deals**



Bulk Bread Shop
Honey Gone Nuts
Granola
reg \$3.89#
SALE \$3.39#



Emerald Valley
Salsa
assorted
reg \$4.69
SALE \$2.99



Nature's Path
Hemp
Toaster Waffles
reg \$3.29
SALE \$2.39



Annie's Home
Pasta & Cheese
assorted
reg \$3.19
SALE \$1.66



Earth Friendly
Grapefruit
Dish Soap
reg \$4.19
SALE \$2.99



Similasan
Eye Drops
assorted
reg \$13.79
SALE \$9.99

Member Only Specials

September 3-September 30



So Delicious
Coconut Milk
64 oz.
reg \$3.69
SALE \$2.19



So Delicious
Creamer
16 oz. assorted
reg \$2.29
SALE \$2.19



Napa Valley
Grape Seed Oil
12.7 oz
reg \$5.99
SALE \$5.39



Ethnic Gourmet
Taj Indian Dinner
Palak Paneer
reg \$4.79
SALE \$4.39



Surf Sweets
Gummy Bears
reg \$2.29
SALE \$2.19



Woodstock
Wasabi Peas
reg \$4.19
SALE \$3.79

September 17-September 30 **coop deals**



Bulk
Black Beans
reg \$1.79#
SALE \$1.39#



Brown Cow
Yogurt
6 oz. assorted
reg \$.99
SALE \$.80



Amy's Burritos
assorted
\$2.89
SALE \$2.00



Annie's Dressing
8 oz. assorted
reg \$4.49
SALE \$2.99



Alaffia
EveryDay Shea Lotion
32 oz. assorted
reg \$11.69
SALE \$7.99



Boiron
Arnicaire Tablets
60 tabs
reg \$11.59
SALE \$8.99

NAME: _____
AGE: _____

Kids' Corner

FREE FRUIT FUN

Now Kids, color in this here picture, bring it on down to the Co-op and get your free piece of fruit.
(Produce Staff Selection)



PRODUCE COMPOST GUIDELINES

This is a free service provided for our customers. We are not able to honor "special" requests for specific produce in bags and keep this service free. Please note:

- First come, first served
- One bag per person, please
- Scraps are bagged randomly as produce is processed
- Best days for compost are Tuesday & Thursday

GROCERY SPECIAL ORDER POLICY

Members receive a 10% off shelf price discount on special orders of case quantity in ALL departments. HABA and Supplements will receive the 10% discount when the quantity ordered is at least six (of the same item). Cases of local meat must weigh 10 pounds or more to receive the discount. All CO+OP Deals and Essentials Program items will no longer be excluded from receiving the discount; however, a case MUST be ordered to receive the special order 10% discount.

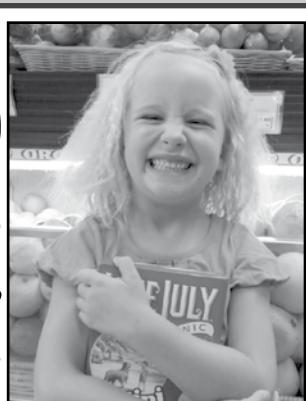
PRODUCE SPECIAL ORDER POLICY

Produce special order deadline is Thursday at 7 pm. The pickup date is conveyed to the customer by the buyer. The only exception of this deadline is when the Co-op is closed on Thursday due to a holiday. Check with the produce managers if this occurs.

CO-OP COMMUNITY ROOM USE

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

CO-OP
KID



Corner

From Your Board...

SUCCESS and a new beginning

One of the less obvious tasks for the co-op board of directors is board perpetuation. What this means is that the board has responsibility to make sure that there are sufficient candidates for elections, the elections are valid and proper, new board members are oriented and trained, and therefore the board continues. It can be a challenging task, especially making sure there are sufficient candidates for the election each year.

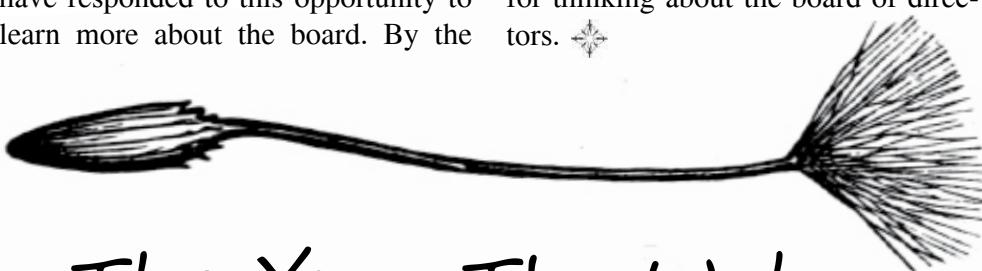
We have a board committee responsible for recruitment. This year, the committee developed a new program for recruitment, the Board Member in Training (BIT) program, which allows members to "try-on" the idea of being a board member prior to committing to candidacy and the possibility of a three-year board term. Detailed information has appeared in both the July and August Garbanzo Gazette.

We have had success! Three people have responded to this opportunity to learn more about the board. By the

time you read this, all three will have taken the first step towards becoming a BIT. They will have attended a board meeting and observed our meeting process.

If they are still interested in learning more about the board, they will commit to being a BIT for three months, receive a board orientation and a "board buddy", receive all board materials, and attend and participate in board meetings. We hope that this trial board term, or training, will encourage more people to consider serving our wonderful co-op in this very important manner.

Please, won't you think about participating in our board training program? It is an easy way to determine if board involvement would be a good fit for your skills and interests. If you want more information, please contact Susan at susanvanauken@gilanet.com or Gail at rein.gail@gmail.com. Thanks for thinking about the board of directors. *



The Year That Was

by Lynno Aldin, Treasurer

Though most have long ago moved past 2013, your board of directors and operations staff are finally ready to put 2013 to bed. The much anticipated financial review for the year is complete. Hurray! Be advised that the final numbers do not exactly match those distributed at the General Membership Meeting in April 2014. Although the differences are small, they exist.

This year, rather than a full audit, the co-op chose to enlist Albuquerque-based CPA firm Mackie-Reid to perform a financial review for 2013. A review differs from an audit in scale and cost. A financial review is smaller in both cases.

Happily, the review showed a sound co-op operating within general accepted accounting practices or GAAP standards. The full report is available to co-op member-owners upon request. A short synopsis of the Mackie-Reid review follows.

Starting with the bottom line and moving back through some details, our food cooperative made a small profit in 2013. We finished the year \$3,113 in the black. Good job everyone!

While total sales were up by more than 3% for the year, operational costs increased by a similar percentage. A large boost in wages to our hardworking staff accounts for most of the in-

crease in the cost of operations. Hence our net profit remains small.

Fortunately the SCFC maintains membership in two other cooperatives, National Cooperative Grocers Assoc. and Frontier Co-op. The patronage refunds from these co-ops helped keep net profits positive for the year.

Member-owner purchases represent a large percentage of our total sales. This year the percentage of member-owner sales reached 79.83%, down very slightly from 2012. Strong member support fosters a strong co-op. Thanks for strengthening our co-op. We are important. We are the co-op. As of the end of 2013, the SCFC holds \$795,136 in total liabilities and member equity. Born 40 years ago on David and Susan Berry's back porch these numbers are quite impressive. We own something real and substantial. Kudos all around.

Overall, our food cooperative had a good year in 2013. We made money. We beautified our store. We increased product selection. And we increased wages to enhance livability for our staff.

The co-op extends a big thank you to member-owner Betty Mishuk for advice and assistance rendered during the review process. *



SOS: The Summer of Surveys

As many know, our co-op has been surveying shoppers at the store, farmers' markets, and other events throughout our community in Silver City and the surrounding towns to get your impressions with regard to co-op expansion. The survey covered three basic areas: awareness of the expansion discussion, negative impacts on shopping in the current situation, and suggestions for improving the shopping experience in the future. We received almost 150 responses with lots of love for our co-op and lots of suggestions.

Thank you for helping! Rest assured, your suggestions are being carefully considered and the board and operations will incorporate your ideas in the decision making process. If you missed this survey, not to worry, we will be conducting more surveys, focus groups, and forums in the coming months. Hopefully all co-op members will get a chance to express themselves and help our co-op progress into the future.

For a summary of the survey responses, please see the article *We Love Our Co-op* by Susan Van Auken (front page). If you would like a copy of the complete report on survey responses, please contact Margarita at 575-388-2343 or margarita@silvercityfoodcoop.com.

Gail Rein/President
Board Term: 2014-2017
rein.gail@gmail.com

Susan Van Auken/Vice President
Board Term: 2013-2016
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Carmon Steven/Secretary
Board Term: 2013-2016
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Lynno Aldin/Treasurer
Board Term: 2012-2015
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Jerry Boswell
Board Term: 2012-2015
gboswell5275@msn.com

Meadow Clark
Board Term: 2012-2015
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Jennifer Johnston
Board Term: appointed thru May 2015
johnstonjenny40@gmail.com

Board of Directors

Board Meeting Schedule

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

Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among those member who would like to speak. If ten minutes is insufficient, a special meeting may be called on another day. If a member wants more time, they can contact the president and ask to be added to the agenda. Please make this request at least one week before the meeting.

Volunteer Discount Policy

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

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

Food Labels: Not Lite Reading

by Monica Rude

I planned to make creamy potato cucumber dill soup. At the store I reached for the Organic Valley whipping cream and glanced at the label, more out of habit than felt need. After all, I've been buying this product for years and trusted that Organic Valley doesn't put any "junk" in their certified organic, coop-owned, family farm dairy products. So, I was quite dismayed to see the ingredients included not only pasteurized cream but also "dicalcium phosphate and carrageenan." I had seen dicalcium phosphate in non-organic half and half previously and called the company's customer service to learn it was added to "prevent separation". Hmmm... I had never noticed half and half separating before, didn't realize it was a problem, did you? Now I was seeing it in whipping cream, certainly not a "separation" issue here. I called Organic Valley customer service and learned it was "required" to be used at one of

their processing facilities. "Required by whom for what reason", I asked. The nice lady on the phone patiently told me it was required to prevent "binding" in the production line, to keep up with demand. She said the carrageenan was used as a stabilizer and thickener and to prolong shelf life. These additives were added to the ultra-pasteurized whipping cream only, not the pasteurized version. (Apparently no separation issues here).

Dicalcium phosphate is a "non-toxic", lab-created food additive found in enriched flour and cereals, dog treats and as a tabling agent in pharmaceutical products. It is used as a firming agent in canned foods, a preservative-antioxidant to prolong shelf life.

Carrageenan is approved by the USDA National Organic Standards Board for addition to organic products, like yo-



gurt, chocolate, soymilk, ice cream, frozen dinners, soups, and broth products to give the foods a thicker consistency, a fuller taste and to prevent separation.

In dairy products the "mouth feel" is related to the amount of butter fat, which varies by cow breed. Carrageenan compensates for lower fat content. Its use in beverage products could be eliminated if companies printed "Shake Well" on the container. It contributes no nutritional value to foods.

Although derived from a natural source, red seaweed, carrageenan can be destructive to the digestive system of sensitive individuals, triggering an immune response, inflammation, ulcerations and bleeding, according to carrageenan researcher, Joanne Tobacman, MD, associate professor of clinical medicine at the University of Illinois School of Medicine at Chicago. www.cornucopia.org/.

You cannot assume the ingredients in any product are the same as they were previously. It is necessary to read the label every time you purchase it. Look for ingredients that are food or seasoning. (Your intention was to buy food, right?) Consider avoiding genetically modified foods, colors, chemicals, preservatives and anything unrecognizable or too-weird. Learn more about unfamiliar ingredients. Have they been added for their nutritional value or to improve product appearance and prolong shelf life? These functions increase sales and only the health of the producer's bottom line. Let the manufacturer know you do not want non-food ingredients in your food. Best of all: take control of your food supply; grow it and cook it yourself. Bon appetit! *

[Monica Rude owns Desert Woman Botanicals and lives in Gila where she grows herbs for the product line and cooks from scratch.]

Food as Medicine: For the Prostate

by Athena Wolf



A Common Problem

Benign Prostatic Hyperplasia (BPH) is a widespread imbalance affecting one third of men over fifty, half of all men over sixty and ninety percent of all men over the age of eighty five. Prostate cancer is the second leading cause of death by cancer in men. For these reasons and more, prostate health is an important issue for men in their middle age. It should be an issue men consider in their youth as well. Though the symptoms usually manifest after 50, there are decades of harmful lifestyle patterns that build up to this imbalance. These errors can manifest as sexual dysfunction, urinary problems and prostate cancer.

Sexual Dysfunction and Urinary Problems

A study done by the Mayo Clinic correlated certain urinary tract symptoms resulting from an enlarged prostate with sexual dysfunction. These are:

1. A feeling of urgency to urinate
3. A weak urine stream
2. Needing to get up multiple times during the night to urinate
4. Straining to begin urination

These symptoms were related to: Difficulty getting or maintaining an erection and problems with sexual satisfaction.

Pesticides

A seven-year study of pesticide applicators and their spouses, known as the Agricultural Health Study (AHS), appears in the May 1, 2003, issue of the American Journal of Epidemiology. The research which began in 1993, followed nearly 90,000 participants and concluded that "Farming is the most consistent occupational risk factor for prostate cancer." National Cancer Institute researchers found that exposure to six pesticides -- chlorpyrifos, coumaphos, fonofos, phorate, permethrin, and butylate -- seemed to increase prostate cancer by interacting with a gene

that increases susceptibility to prostate problems. A study conducted by French researchers published in the respected journal, Toxicology, has shown that at the levels that are currently legal in our food, Roundup weed killer can cause DNA damage, endocrine disruption and cell death. This study shows glyphosate-based herbicides are toxic to human reproductive cells. Another study, in January of 2005 by the British government said their research showed pesticides, particularly weed killers (herbicides), might cause prostate cancer, as reported by The Guardian newspaper.

Dietary Research-John Hopkins

The Prostate Cancer Prevention Trial (PCPT) reported by John Hopkins Medicine took place over seven years with 4,770 men found that the risk of developing BPH was lower among men who followed diets low in total fat and red meat, high in protein and vegetables and regular alcohol consumption in small amounts.

Calcium Supplements

"There is reasonable evidence to suggest that calcium supplements play a role in the development of prostate cancer," says Dr. Carmen Rodriguez, with the American Cancer Society. Rodriguez says that a 1998 Harvard study of 47,781 men found those consuming between 1,500 and 1,999 mg of calcium per day had about double the risk of being diagnosed with metastatic prostate cancer. Men who took 2,000 mg or more were four times more likely to get prostate cancer.

Estrogen

Many insecticides cause the body to produce more estrogen. "Studies have

shown that higher levels of estrogen have been found in men who have enlarged prostate glands." National Association for Continence. Plastic water bottles also contaminate drinking water with estrogenic chemicals, according to Martin Wagner from the Dept. of Aquatic Ecotoxicology at Goethe University. He detected estrogen contamination in 60% of the samples analyzed. The softer plastic bottles are made with polyethylene terephthalate (PET) which is a source of the endocrine disruptors associated with breast and prostate cancer.

Herbs from the Western Tradition

There are many herbal and homeopathic remedies that have been used to promote prostate health without harmful side effects. The most widely used seem to be nettle root with pygeum, pumpkin seeds, damiana and saw palmetto.

Ayurveda

Here are some simple and effective ways to prevent prostate problems from the Ayurvedic tradition.

- Make yourself a quart of herbal (non-caffeinated) tea every morning to drink during the day.
- Do not suppress the urge to urinate as it can cause the urine to become more concentrated and irritate the prostate.
- Use specific Ayurvedic recipes to balance and heal the prostate.
- Avoid alcohol and caffeine which create imbalances in the blood tissue and cause abnormal urine production and bladder irritation.
- Avoid drinking anything at night.
- Do not sit for long periods of time.
- Daily exercise is important to keeping all the organs functioning.
- Follow the diet that is right for your constitution.
- If you have Air or Fire constitution it is



important to eat and sleep at regular times.

- When the weather is cold keep your head, neck, and body warm to prevent urine retention.
- To help with regular elimination, try having a steamed apple in the morning for breakfast with stewed figs, raisins, or prunes, or take Triphala every night.

Ayurvedic Remedies

Include lots of sweet, juicy fruits in your diet, as these help nourish the nutrient fluid. An ideal breakfast would be to stew fruits with prunes, figs, and raisins. If you have a Kapha (water) imbalance, you can eat fruit raw, but avoid eating them after sunset, as the digestion is not as strong after the sun goes down then. Punarnava, helps reduce swellings and strengthens the thyroid.

Shilajit reduces swelling of the prostate while also rejuvenating the thyroid and supporting metabolism.

Ashwagandha is helpful for men of Air (Vata) constitution.

Gokshura is a urinary antiseptic, improves urine flow, shrinks the prostate, kills yeasts and fungi that may be causing urinary problems and is anti-tumor as well. It reduces blood sugar and lowers blood lipids, and has an aphrodisiac effect.

Vidari improves libido and sperm count and helps to shrink the prostate.

For more information read also "The list of medications and nonprescription drugs that may cause impotence in men" look for the fourth article down at <http://www.curanderaherbalhealing.com/not-healing.html>. *

[Athena Wolf practices Ayurveda and Curanderismo in Mimbres and can be reached at 536.9335 or curanderaherbalhealing.com.]

Virgo

(August 23 – September 22)

Inspiring people will light up Virgo's life this year. With these new allies, Virgos come across some brilliant new options for their future. It's time to release some long-standing involvements and communities that no longer hold interest. Give time for this work of undoing. Appropriate grief and mourning will honor gifts received from this old life, eventually freeing tremendous energies to invest in a new life. Virgos are consummate ceremonialists; soulful, ritualized gratitude brings completion to the deepest levels of their being. This is an excellent year to write, study, teach—these devotions strengthen the voice of authority. Virgos are privately quite earthy, sensual creatures with an innate understanding of the impact of intimate engagement. We need Virgo's understanding of the power of daily devotions, settings and foods. Children born to Virgo out of this time will be exceptional in some way, and change our lives forever.

HOPE

...is what brought you here, why you stay,
why you love, why you plant seeds
hope never turns away, even if you do
it flows like a waterfall, or rises like a geyser
hope is a flavor for your morning cereal
and to stir in your coffee
it's your vitamin and benediction
it's the garment you wear, sun shining through leaves
dolphins alive despite the oil, despite human greed
hope retypes the novel, fixes the leaky pipe
raises our children, better than we do
it is in the mailbox, hidden behind bills with a rare stamp on it
from someone you never expected to hear from again
hope leaps over the fence to find you
hope knows your quirks, it has translated your life already
into three languages, body mind spirit
hope lifts us, hope cradles us, springs from our forehead
out our fingertips, moves up our spine, laughs out loud
hope writes poems, and makes salads,
and laces the iced coffee with cinnamon
hope never says goodbye, but always stays near you
closer than a shadow, singing in the shower
strewing rose petals in your path.

by Katya Sabaroff Taylor

September 2014

Full Moon 9/8/2014 6:38:55 pm (MST)

Fall Equinox 9/22/2014 10:29 pm (EST)

New Moon 9/23/2014 11:13:32 pm (MST)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>Co-op Closed</i>	2	3 Member Linkage 11-12	4	5	6 <i>Taste of Downtown</i>
7 <i>Picnic</i> Gomez Peak 11-2pm	8	9 <i>Forum</i> Probiotic Bev 12-1 pm @ 614	10 Board Meeting 4.30-7.30	11 <i>Forum</i> Probiotic Bev 12-1 pm @ 614	12 <i>Pickamania Street Dance</i> 6.30-9pm	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30 YYP-ML 11-12:30	1	2	3	4

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Member Linkage 11-12	2	3	4
5	6	7	8	9	10	11
12	13	14 <i>Forum</i> Detox 12-1 pm @ 614	15 Board Meeting 4.30-7.30	16 <i>Forum</i> Detox 12-1 pm @ 614	17	18
19	20	21	22	23	24	25
26	27	28 YYP-ML 11-12:30	29	30	31	1

October

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