



Silver City Food Co-op

GARBANZO GAZETTE

Our monthly newsletter • May 2016

Volume 16

Co-op Hours:

Monday - Saturday
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

World Fair Trade Day is May 14!



World Fair Trade Day, May 14, is a global celebration of fair trade bringing together thousands committed to building healthy and sustainable communities with small-scale producers worldwide. When you choose products from fair trade brands committed to working with small-scale farmers, you create positive change in the lives of farmers, farmworkers, producers and their families.



Equal Exchange Fair Trade Coffee

Fair Trade is defined internationally as, "a trading partnership, based on dialog, transparency, and respect, that seeks greater equity in international trade. It contributes to sustainable development by offering better trading conditions to, and securing the rights of, disadvantaged producers and workers."

log, transparency, and respect, that seeks greater equity in international trade. It contributes to sustainable development by offering better trading conditions to, and securing the rights of, disadvantaged producers and workers."



Jeanné is holding Guayaki Fair Trade Teas

As consumers, every purchase we make is a vote within the market place. These votes influence not only which products we see on shelves but also where those products come from and how they are made. Vote for positive change this May, and every day, by making a change to dedicated fair trade brands.



Doug will be bringing in more varieties of Equal Exchange Chocolates, a Fair Trade Co.

Dedicated fair trade brands, with your support, are making positive change in the way business is done around the world. This means that every step along their brands' production lines reinforces fair trade relationships with small-scale farmers, farmworkers, and producers. Unlike exploitative global free trade, committed fair trade brands respect and contribute toward the wellbeing of the individuals, families and communities where trade is done; they show the same respect for farmers and producers that we expect to see in our own communities.

Small-scale, fair trade farmers and producers also create positive change by restoring and improving their natural environment, engaging in democratically run businesses and organizations, and more. So whether it's your coffee or chocolate, t-shirts or socks, soaps and shampoos, or bananas and nuts, there's a supply chain dedicated to positive change within the production of these every-day goods.

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Why choose dedicated fair trade?


Unlike mega, multi-national companies who squeeze more for less out of our planet's people, land and resources, World Fair Trade Day partner brands directly engage in:

- Long-term direct trading relationships



Doug says he gets his beautiful coiffure by using Aflaffia Fair Trade Shampoo & Conditioner

- Prompt payment of fair prices
- No child, forced or otherwise exploited labor
- Workplace non-discrimination, gender equity and freedom of association
- Democratic & Transparent Organizations
- Investment in community development projects
- Environmental sustainability
- Traceability and transparency
- Safe working conditions and reasonable work hours

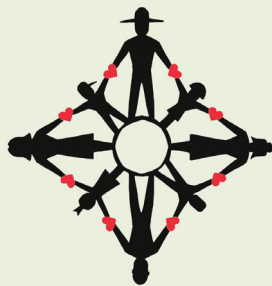
The Co-op is proud to support many fair trade companies. Look for these fair trade symbols on the products you purchase. 



YOU ARE WHAT YOU EAT

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

Store Hours

575-388-2343

Mon-Sat 9am-7pm

Sunday 11am-5pm

Café Hours

575-956-6487

Mon., Wed. - Sat. 8:30am-7:00pm

Sunday 8:30 am - 5:00 pm

Closed Tuesday

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

Joe Z

general manager

Mike Madigan

assistant manager

The Garbanzo Gazette Gang

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Submissions are welcomed!

Submit letters, articles, or items of interest to:

gg@silvercityfoodcoop.com

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management, or staff of the Co-op.

Cup o' Joe

by Joe Z



What a mess! Our political situation that is. Everybody angry and everybody fighting. Nobody really wants to work together – each seems to want to dominate. It's really not that different from previous decades or even centuries. Those of us who study history see a world full of discord and conflict. It seems to be in our DNA. Anger is the go-to emotion. Hard to move forward if that is true.

Not much cooperation out there. Maybe a reason for this is that we are not taught how to cooperate. We are taught from a very early age how to compete. Our entire society is built on competition. In and of itself, competition is not a bad thing. I enjoy watching the Olympics for example. But even there, the emphasis on the winner is too excessive. We all want to be number 1. Number 2 sucks and number 3 should hide her/his head in shame. Yet, to even qualify for the Olympics you fall into a category that exceeds 99.9% percent of the human population. Every one of those participants are already winners. But if you don't go to number one – you're a loser.

Don't you think that's a little harsh? There can only be a few top dogs, so while our competitive systems finds them, it also creates a society of losers – just by definition alone, never mind the mindset it creates.

And yet, through all that, we have created an amazing world of intricate complexity that, despite all the problems, still moves forward at blinding speeds. One hundred and fifty years ago, cities were still trying to figure out sewage removal and other community necessities that we take for granted today. We feed and clothe over 7.5 billion people – not all of them well and there is still immense suffering, but considering how large of a number that is - we do a pretty good job.

So the question has to be asked, "If we created a society built on cooperation rather than competition, could we take all our progress to an even higher level with the anger levels being turned down at the same time?"

In many ways, that is one of the higher goals we set out for ourselves when the New-Wave Co-ops were started back in the 70s. Bringing good food to our communities was just one aspect of what we did. The other was to show a new way to work together and live together. I'm here to tell you that it is darn hard work... and slow.

Yeah, yeah, I know: the Co-ops heralded in a new consciousness of health, concern for our communities and progressive thought. That part is true and – society wise – Co-ops have shown a better way forward that is now being copied by the big corporations. Despite our small size, the Co-ops have had a profound influence on today's society.

But Co-ops are plagued by the fact none of us are really trained in all this and we have to fight that darn DNA influence (which is very, very strong). Here's the truth: Co-ops don't have any special magic that makes everyone get along. This often surprises the new-comer as they expect a sort of Shangri-La.

What we have is a desire to make a better world, a bet-

ter workplace and a better community/store. But even Co-op people get angry and fight and squabble and bicker. Most businesses would try to squash that and pretend everything is wonderful. In Co-ops, we try to understand the feelings instead of denying them and work on ways to solve the underlying issues. Co-ops are crucibles for new ways to work together.

Here's another truth that is often downplayed: Co-ops were born out of anger. The popular image is one of friends hanging out, singing songs, espousing love and wanting to do great things for everyone. That's the stereotype, there's certainly some elements of truth to it and that's how it even may be in many of our minds.

But Co-ops were started because of the anger of letting the big money and big corporations control our lives. We were angry about war and stood for peace. We were angry about how the corporations fed us garbage that made

them more money at our expense and we stood for good wholesome foods. We were angry at being manipulated by advertising and we stood for honest, fully transparent promotion. We were angry how our businesses were controlled by absent "owners" who abused the workforce and we stood for owning our businesses ourselves and treating our Staff with dignity, respect and empowerment. We have taken anger and instead of yelling and protesting and demanding, we created a better positive way forward for all to see and emulate.



Ultimately, despite all the anger that propelled us and despite all the inherent anger in ourselves and the world, Co-ops are pretty happy places. A recent quick survey that asked what is the best part of our Co-op showed hundreds of people spontaneously saying the food

and the people. We have a reputation of being one of the friendliest places in town and that's because our Staff and all who shop here recognize that this is a special place and one of the very few who stand up for ourselves and our communities.

We have taken anger and turned it around. Perfect? Not by a long shot. Better than most? You betcha! We are dedicated to making our community better for everyone! We feel that good foods at a fair price are the backbone of health and a happier life! We know that an involved Staff makes for an enriching work experience. We've watched ourselves grow over 40 years to where we now serve thousands of people who like us so much that they endure our cozy tight store and other limitations. We are confident that we will keep evolving to meet the changing times while keeping true to our Co-op identity.

And that puts smiles on all of our faces.





Market Café Chitchat



Smooooothies!

I heard on the radio a couple of hours ago that today's forecast has our temperature climbing into the 80's this week. YES! I'm so excited for warmer weather....for the Tour of the Gila to come back to town, for the start of the Farmers' Market, and for all the good things that mean summertime in Silver City. People are out riding their bikes, walking their dogs, playing with their kids in Gough Park, and heading down to the Market Café for a cold treat!

So this month, in honor of warmer months and thirsty folks everywhere, we'd like to highlight the four delicious smoothies we're serving down at the Café.

Three of them are primarily fruit based. We've been blending up the *Soooo Strawberry*, the *Blueberry Bonanza*, and the *Mango-Mango*. With frozen fruit as the base, we blend them all together with bananas and apple juice for a thick and juicy treat that's perfect on a sunny day. You could even make it a little heartier, if you like, by asking us to add a scoop of vanilla protein powder. So good!

The *Peanut Butter - Banana* smoothie... aka the "PB Smooth," gets my personal vote as favorite. Peanut butter, frozen bananas, almond milk, and a touch of molasses bring this meal of smoothie all together. Actually, I think I'm going to head down to the Café and get one right now. I won't have to bring too much money along with me though. Our smoothies are only \$3.99 (a little extra if you get the protein powder).

And now that it's warm outside you can come hang out on our covered patio. It stays shaded most of the day and faces out on Bullard St., for great people watching. Come chill out at the café with one of our smoothies, and don't let this warm weather pass you by.



Smoothie guru Carolyn Smith pouring a scrumptious Blueberry Bonanza

Market Café Product Spotlight

Kei and Molly Textiles

Kei Tsuzuki and Molly Luethi are two friends, mothers, and printers living in the high desert of Albuquerque, New Mexico. They founded Kei & Molly Textiles, LLC in 2010 as a printing studio dedicated to creating artisan-quality, hand-printed fabric goods. They design all of the images themselves, often inspired by what they see in New Mexico as well as by their individual backgrounds -- Kei is Japanese but grew up in Montréal; Molly is Swiss American with a Japanese husband.



Kei has printed for designers such as Jonathan Adler and Denyse Schmidt, and has shown products at the New York International Gift Fair. Molly's international background brings a global perspective and sensibility to the designs. She has been a dedicated educator for over 20 years and speaks five languages.

The studio is located in the International District of Albuquerque, an area home to many refugees and recent immigrants. Vibrant with culture, it is nonetheless one of Albuquerque's pockets of poverty. They are committed to creating good jobs in this area, and work with refugee resettlement programs to find many of their employees. They provide on-the-job training, health and education benefits, flexible hours and a great place to work!

We are proud to have these beautiful kitchen towels at the Market Café.

Mesquite Wood Cutting Boards and Utensils

We have carried Richard Mahler's mesquite wood cutting boards for awhile now, and have recently added mesquite knives and utensils. Many of Richard's mesquite wood boards are embellished with turquoise, each a unique, one-of-a-kind piece of functional art.



Richard lives and works in southeast Arizona and we just love his work. We think you will too!

KITCHEN MEDITATIONS

Spring

These Puerto Rican recipes are courtesy of Co-op members Bert and Judy de Pedro. Bert was born and raised in Puerto Rico and these are two of his mother's recipes. Do you have a favorite family recipe that you would like to share? Send it in to us!

Vegetarian Puerto Rican Beans

- 2 T olive oil
- 1 onion, chopped
- 1 green or red bell pepper, chopped
- 2 cloves garlic, minced
- 6 fresh cilantro leaves, minced
- 1 t dried oregano
- 2 cans of pinto or black beans drained, (save liquid)
- 1 – 2 T tomato paste

Saute vegetables and oregano in olive oil till softened. Add beans and tomato paste and some drained bean liquid to consistency you like. Add salt to taste.

Vegetarian Puerto Rican Rice

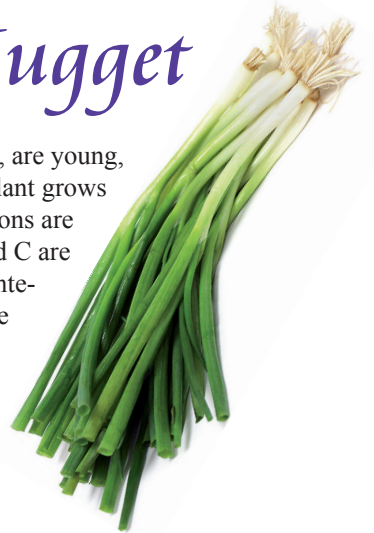
- 2 T olive oil
- 1 green pepper, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 6 fresh cilantro leaves, minced
- 1 ½ cup white long grain rice
- 1 T tomato paste
- 6 olives stuffed with pimientos, sliced
- 2 t capers
- 2 ¾ cups vegetable broth
- 1 t salt

Saute pepper, onion, garlic, cilantro in olive oil over medium heat until vegetables are soft, be sure not to let garlic burn. Add rice, tomato paste, olives and capers and stir until well mixed and rice is slightly sautéed. Add broth and salt and simmer until rice is cooked. To this, you may add 1 can of pigeon peas or corn.



Nutrition Nugget

Green onions, also known as scallions, are young, immature plants harvested early before the plant grows bigger and its bulb becomes large. Green onions are rich in vitamin K and C. Both vitamins K and C are crucial for the growth, development and maintenance of strong bones. If your diet lacks these vitamins, you may be more likely to develop osteoporosis or to suffer from bone fractures. Use them raw in salads or cook them with other vegetables in stir-fries or sautes for an extra boost of nutrition.



The Frugal Co-op Chef



Green Onion Salad

Make this easy salad for a quick lunch!

- 3 bunches green onions, chopped
- 2 hard-boiled eggs, peeled and chopped
- 1/2 to 1 cup mayonnaise or mayo alternative
- 1 t. tarragon

Mix all together and spread on your favorite bread or crackers.



cheep, cheep, Cheap!! - bulk spices and teas

We love it when one of our shoppers comes in to the Co-op to tell us we have the best prices on organic products. Recently, one of our regular shoppers, who likes to do price comparisons around town, compared the Co-op's organic spices to another larger retailer's organic spices. She was very surprised to find out that the Co-op was cheaper and sometimes by a great deal. Here are her comparisons:

Spice	Co-op	Other Store
Curry	\$15.00 / lb.	\$31.00 / lb.
Garlic	\$16.00 / lb.	\$18.00 / lb.
Oregano	\$18.00 / lb.	\$90.00 / lb.

Here at the Co-op, we know we are offering the best prices possible. Our bulk spices and teas turn over quickly, so our spices are fresh. Jeanné, our bulk spice and tea buyer, offers small glass spice jars at an everyday low price of 99 cents to Co-op members. They are the perfect size for storing bulk spices and teas. At the Co-op's great prices, you can try a lot of different spices. Jeanné also carries bulk baking soda and powder, vitamin C powder, and popcorn seasonings to name just a few of the interesting products available.

Take some time to check out this department, you will be amazed at the selection, and best of all, the price!

Jake's May Produce Picks

For the month of May, Jake selected apricots, romaine lettuce and green onions to spotlight. The more fruits and vegetables you eat, the less likely you are to develop many serious medical problems, says the Harvard School of Public Health. This is because fresh produce is dense with essential nutrients vital for the function of every one of your physiological systems.

Green Onions



Green onions, or spring onions, contain a wide variety of health-enhancing compounds like vitamins, minerals and phytochemicals. Green onions feature long, slender, erect stalks, rising above a small, elongated root (bulb) from which multiple straight, hollow, tubular leaves grow. Being a leafy-greens, green onions naturally carry more plant-derived antioxidants and dietary fiber than their fellow bulb members like onions and shallots.

Apricots

Full of fragrance and sweet, golden-orange apricots are a summer season delicacy of Asian origin. These much-prized fruits were first brought to Europe by Greeks, who named them as "golden eggs of the sun." Apricots are low in calories, but are a rich source of fiber, antioxidants, vitamin A, and minerals.

Apricot season lasts from May until September. Buy fresh, well ripe fruits that feature uniform golden-orange color and rich aroma. Ripened apricots are delicate and should be handled with care.



Romaine Lettuce



This variety of head lettuce has deep green, long leaves with a crisp texture and deep taste. The ancient Greeks and Romans held lettuce in high regard both as a food and for its therapeutic medicinal properties. Lettuce was first planted in California, the lettuce capital of the United States, by the Spanish missionaries in the 17th century.

Believe it or not, romaine lettuce is 17% protein with 7.7 grams per head. It also contains all 9 essential amino acids! Romaine lettuce is an excellent source of vitamin A and K, folate, and molybdenum. In addition, romaine lettuce is a very good source of dietary fiber, manganese, potassium, biotin, vitamin B1, copper, iron, and vitamin C. It is also a good source of vitamin B2, omega-3 fatty acids, vitamin B6, phosphorus, chromium, magnesium, calcium, and pantothenic acid.



Allie taking care of business

Product Spotlight

Back Roads Granola

Back Roads Granola is proud to offer what many are saying is the best granola ever. Their small country bakery is truly located on a back road in Vermont. They use only the highest quality certified organic and non-GMO ingredients to produce delicious and nutritious food you can trust. It is made and shipped daily, fresh out of the oven.

Bob, our bulk buyer, has brought in two kinds, Ancient Grains Granola and Coconut Crunch, an organic paleo granola. He is really excited to offer these made in the USA, and certified organic granolas.

The Ancient Grains Granola is completely unsweetened, vegan, dairy free, and has no canola or salt. The Coconut Crunch – Paleo Granola has an abundance of roasted organic coconut flakes and is gluten free, paleo, grain free, low sugar and carb, dairy and salt free.

The Co-op staff has been trying these granolas and the consensus is – they taste great!

Back Roads Organic Granola
New in the bulk dept!





\$1.00 Off


Silver City Food Co-op, 520 N. Bullard - good through 5/31/16

Sambazon Acai Berry Pure Unsweetened Super Fruit Packs

Açaí (ah-sigh-ee) has been part of the indigenous Brazilian diet for centuries because it's versatile and powerful. This little berry is the only fruit on the planet to be naturally sugar free, packed with antioxidants, and full of healthy omegas – giving it a one-of-a-kind mouth feel that's rich, refreshing, and totally unique.

By hand-harvesting the açaí, a tiny, powerful berry grown in the heart of the most bio-dynamic ecosystem in the world, Sambazon is able to provide over 10,000 jobs to locals, preserve countless acres of rainforest, and spread the good vibes of this purple berry to the world. "We respect the Amazon, its people and you. We're organic, fair trade, wild-harvested, and completely sustainable."

Look for the **Sambazon Acai Super Fruit Packs** in the freezer section at the Co-op. They are great for making smoothies or mixing with granola for a delicious and healthy meal.



Pick Your Own **MAD** June/July

Pick your own day to receive 10% off your purchases!
(Excluding mark-downs & deli items)
Be sure to tell the cashier **BEFORE** they start ringing up
your purchases that you are using your **MAD** discount!

Member Appreciation Days (MAD) are offered 4 times
each year, and are yet another way to save money at the Co-op.
Memberships are only \$10/year and you can recoup
your membership by shopping just one **MAD**.



May Forum

The Competitive Marketplace
presented by
the Board and Staff
of the Silver City Food Co-op

Thursday, May 12th
from Noon to 1 pm

Community Room @ the Market Café

614 N. Bullard St.

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

Co-op
KID



Corner

OUR CO-OP



GRAB

'n' GO

Bacon Sandwiches

Sometimes it is really hard to work in the warehouse with all of the great aromas coming from Brenna Brown's Grab 'n Go kitchen. It's distracting. You have to go and find out what she is making! This is especially true when the crew is making one of the bacon sandwiches made with *Pederson's Natural Farms* Uncured Apple Smoked Bacon.

They delight our customers with old-fashioned Bacon, Lettuce & Tomato (BLT), and Bacon, Turkey & Avocado (BTA) sandwiches.

The BLT is toasted organic whole wheat bread, spread with cream cheese, and stacked with bacon, lettuce, tomato, carrots and bell pepper. No onions.

The BTA is Rudi's organic sourdough bread, spread with cream cheese, and stacked with bacon, turkey, avocado, carrots, bell pepper and onions.

All our ingredients for these delightful sandwiches, and everything in the Grab 'n Go, are found at the Co-op.

Is your mouth watering yet?



Do you like shopping?

Want to help someone who cannot get to the Co-op?
Here is the perfect volunteer opportunity!
We need a shopper once a week for about 2 hours.

Is that you?

Contact charmeine@silvercityfoodcoop.com





Our Community

Woodstock, Silver City Food Co-op and You: Learn, Share, Grow TEAM NON-GMO!



In the United States, 80% of processed food is likely to be genetically modified, and not everyone is sure how to identify which foods are genetically modified organisms (GMOs) and which are not.

This May, our co-op is teaming up with WOODSTOCK to help raise awareness about GMOs. We're making it our mission to build a team; a team of farmers, retailers and citizens. We know that together, we can make a difference. It's up to us to LEARN the facts, SHARE information, and help GROW Non-GMO!

Stop by in May and enter to win a WOODSTOCK wagon and receive a dollar off coupon for any WOODSTOCK product. You can also visit WOOD-



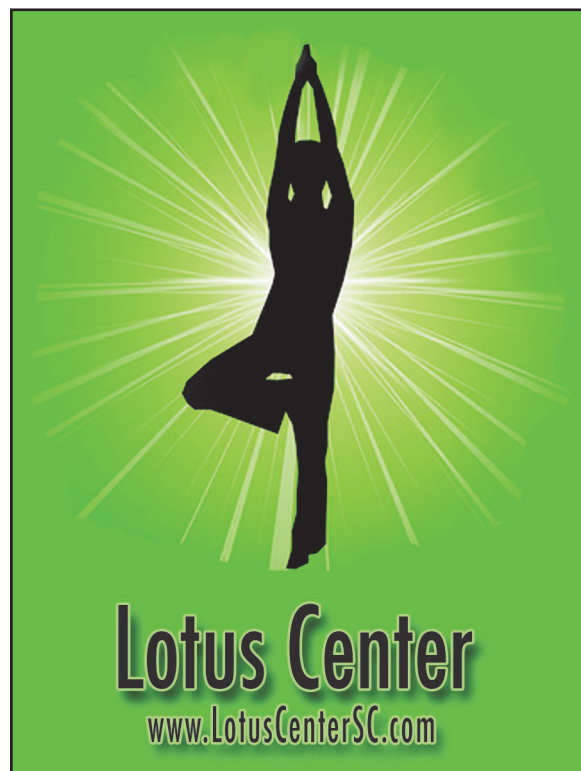
STOCK's website: www.teamnongmo.com to win additional prizes, LEARN about GMOs, SHARE information, and help GROW Team Non-GMO!

Concerned about GMOs?

- Choose organic - The use of genetic engineering, or genetically modified organisms (GMOs), is prohibited in organic products according to usda.gov
- Look for third party verifications such as the Non-GMO Project verified logo
- Visit www.justlabelit.org
- Contact your federal legislators and ask them to support mandatory national labeling of GMOs

About WOODSTOCK - Eat Because it's Good!®

WOODSTOCK is dedicated to providing consumers with high-quality, delectable foods farmed from sources you can trust. For 25 years, they've been committed to providing foods that are good for both you and the land. They are proud supporters of the American Farmland Trust & the Non-GMO Project. Over 70% of Woodstock products are domestically sourced and over 150 products are verified by the Non-GMO Project with the rest on their way. To learn more about Woodstock, go to www.woodstock-foods.com or visit them on Facebook, Twitter and Instagram



Organic VS. Non-GMO

What's the Difference?

	Organic	Non-GMO
• No GMOs used	✓	✓
• No Synthetic Pesticides , linked to lymphoma & leukemia	✓	✗
• No Roundup Herbicides , linked to kidney disease, breast cancer & birth defects	✓	✗
• No ingredients laced with residues from the neurotoxin Hexane	✓	✗
• No Sewage Sludge , human waste contaminated with endocrine disruptors & heavy metals	✓	✗
• No Growth-Promoting Antibiotics , contributing to weight gain & antibiotic resistance	✓	✗
• No Ractopamine drug residues, banned in dozens of countries	✓	✗

More Info at FOODBABE.COM

May

Sunday, May 1, 1:30 pm to 4:30 pm
Silver City Food Co-op
General Membership Meeting
The Volunteer Center, 501 East 13th Street

Thursday, May 12, 12 noon to 1 pm
Community Forum
The Competitive Marketplace
with Board and Staff
614 N. Bullard St.

Saturday, May 14, 9 am to 2 pm
Artisan Market
Support local artisans!
614 N. Bullard St.

Wednesday, May 18, 4:30 pm to 7:30 pm
Silver City Food Co-op Board Meeting
614 N. Bullard St.

Saturday, May 28, 9 am to 2 pm
Community Flea Market
614 N. Bullard St.

Fridays in May
Popcorn Fridays
free popcorn and other food samples
Silver City Food Co-op
520 N. Bullard St.

June

Thursday, June 9, 12 noon to 1 pm
Community Forum
Farm and Ranch Bureau will discuss
Goat Ranching with Stewart Rooks
614 N. Bullard St.

Saturday, June 11, 9 am to 2 pm
Artisan Market
Support local artisans!
614 N. Bullard St.

Saturday, June 11, 11 am to 3 pm
Jump into Summer!
Gough Park

Wed., June 15, 4:30 pm to 7:30 pm
Silver City Food Co-op Board Meeting
614 N. Bullard St.

Saturday, June 25, 9 am to 2 pm
Community Flea Market
614 N. Bullard St.

Fridays in June
Popcorn Fridays
free popcorn and other food samples
Silver City Food Co-op
520 N. Bullard St.

CO-OP Community



Co-op Community Donations

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

Grant County Food Pantry • Tour of the Gila
Gila Mimbres Community Radio • Ranch Days
Continental Divide Trails • San Francisco Valley 4-H
Give Grandly • Pedalista

Bag Refund Donation Program

Thank you for using your own shopping bags!
For each shopping bag used, we will give you a chip valued at 5¢ to donate to one of two non-profit organizations. The non-profit organizations are currently changed every two months. The Co-op is proud to work with members and donate to these worthy organizations:

S.N.A.P.	Life Quest
\$153.60 March	\$100.10 March



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service.

Sophia Brugman • Christine Dalmedo • Saguara Compton
Deb James • Two Crow Schumacher • Athena Schumacher
Bridget O'Leary • Rebecca Summer • Kori Williams
Marta Bloy • Emily, Chelsi and Tara Vella
Sharon Bookwalter • Mary Ann Finn • Melvyn Gelb
Margaret Hadderman • Laurel Johnson



Green Thumbs Needed!



We need folks to help water our demonstration greenhouse.
It's planted with herbs for the Café and our Grab 'n Go.
It's fun and easy and only takes 15 minutes!
You can sign up for just one day per week or several.
Contact charmeine@silvercityfoodcoop.com.

Co-op and Community Events (Volunteers Needed for Co-op Events)

General Membership Meeting

Don't miss the General Membership Meeting, May 1, from 1:30 pm to 4:30 pm at The Volunteer Center.
Come and meet the board candidates, learn more about the Co-op and win prizes!

Artisan Markets

The next market will be May 14 at the Market Café from 9 am to 2 pm.
Contact charmeine@silvercityfoodcoop.com if you are interested in selling your handmade art.

Seed Library, Vegan Support Group and Permaculture Workshops

Did you know that on the third Saturday of every month the Seed Library has a workshop from 11 am to 12 noon? That is followed by a vegan/vegetarian support group at 12 noon, and a permaculture workshop from 1 pm to 2 pm. All are free, open to the public and held in the community room at the Market Café.

Community Flea Markets

Community Flea Markets will be held on the fourth Saturday of each month from May through October. They will be held in the back yard of the Market Café adjacent to the Farmers Market. Spaces are just \$10. The next flea market will be May 28 at the Market Café from 9 am to 2 pm.
Contact charmeine@silvercityfoodcoop.com.

Community Forums

On the second Thursday of each month, community forums are held. If you are interested in presenting a forum on health, food, sustainable living or about how your local non-profit serves the community, please contact charmeine@silvercityfoodcoop.com to discuss your proposal.

Popcorn Fridays

Each Friday from 9 am to 3 pm the Co-op offers popcorn and other food samples. Volunteers are needed to help make popcorn.
It's fun, you get to meet lots of people, and see what is happening at the Co-op! If you are interested in helping with this ongoing event, please contact us.

Volunteer at the Co-op

When you volunteer to work for the Co-op, for every 3 hours of volunteer service, you receive a voucher good for 15% off for one day.
It's a win-win!
To volunteer, please contact Charmaine at 388-2343 or email charmeine@silvercityfoodcoop.com.

We will be OPEN Memorial Day
Monday, May 30th
Co-op: 9am to 7pm
Cafe: 8:30am to 7pm



Have you tried . . . **TOFU AND TEMPEH?**

by Susan Van Auken

Both of these products are made from SOYBEANS.
Both are QUICK TO COOK.
Both are a GOOD SOURCE OF PROTEIN.
Both originated on the other side of the world.

Although soybeans are one of the United States' major agricultural crops, we don't generally eat soybeans like we do pinto beans or garbanzos, as they are more commonly used for edible oil products, animal food, and non-food products. In Asia, though, soybeans have provided vegetable protein for millions and are highly regarded for their nutrition. Since soy is a long-cooking bean, people developed ways to process the soybeans to yield quick-to-cook and digestible products: tofu and tempeh.

TOFU

Countries of origin: China and Japan

Process of making tofu: Whole soybeans are soaked for many hours, ground into a puree, simmered, and then pressed and strained. The resulting products are soymilk, the liquid, and okara, the soy pulp that is left. The soymilk is then curdled in a similar process to making cheese out of cow's milk, by adding an acid or salt. The soymilk turns into white curds, and whey. The curds are scooped out of the whey and pressed into a block form. The result is a block of tofu.

Types of tofu: In China and Japan many different forms of tofu are available. In the US, we usually have only a choice in the firmness of the tofu— soft, firm, and extra firm. The co-op also carries silken tofu, a creamy form sold in aseptic packs and found on the grocery shelf, not in the dairy cooler. Baked tofu is another option, flavored with spices and ready to eat.

Other interesting facts: Okara, or soy pulp, is used in many ways in China and Japan but is not sold commercially in the US. Mainly composed of fiber, okara also has abundant nutrition, and for people making soymilk or tofu at home, it can be used in breads, casseroles, and veggie burgers.

Recipe ideas: Tofu by itself is very bland—a blank canvas, so to speak. Tofu awaits flavors added by the home cook. Consider the following recipe ideas:

- **Marinated** – Simmer tofu cubes with your favorite herbs, cool, and use in pasta salads or as an appetizer.
- **Dips or spreads** – In a food processor blend tofu with herbs and veggies. Pick from mustard, pickles, mayonnaise, horseradish, olives, and feta cheese for different flavor combinations.
- **Burgers** – Mash tofu with cooked onion and grated carrot or other veggies, add binders such as flour or egg, form into patties, dip into cornmeal if you wish, and fry.
- **Sauteed** – Cut tofu in slabs or cubes, sauté alone until browned, and toss with tamari. Or sauté with veggies, and add ginger, tamari, and sesame seed for an oriental flavor.
- **Casseroles** – Use tofu in place of cheese in casserole dishes. For example, in lasagna, use soft or silken tofu and blend together with garlic and basil.
- **Frozen tofu** – Toss a whole pack of tofu in the freezer till frozen. Thaw, then squeeze out the moisture. The consistency of the thawed tofu is chewy and can be used with bar-beque sauce or hot sauce in vegetarian stews, chile, or burritos.

TEMPEH

Country of origin: South of the equator in Indonesia

Process of making tempeh: Whole soybeans are brought to a boil and then allowed to soak for many hours. They are then rubbed to loosen the hulls, which then float to the surface and are removed. The beans are simmered with a little vinegar for about 30 minutes, then drained and cooled. The cooked beans are inoculated with *Rhizopus oligosporus*, a tempeh “starter,” and incubated at a steady temperature for a day. When finished, the beans are bound together by an invisible film and have a nutty aroma. Some tempeh is made with a grain, such as rice or quinoa, in addition to the soybeans.

Types of tempeh: The co-op carries plain soy tempeh, five-grain tempeh, sesame-garlic tempeh, and smokey maple tempeh; and also tempeh “ba-con.”

Other interesting facts: Unlike tofu, tempeh is comprised of the whole soybean, thus making it more nutritious than tofu. Tempeh is also a very rich source of vitamin B12, a necessary vitamin that does not occur in most vegan foods. Served with grains, both tempeh and tofu provide an abundant source of complete protein.

Recipe ideas: Tempeh has a solid tempeh flavor and is not a blank slate like tofu. Tempeh needs to be cooked, steamed, or fried before eating.

- **Marinated** – Marinate tempeh with one of the following blends: ginger, tamari, and sesame seeds; honey, mustard, curry powder, and tamari; Thai herbs and seasoning and coconut milk. Cook in whatever way you wish.
- **Salads** – Crumble cooked tempeh and mix with scallions, roasted cashews, celery, mustard, and mayonnaise. To make a spread, blend all these ingredients in a food processor.
- **Burgers** – Marinate slabs of tempeh in ginger, garlic, tamari, and toasted sesame oil. Using remaining marinade, grill or fry.
- **Sauteed** – Cube tempeh and sauté with onions, garlic, and other vegetables and grains. Add your favorite sauce or seasonings.

TOFU AND TEMPEH

For quick dinners, try both of these soy products. ENJOY!



May Sales

To Our Co-op Members & Customers: Please note that sales run for a **two-week** period.

Each month 100s of items are on sale. To see a complete list, please visit our website.

The pictured items are just a sample of the great values you will find at the Co-op each month.

May 4 - May 17



Bulk
Organic
Red Lentils
reg \$2.69#
SALE \$2.39#



Bhakti
Iced Chai
Almond Blend
16 oz
reg \$4.19
SALE \$3.39



Tres Pupusas
Stuffed Tortillas
Assorted, 10 oz
reg \$5.79
SALE \$4.39



Boulder
Coconut Oil
& Sea Salt
5.25 oz
reg \$3.99
SALE 2/\$5.00



Bulk
Organic
Brown Basmati Rice
reg \$2.99#
SALE \$2.19#



Tofurky
Italian Sausage
14 oz
reg \$4.69
SALE \$3.69



Udi's
Gluten Free
2 9" Pizza Crusts
8 oz
reg \$5.29
SALE \$3.99



Better Life
All-Purpose
Cleaner
Clary Sage & Citrus
32 oz
reg \$6.79
SALE \$4.39

May 18 - May 31



Bulk
Organic
White Navy Beans
reg \$2.69#
SALE \$2.39#



Wallaby
Whole Fat
Plain Kefir
32 oz
reg \$4.99
SALE 2/\$8.00



Stahlbush Island Farms
Frozen Berries
Assorted, 10 oz
reg \$4.69
SALE 2/\$6.00



Bulk
Steel Cut
Oat Groats
reg \$1.69#
SALE \$1.19#



MaraNatha
Coconut Almond Butter
No Stir/Creamy
12 oz
reg \$12.99
SALE \$7.99



SoDelicious
Coconut Milk
Unsweetened
64 oz
reg \$3.69
SALE \$2.69



Rudi's
Hamburger Buns
Whole Wheat
18 oz
reg \$5.19
SALE \$3.39



Spectrum
Coconut Oil
Refined, 14 oz
reg \$8.99
SALE \$4.99

Members Only Specials

May 4 - May 31



tempt
Hemp Yogurt
Blueberry, 5.3 oz
reg \$1.99
SALE \$1.79



Better Bean
Roasted Chipotle
Bean Dip
14 oz
reg \$4.29
SALE \$3.89



SoDelicious
Neopolitan
Frozen Dessert
1 qt
reg \$6.69
SALE \$6.09



Equal Exchange
Panama Extra Dark
Chocolate Bar
3.5 oz
reg \$4.19
SALE \$3.79



Radius
Cranberry Floss
Vegan, 55 yd
reg \$3.49
SALE \$3.19



PartySmart
for a
Better Morning
1 veg cap
reg \$1.99
SALE \$1.79

May HABA & Supplements Sales

May 4 - May 17  **coop deals**

May 18 - May 31  **coop deals**



Dr. Bronner's
Hair Creme
Lavender Coconut
6 oz
reg \$6.99
SALE \$4.99



Kiss My Face
Sun Block
SPF 30
4 oz
reg \$11.29
SALE \$8.99



Nordic Naturals
Prenatal DHA
90 ct
reg \$28.99
SALE \$25.99



Nordic Naturals
Nordic Berries
120 ct
reg \$23.99
SALE \$21.99



Alba
Sunscreen
Sport Spray
SPF 40, 4 oz
reg \$9.79
SALE \$6.99



Alba
Revitalizing
Green Tea
Sunscreen
SPF 45, 4 oz
reg \$9.59
SALE \$6.99



Garden of Life
Organic Plant
Protein
9.0 oz
reg \$25.99
SALE \$19.99



Natural Factor
Organic
Oil of Oregano
1 oz
reg \$21.99
SALE \$16.99

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 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.

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.

614 MEETING ROOM POLICY

Individuals, groups & organizations are welcome to meet at 614 N. Bullard, as long as one organizer is a Co-op member. The space can be rented for commercial uses or events. Meetings and events must be held during business hours. Contact Charmaine: charmeine@silvercityfoodcoop.com or the Co-op at 575-388-2343. Thank you!

AGE: _____

NAME: _____

Kids' Corner

FREE FRUIT FUN

Kids, color the picture and bring it to the Co-op to receive a free piece of fruit.
(Produce Staff Selection)



This farmer is paid fairly for his coffee beans.
Help your parents look for the fair trade logos on packages.

From Your Board...

Now It's Time to Say Goodbye

In January of 2007, I was appointed to the co-op board of directors, and since then, member-owners have elected me to three additional terms. I found a niche that worked well for me and that I believe worked well for the co-op too. I mostly enjoyed these nine and a half years serving the co-op, through challenging and exciting times, and mundane moments as well. I laughed and I cried. And I certainly did learn a lot about the governance and operations of our cooperative. I am thankful for all the support I received from member-owners, and for the chance to be part of a growing co-op.

Thinking back, I realize I have many stories, but then again know that these stories pack a punch from being there, so I won't spin those tales here. I do want to share a few specifics that stand out for me, though, not about the content of my board work, but the process of my involvement with the co-op and the board.

Our co-op has grown

My first board meeting was held in the newly opened warehouse behind our storefront. Up to this time, all co-op offices and warehousing fit into the main building. The board of directors met at the library or some other public space. Since then the co-op has grown. In nine years, sales have substantially increased, membership has increased, the number of products on the shelves has increased, the number of staff has increased, every nook and cranny of the two buildings we own are filled, and we now have a Grab 'n Go Deli and the Market Café. Lots of change, and we still love our co-op.

I have a good feeling about the changes during my term when viewed like this: Currently we have about 2,100 member-owners, up from about 1,700 in 2007, so we have at least 400 – and probably many more – new member-owners. We have about 40 staff. During my time on the board, all of the staff members have changed except five (Judith, Bob, Dougan, Kate, and Jake). In these nine years, the co-op has been managed by two co-managers, two interim managers, and two general managers. And yet with no other guidance (like corporate offices, for example) but that from the ever-changing board, managers, staff, and member-owners, the co-op remains the co-op we love so much, with its good food and good feeling. Amazing, isn't it! The co-op has a life of its own!

A primary purpose of the board of directors was revealed to me

Before my second year was up, my eyes were opened to one of the true purposes of the board. When the long-term manager decided it was time to leave, the board had the responsibility of hiring a new general manager, obviously a very important job. This process was neither a short nor a smooth one. The co-op had become a large, complex business, with many employees, and the recruiting and selection process for the manager took a while, as we searched far and wide. We had two interim managers before finding and hiring that general manager.

Three years later, we had to launch another general-manager search. This one was short and smooth. Both hiring experiences were high points for me, because I realized the importance of the elected directors' role, to ensure the future of the co-op by searching for and hiring the best general manager.



Directors on the board serve for different lengths of time

One of the most interesting aspects I found about being on the board is the continual change in directors. Every year, there is an election and new directors come aboard and other directors leave. This is part of being a co-op with member-owners volunteering their time to serve as they can. Some directors stayed for one term and some for a longer time and some for only a few months. During my nine and a half years on the board I have sat around the board table with 21 other directors. Envisioning and preparing for the future are responsibilities of the board. This is an ongoing process, complicated by the fact that the board composition changes every year. Once, four new directors started at the same time. Oh, my! Where to begin?

Now it is time

Guess what? During my time with the co-op board, I changed, too. I got older. I built a cozy adobe cabin with my partner. I had some physical setbacks and family drama. All the while, I have thought about the co-op nearly every day. Now it is time to say goodbye. At times, I wonder what I will do without the responsibilities of the co-op board, which I took so seriously. A void will open and I am eager to see what will move in and fill it up.

As I depart, I want to say to all co-op member-owners: Thanks for the rich and wonderful opportunity of serving on the co-op's board of directors!

Susan Van Auken

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

Susan Van Auken/Vice President
Board Term: 2013-2016
susanvanauken@gilanet.com

Carmon Steven/Secretary
Board Term: 2013-2016
yankiecarmon@gmail.com

Karen Strelko/Treasurer
Board Term: 2015-2018
browserandlouie@yahoo.com

Jennifer Johnston
Board Term: 2015-2018
johnstonjenny40@gmail.com

Nancy Coates
Board Term: 2015-2016
coates@gilanet.com

Jerry Bartels
Board Term: 2015-2016
jerrybart@gmail.com

Board of Directors

Board Meeting Schedule

The SCFC Board of Directors meets the third Wednesday of each month at 614 N. Bullard Street, 4:30-7:30 pm.

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