

the Garbanzo



Gazette

a monthly newsletter of the Silver City Food Co-op

2012 GENERAL MEMBERSHIP MEETING

“AN INTERACTIVE DISCUSSION ON THE CO-OP & LOCALIZATION”

The 2012 General Membership Meeting (GMM) was held on April 24, 2012 from 5:30-8:00 pm at the Silco Theatre. The meeting was attended by 39 member-owners including board and staff member-owners. Lynno Aldin, Co-op Board of Directors Vice-President, gave an engaging report on what “The Board Wants You To Know,” highlighting events and accomplishments for the year. Doug Zilm, Co-op General Manager, reported on the financial condition of the Co-op and also highlighted the many accomplishments and programs that the Co-op has been involved in throughout the year (read Doug’s report on page 6).

The topic this year was an interactive discussion on the Co-op and localization, with guest speakers Monica Rude, Desert Woman Botanicals; Doug Smith, Townside Farm; and J.J. Dabbs, Pastured Poultry. Pablo Wright moderated the discussion and provided levity and laughter with a cooperative trivia contest on “What do you know about local foods at the Co-op?” Prizes were awarded to the table that answered the most trivia questions correctly and at the end of the meeting everyone participating took home a prize. The questions presented for the discussion were:

TRADE OFFS. Most Co-op members seem to agree that we would like to have more local food and products available at the Co-op. If and when local products are available, there are often significant differences from the non-local products we are accustomed to. Please take 15 minutes to discuss how you feel about the potential “trade-offs” between local and other values in the supply chain. Whether the supplier is another co-op; Whether a product is certified organic; A business’ commitment to environmental sustainability; The seasonal availability of produce and products; Any other considerations.

VISION OF THE CO-OP AS LOCAL FOOD AND PRODUCT HUB. Imagine that it is some time in the future and the Co-op has shifted so that over 80% of the produce and products carried are produced locally. Take a minute to think about what this would look like. What is on the shelves? What is in the bulk bins? What is in the produce section? Share your vision for one section or area in the store.

WHAT WE CAN DO TO HAVE AND SUPPORT MORE LOCAL. Imagine what a localized version of the Co-op would look like, talk about realistic steps we can take as individuals and as a community to move in this direction. Remember, no change is too big or too small!

CLOSING. We invite you to share the one thing that struck you the most about the conversation.

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How many of the Co-op trivia questions can you answer correctly?

(Answers printed on page 7):

- 1. What is the Co-op’s definition of “locally grown/locally produced”?
- a) grown/produced within ten miles of our Co-op
- b) grown/produced in Grant County
- c) grown/produced in New Mexico
- d) grown/produced in New Mexico and parts of other surrounding states and countries
- e) grown/produced in the U.S.

• • • • •
2. In 2011, what percentage of products at the Co-op were locally grown/produced?

- 3. What is La Montanita Co-op’s CDC?
- a) Chocolate Devotion Cooperative
- b) Co-op Deals Corporation

- c) Cooperative Distribution Center
- d) Central Development Cooperative
- e) Center for Disease Control

• • • • •
4. What is the Farm to Co-op Partnering Program?

- a) a program to offer low interest loans to local farmers
- b) a program to provide co-op volunteers to work on local farms
- c) a program to support the organic certification, recertification, registration of local farms by offering financial support in exchange for local growers selling their produce to the Co-op
- d) a program to bring Co-op members face to face with local farmers at an annual square dance

• • • • •
5. In one minute, name all the departments that carry local products.

• • • • •
6. How many growers within 60 miles sell fresh produce to the Co-op?

- a) 2 b) 4 c) 8 d) 40 e) too many to count

• • • • •
7. Name the local greenhouses that provided fresh produce to the Co-op throughout the winter.

• • • • •
8. Which produce crop did the Co-op try to source locally for the entire year?

• • • • •
9. Name growers who sell produce to the Co-op and also work at the Co-op full or part-time.

• • • • •
10. What is the best selling local produce item by volume?

• • • • •
11. How many bulk bin products are local?

• • • • •
12. Name the two local meat brands that the Co-op carries.

• • • • •
13. Name five locally produced body care products sold at the Co-op.

• • • • •
14. Name all the New Mexico dairy brands sold at the Co-op.

• • • • •
15. Name all, or at least five, locally made prepared foods sold at the Co-op

• • • • •
16. Name all the local produce items sold in 2011.

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

Store Hours

Mon-Sat 9am-7pm

Ends Statement

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

Cooperative Principles

1. Voluntary and open membership.
2. Democratic member control.
3. Member economic participation.
4. Autonomy and independence.
5. Education, training and information.
6. Cooperation among cooperatives.
7. Concern for community.

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Annual Co-op Membership Dues

\$10.00 (plus tax)

Kids under 18 and living at home FREE

The Garbanzo Gazette Gang

Margarita Courney, editor, Judith Kenney, Carolyn Smith, Vicki Gadberry, Meggie Dexter & Carol Young. Submissions are Welcomed! Submit letters, articles, or items of interest to: gg@silvercityfoodcoop.com

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Greetings from the General Manager

GMM FINANCIAL REPORT 2011 had its ups and downs financially. Sales were up approximately 7% which outpaced the inflation rate. This growth rate also puts us on average with most Co-ops across the country. However, our cost of goods also increased, by nearly 8.5%. This along with our efforts to keep prices low, contributed to a less than expected gross profit of a little over 33% of sales.

During 2011, we had a change in our living wage by nearly \$1 per hour. This is the base that we try to have every staff person at or above at the completion of their first year at the Co-op. Personnel costs as always were our largest operating expense as we try to invest in our staff through pay, benefits, and training. Personnel costs in 2011 were up approximately 9 - 9.5% over the prior year.

DID YOU KNOW?...

CAULIFLOWER. A vegetable that consists of undeveloped white florets attached to a single stem that form a compact, cabbage-like head, called a curd. The curd is generally 6 to 7 inches in diameter. The white head is surrounded by long green leaves that are attached to the stem. These leaves protect the cauliflower from the sunlight, preventing chlorophyll from developing in the cauliflower. Because the head is protected by the leaves, the head stays white. The older varieties of cauliflower had to have the leaves tied up around the curd to protect it but now varieties have been developed where the leaves grow up and around the curd to protect it without tying. Cauliflower is closely related to broccoli but has a denser, more compact head, and it is most often white. It has a creamy, sweet, slightly nutty flavor and even though the florets are the most common part of the cauliflower that is eaten, the stem and leaves are also edible.

The leaf, stalk and florets can be eaten raw or cooked. Raw, it is eaten on its own accompanied by a dip or cut up and added to salads. When cooked, it can be eaten as a side dish, alone or topped with a sauce, such as au gratin, hollandaise, or Mornay. It is also often added to other dishes, such as stir fries, pasta, quiches, omelets, soups, and stews. Cauliflower can be interchanged for broccoli in most recipes.

Cauliflower is available year-round. Peak seasons are generally in the spring and fall, depending on the climate in that region.

When selecting, look for thick, compact, heads of creamy white florets. The head should be heavy for its size and the leaves surrounding it should be bright green and not be showing signs of wilting. Avoid cauliflower that is blemished or whose florets have started to turn brown, which is a sign that the head is getting old. Check the bottom of the head, if it is soft, it is no longer fresh. If the florets have started to flower they are overripe. Keep in mind that the size of the cauliflower head is no sign of quality.

Cauliflower should be left unwashed when storing. Store in the refrigerator, with stem side down, in an open plastic bag or use a perforated plastic bag. This will avoid excess moisture, which causes the cauliflower to deteriorate faster. Store for 5-7 days. If cauliflower is purchased as pre-cut florets it will lose its freshness much faster. Store pre-cut florets for up to 2 days. Cooked cauliflower should only be stored for 2 or 3 days in the refrigerator. Cauliflower can be blanched and then frozen and kept in the freezer for up to a year.

VARIETIES:

Cauliflower: Most generally referred to as broccoli. This is the most popular and most commonly found broccoli. It consists of dark green clusters of buds, known as florets, which grow on branching arms that connect to a thick leafy stalk. It is also referred to as Calabrese.

Purple Cauliflower: This variety of cauliflower has a purple colored curd rather than white as on regular cauliflower. It cooks faster than white cauliflower and has a little milder taste. When cooked, its color changes from purple to green. Purple cauliflower can be substituted for white in most recipes.

Orange Cauliflower: An orange colored cauliflower that is a new variety that became available in some supermarkets and farmers' markets in the fall of 2003. It is very similar to regular white cauliflower in taste and appearance except it is bright orange in color. The first variety of orange cauliflower, which was smaller and not as flavorful, was discovered in Canada in 1970 but it took decades of crossbreeding to finally develop the variety that is now available. Because of its high content of beta-carotene, orange cauliflower's vitamin A content is approximately 25 times higher than white cauliflower. Its color and nutritional value are two characteristics that will make this a popular vegetable choice.

Broccoflower®: A vegetable that is a cross between broccoli and cauliflower. Its appearance is the same as cauliflower except it is light, bright green in color.

We also give discounts to members of over \$35,600 in 2011. That was up more than 13% from 2010. This includes the Member Appreciation Days, member case discounts, and the member only sales.

The warehouse loan is down to approximately \$83,800 as of today and we are well on track on having it paid off by end of the loan period in December 2013. Of the amount we are paying on a monthly basis, approximately 85% is going to principle.

So overall in 2011 the Co-op showed a loss of approximately \$14,000 which is slightly less than the income we earned in 2010. We are moving forward in 2012 with an eye towards reducing expenses, reviewing margin controls, and continuing to grow sales.

— DOUG ZILM

It has a slightly sweeter taste than regular cauliflower when eaten raw and when cooked, its taste is similar to broccoli. It can be prepared, cooked, and served in the same way you would regular cauliflower.

STEPS TO A ZERO-WASTE KITCHEN.

Don't waste those orange peels - use them to get rid of pests! Reduce, reuse, recycle: These expert tips will help you find new ways to cut waste in the kitchen.

Re-grow Veggies. Strange but true: Scallions will re-grow from their white ends. Just put them in a glass of water and let them get some sunlight. You can snip the green ends every few days for practically endless seasoning.

Say "Cheese" to Milk. It can be hard to finish a whole gallon of milk before it expires, but don't wait for it to curdle. Instead, set some aside and make cottage cheese.

Reuse Your Daily Grind. Used coffee grounds can keep ants away. Plus, they can get rid of odors, stimulate your potted plants, and more, making them worth holding onto.

Put Peels Out for Pests. Orange peels can be put to good use, especially if it's summer. Insects like mosquitoes and ants will stay away if you grind them up, and they can get rid of musty smells.

Bake Up Bruised Fruit. Overripe, very dark bananas make for flavorful banana bread. Instead of throwing them out, bake them into a great dessert.

Give Stale Snacks Some Bite. There's no need to toss old chips. Stale snacks can be crisped up in the microwave-just put them on a microwave-safe plate and nuke on full power for 10 seconds.

Crisp Up Your Crusts. You can make leftover pizza crust crispy again, but don't use the microwave. Instead, put your soggy slices on a skillet for 4-5 minutes on medium heat-make a rounded lid out of aluminum foil to make sure the toppings get toasty, too.

Cool Down with an Ice "Pop". Flat soda isn't so great to drink, but it can make for a tasty treat. Pour some in an ice cube tray, stick toothpicks in each space, and enjoy your treats after they freeze.

Rethink Yesterday's Loaf. Don't waste old, dry bread. As long as it won't chip a tooth, you can chop it up, sauté it with spices, and make croutons for salads or soup.

Banish Sponge Bacteria. Your old sponge might look like it belongs in the trash, but two minutes in the microwave will kill more than 99% of the germs on it, making it good as new. Be sure to get it wet first.

Compost. When all else fails, composting your old fruits and veggies can help optimize the fertilizer you use for your garden. If you're going to toss them anyway, put them to good use.

CHIA. Chia seeds contain more omega-3s than any other plant food (although as alpha-linolenic acid, which the body must convert to more usable forms). Chia also boasts more calcium than milk; abundant vitamin C, fiber, and iron; and potentially blood pressure-lowering effects. The seeds have little taste but add wonderful texture, and they stay fresh without refrigeration for up to two years. The white variety, marketed as Salba, offers even more protein and good fats.

BREAKFAST. Unlike flaxseed, you don't have to grind chia for your body to digest it. Mix into your morning juice to create a thickened "chia fresco," or stir into pancake or waffle batter for an appealing crunch.

BAKING. Because of sensitivities to guar or xanthan gum, some gluten-free bakers turn to chia as a binding element. To replace gum, use the same amount of chia mixed with twice that quantity of boiling water.

EGG STAND-IN. Its water-absorbent qualities make chia an excellent egg replacement, too. Whisk 1 tablespoon chia with 3 tablespoons hot water and let sit for 10 minutes until it becomes thick and goey; use in place of one egg.

BETTER THAN BREAD CRUMBS. Sprinkle chia seeds over casseroles or mix them into any kind of bread-ing for fish, chicken, or tofu.

SOURDOUGH BREAD & HEALTH

Adapted from an article by Mark Sircus, OMD



Most of us do not know that before the 1950's most bakeries ran 2 shifts of workers because the dough was fermented throughout the night with a long and slow natural fermentation process.

The very first things corporate bakers did to increase profits was to introduce the fast loaf (3 hours from start to finish), effectively eliminating the need for this second shift of workers. This seemingly innocuous cost-cutting decision would prove to have an incredible impact on our health as have a host of commercial processes in the food and agricultural areas.

The catastrophic changes in bakery procedures were a disaster that went largely unnoticed and today some bakeries produce some bread in just 40 minutes from start of dough to baked finish. The general public has become conditioned to commercial bread products and is uninformed about the effects of the commercial processing that regular bread undergoes.

Free of commercial yeast, sourdough breads have an aroma and distinctive flavors all of their own and are naturally leavened by a fermented starter.

Very basic sourdough bread that had once been fermented for a healthy 8 hours or more is found infrequently today except in one's own kitchen and in enlightened bakeries. In commercial bread, yeast levels are dramatically increased. Accelerants and proving agents are used, including bromide, a known thyroid poison, that is often substituted for iodine in the U.S. Fast-made bread is one of the most destructive implementations into the modern diet. It has become normal fare. Poorly-prepared and poorly-digested wheat is the chief contributor to the current plague of "gluten-intolerance," obesity, allergies, and a number of other conditions.

Only when wheat gluten is properly fermented is it healthy for human consumption. When not it is potentially one of the most highly allergenic foods we eat. It is similar to the controversy with soy which also can only be considered a health food if it is fermented long enough. Correctly fermented wheat contains 18 amino acids (proteins), complex carbohydrate (a super efficient source of energy), B vitamins, iron, zinc, selenium and magnesium, and maltase.

It is important to understand that the longer the ferment time the less yeast is required.

Bread was first leavened by the Egyptians around 2300 BC. They discovered that a mixture of flour and water left uncovered for several days bubbled and expanded. If mixed into unleavened dough and allowed to stand for a few hours before baking, it yields light sweet bread. This kind of natural leavening remained the basis of Western bread baking until the 20th century when bread made from commercially prepared yeast was introduced.

Naturally leavened breads rise over time (6 to 8 hours) by the action of wild yeast spores drawn into the sourdough starter from the air. Mixing the starter with more flour and water and a little salt forms bread dough. As the unique and complex family of friendly bacteria thrives on the nutrient-rich whole grain flour and mineral-rich salt, they produce carbon dioxide gas. Fermentation continues, and the leavening or expansion of the bread dough creates a fine-grained, moist texture.

These beneficial bacteria in sourdough help control candida albicans, whereas baker's yeast is a pro-candida organism.

The fermented quality of naturally leavened

bread has several healthful advantages over yeasted breads. Yeasted breads are raised very quickly by a refined yeast strain that has been isolated in a laboratory under controlled conditions. In the process of making sourdough bread, during the rising time (called proofing), bran in the flour is broken down, releasing nutrients into the dough. In particular, the phytic acid (phytin) in grain needs to be 90% neutralized in order for the minerals, concentrated in the bran, to be absorbed by the human body. According to the experiments done in Belgium, phytin can be neutralized by natural bacterial action and to a lesser extent, by baking. In naturally leavened bread, the combination eliminates all phytin, while in yeasted bread about 90% remains.

People with allergies to commercially yeasted breads may not have the same sensitivities to naturally leavened whole grain sourdough bread.

With sourdough bread, complex carbohydrates are broken down into more digestible simple sugars and protein is broken down into amino acids. Enzymes develop during proofing which are not lost in baking since the center of the loaf remains at a lower temperature than the crust. It's the fermentation, partly from lactobacillus, that makes eating good quality bread an aid to digestion of all complex carbohydrate foods including other grains, beans, and vegetables. It helps restore the functioning of the digestive tract, resulting in proper assimilation and elimination.

In a study comparing the effects of sourdough bread with commercial bread, researchers reported that sourdough bread significantly lowered serum glucose and insulin responses and gave greater satisfaction than the other bread. "It is concluded that sourdough baking and other fermentation processes may improve the nutritional features of starch," the researchers concluded.^[i] Sourdough bread rates a 68 on the glycemic index as opposed to the rating of 100 by other breads. Foods that have low ratings on the glycemic index are prominent in societies that tend to have lower incidence of diseases and unhealthy conditions that run rampant in our culture such as diabetes.

Researchers in Sweden at Lund University have noted that the fermentation process that's involved in the creation of sourdough utilizes carbohydrates, lowering the carbohydrate level in the dough as it's transformed to lactic acid. The result of this process means that sourdough bread can aid in ensuring that your blood glucose level remains in line, helping to guard against various diseases especially diabetes.

About 95% of the flour used in the USA is white. Only 20 to 30% of the grains original vitamins are retained.

Natural leavened bread, because of its inherent beneficial ferments, slowly recreates the population of friendly lactobacillus digestive bacteria in the absorption tract. The end result is a recovery of digestion and proper elimination by the effective action of friendly bacteria. Numerous studies demonstrate that populations with the highest fiber intake have the lowest incidence of colon cancer.

According to Walter Last, "Undigested gluten from quickly risen bread can seriously weaken the intestinal wall. Its effect on the tiny absorption villi in the small intestine may be compared to the action of sandpaper on wood. Animal experiments have shown that the intestinal absorption villi are long and slender before they come into repeated contact with wheat protein. Afterwards, they become blunt and broad, with a much-reduced ability to absorb. This greatly contributes to the widespread incidence in our society of people with problems of malabsorption and who are missing out on vital nutrients. In such people, not only are the absorption villi blunted, the irritation caused by the sandpaper effect of gluten produces a protective mucus coating over the intestinal wall and this makes it still more difficult for nutrients to pass through the intestinal wall."

Thus we find gluten, and especially wheat gluten, implicated in malabsorption diseases, arthritis, autoimmune diseases, cancer, diabetes, and just about every disease under the sun. When things go wrong in our guts we do not receive the nutrition we need. Malnutrition is one of the major factors that lead to disease including cancer.

Since bread and wheat products are such an important part of daily food consumption, it follows that such food items be healthy and wholesome. Today's milling, refining, bleaching, enriching, and addition of various chemicals to flour and baked breads cause many scientists and medical workers to question their nutritional quality as well as their safety.

Traditionally starters were passed down from generation to generation but if you don't know someone who has it one can simply mix some flour and water (some suggest starting it with fresh pineapple juice instead of water) and leave it out on the counter for a week or until its bubbling. During this process the natural yeast and bacteria in the air will impregnate the mixture) Sourdoughs are fermented by a variety of lactic acid bacteria, called Lactobacillus, which consume sugar to form carbon dioxide and hydrogen gas. They also produce lactic and acetic acids, which give sourdough breads their distinctive flavor. Traditional sourdoughs do not contain baker's yeast.

Storage methods for breads that contain no additives are very important to maintain freshness and to avoid spoilage. The staling process begins for regular yeasted bread as soon as the bread is removed from the oven. Sourdough bread on the other hand increases in nutritional value for days. Freezing bread prevents microbial spoilage. Baked bread can be kept frozen for three months without losing flavor. Interestingly, slightly stale bread is more easily digested than fresh bread, up to ten days, after which there is a reversal (Jackel et al., 1952). When I used to make sourdough bread I would make many loafs but would wait two days before freezing any of them to let the natural yeast continue to work in the bread.

Use organic whole wheat stone ground if possible. The toxicity of pesticide residues on food depends on whether organs, including the liver, have the ability to metabolize them and their resulting metabolites (Hayes & Borzelleca, 1982). There is evidence that pesticides also interact with other chemicals and nutrients in the diet (Dubois, 1972). Chronic poisonings have occurred from ingesting aflatoxins from grain due to inappropriate cleaning (Opitz, 1984; Pfander et al., 1985).

There are several advantages to stone-ground wheat flour. The endosperm, bran, and germ remain in their natural, original proportions. Because the stones grind slowly, the wheat germ is not exposed to excessive temperatures. Heat causes the fat from the germ portion to oxidize and become rancid and much of the vitamins to be destroyed (Aubert, 1989). The nutritional importance of using fresh stone-ground grains for bread-making was revealed in the results of feeding studies in Germany (Bernasek, 1970). Rats were fed diets consisting of 50% flour or bread. Group 1 consumed fresh stone-ground flour. Group 2 was fed bread made with this flour. Group 3 consumed the same flour as group 1 but after 15 days of storage. Group 4 was fed bread made with the flour fed to group 3. A fifth group consumed white flour. After four generations, only the rats fed fresh stone-ground flour and those fed the bread made with it maintained their fertility. The rats in groups 3 to 5 had become infertile. Four generations for rats is believed to be equivalent to one hundred years in humans.

Please keep in mind that commercial breads may be falsely labeled "sourdough" due to the addition of substances that impart a sour flavor. These breads do not have the same benefits of true sourdough bread. If packaged bread lists "yeast" in the ingredients, it is not sourdough bread.



KITCHEN MEDITATIONS

Start your day feeling green!

IT'S EASY BEING GREEN SMOOTHIE

- 4 cups packed green leafy vegetables (spinach, dandelion greens, collard greens, kale)
- 2 TB hempseeds and/or flaxseeds
- 1 cup frozen blueberries
- ¼ cup frozen cherries
- ¼ cup frozen raspberries
- ¼ cup frozen pineapple chunks
- 1 frozen, peeled banana, in chunks
- 2 cups almond milk, unsweetened

Combine all ingredients in a blender and blend on high for 60 seconds or until smooth.

MINT CHOCOLATE NIB SMOOTHIE

- 4 cups packed green leafy vegetables (spinach, dandelion greens, collard greens, kale)
- 2 TB hempseeds and/or flaxseeds
- 1 cup frozen blueberries
- ¼ cup frozen cherries
- ¼ cup frozen raspberries
- ¼ cup frozen pineapple chunks
- 1 frozen, peeled banana, in chunks
- 2 cups almond milk, unsweetened

Combine all ingredients in a blender and blend on high for 60 seconds or until smooth.

CHOCOLATE ALMOND BUTTER CUP

- 4 cups fresh spinach, tightly packed
- ¼ cup raw almond butter
- 2 TB hempseeds and/or flaxseeds
- 6 pitted dates, chopped
- 2 frozen, peeled bananas, in chunks
- 1 cup ice
- 2 cups chocolate almond milk

Combine all ingredients in a blender and blend on high for 60 seconds or until smooth.

SWEET MEDICINE

In addition to being a tasty natural sweetener, honey is rich with healing antibacterial, anti-inflammatory and antioxidant properties.

For centuries, honey has been one of nature's culinary wonders. But the value of this golden treat isn't strictly in its sweet taste. Honey also has a long history as a natural medicine, used to treat ailments of the internal organs and the skin. Hippocrates recommended consuming honey for optimal health, the ancient Egyptians used it as a salve to treat wounds, and Cleopatra is said to have considered it a vital part of her daily beauty routine. Today, honey with lemon is still a favorite remedy for colds and sore throats.

Wound Healer

Honey's wound-healing properties are among its most impressive medicinal qualities. A study published in the journal *Burns* found honey salve healed superficial burns more quickly and effectively than a standard treatment of silver sulfadiazine. Another study examined the therapeutic effects of honey applied to surgical incisions following Caesarean sections and abdominal hysterectomies. Compared with patients treated with a standard solution of iodine and alcohol, those treated with honey were infection-free in fewer days, had a reduced hospital stay and experienced accelerated wound healing with minimal scar formation.

Honey helps heal wounds in several ways. Its thickness provides a protective barrier against germs, and honey naturally absorbs fluids in wounds, helping to prevent the growth of bacteria and fungi. Raw honey also contains an enzyme called glucose oxidase. When the enzyme mixes with body fluids, it produces hydrogen peroxide and acts as a mild antiseptic.

Bacteria Fighter

While most honeys derive their antibacterial effects from hydrogen peroxide, manuka honey (the *Leptospermum* species, primarily from New Zealand), may actually inhibit bacteria from attaching to tissues. Manuka honey may also keep bacteria from forming biofilms, which can protect them from antibiotics. A recent study from the University of Wales Institute, Cardiff, found that manuka honey fought antibiotic-resistant bacteria, including a strain of staph known as Methicillin-resistant *Staphylococcus aureus* (MRSA).

But honey is not antagonistic to all bacteria. Scientists at Michigan State University added it to fermented dairy products such as yogurt and cheese and found honey enhanced the growth, activity and viability of certain bifidobacteria, which are believed to help sustain healthy digestion. The investigators suggest this benefit could make honey the sweetener of choice in many foods.

Antioxidant Powerhouse

Honey also hosts a horde of antioxidants, includ-

ing the flavonoid pinocembrin, which is unique to honey. A study published in the *Journal of Agriculture and Food Chemistry* found that the antioxidant activity of honey is comparable to that of many fruits and vegetables on a fresh-weight basis. And while you likely will not devour a cup of honey in lieu of broccoli, the golden liquid makes an antioxidant-rich alternative to sugar.

Generally, the darker the honey, the higher its antioxidant content. Buckwheat honey, for example, has 5.5 times more antioxidant strength than light acacia honey. But rules occasionally are broken: A University of Illinois researcher found that sweet-clover honey, though fairly light, is rich in antioxidants, whereas dark golden mesquite honey is relatively poor. Other factors that can influence antioxidant content, particularly within a species, include climate, soil, processing, handling and storage.



Allergy Relief

Even if you don't like bees, if you suffer from allergies, you may be grateful for the honey that they make. Some who practice alternative medicine believe that using honey treatment can relieve nasal allergies and bring great relief. Honey must be from local sources, so that the body is exposed to the pollens that are in the area.

Honey is known for its anti-microbial properties and for being high in antioxidants. Allergy sufferers over the years have also found that honey is a natural way to combat their symptoms. The theory behind this approach is that some forms of raw honey contain small amounts of pollen. Therefore, consuming the honey over time can help to desensitize the body in much the same way as allergy shots. Some people with allergies swear by the benefits, but there's been no clinical evidence to support the effects.

Use honey that is produced during the time of year that the allergens are out. It would be best to use spring honey for spring allergies, rather than fall honey. This is something that should be prepared for in advance. If you buy spring honey this year, set it aside and start using it in January through the end of spring. Then switch to fall honey in the summer months to prepare for fall.

Bee Aware

The health benefits of honey are largely determined by its quality. According to a recent Food Safety News report, a third or more of all the honey consumed in the United States is likely to have been smuggled in from China or India and may be tainted with illegal antibiotics and heavy metals. To ensure your honey isn't tainted, buy from local sources. When possible, choose raw honey. Pasteurization, a process in which honey is heat-treated to prevent fermentation by yeasts and to delay crystallization (when liquid honey turns into a solid mass), may diminish its antibacterial

properties and nutrients. Whipped honey, produced through a double-heating process, also may be less nutritious than raw honey.

Unlike most fresh foods, honey should never be stored in the refrigerator. Cold temperatures quickly crystallize honey. If your honey has crystallized, try placing the container in a pan of hot water and stirring until the crystals dissolve, or place the jar of crystallized honey in the sun. Store honey in an airtight container in the pantry or other dry location. Never add water to honey in the container; this may cause it to spoil.

A Superb Substitute

Because of its high fructose content, honey has higher sweetening power than sugar, which means you can use less to achieve the desired sweetness. When using honey as an alternative to granulated sugar in recipes, begin by substituting honey for up to half of the sugar called for in the recipe.

For baked goods, reduce the oven temperature by 25 degrees to prevent overbrowning. For each cup of honey used, reduce the liquid called for by ¼ cup and add ½ teaspoon baking soda.

HONEY-LEMON SCONES

- 2 cups unbleached flour
- 1 ½ cups rolled oats
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ¼ cup butter
- ½ cup chopped pecans
- 3 TB chopped fresh lemon verbena
- 1 egg, beaten
- ¼ cup honey
- ½ cup plain yogurt
- 1 TB fresh lemon juice
- 1 tsp vanilla extract
- Honey, for topping scones

Preheat oven to 425°

In a large bowl, mix together flour, oats, baking powder, baking soda and salt. Cut in butter until mixture resembles coarse crumbs. Stir in pecans and lemon verbena leaves.

In a small bowl, whisk together egg, honey, yogurt, lemon juice and vanilla. Make a well in the center of flour mixture. Pour liquid mixture in the well, and mix the center in with the flour mixture to form a soft dough. Coat a 12 inch cast-iron skillet with oil. With floured hands, pat dough into skillet. Score the top into 8 pie-shaped wedges.

Bake for 15 minutes, or until lightly browned. Serve warm with honey drizzled over the top

From Your Board...

Food For Thought



This month, I want to share with you a combination of mundane document housekeeping and grand visioning about what the Co-op exists for. An unlikely combination, you might think. But here's the deal.

The Co-op uses a policy governance format in which the board creates policies specifying how and why we operate the Co-op. One of our most important policies is our "Ends Policy". It's a simple but awkward moniker in the policy governance system that refers to something akin to goals – the results that we seek – or, why are we doing what we are doing.

Last November, the Board of Directors created the current Ends Policy which is one simple sentence: *Because of all that we do, our member-owners, our food co-op, and our extended community will gain and maintain health.*

Hopefully this Ends Policy resonates for you. Here are just a couple of examples of how you can think of it in more concrete terms: We do what we do (carry healthy, organic food) so that anyone who shops at the Co-op can gain and maintain health. We do what we do (use a democratic governance system and operate a successful business) so that the Co-op can gain and maintain health. We do what we do (support local producers and contrib-

ute to community health-related projects) so that our extended community can gain and maintain health. For a much more extended list of all the various things the Co-op does and of all the ways our member-owners, our food co-op, and our extended community gain and maintain health as a result of what the co-op does, take a look at the 16-page Ends Policy report for 2011 that our General Manager prepared for all of us. (To read this document, visit the website www.silvercityfoodcoop.com or email margarita@silvercityfoodcoop.com to receive a copy.)

Recently, the Board realized that the *Garbanzo Gazette* masthead on page 2 at the top left under the store hours has stated the "mission" of the Co-op in slightly different words: "The mission of the Silver City Food Co-op is to cultivate personal, community and environmental health by sustaining a cooperatively owned market." The Board also realized that the new Ends Policy is really our official statement of what many people think of as a "mission". When you ponder the "Ends Policy" and the old "mission" statement, you can see that they are basically the same idea. In order to unify our documents and statements, the board has decided to place our Ends Policy on the masthead of the *Garbanzo Ga-*

zette and on the board's page of the website.

For you document buffs, note that our new Ends Policy is fully consistent with the statements in our bylaws and articles of incorporation that legally define the "nature of the business and purposes to be conducted by the Co-op" as follows:

- To educate the members of the community in the principles of sound nutrition;
- To engage in the production, packaging, distribution, preparation, advertising, and purchase and sale, wholesale and retail, of food products and other commodities and any similar or incidental ventures and businesses on behalf of the members of the Co-op and the community at large; and
- To engage in, carry on, and conduct any other lawful activity for which cooperatives may be organized under 53-4-1 through 53-4-45 NMSA 1978 (1999).

So please take a moment to reflect on our Ends Policy statement. I hope you will celebrate how wonderful it is to have our Co-op. After all... *Because of all that we do, our member-owners, our food co-op, and our extended community will gain and maintain health.*

– Susan Van Auken, President

2012 OFFICERS OF THE CO-OP

The following board members were elected by the Board of Directors to be officers of the Co-op for the next year: President – Susan Van Auken; Vice President – Lynno Aldin; Secretary – Gail Rein; Treasurer – Jerry Boswell

These board members are not officers of the Board of Directors as some mistakenly think, but officers of the Co-op as a whole.

COMINGS AND GOINGS

At the April Board meeting the Board of Directors accepted the resignation of Derek Markham. According to our bylaws, when presented with a vacancy, the Board of Directors may fill the position by appointment to a term that expires at the end of the next election or may elect not to fill the position. The Board wanted to fill the position and decided to interview the two runners-up in the past election, with the anticipation of appointing the one who had the skills most needed by the Board. We are pleased to announce that we have appointed Carmon Steven, so the board is back up to the full seven members.

PATRONAGE REFUNDS

The Board makes the decision about patronage refunds after the year-end audit takes place. The audit this year was finished before the April board meeting and indicated that the Co-op had a loss during the 2011 fiscal year. Therefore no patronage refunds will be allocated for 2011. For further details about the finances please read the financial report by Doug Zilm on page 2 in this issue of the *Garbanzo Gazette*.

GMM STATE OF THE CO-OP

Some things the board thought you should know: Our co-op is healthy and strong. The members make a co-op healthy and strong.

We, silver city food co-op members have made our co-op healthy and strong for 38 years, congratulations!

Last year's GMM was a success and I thought actually fun. Participants in our World Café offered important and interesting ideas. These ideas were not left on this floor. The ML committee used the information gathered from that meeting to create the dot survey that many participated in last summer. The dot survey showed the localization of food to be a big priority with community involvement also important. Operations is already working diligently on these issues.

In 2011, our co-op worked with and or donated to over 60 non-profits. The food pantry benefited the most from the co-op's philanthropy. The co-op raised over \$700 during a register drive, donated over \$2,700 in food that would otherwise be wast-

ed, and donated over 500 staff hours to the food pantry. In 2011 the co-op purchased from over 110 local producers. Last year our store offered over 550 locally produced items.

The board has formed a long term planning committee to contemplate some of the biggest ideas presented at last year's GMM. We encourage and welcome further discussion on this topic.

The board thinks about linkage with members a lot. Some strongly favor more beer drinking activities. There are many ways to increase communication. Not all require big venues or large groups. Coffee clutches, breakfasts, bocce ball games, discussion groups, etc. could all be forums for linkage. We want you to link with us too.

The co-op held successful elections this year. We had 285 voters. That is 14% of general membership--2% up from last year. The bylaws revision and new articles of incorporation passed with an overwhelming majority-210 votes for and 29 votes against. The new docs go into effect January 1, 2013. Please look for more information in the fall and winter issues of the *Garbanzo Gazette*. Three directors were elected this election—we have one new member Jerry Boswell and two returning members, Meadow Clark and me, Lynno Aldin.

2011 was the first year members were eligible for patronage refunds. Because we did not make profit in 2011, we will not be distributing patronage this year. We are hopeful for the future.

The Silver City Food Co-op remains a good place to shop and work. We run an efficient, clean and well stocked store. The staff works hard to maintain high quality shopping in our store. Our co-op employs a super groovy staff of approx 35 conscientious workers. We appreciate you!

The co-op strives to provide a positive workplace and is committed to paying a livable wage to employees. The livable wage was recalculated this year resulting in a \$1 per hour increase for all employees with qualifying time.

Our co-op is run by a progressive, forward thinking General Manager, Doug Zilm. We appreciate you!

Last year Doug invited a NCGA audit team to help recognize strengths and weaknesses in our operation. The co-op has already begun to implement these professional recommendations in order to improve efficiency in many areas.

The board has written a new ends policy. The ends policy is like a mission statement. The new one is not really different from the old, just shorter. In fact, this vision is consistent with that of the founders. The new ends statement reads "because of all that we do our member-owners, our food co-op and our extended community gain and maintain health." Hasn't this always been our goal—that our friends, this organization, and the world around us grow in terms of health? When small group of like minded people invests energy, time, and money, they absolutely can facilitate positive change. You are awesome!

– Lynno Aldin, Vice-President

VOLUNTEER DISCOUNT POLICY

Members who volunteer for 3 hours of work receive a 15% discount on all purchases for one week. Discounts must be used within 12 months. If you are interested in volunteer opportunities at the Co-op, email or call

Carolyn: carolyn@silvercityfoodcoop.com
(575) 388-2343.

Board Meeting Schedule

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

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

Members: If you would like information regarding documents reviewed at the Board meeting please ask a staff person to assist with your request

Board of Directors

Susan Van Auken, President
Board Term: 2010-2013
susanvanauken@gilanet.com

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

Gail Rein, Secretary
Board Term: 2011-2014
rein.gail@gmail.com

Jerry Boswell, Treasurer
Board Term: 2012-2015
gbosewell5275@msn.com

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

Meadow Clark
Board Term: 2012-2015
meadow@conflictmediation.net

Carmon Steven
Board Term: 2012-2013
yankiecarmon@yahoo.com

Community Outreach Report

Once upon a time in a small town nestled between the Chihuahuan desert and the Gila Wilderness, Alicia Edwards, director of The Volunteer Center sent out a call for folks to assemble in Town Hall meetings across the county to discuss how best to address hunger in Grant County.

From these meetings the seeds were sown for The Commons Center for Food Security and Sustainability, a place to “provide emergency food distribution, indoor and outdoor teaching space, community gardens, greenhouses, a commercial kitchen, retail space” and to “serve as a demonstration site for permaculture principles, water catchments, solar and green building, culturally and geographically appropriate food and herb growing, seed saving and plant starts, social enterprise and sustainable economic development.”

Committees were formed to look at children and seniors’ issues around hunger, to create a food pantry, and to build community gardens, and then in early spring of 2009, The Volunteer Center of Grant County was awarded a \$475,000 capital funds grant through Senator Jeff Bingaman’s office, to build a food pantry. No good deed goes unrewarded!

In April of 2009, the Grant County Community Food Pantry opened its doors in the Warehouse, space generously donated by Janey Katz and Suzi Calhoun, to use until the new food pantry was built. A mobile food pantry was started to serve the mining district. These food



pantries have distributed food to thousands of Grant County residents in need. Grants, community donations and hundreds of volunteers have made this possible.

Community gardens were started on Hudson Street, on the campus of WNMU and out in the Mimbres. The Bayard Community Garden hosted a weekend long permaculture workshop. The Alimento para el Nino program that provides food for children to take home on the weekends, expanded to all Silver and Cobre elementary schools. Single Socks, a community run thrift store, opened its doors and through its huge success has been able to award grants to support anti-hunger projects throughout the county.

In 2011, a home for the Commons was secured on Corbin and 13th Sts., and Kevin Robinson of Architectural Workshop designed a building to serve the needs of this community project, a 3,000-square-foot passive-solar, energy-effi-

cient home for the Grant County Community Food Pantry and The Volunteer Center.

On April 3rd 2012, Timberland Construction and Fowler Brothers broke ground at 13th and Corbin and on April 12th The Volunteer Center hosted the official groundbreaking ceremony for the Commons Center for Food Security and Sustainability. Senator Bingaman was present and spoke of the importance of identifying the needs of a community and then trying to address them. Golden shovels were thrust into the ground and cheers erupted.

The Commons Center for Food Security and Sustainability is on track to be completed in late fall and the new food pantry should open in January 2013. Many thanks to all of the community members and partner organizations (including the Silver City Food Co-op) who have stepped up to help The Volunteer Center realize the vision of the Commons: “To use locally grown, healthy, nutritious foods as the building blocks of transformational change. In bringing forth life from the earth, we sow the seeds of hope and opportunity. When we build gardens together, we build community together; when we feed each other, we feed ourselves; with our hands in the soil together, we are all connected.”

How’s that for a local fairy tale? Happy ending and beginning!

– CAROLYN SMITH



CHOOSE CAREFULLY! When you purchase a refrigerated perishable item (dairy or frozen), and decide when you get home that either it was the wrong product, or you no longer want the product, we will not be able to resell the item (regardless of how well you kept the item refrigerated or frozen). This is a mandate from the Health Department. So if you decide to return a perishable refrigerated or frozen item, we will have to throw the item away, in the garbage, period. **So please, choose carefully!**

A TASTE OF FRANCE

-by Kate Stansberger

How can the French eat such a high-fat diet, yet still look so youthful? The answer lies in part with consumption of red wine, which contains a polyphenol called resveratrol. Resveratrol has been proven in studies to increase cellular productivity and longevity – hence its reputation as an anti-aging supplement.

In order to save you from having to drink the many glasses of red wine required to provide the amount of resveratrol in just one capsule, Silver City Food Co-op has recently begun carrying the Reserveage line of resveratrol products. They are made in France from organically grown Muscadine grapes, and the processing plant is only minutes away from the vineyard, to ensure the utmost freshness.

Recognizing the growing awareness of food sensitivities, their products are also free of gluten, soy, corn, dairy, wheat, lactose, milk and egg products. The encapsulated products are in vegetarian capsules, and the company never uses animal testing.

Currently, the Co-op carries these Reserveage products:

- Resveratrol, 250 mg
- Resveratrol Cellular Age-Defying Tonic -- a tasty liquid containing not only Muscadine grapes, but also other high-antioxidant juices, including Pomegranate and Blueberry
- CocoaWell – made with organic whole-food cocoa
- Coming Soon! – Grass-Fed Whey Protein – “Real cows eat grass.”

If you have any questions about Reserveage products, please check with us at the Co-op or go to their website at: www.reserveage.com

Earth Day 2012



ANSWERS TO THE TRIVIA QUESTIONS FROM PAGE 1:

1. d) grown/produced in New Mexico and parts of other surrounding states and countries.
2. 9%
3. c) Cooperative Distribution Center
4. c) a program to support the organic certification, re-certification, registration of local farms by offering financial support in exchange for local growers selling their produce to the Co-op
5. Books/Cards, Bread/Bakery, Bulk, Cheese, Dairy, Frozen, General Merchandise, HABA, Meat, Grocery, Produce, Refrigerated, Supplements
6. d) 40
7. Boston Hill Growers Co-op
8. Garlic
9. Carolyn Smith & Doug Smith
10. Green Chile
11. 7
12. J6 & Maynard Beef
13. Aunt Bee’s, C & H Ranch, Desert Woman, El Milagro Herbs, Kuumba Made, Lizard Dreaming, Nanak’s, Nwanyibeke, Organic Essentials, Plum Botanicals, Silver City Soapmaker, Sister Creations, Super Salve, Taos Herb, Udder Delight
14. Rasband, Coon Ridge, Old Windmill, Tucumcari Mountain Cheese Factory
15. Peacemeal: Sandwiches, Salads, Desserts, Nori Rolls, Crackers, Spiced Nuts; KISS Method: Soups, Brownies, Marina-ra Sauce, Cacciatore, Dressings, Hummus & Pesto
16. The list is too extensive to print, but will be posted in the Co-op.

June



June is the sixth month of the year in the Julian and Gregorian calendars and one of the four months with a length of 30 days. Ovid provides two etymologies for June's name in his poem concerning the months entitled the Fasti. The first is that the month is named after

the Roman goddess Juno, wife of Jupiter and equivalent to the Greek goddess Hera, the second is that the name comes from the Latin word iuniores, meaning "younger ones," as opposed to maiores ("elders") for which the preceding month May may be named (Fasti VI.1-88). In both common and leap years, no other month begins on the same day of the week as June. This month and May are the only two months that have this property. June ends on the same day of the week as March every year.

June is the month with the longest daylight hours of the year in the Northern Hemisphere and the shortest daylight hours of the year in the Southern Hemisphere. June in the Northern Hemisphere is the seasonal equivalent to December in the Southern Hemisphere and vice versa. In the Northern hemisphere, the beginning of the meteorological summer is 1 June. In the Southern hemisphere, the beginning of the meteorological winter is 1 June.

At the start of June, the sun rises in the constellation of Taurus; at the end of June, the sun rises in the constellation of Gemini. However, due to the precession of the equinoxes, June begins with the sun in the astrological sign of Gemini, and ends with the sun in the astrological sign of Cancer. June is known for the large number of marriages that occur over the course of the month. According to one etymology, June is named after Juno (Hera). Juno was the goddess of marriage and a married couple's household, so some consider it good luck to be married in this month. In Iceland, folklore says that if you bathe naked in the morning dew on the morning of June 24, you are supposed to keep aging at bay for longer.

JUNE 2012

Full Moon 6/4/2012 at 5:11:44 am (MST)
New Moon 6/19/2012 at 9:03:00 am (MST)

STAFF CELEBRATIONS

Anniversaries:

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

Birthdays:

June 4 Tonya Butts
June 5 Jake Sipko
June 9 Becky Carr

JUNE

- by Elaine Goodale



For stately trees in rich array,
For sunlight all the happy day,
For blossoms radiant and rare,
For skies when daylight closes,
For joyous, clear, outpouring song
From birds that all the green wood throng,
For all things young, and bright, and fair,
We praise thee, Month of Roses!

For blue, blue skies of summer calm,
For fragrant odors breathing balm,
For quiet, cooling shades where oft
The weary head reposes,
For brooklets babbling thro' the fields
Where Earth her choicest treasures yields,
For all things tender, sweet and soft,
We love thee, Month of Roses!

Co-op Events

June 2012

- 7** Member Linkage Committee Meeting, 10:00 am-11:00 am
- 12 & 14** Community Forum, "Eden Energy Medicine: Health Assurance for the 21st Century" with Allee Barr, Noon-1:00 pm both days
- 13** Monthly Board Meeting, 4:30-7:30 pm
- 17** Father's Day
- 20** First Day of Summer

July 2012

- 4** Independence Day - CO-OP CLOSED
- 5** Member Linkage Committee Meeting, 10:00 am-11:00 am
- 10 & 12** Community Forum, topic tba Noon-1 pm both days
- 11** Monthly Board Meeting, 4:30-7:30 pm

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