

# the Garbanzo Gazette



a monthly newsletter of the Silver City Food Co-op

## Welcome to the Market Café!

The Market Café opened on Saturday, July 4th, with a line of customers going out the door and by closing time sold out many of the deli items. The staff of Mike Madigan, Sarah Horton, and Lynne Featheringill were all very pleased with the opening day as were the customers. People told us that “this is a dream come true!, I have always wanted a place like this to eat”, and “finally, organic food to eat”. Kudos to head chef Mike Madigan on his delicious deli items that have been receiving rave reviews. In addition to the deli items, we are featuring Barb Fila’s baked goods that have all been made with organic or non-gmo ingredients from the Co-op. Barb is also making homemade ice cream in a variety of flavors.



Lynne • Mike • Sarah

All of this could not have happened without the great teamwork and energy of the Market Café staff. Mike Madigan honed his cooking skills as the Deli Manager at New Frontiers in Flagstaff, AZ. He enjoys developing

new recipes and has a great line up of salads and sandwiches. Sarah Horton grew up all over, and recently taught English in France before joining the Market Café team. Sarah is the deli sous chef. Lynne Featheringill has worked in various food establishments in Santa Fe and Silver City and is happy to be involved in the Market Café bringing healthy food to Silver City in a relaxed atmosphere.

Some of the salads that are being made are spicy peanut pasta, kung pao tofu, falafel, cashew tempeh, and dolmas. There are also bulk Kalamata and Ciagnola olives. If you



feel like a sandwich try a bagel sandwich, bionic burger, or cheese sandwich. There are also delicious smoothies, bagels and specialty cream cheeses.

The Market Café is not only a deli, but a great market too! Products include packaged foods including a large variety of drinks, Icelandic yogurt, organic ice creams, many New Mexico made products, specialty foods, and kitchen tools. Some of the specialty foods include glazed chestnuts, quince paste, smoked paprika from Spain, home made jams and jellies, dandelion and fir honey, and flavored olive oils. You can find some great kitchen tools and towels too.

Lynne is happy to make up a beautiful and unique gift basket for any occasion with these great products.

We currently are featuring the work of nine local artisans and will be rotating the wall art. We are pleased to be supporting local artisans including Bill Nolde with his beautiful dried flower arrangements, and Lone Mountain Natives with live plants and seeds for sale. The current wall artist is Feva Fotos, photographers Sandy Feutz and Tom Vaughan.



So if you want a healthy lunch, or want to hang out and use the wifi, or shop for some unique gifts, check out the Market Café! The Market Café is open Wednesday to Sunday from 8:30 am to 3:30 pm.

If you are in a real hurry, stop by the Co-op for some of Brenna Brown’s delicious *Grab ‘n Go* deli food. It’s located in the front of the Co-op. ❖

### Go MAD in September!

Two days • 15% off MAD

Thursday & Friday, September 17th and 18th

We love our members!

There will be two days to receive 15% off your purchases!

Be sure to tell the cashiers before they start ringing up your purchases that you are using your MAD discount!

Special orders need to be in by 7 pm, Tuesday, September 8th.

Pre-Sorted Standard  
US POSTAGE PAID  
Albuquerque NM  
PERMIT #260

Silver City  
Food Co-op  
520 N. Bullard St.  
Silver City, NM 88061  
www.silvercityfoodcoop.com

**Co-op  
Hours:**

Monday - Saturday

9 am - 7 pm

Sunday

11 am - 5 pm

### In This Issue

**Page 2**

Cup o’ Joe  
Dates to Remember  
May Forum

**Page 3**

Who Grew Your Carrot?  
Getting Down to the  
Real Dirt *Part 3*

**Page 4 & 5**

Our Co-op ❖  
Our Community

**Page 6**

Kitchen Meditations  
New Products

**Page 7**

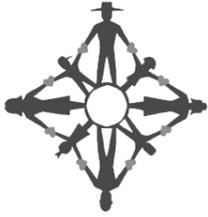
Co-op Deals  
Monthly Specials  
Kids’ Corner

**Page 8**

From Your Board . . .

# Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

## Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

## Ends Statement

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

## Seven Cooperative Principles

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

## Staff

- Judith Kenney - produce
- Bob Lee - bulk manager
- Dougan Hales - produce
- Jake Sipko - produce manager
- Kate Stansberger - supplement manager
- Carol Ann Young - office
- Jeanné Miller - POS/etcetera
- Becky Carr - dairy buyer
- Vicki Gadberry - office
- Jess DeMoss - POS manager
- Meggie Dexter - offsite website
- Misha Engel - frozen manager
- Jenny Morgan - office/assistant front end
- Joe Z - gm
- Marguerite Bellringer - finance manager
- Kim Barton - grocery manager
- Eric Lynch - receiving manager
- Michael Sauber - produce/stocker
- Mia Crandell - POS
- Eva Featheringill - assistant grocery
- Patricia Walsh - HABA manager
- Jody Andrews - cashier
- Evan Humphrey - cashier/office
- Lee Ann Miller - cashier
- Gabbie Sturdivant - wherever needed
- Brenna Brown - deli
- Sarah Hardisty - deli/grocery/cashier
- Tinisha Rodriguez - grocery/cashier
- Charmeine Wait - EMO manager
- Allie Iacocca - wherever needed
- Joe Riley - cashier
- Mike Madigan - am
- Chloë Eaton - wherever needed
- Adrienne Booth - EMO
- Lynne Featheringill - café
- Sarah Nevin - grocery
- Leah Chastain - produce
- Amanda McGinnis - cashier
- Sarah Horton - deli
- Ben Williams - café
- Marchelle Smith - wherever needed
- Stephen Persaud - café

## Annual Co-op Equity

\$10.00

## The Garbanzo Gazette Gang

Editor: Charmeine Wait

Contributors: Adrienne Booth, Monica Rude, Susan Van Auken

Layout & Design: Carol Young & Meggie Dexter, Consultant

Submissions are welcomed!

Submit letters, articles, or items of interest to:

gg@silvercityfoodcoop.com

©2015- Garbanzo Gazette

All Rights Reserved. Articles published in this newsletter do not necessarily reflect the views of the board, management, or staff of the Co-op.

# Cup o' Joe by Joe Z



It was a cold, grey May day and Joe Z was making his way to the Co-op, grumbling as he always does when the thermometer drops below 70 degrees and the sun disappears for more than 10 minutes. "Gosh darn", he muttered, "this is such ditzzy weather. I don't like ditzzy weather. Who made this happen?" Joe Z doesn't like things he can't control or influence. This is known as being a "control freak".

So he was already edgy as Mike, his Assistant Manager, said, "Joe Z - have you read this e-mail?". The tone of his words indicated to Joe Z that this was probably not one that would bring a smile to his face. He stood there and read the e-mail over Mike's shoulder. It was not good news nor expected. Contemplating what they were now facing, a wave of anger, hurt and frustration overwhelmed him and he uttered the most distressed expletive he could pull from the recesses of his cranium - one that few on this planet have ever heard him say. He said, "aw, phooey".

"Yes", said Mike, "phooey is my feelings exactly. But maybe it can be okay". "Hmmm", Joe Z groused, "where is Charmeine - let's check in with her". Charmeine is the EMO department director (Education, Membership, Outreach) of the Co-op. She was in agreement: phooey is the correct term.

Our Market Café project was in jeopardy as our main partner had a change of mind and decided not to move forward with us. Input and ideas started to flow but Joe Z recommended that the three of them think about it all over night and then meet the following morning to discuss options.

They all got to work. Charmeine investigated a truncated start of the Café. Drawing on his years at the New Frontier deli in Flagstaff, Mike began a rescue plan. And Joe Z did what Joe Z does: he began crunching numbers and looked at costs, ratios, investment, leverage, margins and the economic constraints as well as the opportunities.

They met the next morning. "Bagels" said Charmeine. "We can start as a small morning Bagel shop. I found a quality source and this can be a quick and easy way to get going and maybe even meet our goal of opening on June 13th".

"Bagels", Joe Z meandered, "I like bagels. I used to eat a lot of bagels. I like "everything" bagels. I remember as a kid in NYC, we would..."

"Hush Joe Z!" exclaimed Mike, "listen, we can do this. We can still pull this off without our partner and I have the vision and experience to get this going!" He spoke long and passionately and a glow appeared around him as he slowly elevated off the floor.

Much more brain-storming and conversation ensued. Finally, Joe Z offered the following: "we will open at breakfast time with Bagels as long as one flavor is "everything". We will pursue the full Café. We will open on July 4th. We will do all this on a very, very tight shoestring. I remember back in the 70's when the Co-ops first got going where we would..."

"Hush Joe Z", said Charmeine, "we have lots to do.

Let's get to work!"

And get to work they did. The number of areas that needed addressing was immense.

They had no equipment - no refrigeration; no kitchen supplies; no furniture; no shelving. They had no room - the kitchen was expanded by knocking through a wall and building another room. The electrical needs, while partially addressed previously, still needed more lines run through the building. There was no phone or internet and after tussles with the provider, we managed to get it up and running just before opening. There was no system for ordering or tracking inventory. Needed was more staff but no payroll dollars available. There was no register or financial procedures in place. The "Market" aspect of the Market Café still needed to be developed further. Bagel delivery had to be secured.

July 4th was 7 weeks away from the time of that original meeting and Mike still had responsibilities working with the Blues Fest and wasn't able to give his full attention to the project until June.

The group already had Lynne working with them in helping to define the retail selection and placement. But getting another person involved was essential for the Café and as providence provides, in comes Sarah, a hard working, energetic and positive force of nature. Barb, formerly of "Bad Ass Bakery" fame, agreed to make deserts and ice cream for us.

As opening day approached, Joe Z was putting out the possibility of delaying the opening again. This was universally rejected. Even if it meant beginning when they were not ready, still pulling up their pants as the door opened.

Ready or not, the public was invited in on July 4th and within one hour the Café was getting overrun. People just kept coming in. At first it looked like Joe Z ran away but he soon returned with reinforcements in the form of Gabbie from the main store. Gabbie, one of the super cross-trained Staff members of the Co-op, quickly sized up the situation, got basic instructions and went to work in a whirlwind of activity.

All were quite tired by the end of the day. As in any system, you figure things out as best you can but when the load increases, the defects become obvious. And the defects were obvious. While none of the group ever doubted success, it was thought that the level of business that they were facing would take at least 3 to 4 months to build. Immediately the group began the next phase: turning the opening event into a sustainable business.

Each week sees more and more improvement and innovation. Ben and Stephen were hired. Business has been brisk with little let-up. The group has grown and is excited.

On a drizzly, chilly July morning, standing outside the Silver City Food Co-op Market Café and looking it over, Joe Z was heard to say, "Yippee."



## DATES TO REMEMBER

Remember to sign up now for your Artisan Vendor booth or Cooperative Flea booth!

- August 1 - Clay Festival Mud Pie Contest @ 614
- August 1 - Clay Festival MudFun for Kids @ 614
- August 8 - Artisan Market @ 614
- August 13 - Community Forum on Diabetes @ 614
- August 22 - Co-op Annual Picnic @ 614
- August 29 - Community Flea Market 9-1 @ 614

### Upcoming:

- September 17 & 18 - 15% MAD Day
- October - Truck Load Sale
- November/December - Choose your MAD day

## August Forum Diabetes Talk and Tour

Learn about diabetes and what products the Co-op sells that are good for you!

With Deborah Smith, RD, LD, CDE from HMS

Thursday, August 13th from Noon to 1 pm

Community Room @ the Market Café  
614 N. Bullard St.

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

# Who Grew Your Carrot?



by Susan Van Auken

**K**nowing who grew and picked your lettuce, beets, and carrots is one of the positive aspects of buying from local farmers. And, of course, buying from these farmers keeps our food dollars in the area. It is wonderful to know we have a community that supports farmers, where farmers—who might be our neighbors and friends—can make a living like the rest of us. So let's meet three of the local growers who provide produce to the Co-op.

## Doug Smith, Townside Farm.

Doug, with help from his wife Martha Everett, grows half an acre of vegetable crops seasonally on his four-and-a-half-acre farm, located one mile north



Doug

of Highway 180 on Little Walnut Road. The other fields are devoted to raising cover crops, pastured chickens, fruit trees, perennials, and his new project, an earthworks water catchment system. Doug started the farm in 2009 with the property owner, Peter Day, but is now the sole owner of the business, while leasing the land from Peter. This joint plan was a great way to allow a farmer to start a business without having the large up-front expense of the land. Water rights are leased from the city to use with the property's well and supplies a drip-irrigation system, although he also

uses overhead sprinklers on his cover crops and on the vegetable crops when they're small.

This year Doug is growing tomatoes, corn, summer and winter squash, peppers, beans, melons, and greens. Bunch cooking greens and bagged salad mix are the main vegetables he provides to the co-op. His thousand-square-foot greenhouse with solar radiant-floor heating allows him to grow these greens for the co-op all winter.

Doug believes in education through access; he likes that his farm is close to town and visible from the road. He enjoys visitors, but asks for people to call first. He also provides educational opportunities for schools and other community groups.

## Eric Leahy, Gone Fishin' Farm.

Eric owns land by the river at the north end of the valley in Gila, where he has been living and growing food with his partner, Ami, and two children, Quinn and Kenya, for 15 years. He cultivates one acre, which this year is mainly planted in garlic and pasture. Over the years Eric has changed from planting his crops in the field to nurturing the plants in large hoop houses covered in white plastic with some screening on the ends. The white plastic provides substantial shade to the crops, which helps cut the intensity of our New Mexico sun, and hoop house keeps the enclosed area free from ravenous bugs. The results are lush cooking greens, salad greens, beets, and carrots. This year, with the help of grant funds, Eric will put up two more hoop houses so he can vastly increase his production of greens, and co-op shoppers will reap the benefit. In addition to the crops mentioned above, Eric grows a large garlic crop that he sells to the co-



Eric

op, plus tomatoes, peppers, and medicinal herbs for the Farmers' Market.

Beekeeping has been one of his passions in recent years. He has 20 hives and is increasing the number of bee colonies by providing a hive-removal service for people who find bees living in their walls or attic. He plants a variety of nectar plants to keep his bees happy and healthy. He says the demand for local honey is very high.

## Kyle Skaggs, Frisco Farm.

Kyle and his partner Meggie Dexter cultivate about five acres of their twelve-acre farm on the San Francisco River in



Meggie & Kyle

Pleasanton. He has been growing food for the past seven years, focusing on root crops—garlic, beets, carrots, potatoes, and turnips—but also planting summer and winter squash, cucumbers, and a variety of other crops. His entire farm is irrigated from the river through ditch sys-

tems and row flooding; his greens use river water, too, but through a sprinkler system. Though he starts his seeds in a small greenhouse, he grows all his crops out in the fields. With his five acres he supplies produce to the co-op, wholesale produce elsewhere in the state, and sells at the farmers market.

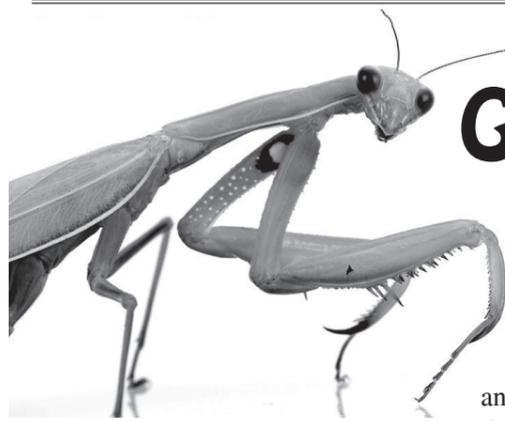
Kyle uses draft horses to work the fields. With equipment adapted for his needs, he and his horses plow, disc, furrow, cultivate, mow, and turn the soil for harvesting. He walks behind the horse-drawn plow and cultivator but sits on the other pieces of equipment. Using the horses allows him to efficiently work his five acres, besides providing him with a great sense of satisfaction and lots of fun.

Kyle and Meggie's six-month-old son, Ketch, spends a lot of time in the fields but is not quite ready to work in them.

\* \* \*

All three farmers have chosen this work because they love the lifestyle farming provides—being out in nature, being self-employed, being part of the cycles of the land and the seasons, and providing healthy food for others. The main challenge they experience is also a shared one. While they all use extra help prepping vegetables to take to the market (usually trading the labor for food), none hire regular workers because paying a reasonable wage would cut too much into their own income. One of the three also mentioned the financial challenge of obtaining capital for bigger projects.

Next time you pick up local produce at the Co-op, think about the local farmers who helped grow the nutritious and delicious food you are about to eat.



**What are these bugs doing in my garden?**

Those bugs in your garden are mostly arthropods, that is, invertebrates (without skeleton or bones) with segmented bodies and jointed limbs and an exoskeleton of chitin. These insects live on the soil surface or burrow into the soil. They include flies, beetles, spiders, centipedes, silverfish, termites, cockroaches, dragonflies, mites, earwigs, mantids, grasshoppers, crickets, lice, fleas, lacewings, ladybugs, moths, butterflies, bees, wasps, ants, and sowbugs. Some benefit the soil food web by shredding and chewing up organic material like leaves and decaying plant matter, increasing the surface area exposed to fungal and bacterial activity, spreading microbes

## Gardening: Getting Down to the Real Dirt

Part 3

by Monica Rude

around, mixing and aerating the soil, adding their waste products which adds organic matter. Those who burrow into the soil take debris and microbes down there, mixing surface and subsurface soil, allow air and water deeper into the soil, making it easier for roots to penetrate deeply. They are recyclers and decomposers.

They are predators on other arthropods, their larva and eggs, as well as fungi and bacteria; they are also eaten by other insects. Many are important pollinators. Their presence is an indication the soil is healthy and thriving. "Good soil is teeming with life". Tens of thousands of insects live in/on soil and plants in a world invisible to humans and having the greatest impact on the soil food web of any critter in your garden.

Yes, sometimes the insects eat our crops. Insect behavior is deliberate and designed to eliminate weak, unformed, nutritionally deficient, unbalanced plants, according to Dr. Arden Anderson, farmer and scientist. His studies

found that nutrient-dense plants are resistant to pests and disease. Healthy soils make healthy plants. When a plant is out of nutritional balance, internal pressures cause some cellular components like simple sugars or incomplete proteins to seep out to the surface of the leaves and stems. Voila! Free lunch for pests! Plants are just as susceptible to systemic nutritional imbalances as we humans are. A plant's nutritional imbalance is telegraphed to us visually by pest infestations. Insects are NOT a sign of pesticide deficiency but a sign of plant nutrient deficiency.

For short-term "rescue" until you can build healthy soil, very fine rock dust sprayed directly on plants and trees has been shown to deter insect infestations

very effectively. Trails of rock dust around the garden help keep slugs out. Use fish emulsion and seaweed to foliar feed plants (spray on leaves) or apply to the soil as a tea. This will provide a temporary nutritional boost until you have a sustainable soil base. Then observe during the next few days to see if your actions were effective at ridding the plants of the damaging bugs.

Best of all, add to the soil food web in your garden soil by using compost, mulch and actively aerated compost tea to feed beneficial soil microorganisms. For more details on these techniques, I highly recommend a book, *Teaming with Microbes*, by Jeff Lowenfels and Wayne Lewis.

Monica Rude owns *Desert Woman Botanicals* and lives in Gila, where she grows herbs.



SAVE THE DATE:

Aug 14 & 15 Herb & Flower Fiesta. KURU 89.1 FM benefit.

[www.gmcr.org](http://www.gmcr.org) for details

## Confessions of a Popcorn Popper

By Richard Mahler



**Richard Mahler, Popcorn Popper**

You can tell a lot about our Co-op by standing in one spot for three hours straight.

I've done this several times each month as a Popcorn Friday volunteer and have enjoyed the experience of giving away fresh popcorn and various product samples.

I've also learned some things. This surprised me, since I've been a Co-op member and occasional volunteer for over eight years and thought I knew this store pretty well.

Most importantly, I've learned to appreciate what makes this grocery store tick—and what makes it special.

First, our store is a very busy place. True, there are slow stretches that may last for minutes or even hours. But overall, a steady stream of customers flow through the Co-op from the time the door opens until it's locked at night. Despite the slight inconveniences of downtown parking and the smallness of our building, people are ready and willing to shop here. Compliments are many, complaints are few. Does free popcorn help? Maybe, but it's never the main draw. In Grant County, people have other choices about where to buy food—and all those outfits have sprawling parking lots and wide aisles—yet thousands of residents prefer to come here, including some members who live in neighboring counties.

Second, our store attracts a surprising array of shoppers. I am impressed at how many people I know who buy groceries here. Stereotypes are broken, since a number of these folks didn't seem like the "type" to shop here. Customers of all ages, sizes, genders, and ethnicities shop here regularly, not to mention tourists, cyclists, campers, and backpackers just passing through. Besides Spanish and Spanglish, I've heard people speaking French, Chinese, Russian, Portuguese, and a few languages I could not identify. Members from co-ops around the country like to stop in, too, with positive feedback for me and members of the paid staff.

Third, our store is often crowded—for sensible reasons. Our

store is busy, so it must be restocked during business hours to avoid running out of popular items during the course of the day. Because there is so little shelf space, one eager customer can empty shelves of a few favorite items during a single visit. Restocking adds to the existing congestion on aisles that already are narrow and often full of customers. Co-op workers know this, and do their best to minimize the disruption. Bigger groceries are restocked during business hours, too, but shoppers seldom notice because, well, the stores are so much bigger.

Fourth, our store serves an amazing spectrum of wants and needs. I've discovered there are customers who buy things I never even noticed were in the store, including energy drinks, non-dairy cheese substitutes, and New Mexico-grown pecans. I'm not a pet owner, but there are all kinds of healthy choices for dog and cat lovers in a corner of the store I was barely aware of before. Our grab-and-go section has become a lunchtime staple for lots of busy downtown workers. It's so popular, that I've been trying it out, too. Yum!

Finally, I've become convinced that our store is a precious miracle. People tell me this, one way or another, all the time. It's no secret that most small towns and rural counties don't have a food co-op—or any grocery that stocks the health-affirming products and local produce that ours proudly sells. In large cities, such corporate chains as Whole Foods, Natural Grocers, Sprouts, and Trader Joe's are squeezing out food co-ops and independent grocers like crazy. The trend has reached medium-size cities as well, including Santa Fe, Farmington, and Las Cruces. Could it happen in Silver City? Maybe not, since we are too small to produce the large profits the big guns like. But our local Walmart, Albertson's, and Food Basket are adding more organic and "natural" products each month in an overt attempt to woo our customer base. Such competition is not going unnoticed.

I've been patronizing food co-ops over half a century, dating back to my childhood in the San Francisco Bay Area, where dozens large co-op groceries were available. Nearly every one of these stores is now gone.

We are truly blessed to have such a thriving and well-run option in our quirky corner of New Mexico. Let's keep it that way. And oh yes, we can always use more volunteer popcorn poppers. I can promise you this: You'll see lots of people you know; and you'll make them happy.

*Richard Mahler is an independent writer and editor who lives in Silver City and has been a Co-op member since March 2007.*



**The Markham family enjoying Popcorn Friday**



## Win Garden of Life Products!

Win a basket of six *Garden of Life* products! Submit your name during the month of August for a basket of products worth \$200. The drawing will be held on September 2, 2015.

Supplement buyer Kate Stansberger screens all supplements before bringing them into the Co-op. Kate states, "*Garden of Life is one of the few companies with dual certification, which means they are certified organic and certified non-gmo.*"

Their vision statement is: *Garden of Life's* commitment to health goes beyond offering some of the most effective nutritional products in the world. We are interested in building relationships with people to help them transform their lives to attain extraordinary health. By combining the best of nature and science, the *Garden of Life* brand offers a path to healthy living with premium products that are supported by education and innovation.

The products in the drawing include: Mykind Organics Women's Once Daily, Men's Once Daily, Dr. Formulated Once Daily Women's probiotics, Men's probiotics, Dr. Formulated Enzymes Organic Digest +, Dr. Formulated Organic Fiber – prebiotic fiber.



If you have any questions about these or other supplements, ask for Kate when you are in the Co-op, and don't forget to enter the drawing!

# Our Community

## ❖ Annual Co-op Picnic and Potluck ❖ Saturday, August 22nd ❖ New Location!

This year is full of changes that will include the annual Co-op picnic. The picnic will be held at the Market Café! We will utilize the community rooms and the backyard to host food and fun for members of the Co-op. In addition to yummy organic food, there will be cookies baked in a solar oven by member Jean Eisenhower, an ice cream making activity for children, a contest to guess which baby pictures belong to staff, door prizes, games, and more! We will also have board members helping with a membership drive. Not a member? - join there and enjoy lunch, fun, and games at the picnic.

Annual Co-op Picnic, save the date – Saturday, August 22nd from 12:30 pm to 3:00 pm at 614 N. Bullard. Invite your friends to become members! Please bring salads or desserts to share!

We will need help setting up, serving food, and cleaning up. If you are interested in volunteering, please contact Charmaine at [charmeine@silvercityfoodcoop.com](mailto:charmeine@silvercityfoodcoop.com)

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

### Co-op Annual Picnic

Don't miss the picnic! This year we will be having our annual picnic at the Co-op's new Market Café, at 614 N. Bullard Street. Stroll on down for food and fun on August 22 from 12:30 pm to 3:00 pm.

### Taste of Downtown

Have fun sampling great Co-op food in this annual fundraising event for Mainstreet. It's September 5th, come and join the fun!

### Grant County Fair

The Co-op will have a booth at the Grant County Fair this September 23 to 26. We will be highlighting all of the local producers the Co-op supports. Come and help us sample our great New Mexico-made products. The Co-op is also encouraging members to submit entries in the Fair's food categories. Your favorite recipe could be a blue-ribbon winner!

### Volunteer!

When you volunteer to work for the Co-op, for every 3 hours of volunteer service, you receive a voucher good for 15% off for one day. It's a win-win!

To volunteer for any of these events, please contact Charmaine at 575-388-2343 or email [charmeine@silvercityfoodcoop.com](mailto:charmeine@silvercityfoodcoop.com).

## Co-op Community Donations

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

- Grant County Food Pantry
- Gila Mimbres Community Radio
- 101 Things for Youth To Do
- GRIP
- High Desert Humane Society
- Guadalupe Montessori School
- Silver High School
- Desert Willow School
- PFLAG

## Bag Refund Donation Program

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

**End of the Road Ranch Equine Rescue**  
\$114.35 April

**Lotus Center of Silver City**  
\$96.10 April

**S.N.A.P.**  
\$220.90 May, June

**New Mexico Wilderness Alliance**  
\$228.75 May, June



**Thank You Co-op Volunteers!**  
Many thanks to these member volunteers for their service.

- Sophia Brugman • Miriam Richer • Richard Mahler
- Sharon Bookwalter • Dawn Stanford • Mary Ann Finn
- Deb James • Julie Williamson • Sandra Lucas
- Saguara Compton

## August

**Saturday, August 1, 10 am to 11 am**  
Clay Festival Mud Pie Contest  
sponsored by the Silver City Food Co-op  
at the Farmers' Market

**Saturday, August 1, 9 am to 3 pm**  
Clay Festival MudFun for Kids  
614 N. Bullard St.

**Saturday, August 8, 9 am to 1 pm**  
Artisan Market  
Support local artisans!  
614 N. Bullard St.

**Thursday, August 13, 12 noon to 1 pm**  
Community Forum – Diabetes Information  
with HMS  
614 N. Bullard St

**Wed, Aug. 19, 4:30 pm to 7:30 pm**  
Silver City Food Co-op Board Meeting  
614 N. Bullard St.

**Saturday, August 22, 12:30 pm to 3 pm**  
Co-op Annual Picnic – Come have fun, food,  
and meet Co-op members!  
614 N. Bullard St.

**Saturday, August 29, 9 am to 1 pm**  
Community Flea Market – recycle, reuse, or  
repurpose a treasure!  
614 N. Bullard St.

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

## September

**Saturday, September 5, 12 pm to 3 pm**  
Taste of Downtown  
614 N. Bullard St.

**Thurs, September 10, 12 noon to 1 pm**  
Community Forum – Tree Grafting  
with Greg Dugan  
614 N. Bullard St.

**Saturday, September 12, 9 am to 1 pm**  
Artisan Market  
Support local artisans!  
614 N. Bullard St.

**Wed, September 16, 4:30 pm to 7:30 pm**  
Silver City Food Co-op Board Meeting  
614 N. Bullard St.

**Wed to Sat, September 23-26, 2015**  
Grant County Fair  
Come sample New Mexico made foods!  
Cliff, NM

**Saturday, September 26, 9 am to 1 pm**  
Community Flea Market – recycle, reuse or  
repurpose a treasure!  
614 N. Bullard St.

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

# Summer KITCHEN MEDITATIONS

## The Frugal Co-op Chef

Summer is here bringing fresh tomatoes and basil. These recipes are quick, delicious, and make the best of these fresh ingredients.



### Angel Hair Pasta with Fresh Basil

1 ½ lbs fresh Roma (pear) tomatoes, chopped  
2 T olive oil  
3 cloves garlic, minced  
1 cup, loosely packed basil leaves, chopped  
½ cup finely grated parmesan  
8 ounces, dried angel hair pasta

Bring a large pot of water to boil and cook the pasta. Meanwhile, heat the olive oil in a large skillet and saute the garlic a few moments. Add the tomatoes and simmer for 10 minutes. Stir in the basil and remove from heat. Drain the pasta and toss with the tomato sauce. Serve with the parmesan.



### Couscous Niçoise

1 ¾ cups vegetable broth  
2 garlic cloves, minced  
1 T olive oil  
4 oz crumbled feta cheese  
¼ cup kalamata olives, chopped  
8 cherry tomatoes, quartered  
10 basil leaves, slivered  
1 T red wine vinegar  
2 T capers  
salt to taste

In medium saucepan, bring the broth and oil to just a boil. Stir in the couscous, cover and remove from heat. Let mixture stand, covered for 5 minutes. Uncover couscous, fluff with fork to separate grains.

Put in large bowl and lightly stir in remaining ingredients until blended. Serve warm or at room temperature.

## Rainbow Quinoa Salad With Mixed Nuts, Herbs and Dried Fruit

This recipe uses the new bulk item, described below. Another delicious and quick summer dinner.

For the salad:

4 cups water  
1 cup red quinoa or rainbow quinoa, rinsed  
Salt to taste  
½ cup chopped fresh parsley  
¼ cup chopped fresh mint  
¼ cup chopped cilantro  
2/3 cup chopped dried fruit (such as apricots, raisins, cranberries, figs, currants)  
¼ cup lightly toasted pistachios  
¼ cup lightly toasted almonds, chopped  
¼ cup chopped walnuts  
2 teaspoons lemon zest

For the dressing:

¼ cup fresh lemon juice  
Salt to taste  
1 small garlic clove, puréed (optional)  
¼ teaspoon ground cinnamon  
1 teaspoon pomegranate molasses (available at the Co-op)  
1/3 cup extra-virgin olive oil

1. Bring water to a boil in a 3-quart saucepan and add quinoa and salt to taste. Bring back to a rolling boil, then reduce heat slightly and boil gently for 20 minutes, or until you see a thread emerge from the blond and red quinoa. Drain and shake well in the strainer, then return to pot. Cover pot with a dishtowel and then a lid and let sit for 10 to 15 minutes undisturbed. Transfer to a large bowl.

2. Meanwhile, whisk together lemon juice, salt, garlic, cinnamon, and pomegranate molasses. Whisk in olive oil.

3. Toss together quinoa and dressing. Add remaining ingredients and toss together. Transfer to a platter, a wide bowl or individual plates and serve.

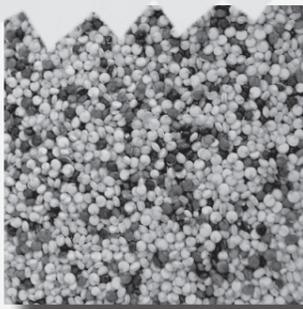
Yield: Serves 6 to 8

Advance preparation: The cooked quinoa will keep for 3 days in the refrigerator. You can toss it with the dressing and dried fruit a day ahead and refrigerate, but add the herbs and nuts shortly before serving.

Courtesy of Martha Rose Shulman, author of "The Very Best of Recipes for Health."

WHAT'S  
NEW?

## NEW PRODUCTS at the Silver City Food Co-op



We now carry Rainbow Quinoa in our Bulk Department!

Quinoa (pronounced KEEN-wah) is a grain-like food that is a complete protein; it's a source of all nine essential amino acids. This is not the case for most plant-based foods. Usually you would need to combine two foods—rice and beans, for instance—in order to make up a complete protein, but quinoa does this on its own. Rainbow quinoa is a mix of white (also called plain or ivory), red (which holds its shape and adds color and texture), and black (sweet and earthy) quinoa. Try rainbow quinoa hot as a replacement for rice or other grains, or as a base for cold salads!

### Spice Blends from The Silk Road: A Global Tasting Experience!



For the past 40 years, the Risho family has been serving global cuisine and perfecting internationally-inspired spice blends at their Silk Road Restaurant. Now, eight of those spice blends are available here at the Silver City Food Co-op! All-natural spices are hand-roasted and ground in small batches, with no preservatives or additives, and vacuum-sealed to ensure intense flavor. Enjoy

the fragrance and flavors of cuisine from Morocco, Egypt, Japan, India, Ethiopia, Persia, and China, right in your own kitchen. There is an easy 25-minute recipe on each spice blend tin! Use these spice blends to add flavor to dishes made with meat—but also with tofu, tempeh, dried legumes, grains, and fresh vegetables.

### Zoe's Salami: Artisan-Style Charcuterie

The Co-op now carries Uncured Salami and Uncured Ghost Pepper Salami crafted in small batches by Zoe's Meats. Our Dairy buyer, Becky Carr, says these products remind her of fragrant, flavorful "charcuterie" (the French term for cooked meats) she has tasted during her travels in Europe. Zoe's salami contains no added nitrites or nitrates. The meats that go into these products are sourced from farmers who raise their animals on high-quality feed and little or no antibiotics and growth hormones. The ghost-pepper salami packs a savory punch, incorporating super-hot Indian red naga chilis.



# August Sales

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

Each month 100s of items are on sale.

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

## August 5-August 18



**Bulk**  
Raw Hulled  
Sunflower Seeds  
reg \$3.69#  
**SALE \$2.69#**



**Redwood Hill**  
Plain Goat Yogurt  
32 oz  
reg \$6.29  
**SALE \$5.99**



**Cascadian Farms**  
Frozen Vegetables  
Assorted, 10 oz  
reg \$2.89-2.99  
**SALE \$2.00**



**ProBar Base Bar**  
Chocolate  
Supergreen  
reg \$2.89  
**SALE \$1.69**



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



**Garden of Life**  
Wild Rose  
Herbal D-Tox  
reg \$31.99  
**SALE \$27.99**

## August 19-September 1



**Bulk**  
Brown Flax Seeds  
reg \$2.19#  
**SALE \$1.69#**



**Hail Merry**  
Chocolate Raw  
Almond Butter Tart  
3 oz  
reg \$4.39  
**SALE \$2.99**



**Amy's**  
Gluten-Free, Dairy-Free  
Rice Crust Pizza, 6 oz  
reg \$6.99  
**SALE \$5.39**



**ginnybakes**  
Butter Crisp Love  
Cookies, 5.5 oz  
reg \$5.59  
**SALE \$4.39**



**Tom's**  
Simply White  
Clean Mint  
Toothpaste, 4.7 oz  
reg \$5.79  
**SALE \$3.99**



**Hyland's**  
4Kids  
Calm 'n Restful  
125 tabs  
reg \$9.69  
**SALE \$5.99**

## Member Only Specials

August 5-September 1



**Wholesome**  
Organic Pancake Syrup  
12.7 oz  
reg \$6.69  
**SALE \$5.99**



**Udi's**  
Muffins  
Assorted, 12 oz  
reg \$6.29  
**SALE \$5.69**



**Farmer's Hen House**  
Large Organic Eggs  
reg \$4.99  
**SALE \$4.49**



**Andalou**  
Lime Blossom  
Hand Cream, 3.4 oz  
reg \$7.59  
**SALE \$6.89**



**Jovial**  
Organic Einkorn  
All-Purpose Flour  
32 oz  
reg \$5.99  
**SALE \$5.39**



**MegaFood**  
Adrenal Strength  
30 ct  
reg \$31.99  
**SALE \$28.79**

# Kids' Corner

## FREE FRUIT FUN

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



AGE: \_\_\_\_\_

NAME: \_\_\_\_\_

### PRODUCE COMPOST GUIDELINES

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

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

### GROCERY SPECIAL ORDER POLICY

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

### PRODUCE SPECIAL ORDER POLICY

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

### 614 MEETING ROOM POLICY

Individuals, groups & organizations are welcome to meet at 614 N. Bullard, as long as one organizer is a Co-op member. The space can be rented for commercial uses or events. Meeting and events must be held Wednesday to Sunday from 8:30 am to 3:30 pm. Contact Charmaine: [charmeine@silvercityfoodcoop.com](mailto:charmeine@silvercityfoodcoop.com) or the Co-op at 575-388-2343. Thank you!



Don't miss the Annual Co-op Picnic and Potluck!  
Saturday, August 22nd, 12:30 pm to 3 pm at the Market Café



# Future *From Your Board...* FOCUS

by Gail Rein,  
President



## Musings on Making Earth-Friendly Decisions

Up front, I want you all to know that this article is my own personal take on making earth-friendly decisions. It is not the board's position. Neither is it operation's position. Ok, here we go...

The co-op's new mission statement, published in the June issue of the Garbanzo Gazette, declares "we are engaged in and committed to pursuing earth-friendly decisions that consider the impacts of production, transportation, packaging, storage, waste, construction, renovation, ..." I've been reflecting what really doing this might entail. It is not easy to assess the environmental impact of decisions because most everything that we humans do has both negative and positive impacts on the environment.

In my last job, before I moved to Silver City, I wrote an online course that identified some strategies for businesses seeking to improve sustainability, a word that the board of directors of the co-op steered clear of in our mission statement because some board members felt the word has lost its meaning. To me, making earth-friendly decisions requires an understanding of sustainability. Broadly, sustainability is the capacity to endure. In ecology, the word describes how biological systems remain diverse and productive over time. For humans, it is the potential for long-term well-being, which in turn depends on the well-being of the natural world and the responsible use of natural resources so that future generations can meet their needs. Sustainability in this well-being sense requires an awareness of how day-to-day choices affect the intricate balance of social, economic, and ecological systems, and insights into what actions will maintain or develop effective interconnections among these systems.

This is all quite abstract, so let's look at an actual decision with the opening of the co-op's new Market Café: should we use throwaway, single-use tableware or reusable tableware? To make an informed earth-friendly decision here, one approach is to look at the embodied energy consumed by all of the processes associated with producing the tableware (extraction of raw materials, transportation, manufacture, packaging, etc.) and disposing of it at the end of its life (transportation, recycling, etc.) plus the energy consumed for each use of the tableware. It would be a difficult task to do this energy analysis for each type of tableware we might consider for the café, and fortunately we don't have to because lots of other people have already done the analysis. To illustrate, let's consider just cups, mainly because I found a heavily cited paper that comes to conclusions that really surprised me (see sources at the end of this article).

Martin B. Hocking, a professor of chemistry at the University of Victoria, compared three types of reusable drinking cups (ceramic, glass, and reusable plastic) to two types of disposable cups (paper and polystyrene foam). As the table below shows, he calculated the embodied energy in each of the five cups (last column), which is the cup mass (first column of numbers) multiplied by the material specific energy (second column). As you look at the numbers, know that a megajoule (MJ) is enough energy to bring 3 quarts of room-temperature water to boiling.

| Cup Type   | Cup Mass (g/cup) | Material Specific Energy (MJ/kg) | Embodied Energy (MJ/cup) |
|------------|------------------|----------------------------------|--------------------------|
| Reusable   | Ceramic          | 292                              | 14.00                    |
|            | Plastic          | 59                               | 6.30                     |
|            | Glass            | 199                              | 5.50                     |
| Disposable | Paper            | 8.3                              | 0.55                     |
|            | Polystyrene Foam | 1.9                              | 0.20                     |

As you can see, the embodied energy of reusable cups is vastly greater (14.00, 6.30, and 5.50) than the embodied energy of disposable cups (0.55 and 0.20). For a reusable cup to be an improvement over a disposable one, you have to use it multiple times to "cash in" on the energy investment you made in the cup. For example, if each of the reusable cups is good for 100 uses, then each use gets "charged" for 1/100 of the embodied energy. The rightmost column in the table below shows the adjusted energy calculations. Reusable cups are looking better...

| Cup Type                     | Embodied Energy (MJ/cup) | Embodied Energy per Use (MJ/cup/use) |
|------------------------------|--------------------------|--------------------------------------|
| Reusable (good for 100 uses) | Ceramic                  | 0.14                                 |
|                              | Plastic                  | 0.063                                |
|                              | Glass                    | 0.055                                |
| Disposable (good for 1 use)  | Paper                    | 0.55                                 |
|                              | Polystyrene Foam         | 0.2                                  |

But we're not done yet. Now we need to consider the energy consumed for each use of the reusable cups. To reuse a cup, it has to be washed. And get this—dishwashers generally require less energy than hand washing, because they make particularly efficient use of the hot water, which is the most energy-intensive part of washing (and I thought hand washing was more energy-efficient). So as you can imagine, the efficiency of the dishwasher and the efficiency of the energy system that powers it determine how much energy is used for each wash. Hocking assumed a new, commercial dishwasher running on Canadian electricity, requiring about 0.18 MJ per cup per wash. The table below shows how many uses are required for each reusable cup to do better than the disposable cups.

| Reusable Cup | Disposable Cup |                  |
|--------------|----------------|------------------|
|              | Paper          | Polystyrene Foam |
| Ceramic      | 39             | 1,006            |
| Plastic      | 17             | 450              |
| Glass        | 15             | 393              |

It turns out that the results are extremely sensitive to the amount of energy the dishwasher requires. If Hocking had chosen even a slightly less energy-efficient dishwasher as his standard, then the reusable cups would never have broken even with the polystyrene foam cup. To me, the very surprising lesson of this life-cycle energy analysis is that the choice between reusable and disposable cups doesn't matter much in its overall environmental impact.

HOWEVER, thinking about all this, I have come to my own, very different conclusion about how to reduce the environmental impact of the co-op's new Market Café. If all who ate at the café brought their own tableware, no new tableware would enter the equations at all!

Please know, though, the Market Café provides tableware for diners and prefers you not bring you own tableware at this time. A policy is being developed that will be shared soon.

Sources: Hocking, Martin B. "Reusable and Disposable Cups: An Energy-Based Evaluation." *Environmental Management* 18(6), 1994, pp. 889-899. If the numbers for polystyrene foam surprise you, check out another paper by Hocking: "Paper Versus Polystyrene: A Complex Choice." *Science*, Feb. 1, 1991, downloadable from <http://iso-pack.com/wp-content/uploads/2014/10/cup-debate-science.pdf>

Board of Directors

Gail Rein/President  
Board Term: 2014-2017  
[rein.gail@gmail.com](mailto:rein.gail@gmail.com)

Susan Van Auken/Vice President  
Board Term: 2013-2016  
[susanvanauken@gilanet.com](mailto:susanvanauken@gilanet.com)

Carmon Steven/Secretary  
Board Term: 2013-2016  
[yankiecarmon@gmail.com](mailto:yankiecarmon@gmail.com)

Karen Strecklo/Treasurer  
Board Term: 2015-2018  
[browserandlouie@yahoo.com](mailto:browserandlouie@yahoo.com)

Jennifer Johnston  
Board Term: 2015-2018  
[johnstonjenny40@gmail.com](mailto:johnstonjenny40@gmail.com)

Nancy Coates  
Board Term: 2015-2016  
[coates@gilanet.com](mailto:coates@gilanet.com)

Jerry Bartels  
Board Term: 2015-2016  
[jerrybart@gmail.com](mailto:jerrybart@gmail.com)

### Board Meeting Schedule

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

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