

# Silver City Food Co-op Garbanzo Gazette

Volume 21

✦ Your Monthly Newsletter ✦

May 2021

## Co-op Hours:

Mon. - Sat.  
9 am - 7 pm

Sunday  
11 am - 5 pm

575•388•2343  
520 N. Bullard St.

## LOOK INSIDE!

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YOU  
ARE  
WHAT  
YOU  
EAT

## ABUNDANCE!!

### New Mexico Finance Authority Approves Funding for Co-op Move to Pope Street

With great elation and expectation, I am proud to announce to the Silver City Co-op members that the new store project has been approved for funding by the New Mexico Finance Authority. As most of you know by now, a year ago, we took a fresh look and approach to the proposal of building out the former Lifequest Building at College and Pope streets. Updated forecasts, planning, designs, and proposals were considered by management and the board. The new direction was approved by the board, and the proposal has been reviewed with various financial institutions. The opportunity to partner with the New Mexico Finance Authority will be beneficial for the Co-op.

The New Mexico Finance Authority (NMFA) was created by the New Mexico Legislature in 1992 to finance infrastructure projects for the state's counties, cities, and certain departments of state government. The objective was to provide low-cost financing for borrowers, particularly those in disadvantaged communities, who might not otherwise be able to access the tax-exempt bond market on a cost-effective basis.

NMFA has become a reliable source of financing for a broad range of projects and offers different financing programs for communities and businesses to improve the quality of life in New Mexico. With a mission-driven philosophy, low interest rates, and no loan fees, NMFA helps its clients successfully

finance the projects that make their communities stronger, safer, and more prosperous. NMFA believes in and follows its mission of "Advancing New Mexico by financing impactful, well-planned projects" and its vision to be "New Mexico's partner in building economic prosperity and stronger communities."

The NMFA finance vehicle that made sense for our size project was their New Market Tax Credit/Small Loan Pool. The Pope Street project was submitted for approval by the private lending committee, the economic development committee, and the NMFA Board of Directors, made up of New Mexico state government officials. Our project needed to meet the dual requirements of economic viability and benefit to the community. We have cleared all of the hurdles and were approved for funding on 4/29.

This is a day to celebrate, and a day when a lot of work begins. I believe the result will be a store that will ensure the long term viability of the Co-op, and continue the legacy of clean, organic, local, and sustainable food for the community. I also envision the new space as a hub that will deepen the level of diversity and inclusion within and around the Co-op, and provide the basis for increased outreach and education. These will be the follow-on benefits from the creation of a fabulous place for our members/owners to shop.

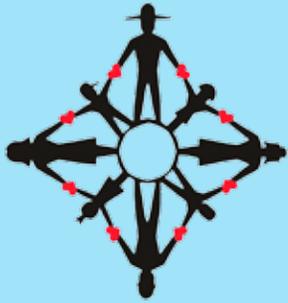
by Kevin Waters  
General Manager



1796 member/owners strong and counting . . .

# Silver City Food Co-op

*established 1974*



[www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)  
575.388.2343

## Store Hours

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

## Vision Statement

Promoting the inherently healthy relationship between food, community, and nature.

## Seven Cooperative Principles

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

## Kevin Waters

*General Manager*

## The Garbanzo Gazette

*Editor: Mike Madigan*

*Guest Writers:*

Monica Rude, Pantha Huff, Vynce Bourné  
Carolyn Smith, Rick Stansberger

*Staff Writer: Judith Kenney*

*Layout & Design: Carol Ann Young*

*Proofreader: Eric Brown*

Submissions are welcomed!

Submit letters, articles, or items of interest to:  
[judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)

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# Valuing Local Produce in High Desert

*by Mike Madigan*

Void of extra water, soil amendment, or any other direct human attention, the apricot tree closest to my home yielded precisely three pieces of fruit last year. The last frost came later than the year before, and the summer brought more wildfire smoke than rain. Even society itself experienced a sort of drought of human connection as pandemic became an active word in all of our vocabularies.

The aridity of this high desert home is our way of life. It's effects are commonplace, even if currently, those unforgiving effects are present in concentrate. There is a beautiful sparseness to this landscape which beckons, or perhaps even demands us to recognize the gift of each and every ounce of sustenance she provides.

The vast majority of fresh produce available at the Silver City Food Co-op comes to us from large scale organic farms in California. By the time it arrives on the shelves of the Co-op, this product has likely been out of the ground, onto a truck, and into a refrigerator or backstock shelf for as long as five days before it ever becomes available for purchase. The variety and availability of certified organic produce is a remarkable privilege that cannot be understated, or taken for granted. We are very fortunate to get what we get, and that spirit of gratitude is often palpable in the aisles of the Co-op.

Twice a week is the best schedule that our main distributor can offer for the delivery of organic produce. On a recent visit to our Co-op, a representative of Veritable Vegetable got to see what an abundantly stocked produce department looks like. Had that visit taken place on any Monday morning it would have been a very different story. The Co-op's sales figures on a Monday tell the

story well, too. Everybody knows when the trucks come in, and Monday mornings are a bit of a ghost town on the sales floor (and in the sales figures!). For us, working at the Co-op, it leads to an imbalanced work flow and is generally a small scale representation of the overall feast or famine experience endemic to our region.

Gratefully, as our local growing season progresses, the amount of produce grown by your neighbors is increasing. The energy of this time of year is of digging in and getting busy. Plants are coming up and local food is coming around. The Co-op recognizes that our local and regional farmers and growers are amongst our most valuable community resources. Given our climate and accompanying conditions, the work they do is of the greatest good for our community.

Over the next issues of the Garbanzo Gazette, we'll be looking to change the narrative that local produce is expensive, and instead recognize the far reaching value that comes from supporting local growers. Programs like Double Up Food Bucks, which doubles the value of dollars spent on local produce for EBT recipients, the Silver City Farmers' Market (located at 907 N. Pope St. every Saturday morning), and the Southwest New Mexico Food Hub, which aggregates regional produce and makes more regional produce available, are increasing the accessibility of local produce to everyone and contributing to a more robust food system.

Of course, you can support your local growers directly at the Farmers' Market each week, and also on the shelves at the Silver City Food Co-op.

Comments are welcome. Please send feedback to: [mike@silvercityfoodcoop.coop](mailto:mike@silvercityfoodcoop.coop)



# Silver City Food Co-op Staff

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

## General Membership Meeting

*May 16th, 10-12pm*

*Online Zoom Meeting*

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

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

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

**Judith Kenney**  
outreach/GG

**Dougan Hales**  
produce/bulk

**Kate Stansberger**  
supplement buyer

**Jake Sipko**  
produce manager

**Carol Ann Young**  
GG/office

**Becky Carr**  
dairy buyer

**Jess DeMoss**  
POS manager

**Misha Engel**  
frozen buyer

**Marguerite Bellringer**  
finance manager

**Kim Barton**  
POS

**Doug Smith**  
grocery buyer

**Tinisha Rodriguez**  
HABA buyer/POS

**Mike Madigan**  
am

**Marchelle Smith**  
deli

**Joy Kilpatrick**  
receiver

**Judy Kenneally**  
deli

**Christine Dalmedo**  
produce/grocery

**Tuan Tran**  
wherever needed

**Clorissa Holguin**  
wherever needed

**Eric Brown**  
wherever needed

**Vynce Bourné**  
bulk buyer

**Kevin Waters**  
gm

**Carolyn Smith**  
deli manager

**Lauren Christensen**  
wherever needed

**Willem Jepson-Browne**  
wherever needed

**Kassandra Sedillos**  
wherever needed

**Andrea Sandoval**  
wherever needed

**Eva Ortega**  
wherever needed

**Isabella Mata**  
wherever needed



# Kitchen Meditations

## Spring

### Honeydew Caprese Salad

(approx. 4 servings)

This simple salad is easy to put together and super elegant!

#### Ingredients:

Use more or less of any ingredient that suits your taste

¼ small honeydew melon, seeds scooped out, rind removed, and cut into thin slices

2 ripe heirloom tomatoes, sliced. Choose yellow for the best visuals in your finished dish\*

1/3 cucumber, peeled and thinly sliced

4 ½ ounces fresh mozzarella cheese, sliced in rounds

¼ cup fresh basil leaves, coarsely torn

¼ cup fresh mint leaves, coarsely torn

Olive oil for drizzling

Salt, to taste

Freshly cracked pepper, to taste

\*sliced yellow cherry tomatoes will also work well

#### Directions:

Arrange slices of honeydew, tomatoes, cucumber and mozzarella on a large serving plate. Sprinkle with torn, fresh basil and mint leaves, drizzle with olive oil and finish with some flaky salt and freshly ground pepper. Serve immediately.



### The Frugal Co-op Chef Roasted Red Peppers

*Instead of paying a premium for store-bought roasted red peppers, learn how to make them yourself!*

*It's easy and there are so many delicious ways to use them.*

- Preheat oven to 450° F.
- Cut peppers in half and remove the stems, seeds and membranes.
- Lay peppers on a foil-lined baking sheet, cut-side down. Parchment paper is considered safe up to 400° without the risk of scorching, but if you want to remove all risk, use foil.
- Roast the peppers for 15-20 minutes or until the skins are very dark and have collapsed. There is no need to rotate or turn the peppers.
- Once the skins are blackened, remove the peppers from the oven.
- At this point, it is often recommended to place the roasted peppers in a large bowl covered with a kitchen towel for about 10 minutes to help loosen the skin. You might be able to skip this step, depending on how stubborn your particular peppers are. Either way, it is important to let them cool for a few minutes until you can handle them comfortably. Then peel the skins off. They'll slip off easily.
- You can slice or dice the peppers in advance or leave them in halves. Stored in the fridge in an airtight container, they will keep for up to a week. If you store them in the fridge in an airtight container they'll last for at least two weeks.
- You can also freeze your roasted peppers for longer storage. Spread them in a single layer on a parchment-lined baking sheet to freeze individually before transferring them to an airtight, freezer-safe container.

What do you do with roasted red peppers?

*Here are a few ideas:*

Blend into hummus. Top a pizza. Add to scrambled eggs or a frittata. Load them on tacos or a burrito. Puree them into soups. Stuff them into sandwiches. Add them to all manner of sauces.



## Bulk Herb News

Light and heat are the enemies of dried herbs and spices so don't keep them in a rack near the stove. It's best to store them in glass containers in a cupboard that is not too warm. Label each jar to avoid confusion later on. If a recipe calls for fresh herbs, the general rule of thumb, regarding the ratio of fresh to dry is one tablespoon of fresh to one teaspoon of dry. You need less because the dried are more potent and concentrated. It's easier to add more flavor than it is to take it away, so taste as you go to make sure that your dish is properly seasoned.

Dried herbs from our bulk department are a great value and oh-so convenient! They can jazz up any dish, taking it from bland and boring to super-delicious with just one sprinkle. Sometimes it can be tricky to know what herbs go with what foods and flavors, so here's a short how-to featuring a few familiar herbs:

**Basil:** Known for its aromatic appeal, particularly in Italian cuisine. It's the main ingredient in pesto and is often used to add refreshing flavor to dishes ranging from fish to sauces.

**Dill:** Useful when fresh isn't available to give a Scandinavian touch to fish, egg dishes and potatoes. Don't confuse with dill seeds, which are used in pickles.

**Oregano:** Indispensable in Italian and Mexican cooking, especially with tomatoes and cheese. Its cousin, Marjoram, is often overlooked but offers a sweeter, less assertive flavor, useful for beans and red meats.

**Bay leaves:** A couple of bay leaves will lend a dark, floral scent to braises, stews and soups. One bay leaf also makes a pleasing change when flavoring custards and rice puddings. Infuse in heated milk or stir in with the rice.

**Thyme:** A multi-purpose herb to pop into soups and casseroles. Also great with chicken.

**Sage:** Possesses an earthy taste with hints of mint, eucalyptus and lemon. It works well in rich, heavier dishes that can hold their won against such a bold flavor.

**Rosemary:** Adds a pine-like fragrance to slowly cooked dishes, particularly Italian-style soups, stews and all lamb dishes. Use sparingly and chop up to avoid spiky leaves in your dish.

**Mint:** Tasty in Middle Eastern food. It can overpower, so use sparingly. Spearmint is more suited to savory dishes and peppermint to sweets and chocolates.

# Jake's May Produce Picks

## Honeydew Melon

The sweet, juicy flesh of a honeydew melon is one of summer's supreme pleasures. Honeydew is the American name for the White Antibes, a variety of melon first cultivated in France and Algeria in the 1400s. In New York, in 1911, a White Antibes was served at a restaurant and a guest that evening found the melon to be so exceptional that he saved a seed and sent it to the Colorado plant breeder, John E. Gauger, to grow. In 1915, the USDA identified the melon as White Antibes. It was renamed, then, as Honeydew.

Like many varieties of melon, the Honeydew plant thrives in a hot, dry weather. At the same time, they are drought-intolerant so, if you decide to grow them in your garden, keep the soil moist while the seeds germinate and the seedlings grow. When they sprout at least two leaves, use gardening shears to thin them back so that there are just two to three plants per mound or trellis. After thinning, your young plants, it's very helpful to mulch around them, to preserve moisture, retain warmth, and prevent weeds from sprouting. Unlike some other fruits, melons don't continue to ripen much after separation from the vine. When your honeydew is ripe, the vine tendrils near the melon stem will turn brown and dry out. The leaves near the stem of the melon will turn yellow. The rind will become slightly dull and should be entirely even in color (either light green, pale yellow or white). Use your fingers to thump your melon gently. If it makes a deep, full sound, it's ripe!



Clockwise top left: Christine, Dougan, Will, Jake, Anjelica

## Red Bell Pepper



Red bell peppers are the most nutritious of all the bells, because they've been on the vine longest. They are, simply put, ripened green peppers. Like the tomato, many people consider the pepper to be a vegetable, but they are technically a fruit, because they grow from flowering plants and contain seeds. Bells are a member of the Capsicum species. They are the only one that doesn't produce capsaicin, which is the chemical in peppers that causes spiciness. All bell peppers are very nutritious. These summer veggies, members of the nightshade family, are filled with fiber, antioxidants and vitamin. But the reds contain even more health-supporting components than their green, yellow and orange cousins.

The mild bell pepper, sometimes called the "sweet" pepper, was developed in the 1920s in Hungary. Peppers are native to Mexico, Central America and northern South America. Pepper seeds were imported from Spain in 1493, spreading across Europe and Asia at the same time. Sweet and juicy red bell peppers are available year-round, but they are at their best in late summer. Try them in everything from dips and salads to soups and stews.



The Foodies Family  
Cincinnati, Ohio

## Becky's May Dairy Pick

### Pumfu by Foodies Vegan

Foodies, a family-run, vegan business is the creator of Pumfu, a mild, nutty-tasting plant-based protein. With a texture like extra-firm tofu, it's a great alternative for folks who don't eat soy. Made from organic pumpkin seeds, it's rich in protein and healthy fats, with no added sugar or salt. According to Foodies, Pumfu is a "nutritionally dense superfood" that's perfect in both savory and sweet recipes, including stir fries, scrambles, lasagna, and cheesecake. Mix it up as you would any recipe that calls for tofu. Unlike tofu, it comes pre-pressed (with no excess water) and is ready to cook. It acts like a sponge to soak up a marinade, just right in stir fries or baking and serving with roasted veggies.

May 5 - June 1 • Members Only • 20 % OFF • In the back dairy cooler

# CO-OP Community



## Thank You Co-op Volunteers!

Many thanks to these member volunteers for their March service.

Jennifer Lamborn • Jane Papin  
Tim Garner • David Burr  
Tammi Pittman • Rick Stansberger

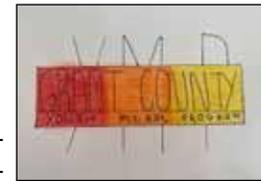


## Round Up Donation Program

The Silver City Food Co-op invites you to “Round Up.” This means as a customer you can round up the balance of your total purchase to the nearest dollar, thereby donating that amount to a local non-profit. Donation recipients change every month. Information can be obtained at the cash registers when you check out. Many thanks to our cashiers who make this program work so that we can all give to our community.

### Round Up for May

### Youth Mural Program



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



Renew your membership and reap the rewards!

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

March Round Up  
**\$1340.00**

### Upper Gila Watershed Alliance



The funds received from the Round Up program will be used for “Thinking on a Mountain,” UGWA’s youth empowerment program, devoted to educating and giving young people the tools they need to become planetary stewards. We are focusing on Climate Justice, Intergenerational Equity, and Environmental Science.

How will we do this? This spring we are offering a climate club, climate camps (two 5-day camps), and organizing the Children's Water Festival for 5th graders. These events will be mainly offered to the middle and high school students of Silver City, Cobre and Lordsburg school districts.

The Round Up program is such a huge benefit for our community's non-profits and allows our residents to take a part in supporting these great organizations, a few cents at a time.

Silver City Food Co-op  
Gift Card



Give a gift card to a friend!

Give the gift of health, nourishment and taste.

### Round Up for June

### PFLAG



*PFLAG* will provide educational programs for local medical professionals, teaching them about the unique needs of LGBTQ persons in our community and those who visit here.



# Silver City Recycles



305 S. Bullard St. at the corner of Sonora Street

**Time Change for May!!**

**Recycling drop-off time for May: Saturday, the 29th, 10-12 noon.**

For more information:

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

## Member Appreciation Days

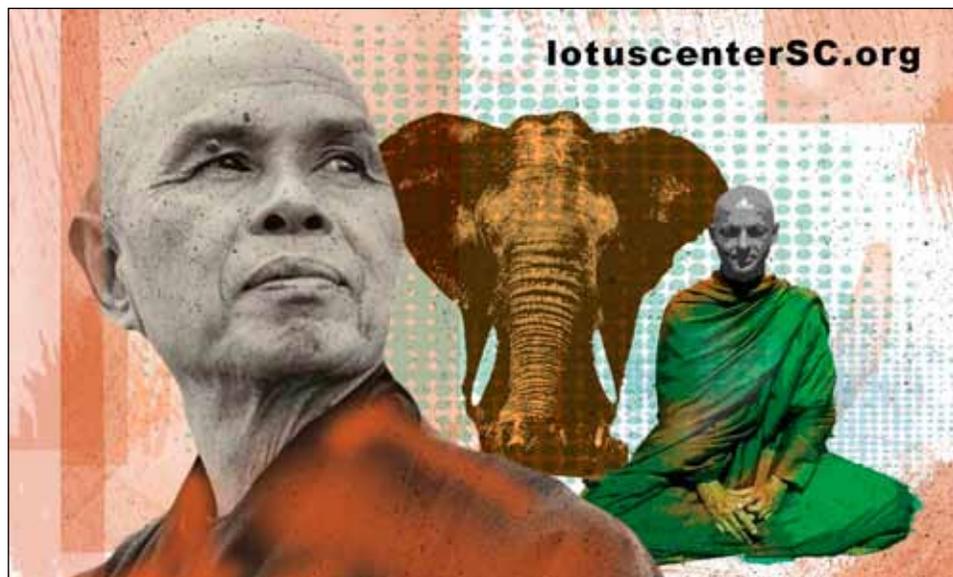
# MAD

is happening again in

**June and July**

• **Two Trips** •  
• **Your Choice**

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



**DOUBLE UP  
FOOD BUCKS™**

**2 for 1 on  
Local Produce  
everyday  
with your EBT card**

## Calling for Guest Writers!

Do you love your Co-op?

Do you want to help get  
the word out  
about the issues  
facing the Co-op?

We would love your help writing articles  
for the Garbanzo Gazette!

Members, if interested please email  
[judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)

Three hours earns a 15% Volunteer Discount



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



## RAIN CHECK

Sorry we are out.  
Lettuce make it up  
to you!



**We now have rainchecks  
to give our member/owners  
and customers  
better service!**

## NEW BOARD TO EXPAND STORE

Biggest news of the January Board Meeting was the vote by the new Board to rent an additional room--the one directly behind the store & boutique. It's large and sunny and will be the new main store.

The expansion was inevitable. New food shipping arrangements to keep on truckin make it possible to bring greater quantities and varieties than ever before. Expanded store facilities will keep it flowing. Prices will reflect our cooperative methods.

② to Members: Are we going to do the bulk of our basic food buying at Piggly-Wiggly, Furrs or Safeway --or at our Co-op? Come to the Co-op first and do your basic food buying here!

(See page 3 for bulk ordering information)

Our eligibility for the 10% discount depends on our working 4 hours in each 30-day period. Can you? It is rewarding in many ways...

(See page 5: Work Committees)

Howdy, reader! This first issue of the Beans & Grains Gazette (what would you call flour?) is currently raising its tender sprout for a nutty name or a quite plain & sane one by a peach of a contest to name it. Get it? Quite a numerical prize, too! Deadline for contest: Feb 14. Whatever it's to be called, The Love Lettuce or the Ripe Date, it'll be issued each month you might expect, and will consider for publication any & sundry co-op-oriented material submitted, plus announcements of general interest. Letters welcome! Staffers solicited! Feed forth, feedback, feedlot and thanks for the din-din! Deadline for March issue: Feb 28.

The memberlist posted on the bulletin board awaits your address & phone #, so we can be sure list is current & correct. Affix info, if you please. Additionally, if sure any of listed members have left the area, please note.

"A co-op is an enterprise that is collectively owned and operated for mutual benefit. What this means, is that no single individual owns or profits from a co-op. It is owned and operated by its members, who only 'profit' is in the form of lower prices."

## THE MINUTES (SUMMARIZED) OF JAN. BOARD MEETING

The co-op Board Meeting was held Jan. 12 at the store. The main points covered in the meeting included the changing of the board, price changes in the store and a decision to rent an additional room for the co-op store.

Retiring board members are: Jean Allison, Bill Carlis, Jenny Kelly, Allen Rolf, Gail Stanford and Patty Wells. David Berry agreed to continue as an active board member and Beth Menczer as a consultant. New board members are: Jim Goodkind, Grant and Kristy Hudlow, Bob Langsenkamp, Susan Nelson, and Skip and Susan Morrison.

It was voted on and passed that instead of trying to charge the 10% extra to non-workers at the time of sale, this would be already added to shelf prices and then discounted off again for working members. Therefore even though shelf prices might look slightly higher, they will actually be lower for working members than before. Prices for non-working members remain the same. This will go into effect when the new order comes in.

Example:	<u>Old System</u>	<u>New System</u>
	$\$1.00 + 20\% = \$1.20$	$\$1.00 + 30\% = \$1.30$
		minus 10% .13
		$\$1.17$

Dear Members, we want to thank the old board for all they have done. Starting from scratch is an awesome job. The old Board set up an infrastructure and got a lot of momentum pumping through it. We will try our best to build on. If you have any questions or gripes get ahold of the nearest board member listed on the bulletin board. Remember it is still your co-op and whether or not it continues is up to the membership.

Bob Langsenkamp



## Food co-op newsletters everywhere

have traditionally been the main medium for sharing necessary and crucial updates with member/owners. Word-of-mouth communication travels like wildfire and can get pretty interesting, but it's not always a reliable way to get information. People can rely on the newsletter to get accurate news on co-op happenings, along with health and community oriented articles intended to underscore basic co-op principles.

From the "Harvest Herald" of the Blue Hill Co-op in Blue Hill, Maine, to "Grassroots" by People's Food Co-op in Portland, Oregon, to our own Garbanzo Gazette, these papers aspire to connect with, and draw into the circle, the membership as well as shoppers who have not yet taken the step to join. Of course, we now have Facebook and Instagram, two newer platforms for getting the message out. Here at SCFC we are working hard to upgrade in those two arenas, so you'll have more to choose from as time goes on. Please note that the Garbanzo Gazette can be read on our website. If you prefer to read the hard copy, they are readily available at the front of the store on the way in or when you head out the door.

## As you peruse page one,

the Co-op's first newsletter, you'll see that a contest was announced for a name of the fledgling newsletter, with a prize of 500 soybeans (who's counting?). The winning entry was, of course, "The Garbanzo Gazette," which has been on-the-mark all these years. You might be interested (and amused) to know that the only other suggestion was "Rutabaga Rag," which would have been an equally fine moniker for our venerable publication.

# FROM THE PAST

**This month and maybe now and again,** we thought it might be fun to feature a few pages from early issues of the Co-op's Newsletter. It's a powerful reminder that the more things change, the more they stay the same. This month's blast from the past takes us to February of 1976, and what appears to be, the first newsletter from the Silver City Food Coop. And whaddya know: the headline on the front page talks about needing to expand the store. We progress naturally.

**WANTED:** Contributors to "Free Seeds" send inquiries to P.O. Box 1869, Silver City

**COMING SOON!** More of Dr. John's Famous Lye Soap. Watch for it at the Co-op. Aren't you glad you use Lye Soap? Don't you wish everybody did?

**FERTILE** eggs for sale. 85¢ a dozen. Inquire at 538-2538. Myra McCormick.

**WANTED TO RENT OR BORROW** for 1 or 2 days: Farm tractor with rear-mount blade for road maintenance and leveling. Call David Berry at 388-1485.

**NOTICE:** 500 soybeans to winner of name-the-co-op-paper-contest. Box in foyer. Closes Feb. 14. Fame attached. Special Award.

**WANTED:** Restaurant to join Silver City Food Co-op...or wholegrain bakery...or survival food packer...

**NEEDED:** Mopbucket, tea & hand towels, cashregister, certified scale, typewriter, pencils, pens marking pens, planks, boards, beams, skids, assorted shelves & nook & cranny boxes, stool, ladder, widemouthed bottles & jars, chairs, clean paintbrushes, cans with lids, assorted maintenance and carpentry tools, etc. Come in and see if you've got something that is needed here. S.C. Food Co-op, 511, N. Bullard, entrance on Texas.

There is a story that in ancient times women did not have to grind; they simply laid the mano and the corn on the metate and it ground itself. However in these parlous days, nothing like that has been known, and the women are forced to pulverize the kernels. Several women grind together at night; on 4 metates ranging from rough to fine. On the 1st they break up the kernels and on the 4th finally reduce them to a fine powder. Meanwhile the men sing the grinding song or beat upon a drum, and the women keep time with their manos in slow regular strokes. (Rio Grande Tewa)

The Co-op is a grand idea brings me food without a peer and saves me 2¢ on the dime. (Think of this poem some time.)

**HOW TO MAKE A BULK ORDER THROUGH YOUR CO-OP**

Tell the volunteer on duty that you wish to make a bulk order. Check the current price and availability list. Pay a deposit of 50% of the wholesale price. When you come to pick up the order you pay the other 50% plus 10% overhead and 4¢ per lb. shipping. (If you'd like to order something not listed, note it on bulletin board.)

If you are the volunteer working when someone wants to make a bulk order, take down their name and phone #, and how much they have paid. Date the order and sign your name, post on inside order board.

**A COMMUNITY GARDEN APPROACHES REALITY**

City folks without land unite! If you want to grow a garden this year but don't have the land it might be possible to lease some land with water from the city for garden plots. The city council said that if we can get enough people interested they can get us some land out on Cottage San Road for a reasonable price. Each gardener might have to pay about \$10-15 for a 25'x50' plot--

**GLANCE...DO MORE...GET INTO YOUR BULLETIN BOARD!**

Next time you come to the CoOp take your time and glance at the bulletin board; you might find something of interest. You can put something of interest up there. It is a medium whereby the members can communicate with members, members can communicate with Board members, Board members communicate with members, they can find rides, recipes, jobs, good deals, cartoons, sayings, whatever suddenly appears on there and makes its appeal to the eye, mind and heart.

**BULLETIN BOARD**

## We find ourselves still encouraging folks

to support the Co-op by becoming a member, buy in bulk, and check out the bulletin board. I wonder if they ever got a mop bucket donated?!

For those of you who have been around town for awhile, some of these names are familiar, and may even spark a memory and bring a smile. We're standing on the shoulders of your good work. Thanks for all you do.

# Book Review: *Perilous Bounty: The Looming Collapse of American Farming and How We Can Prevent It* by Tom Philpott

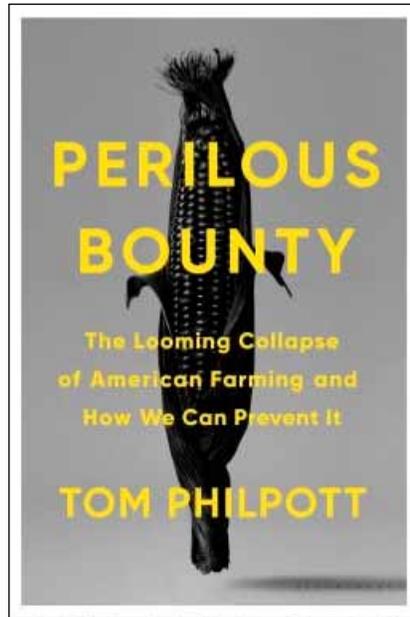
By Monica Rude

Tom Philpott is a long time writer for Mother Jones Magazine on farming issues. In this book, published in 2020, he details America's massive food systems and the trouble ahead for eaters everywhere. He focuses on the two largest agriculture areas of the country, in California and the Midwest, both in a state of accelerating decline due to loss of the foundations that support agriculture itself: soil and water.

California produces more than 60% of US total vegetables, fruits and nuts. Once-huge rivers are being overdrawn and aquifers are being depleted faster than they can be replenished, even in wet years with plenty of snowpack in the Sierra Nevada Mountains. Increased salinization and minerals are making the water unsuitable for crops. Climate change promises higher temperatures with increased need for irrigation while chaotic weather patterns promise massive flooding which could bury these rich valleys under several feet of water. Growing cities are competing with food-growing for water supplies.

The Midwest is the source of highly industrialized meat production, fed monocropped, genetically modified corn and soy, which also supplies the processed food and fast food industries with fats, sweeteners, emulsifiers and thickeners. Topsoil is being rapidly eroded and poisoned with chemical fertilizers and pesticides which also hugely impact the health of farmworkers. This giant crop production, occupying half of our country's farmland, is essentially a zero-profit industry for farmers, propped up by billions in government payouts.

This "creeping disaster" is further driven by large companies that capture most of the profit of the trillion dollar food economy: three huge pesticide/gmo seed companies, four that slaughter and pack most of the meat, two that dominate the corn and soybean markets. Additionally, large companies invest



in farmland, receive favorable return on investments and lobby politicians to keep the water flowing in the direction of their money. Much of this investment is in water-thirsty but highly profitable multi-billion dollar crops, ie, almonds and pistachios, instead of vegetable crops. As aging farmers sell out and technical advances require sizable capital investments, more farmland ownership is transitioning from individuals to institutions.

Read this book and learn how Federal policy encourages farmers to maintain the status quo via the Farm Bill, which keeps profits flowing for agribusinesses who use the influence of their money to keep it that way via multi-million dollar campaign contributions to congressional committee members which shape US farm policy and approve mergers of big corporations.

Most Americans are not yet aware of the dire situation ahead as cheap food is plentiful now. Someday we won't be spared the effects of this impending disaster, according to Philpott.

What can be done? The author offers some solutions, especially support of the Green New Deal proposed by some progressive politicians. This could include subsidizing farmers based on carbon sequestration, not producing more unneeded corn, encouraging soil building practices and providing infrastructure for small to midsize growers of vegetables for domestic markets.

He urges mass mobilization to support this change – a genuine grass roots movement is needed. Read and weep – or – read and do something about this crisis.

\*\*\*\*\*

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

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## A Helpful Way to Breathe While Wearing Masks

Breathing air is what gives us life while here on earth with a physical body. The air we breathe - the life force it gives us - is called various names depending upon the culture or tradition: prana, chi, ki, etc.

It is joyful to share techniques which people might find helpful for enhancing their health and well being. Recently, while facilitating an energy healing Reiki session with a female friend and both of us wearing masks, a breathing technique I learned years ago came into memory. I shared it with my friend, and we both used it for the session. It gave us greater air supply, and I experienced being more present while focusing on the breathing technique and the way her body drew the flow of energy through my hands. It felt good to be free of mind chatter during the session.

The breathing technique is simple for anyone wishing to use this while wearing a mask, walking, meditating, and simply in daily life:

1. Breathe air from all around your entire body - in through your head, torso, arms, legs to a focal point behind your navel.

2. Then exhale air from behind your navel out through your entire body front and back - head, torso, arms, legs, etc.

May we all breathe in ways giving us greater life as we wear masks and as we live without masks.

Happy Breathing!!!

Reference: Chunyi Lin, Spring Forest Chi Gong.



by **Pantha Huff**  
[lovinguhealingarts@gmail.com](mailto:lovinguhealingarts@gmail.com)

# Hello Herbyone!

by *Vynce Bourné*

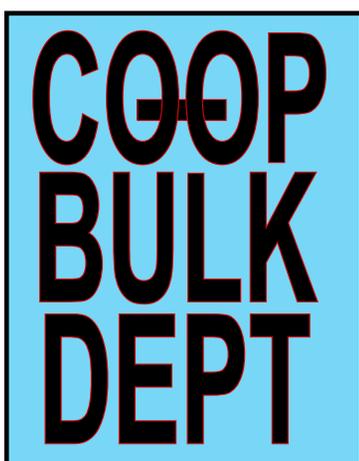
You might recognize me as the buyer of the Bulk Department here at the Co-op. My name is Vynce, and if you haven't met me yet I encourage you to come in and say hi. We can discuss nuts, beans, rice, snacks, the meaning of life, or your favorite and most useful herbs! You might ask, "Herbs? Why herbs?" Well, I'm excited to announce that I'll now be buying for the Bulk Herbs department! I really want to know your fun and valuable herb-related facts. From the ones you love the most, to the ones you like the least, and the ones you would like to see us carry here at the Co-op.

If I'm not around please slip me a note in the suggestion box hanging next to the bulk honey.

I look forward to hearing your thoughts!



*Vynce is now the buyer for the Bulk Herb Department*



## Bulkin' Up!

We LOVE our bulk liquids department here at the Co-op. We offer quality products ranging from Extra Virgin Olive Oil and Sunflower Oil to Shoyu Sauce and Tamari.

We believe that our supplier Hummingbird Wholesale offers a better quality than most companies so we are making the switch from Aunt Patty's Coconut Oil to Hummingbird's Coconut Oil.

If you use coconut oil frequently you might want to consider ditching the continuous buying of plastic and glass jars and get it in our bulk department for up to half the cost.

**And if that wasn't incentive enough; for the Month of May we are going to offer it at 20% off!**

That makes it only 3.99 for a pound! Dare we say, "That's cocoNUTS"!

## The Custies Have Spoken!

At the beginning of the year we decided to expand our variety of Dean's Beans coffee roasts.

We have noticed that after nearly 5 months of offering these new roasts there was one that stood out among the rest.

The discovery: Our community can't get enough of Dean's Beans Sumatran French roast.

The payoff: We are now offering it in bulk!

So due to its popularity with our customers you can now buy an ounce, buy a pound, buyout the entire bin or anything in between! It's up to you!

Located next to the coffee grinder and with the Equal Exchange coffees across from the dairy cooler.

Maybe May is the time to see what all the rage is about. Happy brewing!



## Memorial Day in the Land of Mañana

*a poem and a drawing  
by Rick Stansberger*

Man sleeping on his roof,  
stack of shingles by his side.

Bakery has its flags out.  
Music from somewhere.

Lazy, lazy, lazy. Only  
in the Corner Café are  
things moving.

And in the "Mexican  
cemetary" the  
out-of-town wind twirls  
plastic pinwheels  
on the children's graves.

# GRAB'N'GO

## Enjoying Edamame

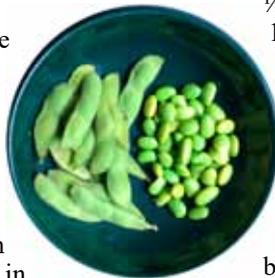
by Carolyn Smith

I first encountered edamame at a Japanese sushi restaurant. Edamame are immature soybeans; blanched in salt water, the whole pods are served as an appetizer or side dish. Squeezing the pods with your teeth, you draw the creamy beans into your mouth, discarding the empty hulls. Simply delicious!

Edamame are as nutritious as they are delicious. One cup of hulled edamame beans provides an adult with the following:

- ~ 10% of daily calcium
- ~ 10% of daily vitamin C
- ~ 20% of daily iron
- ~ 34% of daily vitamin K
- ~ 120% of daily folate
- ~ 33% of daily protein

A new Grab 'n' Go favorite is our Edamame Cranberry Feta Salad which combines the fresh nutty flavor of edamame, the tart sweetness of cranberries and the creaminess of New Mexico feta cheese. It is quick and easy to make and tasty to boot, a great recipe to try at home. The Co-op sells all of the ingredients: frozen hulled edamame found next to the other frozen vegetables in our big freezer, dried cranberries in the Bulk department repack section, and two varieties



of New Mexico-made feta located in the same cooler up front as the Grab 'n' Go, to the right of the front door.

Another great recipe to add to your repertoire is the Dilly Edamame Salad. It was very popular at our former Market St. Café and reprised last year for our Grab 'n' Go. It's made with frozen hulled edamame blanched in boiling water, cooled in cold water, mixed with diced red bell pepper and red onion and tossed with a lemon, olive oil, dill dressing.

### Edamame Cranberry Feta Salad

1-10 ounce package of frozen shelled edamame

½ cup of dried cranberries

1 tablespoon of olive oil (or more to taste)

Freshly ground black pepper to taste

½ cup of crumbled feta

- Blanch edamame in boiling water for a few minutes, retaining their bright green color.
- Drain and cool with cold water.
- In a bowl, mix together edamame, cranberries, olive oil and black pepper and gently fold in crumbled feta cheese.
- Refrigerate until ready to serve.

## Merchandising Department



Keep your eyes open for new items in the Co-op's general merchandise department. Many of you know Tinisha, our HABA buyer. She's now ordering for "general merch," as well. She's de-cluttering a bit, too, while featuring high-quality products at affordable prices. It's a "spring cleaning," of sorts. Out with the old and in with the new! Don't worry, you'll still find a great selection of cards, water bottles, candles, pottery, aprons and more, perfect gifts for your special people. Or treat yourself to something unique.

Read next month's Garbanzo Gazette for a look at some fun and useful items that will be available in our merchandise section soon.

*Mrs. Meyer's soy-based candles come in a glass jar with their own lids and are cruelty-free.*

*Here's Tinisha stocking them out on the wooden shelves to the right of the dairy cooler at the back of the store.*

# Staff PICKS

## JAKE'S PICK

### Kalona Supernatural Organic Whipping Cream



When our produce manager, Jake, isn't supervising the Co-op fruit and veggie department (and almost every other situation that happens to come up on a daily basis), his favorite way to wind down from the week is to "aimlessly wander the Gila National Forest and surrounding areas." When asked to reveal something about himself that not many people know, he shared, "I have both European and Hispanic heritage."

He's fully entrenched in the cultural milieu of Southwest New Mexico. Like many folks who shop our wonderful dairy section, Jake is a little mad for Kalona Supernatural Organic Whipping Cream. He savors it "every day in my coffee and my cats enjoy it on a little plate!"

The milk used in Kalona Super Natural dairy products comes from small Amish and Mennonite family farms in the Midwest. On those farms, the average herd is 35 cows and much of the work is still done by hand. Many of these farms, most of which are on about 90 tillable acres, have been in the same family for 150 years and have never been touched by chemicals, herbicides, or pesticides. These farms are ecological oases that rejuvenate soil, protect watersheds and store carbon.

A low-temperature pasteurization process is used for Kalona's milk products and none are homogenized. You can be sure that, when you buy Kalona brand, it will be "clean, rich, and "flavorful."



## KASSANDRA'S PICK

### Honey Mama's Lavender Rose Cacao Truffle Bar

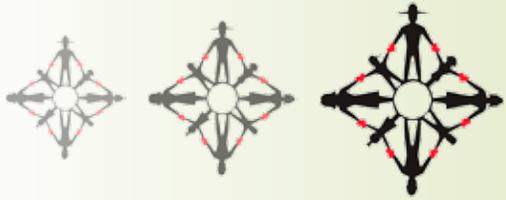


Kassandra has been cashiering at the Co-op for eight months now and is a very busy person. She works two jobs and goes to school full-time! Leisure time is, currently, a rare commodity for her, but when she gets the opportunity... "I love to be with my family and being outdoors. I love going out to the lake or river." Her favorite product here is the Honey Mama's Lavender Rose Cacao Truffle bar.

Honey Mama's Cacao Truffle Bars are rich, deep chocolate. The flavors are a little opulent (even intriguing) and the ingredients are top-notch. Instead of cane sugar, Honey Mama's are sweetened with raw honey and, with the addition of coconut oil, achieve a dreamy-smooth, buttery consistency. Christy Goldsby, started her company in 2012, on the premise that a delicious comfort food treat can also provide nourishment and a sense of well-being. Honey Mama's bars are made using only five basic whole food, nutrient-rich ingredients and are free of refined sugar, soy, eggs, dairy, gluten and grains. To make things even better, this company is committed to using only the highest quality direct-trade, non-GMO and organic ingredients. Silver City Food Co-op carries two beguiling flavors. Kassie's favorite, Lavender

Rose, contains a subtle hint of lavender and actual rose petals. Our Ginger Cardamom features an undertone of cardamom as a backdrop for warming ginger. Some chocolate devotees have replaced all other brands with Honey Mama's. If you've been restlessly casting about for the perfect (healthy) chocolate, you may need to search no longer for cacao nirvana. Treat yourself to the sublime!





# From Your Board . . .

## Our New Board Member in Training (B.I.T.)

Mare Bartlett joined the Board of Directors as a Board Member in Training this March and will be learning more about how to be a board member for the next several months!

### Meet Mare!

***How did you become interested in volunteering on the co-op's board?***

A friend, Mary Ann Finn used to be on the board, and I observed her work. I always like to be of service in the community. I saw the Board info recently and felt like trying out the BIT program to see if it is a good fit.

***What do you love about the Co-op?***

I love the atmosphere. When I walk in, I always see someone I know smiling and ready to share in conversation. It is also the cleanest store in Silver City with the highest quality products. I have always loved co-ops; they have the best variety and intention.

***What skills do you bring to support our Co-op's continued well-being?***

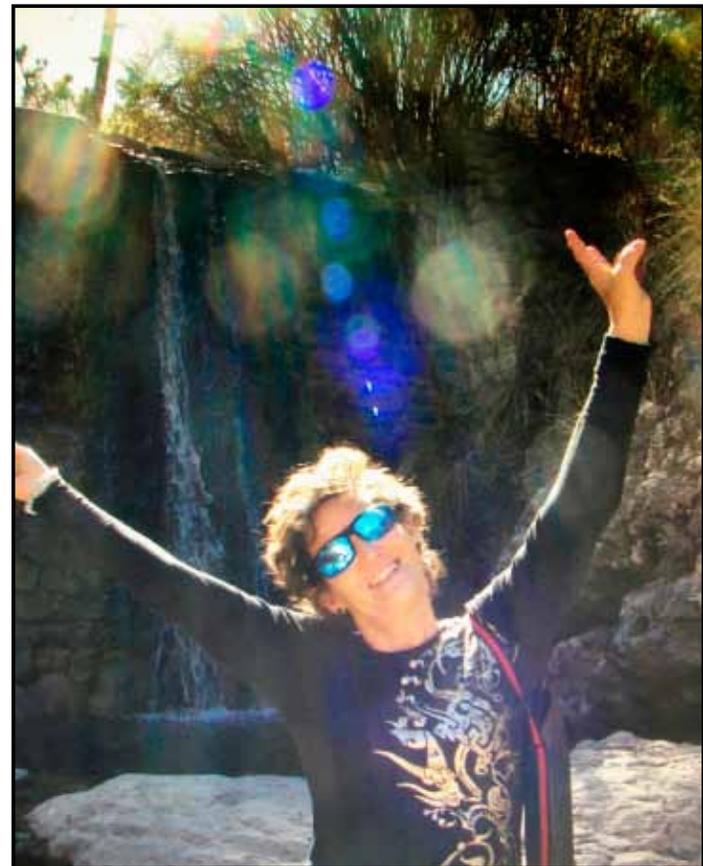
I bring social skills, business building, inspiring and motivating people. I have started many businesses including counseling, hypnotherapy, biofeedback, adventure counseling with youth, and even a dating service.

***What gifts do you share with our community?***

I intend to bring happy energy wherever I go! I like to participate in community-minded events from art to social justice. I have volunteered with the food pantry and have offered support for laughter yoga at the Lotus Center.

***What are you excited for with our Pope St Expansion Project?***

More space to enjoy more good products and good people!



Interested in becoming a Board Member? Starting as a B.I.T. is an excellent opportunity to learn the ins and outs of board work before making the commitment! As a B.I.T., you'll have direct mentorship from the current board members and the chance to participate in board work as a non-voting member. It's a great way to get started and learn the ropes!



## Election Update

If you haven't read the GG articles for the last two months, you may be surprised that you haven't heard and seen more about board candidates this spring. We voted as a board to restructure our system and hold elections at the end of the calendar year. Our Recruitment, Orientation, and Development Committee had a workshop on April 20th and will be updating the membership through June's GG article about what to expect with our next election! For now, there is plenty of time to reach out with interest in becoming a board member! Email [juliannaflynn8@gmail.com](mailto:juliannaflynn8@gmail.com) with interest!



*Shanti Ceane*  
President



*Julianna Flynn*  
Vice President



*Scott Zager*  
Treasurer



*Emma McKinley*  
Secretary



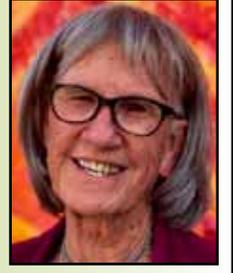
*Kristin Lundgren*  
Member



*Gwen Lacy*  
Member



*Tuan Tran*  
Member



*Susan Golightly*  
Member

## ***The General Membership Meeting is Fast Approaching!***

It feels like it has been such a long time since we congregated as a Co-op community to learn about what is happening with our store and to celebrate our wins together. May of 2019 was, indeed, so long ago! We will sadly have to wait a little while longer until we can have another in person gathering, but our **online General Membership Meeting is coming right up**. Get ready! On **May 16th, from 10-12** we'll be meeting on Zoom for our annual community updates! Store Manager, Kevin Waters, will be sharing the annual State of the Co-op Report, giving us updates about the last year's in-store challenges, successes, and plans for the future! Board President, Shanti Ceane, will be giving a long-awaited update report on the Pope Street Building! Are you biting your nails in anticipation, ready to hear more about all the progress we've made on the co-op's move into a new building? We're really excited to share with you! The rest of the board members will be present for the meeting and we'll host a Q&A at the end of the meeting to answer all the burning questions you've been stewing on since we last met.

Because we are using Zoom as our platform, we can only have 100 attendees on May 16th, so if you'd like to join us please **R.S.V.P. by sending an email to [scfcgmm2021@gmail.com](mailto:scfcgmm2021@gmail.com)** requesting the Zoom link! We'll send the link out to you all as soon as it is available! Don't worry, we will be recording the GMM on Zoom so that we can email a recording to the membership who aren't able to make it.



## **Recruiting Board Members in Training**

**THREE MONTH TERM:** If you would like a little taste of board work before buying the whole hog, becoming a B.I.T. is probably a good idea.

**DESCRIPTION:** Commit to attend 3 consecutive board meetings. (They are held the fourth Wednesday of every month at the Pope Street building, from 5:30 to 7:30 pm).

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

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

### **Board Meeting Schedule**

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

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

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

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

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

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

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

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

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

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

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

**Board of Directors**



# May

## Members Only Specials

### May 5 - June 1

### 20% OFF! listed prices



**Nutpods**  
French Vanilla Creamer  
Unsweetened, 16 oz  
reg \$4.69



**Base Culture**  
Brownie  
Almond Butter, 2 oz  
reg \$2.49



**NOKA**  
Blueberry/Beet  
4.22 oz  
reg \$2.59



**Smartsweet**  
Sour Bears  
1.8 oz  
reg \$3.49



**Kirk's**  
Castile Bar Soap  
4 oz  
reg \$1.99



**Sovereign Silver**  
Silver Vertical Spray  
1 oz  
reg \$9.99



**Picnik**  
Keto Creamer  
Unsweetened, 25.36 oz  
reg \$5.89



**Chatham Village**  
Crutons  
Garlic & Butter, 5 oz  
reg \$2.69



**Ka-Me**  
Bean Threads  
3.75 oz  
reg \$2.39



**tosi**  
Almond Superbites  
1 oz  
reg \$1.99



**South of France**  
Shea Butter Soap  
6 oz  
reg \$3.99



**Sovereign Silver**  
Silver First Aid Gel  
1 oz  
reg \$14.99

### Continuing Members Only Special

### 20% OFF!

**African Baskets**

Various

- sizes •
- shapes •
- prices •



### Co-op Deals

flyers

available

on our website

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

and at the front of the store

