

the Garbanzo Gazette

Volume 13

a monthly newsletter of the Silver City Food Co-op

SAVING SEEDS: Reasons Why & Tips for How

By Roberta Bailey

Gardeners save seeds for many reasons, including money savings, seed security and consistent quality.

When you save your own seeds, you are joining a chain of farmers, gardeners and seed savers that dates back to the Stone Age. All domestic crops were once wild plants that early humans selected to feed themselves or, later, their livestock. Today, gardeners save seeds for many reasons.

1. Money Savings- Every time you buy a seed variety, you invest in your future. For example, I just bought some expensive 'Midori Giant' soybean seed, and I feel better about the high price tag because I know I'll have the variety as long as I continue saving seeds from my plants. (With soybeans, you simply let the last picking dry on the plant and you have next year's seed.)

2. Seed Security- Hundreds of excellent plant varieties have been discontinued as big corporations have consolidated the seed industry and focused on more profitable hybrids. If you save your own seed, however, you control the supply. I save seed for 'Miragreen' and 'Blizzard' peas, 'Lutz Green Leaf' beets, and 'Scarlet Keeper' carrots because these varieties all grow well here in Maine but have become difficult to find in seed catalogs.

3. Regional Adaptation- This is where saving vegetable seeds can get exciting. Most commercially available seed has been selected because it performs fairly well across the entire country if given synthetic fertilizers. (Several companies now offer seeds selected specifically to perform well in organic conditions — but this isn't the norm.) When you save seed from the best-performing plants grown on your own land and with your unique cultural conditions, you gradually develop varieties that are better adapted to your soil, climate and growing practices.

4. Consistent Quality- To keep their prices competitive when producing open-pollinated (OP) seed crops, large seed suppliers rarely "rogue" the fields to pull out inferior or off-type plants. This means the OP seed they sell to retail seed companies may have a lot of off-types in it. For gardeners and market farmers, that translates to loss of production per foot of row. To avoid this loss, either save your own seed, or pay more for premium seed produced by small, organic producers whose seeds cost more because they properly select for uniformity and rogue out any plants that aren't true to type.

5. The Joy of Learning. Some people are drawn to the science of seed saving because they want to take their gardening experience to a higher level. The more seeds you save, the more you inevitably learn about botany and the plant kingdom.

6. Explore Heirloom Varieties- Some folks like to grow heirloom varieties because doing so gives them a connection to our garden heritage. Others choose non-hybrid seeds because they don't want to support the industrial agriculture system that increasingly controls our food supply. Plus, some older, open-pollinated varieties produce more nutritious crops than do modern hybrids bred mostly for high yields and long shelf life.

7. Influence Crop Traits- Gene pools are incredibly elastic. By carefully observing your plants, you can save seed from those plants that best meet your needs for germination, ripening time, yield, specific fruit shape, flavor, storage qualities, less seediness, better disease resistance, bloom color, or other unique traits within the variety. With time, most of the plants you grow will have your desired traits. For instance, I obtained 'Elka,' a Slovakian poppy seed traditionally used before walnuts became commercially available. The Slovaks saved seeds from only the seed heads with the smallest vents — the little holes below the cap that allow the precious nutty seeds to disperse — until eventually their variety had all unvented heads that shed no seed. When I first grew 'Elka,' only two-thirds of its seed heads had no open vents. I started selectively saving seed only from the poppy heads that had closed vents. Within three years, all of my plants had seed heads with no open vents, and I didn't lose any more seed.

Know Your Seed-Saving Goals -- Think ahead and create specific goals as you save seed. If you're saving an heirloom, are you trying to keep it true to its original traits? Are your seed-saving practices changing the plant? If you save seed from the first lettuce plant to bolt, you are selecting for lettuce that bolts early — not a good trait in lettuce. If you save seed from your tomato plants that did not succumb to late blight, you are selecting to improve that variety's disease resistance.

When I started growing 'Czech Black' hot peppers, the fruits varied greatly in shape, from fat peppers with large seed cavities to slender ones with almost no seed. Most were medium-sized fruits that came to a blunt point. If I'd just wanted to save the most seeds with the least amount of work, I could have saved the fat peppers that had the most seeds. But I was trying to produce a seed crop to sell and it needed to be true to the plant type, so I saved seed from the medium-sized peppers growing on the sturdiest, highest-yielding plants. After four years, the peppers were uniform in fruit size and heat — plus, the plants were sturdier and more productive. Seed-Saving Tips -- You should always choose open-pollinated varieties for seed saving. Open-pollinated (OP) plants are non-hybrid plants with seed that is true generation after generation. A hybrid is the offspring of a cross between two parent varieties. Its seed will not be true to type if saved and replanted. Hybrid varieties will be labeled in catalogs and on seed packets as "Hybrid" or "F1."

There are two main types of open-pollinated varieties: self-pollinating and cross-pollinating. The easiest crops to save seed from are peas, beans, tomatoes and peppers, all of which are self-pollinating crops. Self-pollinating plants pollinate themselves, usually before the flowers open. The seed that you save from these plants and grow the next year will yield plants just like the original ones. To maintain the plant's genetic diversity, you should ideally grow and save seed from 20 or more plants. If you save seed from only one self-pollinating plant, the plant will reproduce, but you are narrowing its genetic diversity.



Unlike self-pollinating plants, cross-pollinating plants, such as brassicas, corn, carrots, beets, squash, cucumbers and melons, must receive pollen (usually via wind or insects) from other plants of the same variety to produce viable, true-to-type seed. Cross-pollinating seed crops need to be isolated from other varieties of the same species. The simplest solution is to grow only one variety of a given species. You can save seeds from just one or two plants, but to maintain long-term health and vigor, you should buy new seed every few years unless you can collect from much larger populations than the 20 plants recommended for self-pollinators. Grow a minimum of 50 to 100 plants, and at least 200 for corn. Keep an eye out for plants that seem off-type (like my fat 'Czech Black' peppers), and don't include them when you collect seed.

To save seed from legumes, such as self-pollinating peas and beans, simply allow some pods to dry on the plant. Save the leftover seed at the end of your picking stage, or cordon off a section of the row. As the plants will need to be in the garden longer than the "green" stage, allow for this in your garden plan. Different varieties grown right next to each other will have minimal or no cross-pollination, but ideally you should separate varieties by 20 feet to avoid rare cases of cross-pollination.

If you want to save seeds for several varieties of a cross-pollinated crop in the same garden, a physical barrier such as a screen cage or row cover can keep the seed crops isolated. I use wire hoops and row covers on some seed crops to keep them pure. I also alternate years, growing one variety one year and another the next. My 'Lutz' beet seed crop produced enough seed to last five to 10 years, leaving me free to produce other beet seed crops in the interim.

If you're growing a crop for seed, think ahead of time about spacing. Tomato, pepper or bean plants don't need more space as seed crops, but biennial beets and carrots do because of how large the seed-producing plants will be in their second year. Beet plants that I set out the second year from roots I stored in my root cellar grew to 3-foot-wide plants. As large seed crops grow, also think about feeding them. I give my seed crops extra nitrogen and minerals during seed production.

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Outreach Report

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

Store Hours

Mon-Sat 9am-7pm

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

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

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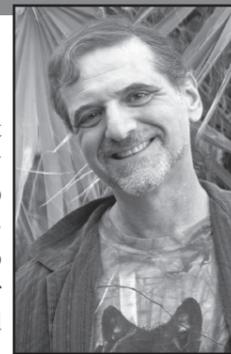
Submit letters, articles, or items of interest to:

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Cup o' Joe by Joe Z



Is it hot enough for you yet? I haven't been able to tell. It hasn't been for me. Really. Since coming to Silver City back at the start of January, I've been a bit chilled. February. Cold. March. Cold. April. Cold. When is it ever going to warm up around here, I pondered? And then comes May. Ahhhhh. Finally a little bit of warmth! I basked in the 90 degree heat as the cold-blooded lizard that I am. So one can imagine my surprise when one staff member after another came to me in despair asking when in heaven's name will we get our evap coolers functioning. Huh? Why in the world would we want to turn on our cooling system yet?

"But members are complaining", they exclaimed! "What a puzzlement" I thought as I sipped my hot coffee. Well, I had the folks who work on our coolers scheduled for another project coming in a couple of weeks so I guess I can ask them then to turn on our system. That'll take care of that I thought though it still was a bit strange. And once again I was surprised when our Operations/Assistant Manager, Margarita, came to me the next day and informed me that she called our cooler folks and they'll be here in 2 days to get our evaps going. Okay - I admit it now. I've been living in the Phoenix area for over 3 decades and I really enjoyed the summers. People there thought I was a bit odd but they were living there too and more were pouring into the Valley of the Sun in droves so it couldn't be too bad. But here in Silver, while I'm enjoying a brisk day in the 90's, I'm listening to people lament about the torturous heat.

So what? So what's the big deal? For me, it is an underscoring that it would be the arrogance of pride to think I know what is best for our Co-op. We all came here to Silver City (or stayed here) for a variety of reasons. I've now met many of you who've told me that they wouldn't have chosen Silver if the Co-op wasn't here. But they were looking for a place anyway for a variety of reasons. For me, I'm here solely because the Co-op is here and because I've been invited here.

Sure - I was looking to get reinvolved with Co-ops after a brief hiatus and there are Co-ops all around the Country looking for help. And sure - I chose to apply here because I felt it was a great Community and a great Co-op. But this Co-op has been here for nearly 40 years and was created, nurtured and grown by the dedication and hard work of the people in this Community. The folks who started this Co-op - and I've met many who are still around - didn't come here for the Co-op - they created it. They were here in Silver for other reasons.

The people who nurtured it along didn't specifically come here for the Co-op but pursued a vision of how

great it can become. I've now met three former Managers and many former Board members who didn't leave Silver when their tenure was over. How special it is to meet and know former Manager Kathleen who for 16 years raised this Co-op from a raging adolescent to a competent adult! And after leaving the Co-op, rededicated herself to Silver with Single Socks - the community thrift store.

It would be the ultimate hubris on my part to think I would come to the Co-op and know what it needs and what it should do. I certainly have ideas and experience from other Co-ops and businesses but that experience was unique to those situations in a much different town. Indeed, my comrades from the NCGA (National Cooperative Grocers Association) seem to know what we must do with our little enterprise and are not shy in bending my ear about it. "Just do A, B and C (and d,e,f,g,h,i,...). It's worked for all these other Co-ops so don't delay". But we're not "other Co-ops" and our needs and desires are not necessarily the same as those. Some of their ideas are actually very good but we'll proceed as a community for what is appropriate for us on our own time-line. My mission here is not to come in and "lead" the Co-op but rather to ensure that we're efficient, establish buy-in to new ideas and move forward as a group. After all, we're stronger together!

The Co-op has been very welcoming and supportive to me since my arrival. Can't say the same about Silver though which seems to be trying to spit me out as a palate accustomed to Twinkies might do to a Brussels Sprout. Intrepid readers of this column may recall the travails I encountered upon moving here. While there were continuing hassles with utilities, phones and mail, I was quite shocked when the place I've been living in for 4 months suddenly went on the market and sold within three weeks. The search for a new place was quite depressing until our Co-op Community stepped in. I followed a lead given to me by a Board member to a wonderful former community activist. And while that didn't work out directly, she received a lead and forwarded it to me which led me to a small house owned by a gentleman, who, though now lives in Tucson, raised two kids in it and has deep ties to Silver. I much prefer having a personal connection to the owner rather than dealing with a management company that sees its tenants as commodities rather than people. So with all set, I'm now patiently awaiting some nice warm Summer days of 100 degrees or more. ❖

Did you know?...

FRESNO CHILE

About 2 inches long and fire-engine red when fully ripe, the medium-hot-sweet Fresno chile has thinner walls than a green jalapeño and offers more vitamins A and C, plus B vitamins and anti-inflammatory capsaicin. Choose glossy, plump, fully firm chiles; refrigerate up to five days. For less heat, remove the seeds, and don't touch your eyes after handling!

POPPERS. Because they're not thick, Fresno chiles don't require steaming or charring. Slit lengthwise, remove seeds, and stuff with plain goat cheese, queso fresco, or cashew butter blended with minced cilantro, garlic, and lemon zest. (Fats tame chiles' heat.)

MARGARITAS. Liven up fiesta libations by floating bright-red Fresno chile rings in drinks, or freeze slices in ice cubes before adding to tumblers.

BURGERS. For parties with punch, stir chopped

red onion and minced Fresno chiles into a black-bean, beef, lamb, or turkey burger mixture before grilling.

SWEETS. Chocolate and chiles make natural partners. Add minced Fresno chiles to chocolate brownie frosting (or even the batter), or sprinkle onto chocolate ice cream with toasted pine nuts for an exotic treat.

TOMATILLO GUACAMOLE

Serve this tasty dip with chips or jicama sticks. Bring a small pot of water to a boil. Remove skin and wash stickiness from 4 large tomatillos. Add to boiling water and cook 3 minutes, until starting to lighten in color. Drain, refresh under cold water, dry, and cut into 1/4-inch dice. In a medium bowl, combine flesh from 2-3 ripe avocados with 2 tablespoons fresh lime juice and 1/2 teaspoon sea salt; mash. Add tomatillos, 1/2 finely diced red or white onion, 2 seeded and minced Fresno chiles, and 1/2 cup chopped fresh cilantro. Mix well, chill and serve.



STAFF PICKS

by **Judith Kenney**



Carol Kay Lindsey

This month I asked Carol Kay Lindsey to choose a favorite product for our "Staff Picks" column. Carol Kay, who's been at the co-op for a little over a year, is a chemistry student at WNMU. While she's at work she cleans, stocks, and is training to be a cashier. When I asked how she likes her job here she said that it's "perfect" and "really, really" likes it here!

Carol Kay and her dad are learning and experimenting with a gluten-free diet and have found "Biscuits, Piecrust & More," a product made by Namasté Foods, to be quite helpful with that process, and delicious to boot. She's used the mix to make, among other things, banana and walnut muffins and herb biscuits (recipe on package) and told me that the results are as successful as baked goods that contain gluten.

Namasté Foods, in business since 2000, is a manufacturer of foods that contain no wheat, gluten, corn, soy, potato, dairy, casein, peanuts, or tree nuts. Affordability is also a priority for Namasté. Daphne Taylor, owner of the company, began developing gluten and allergy free recipes in her own kitchen for two friends who had challenging dietary restrictions. Through experimentation, a lot of hard work, and help from her sons (then ages 7 and 9), she was able to fill a growing demand from people with food allergies and sensitivities. By choosing the word "namasté" * as the name of her business, Daphne was able to show that good food, in addition to providing sound nutrition, also nourishes the mind and spirit. For more information on this dedicated company, based in Coeur d'Alene, Idaho, please visit their website at www.namastefoods.com. It's an informative read.

*Namasté: derived from Sanskrit; a word used to honor the divine spark in all those that we meet.



GREEN CAPRICE

- 1 mango, fresh or frozen
- 1 kiwi
- 1 cup collard greens, stems removed
- 2 strawberries, fresh or frozen
- 1 sprig basil
- 1 cup water or crushed ice

SWEET TART SMOOTHIE

- 1 cup collard greens, stems removed
- 1/2 cup sprouts (alfalfa, clover, sunflower)
- 1/2 pineapple, fresh or frozen
- 1 banana, fresh or frozen
- 3 Medjool dates, pitted and chopped
- 3 TB fresh lemon juice
- 1-2 cups water or crushed ice

Kim Barton

Kim Barton chose local produce for her July staff pick. Kim has worked at SCFC for several months and is finding her job in the produce department "busy and fulfilling." She keeps on the move and enjoys working with fruits and veggies, particularly our local produce which is especially fresh and nutritious. Kim has worked for many years as a house painter and all-around handyperson and has been able to offer her skills in this area for a variety of projects at the co-op. Kim's choice of local produce brings up several important considerations while shopping for yourself and your family. Locally grown produce tastes and looks better because crops are harvested at their peak. Since it has not been trucked in over long distances it has less time from farm to table, hence a higher nutrient content. Local farmers aren't anonymous and they take their responsibility to the consumer seriously. Local food benefits the environment. Well-managed farms provide a service to the ecosystem by conserving fertile soil, protecting water sources, and sequestering carbon from the atmosphere. These are just a few of the significant reasons for choosing local produce when you shop. Kim's favorite way to get her local veggies is by adding them to the green drinks that have been part of her daily food intake for a number of years. She feels that they are a most beneficial and vitalizing food for humans. She especially enjoys collard greens for their flavor and nutrient content. They are loaded with vitamins and minerals and their cholesterol-lowering ability may be the greatest of all commonly eaten cruciferous vegetables. We invite you to investigate our local produce section and explore the many ways to prepare these health-giving foods.



Here are two green smoothie recipes using collard greens (from Green Smoothie Revolution by Victoria Boutenko) – you may substitute the collards for other greens, the green smoothie will be just as delicious and nutritious: Always blend the liquid with the fruit first, then add the greens and blend well. You need not spend a ton of money on a fancy blender, great

results can be had with a good quality blender, just be sure it has 700-1,000 watts to ensure smooth blending without burning up the motor.



Seed Saving continued from page 1

When saving seeds, good record keeping is essential. Label your seedlings, your planted rows and your stored seed. I keep a map as a backup record, too, in case a critter makes off with a row marker or weather washes away a label's ink. If you spot an interesting off-type, you can save seed and grow it out the next year to see what happens. You may be on your way to creating a new variety — or at least embarking on a little botanical adventure.

Seed crops are harvested at different times than food crops. I often tie off an entire section of a row with ribbon and save all of the seed from that section, leaving it long after the rest of the plants have been removed. Watch plants that produce pods; when the pods are dry but not shattering, they are ready to harvest. I find handpicking pea pods easiest, at least on a small scale. I harvest entire bean and soybean plants and hang them until they are completely dry, then thresh them in a clean bucket. Blow off the chaff using wind or a fan, or sift it through a screen.

Flower heads are usually hand-harvested as they dry. Morning glories and vine crops often mature their bottom seed husks or pods first and progress up the vine as the season goes on. Spread the seed heads out to dry, rub them back and forth between your hands to free the seed, and then winnow or screen away most of the chaff.

Tomatoes, peppers, eggplant and cucumbers can be picked as individual fruit. Let the fruit become very ripe to overripe to ensure mature seed. Leave cucumbers on the vine until they mature past the yellow blimp stage. Eggplant should be starting to brown and rot. Tomatoes and peppers need to be

very ripe or just past ripe, or picked close to ripe, and then stored until fully ripe to overripe (a process called "after-ripening").

Tomatoes and cucumbers are "wet" seeds: They have a gel sac around each seed that hinders germination and, in rare cases, can harbor disease. They need to be soaked to remove the gel sac. Squeeze the tomatoes or scrape the seed from the tomato cavities into a labeled container, covering it to keep out flies. Allow the seed to soak for 24 to 48 hours. Add more water after soaking. The good seed will sink while the immature seed will float along with the pulp. Pour off the pulp. Add more water and continue to pour off the pulp until all that remains is clean seed on the bottom. Pour this seed into a strainer to drain off all liquid, and then spread the seeds out to dry in a cool, airy place. I spread my seed on newspaper. Paper plates also work, but paper towels are too fibrous and will stick to the seeds. Label the newspaper or paper plate with the variety name. When the tomato seed is half-dried, stir it to make it less clumpy. After seeds have completely dried, break up any remaining seed clumps and pack the seeds for storage.



To save eggplant seed, grate the fruit or put it through a food processor, and then add it to water. The seed will sink and the pulp will float. Peppers are even simpler: Just cut fruits open and remove and dry the seed. For much more on seed-saving procedures for different crops, see the books *Saving Seeds* by Marc Rogers and *The Complete Guide to Saving Seeds* by Robert and Cheryl

Moore Gough.

Store dried seed in glass jars, plastic bags or paper envelopes. Glass is best, as it does not allow moisture into the seed. Store seeds in a cool, dry place — ideally at less than 50 degrees Fahrenheit and at a relative humidity level of less than 50 percent. In general, for every 10 degrees colder the storage conditions, seed longevity doubles, so it's best to keep seed in a covered container in a refrigerator. As long as the seed is very dry, it will last longest if you keep it in a freezer. All seed should be dried to a brittle state, ideally to less than 14 percent moisture (the level at which ice crystals won't form on seeds if stored in the freezer). When you're ready to use seeds that have been in freezer storage, allow the storage jar to come to room temperature before opening it to avoid condensation on the seed.

Different types of seed have different life spans. Many retain good germination for only a few years, while others stay viable for an impressively long time. Some classic one-year wonders are parsley, parsnip and onions. They may last a second year, but germination and vigor will be much lower. In general, pepper seeds maintain good germination rates for two years; legumes and carrots, three years; squash, beet, eggplant, tomato and brassicas, four years; cucumber, five years; and lettuce, six years. Exact storage conditions affect longevity greatly, however, and seeds from some of these crops can last 10 years or more.

You can do a simple germination test by loosely rolling a few dozen seeds in a moist, white paper towel, keeping it covered with plastic wrap and slightly moist to sprout the seed. Most seed will sprout in four to 28 days. If it takes longer or if less than 50 percent of the seeds sprout, you should probably toss the seeds.

If you end up with more seed than you can use, find a local seed swap. You can trade or share your seed, and you'll come home with new, locally adapted seed varieties as well as a head likely spinning from all of the knowledge you've gleaned from fellow gardeners who share a love of growing great food.

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BROKEN PROMISES

Biotechnology & Your Food

by Monica Rude

Biototechnology has come about as a result of many years research by thousands of scientists into the DNA molecule & how it works. This knowledge about the genetic makeup of humans, animals, plants, bacteria, viruses has made it possible to manipulate DNA, change the sequence of the genes (proteins) in numerous ways. Known as genetic engineering (GE) or genetic modification (GM), DNA manipulations have been used to attempt to solve a number of problems associated with food production, ie, the huge amount of chemicals used, the high cost of farm labor, weeds, insects, disease, drought, yield, nutritional concerns & the challenge of growing food for an ever-expanding world population.

This is what biotech has given us:

- Massive use of chemicals, glyphosate (Roundup) and others, on crops genetically engineered to withstand them while the surrounding weeds are killed.
- The introduction of Bt bacteria into corn, peanuts, and cotton to resist caterpillars (including the endangered Monarch butterfly). Cells of these plants actually manufacture the Bt pesticide. Antibiotic-resistant bacteria are also added to the new DNA as “markers” to indicate which cells have actually incorporated the new genetic material into their DNA. Studies have shown this antibiotic resistance can be passed on to gut bacteria of livestock who are fed the GE crops and also effect the balance of beneficial and pathogenic bacteria in the gut.
- The transfer of genes from one species to another, as would never occur under natural conditions, ie, the introduction of fish genes into the tomato to delay ripening and prolong shelf life. This was the Flavr-Savr* tomato, no longer on the market. Additionally, genes from flounder have been transferred into sugar beets to allow them to tolerate the cold and be grown in Canada where they could not previously grow.
- GE crops to resist viruses which reduce production, ie, papaya, potatoes, zucchini, summer squash.
- The GE growth hormone, R-BGH increases milk production by 20% while it also causes hoof disease, shortened cow life span, and mastitis which produces pus in milk in 80% of cows, making antibiotic use necessary. Additionally, there is an increase in IGF-1 (insulin-like growth factor-1) normally present in milk to stimulate the growth of the calf. When GM cow's milk is consumed by people, their IGF-1 levels also increase, promoting undesirable growth, ie, cancer and accelerated aging. (<http://drmcDougall.com/misc/2007nl/mar/>

dairy.htm).

- Most major food crops are now GE and Roundup Ready: last year 95% of soy, 86% corn, 93% canola, 93% cotton, 95% sugar beets are grown this way. This means that virtually every processed food you encounter that is not certified organic or certified non-GMO, is likely to contain at least 1 GE ingredient. If you are eating GM foods, you are consuming Roundup and other chemicals, plus their residue on produce, plus antibiotic-resistant bacteria, plus modified DNA with unknown long term effects.

- Over 30,000 GM food products are on the grocery shelf, about 70% of our food.

After 20 years of GE food, how is it going? Not well.

- Weeds have developed resistance to the chemicals resulting in SuperWeeds, some are resistant to several chemicals. This has resulted in increased chemical use and new combinations of chemicals. Nearly half of all US farmers surveyed said they had glyphosate-resistant weeds on their farm in 2012, up from 34 percent of farmers in 2011(Mother Jones Feb 26, 2013). 5.1 BILLION # chemicals used in US each year on agricultural crops, lawns and golf courses. This does not include chemicals used in other countries.

- In spite of the massive increase in chemical use, GM crops have not increased yield and drought tolerance, as promised; soybeans have performed especially poorly.

- Nutritional concerns: golden rice was developed to feed the hungry by increasing Vitamin A. But it has been found that three servings provide only 10% of daily requirements, plus, it was discovered that the low fat diets of those who are starving do not provide enough fat to assimilate Vitamin A (Science, Jan 2000).

- Because glyphosate works by binding up certain minerals in the soil and preventing their absorption by the weed and crop plants, it has been claimed by some researchers that GM crops are deficient in minerals calcium, potassium, magnesium, copper, iron, manganese, zinc . (See Mercola.com).

- Two major food crops - soy and corn – are grown primarily for animal feed, biofuel to power cars, and processed human food. All of benefit in developed nations - not the poor and hungry of the world.

Haven't GM foods been shown to be safe? No. The only feeding study done with humans showed that GMOs survived inside the stomach of the people eating GMO food. No follow-up studies were done. Decreased infertility, digestive problems, irritable bowel syndrome, allergies,

and autism have been associated with consuming these foods.

Various feeding studies in animals have found pre-cancerous cell growth, damaged immune systems, smaller brains, liver changes, decreased fertility, increased miscarriage, sudden unexplained death, change to gut microbes, and higher death rates.

More to come: Monsanto has announced plans for all foods to be genetically modified. Over 2743 crops are being tested or awaiting approval, including GE salmon and NM green chile.

Consumers are not powerless...

We have choices in the foods we chose to eat.

Buy organic which by law cannot contain GM ingredients

Buy locally grown at the farmers market or from your neighbor

Grow it yourself. Make it yourself. Make it from scratch.

Use the Non-GMO Shopping Guide to increase your awareness of foods containing GMO ingredients. Especially those derived from soy, corn, canola, cotton, peanuts, sugar beets, aspartame and other sugar substitutes; especially processed foods. Learn what to look for on labels. Find it here: <http://www.nongmoshoppingguide.com/>

Look for products (including organic products) that feature the Non-GMO Project Verified Seal to be sure that at-risk ingredients have been tested for GMO content.

Educate yourself, Many websites have lots of information, including:

www.nongmoproject.org
www.non-gmoreport.com
www.centerforfoodsafety.org
www.earthopensource.org
www.organicconsumers.org
www.safe-food.org
www.silvercityfoodcoop.com

Support efforts to get genetically modified foods labeled, more research especially into long term effects of eating these foods, fight to have them removed from our food supply.

The GMO shopping guide...Don't leave home without it. ❖

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

Recent developments related to GMO foods

A biotech rider, which has been dubbed “The Monsanto Protection Act”, was signed into law on March 26. This provision was buried in the spending bill (HR 933) to fund the government for the next six months and several legislators were not aware of it. An attempt to minimize the authority of courts, the rider forces the Secretary of Agriculture to permit massive commercial plantings of genetically engineered (GE) crops even if a court has declared them illegal, ie, even when a court rules that the USDA erred in its environmental impact review of the GMOs.

<http://www.ipsnews.net/2013/04/u-s-activists-outraged-over-so-called-monsanto-protection-act/>

On May 24, 71 U.S. senators (28 Democrats and 43 Republicans) voted against an amendment to the Senate version of the 2013 Farm Bill that would have guaranteed states the right to enact mandatory GMO labeling laws. The Sanders Amendment, introduced by Sen. Bernie Sanders (I-Vt) was intended to definitively establish that states have the right to require labeling of GE

ingredients. In fact, states already have the right to enact mandatory GMO labeling laws but this is the biotech industry's way of fighting back at a time when several states are considering GMO labeling laws. http://www.organicconsumers.org/articles/article_27635.cfm

Pressure is growing to label products made from GMO crops. In Connecticut, Vermont and Maine, at least one chamber of the state legislature has approved bills that would require the labeling of foods that contain genetically modified ingredients, and similar legislation is pending in more than two dozen other states.

The New York Times reported that food companies big and small are struggling to replace genetically modified ingredients with conventional ones – that's good news, because it means that food companies are responding to consumers' demands for non-GMO foods. www.organicconsumers.org

The USDA is considering approval of genetically engineered eucalyptus trees for commercial production. A GE

“freeze tolerant” eucalyptus tree would be grown in seven southeastern states, and possibly the Pacific Northwest. If approved, this will be the first GE forest tree to be commercially grown in the U.S. Paper and biofuel companies are planning on growing these trees on intensively managed monoculture tree plantations.

Eucalyptus trees are not native to North America, are harmful to native wildlife, and they've already become invasive in California. Industry plans to plant millions of these GE eucalyptus in ecosystems and climates that have never supported eucalyptus in the past. Fragile ecosystems and a host of endangered plant and animal species could be threatened by such large scale GE eucalyptus plantations.

<http://www.ipsnews.net/2013/05/u-s-urged-to-reject-genetically-engineered-trees/>

On July 4th, Moms Across America (MAA) will march in Independence Day parades across the country in support of GMO labeling.

[Maybe in Silver City? Waiting for details] ❖

July Sales

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

July 3-July 16



Bulk
Blackeyed Peas
reg \$1.89#
SALE \$1.69#



Brown Cow Yogurt
6 oz, Assorted
reg \$.99
SALE \$.75



Organic Prairie
Grassfed
Beef Hot Dogs
reg \$9.59
SALE \$5.99



Annie's
8 oz Dressings
Assorted
reg \$3.99
SALE \$2.99



Avalon
Vitamin C Serum
reg \$22.19
SALE \$15.99



New Chapter
Ginger
Wonder Syrup
reg \$14.95
SALE \$11.99

July 17-July 30



Bulk Golden Temple
Fr Vanilla/Almond
Granola
reg \$3.99#
SALE \$2.49#



Daiya
Vegan Cheeze Threads
assorted
reg \$4.69
SALE \$3.49



Wildwood
Original
Tofu Burger
reg \$3.79
SALE \$2.79



Blue Sky Soda
Assorted
reg \$.89
SALE \$.55



Desert Essence
Shampoo/Conditioner
reg \$7.89
SALE \$5.99



Bio-Kleen 64 oz
Energy Saver
Laundry Liquid
reg \$13.49
SALE \$9.49

Member Only Specials

July 3-July 30



Bulk
Dark Red
Kidney Beans
reg \$1.99#
SALE \$1.69#



Bubbies
Sauerkraut
reg \$7.79
SALE \$6.29



Ezekiel Spouted
Hot Dog Buns
reg \$4.49
SALE \$3.59



Bearitos
Corn Tortilla Chips
Assorted
reg \$4.89
SALE \$3.00



Alba
Sunscreen SPF 45
Assorted
reg \$9.59
SALE \$7.99



Renew Life
Heartburn Out
reg \$14.99
SALE \$10.99

Kids' Corner

FREE FRUIT FUN

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



NAME: _____ AGE: _____

PRODUCE COMPOST GUIDELINES

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

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

GROCERY SPECIAL ORDER POLICY

Members receive a 10% off shelf price discount on special orders of case quantity in ALL departments. HABA and Supplements will receive the 10% discount when the quantity ordered is at least six (of the same item). Cases of local meat must weigh 10 pounds or more to receive the discount. All CAP 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. Membership Matters items sold in cases on the shelves will now receive a 10% discount (instead of 20% discount).

PRODUCE SPECIAL ORDER POLICY

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

CO-OP COMMUNITY ROOM POLICY

Individuals, groups & organizations are welcome to use the community room, as long as one organizer is a co-op member. Seating capacity is 24. Room is not intended for commercial use or events where a fee is charged. Contact Margarita: margarita@silvercity-foodcoop.com or call the Co-op at (575) 388-2343. Please allow 7 days to receive confirmation of your request. *Thank you!*

Enjoy
Summer
Break!



From Your Board...

Food for Thought *by Susan Van Auken, President*



The National Cooperative Grocer's Association (NCGA) invited the general manager and board chair from all member co-ops to attend a one-day leadership conference in St Paul, MN on the importance of growth in our food co-ops today. All expenses were paid by NCGA, so on April 13th Joe and I found ourselves flying from Albuquerque to learn more at this gathering. I was curious to see what information would be presented that could be used by our small town co-op.

Of course just attending a national conference like this was an experience for me, as I am not one drawn to large gatherings of people or to traveling. But I thought that making this trek with Joe would be a great shared experience and a great bonding experience for the president and our new GM. Off I went, looking forward to seeing spring in Minnesota in addition to learning about the growth of co-ops.

All 300 of us gathered in a large ballroom for the morning events which included a keynote speaker from England, and several NCGA and CDS (Cooperative Development Services) personnel sharing data about NCGA, general co-op statistics and a recent co-op survey. In the afternoon we all chose two break-out sessions to attend. These sessions were each presented by two NCGA member co-ops.

I enjoyed hearing the speakers and meeting a few different folks, including one GM from a co-op where every member is required to log working hours at the co-op. Besides the people and a few specific figures and charts there were really three concrete points that I brought home with me. Actually these weren't really new to me but they reinforced ideas I already held. I thought I would share these three points.

The keynote speaker gave some statistics and reasons why co-ops fail. Turning one of his statements around to the positive what I heard was "In order to stay strong in a competitive marketplace co-ops need to stick to a clear identity, and keep true to the co-op values." I wonder whether this is true for our co-op? Do we have a clear identity, which is known and supported by all of our members? Are we aware of the co-op values that we support each time we shop at the co-op? They are listed on page 2 of this newsletter if you want to review them.

Also the keynote speaker presented a concept that our board has discussed over the years: Co-ops need to tell everyone what we do. We need to spread the word about co-ops. And this ties into the third point.

We in the co-op world need to increase the awareness among our members and communities about the co-op business model, and how we are different from other business models. One speaker at the conference said that a survey showed that most people would rather have a co-op in their community than a Trader Joes or a Whole Foods. I wonder if the people who make this comment really understand the benefits of supporting the co-op model. Our co-op has no owners or stockholders who need to make a profit, because we are the owners. We operate to fulfill the needs of our members, provide shared ownership, offer quality products, service to our community and to support the co-op values and principles. Do we at the Silver City Food Co-op all understand the difference we make when we support our small co-op, as opposed to spending our food dollars at bigger chain stores?

I attended a break-out session regarding expanding

within your footprint, or how stores can grow and change while staying where they are. Joe and I both went to this session and we heard from the leaders of two co-ops on how they changed their co-op while staying in the same location. Hearing these stories sparked thoughts for us on the need for future discussion about how our co-op could change at our Bullard Street store.

Although I never saw spring in Minnesota, since winter was still holding forth, I had ideas to think on when I came home. The reality for us here in Silver City is that we are currently experiencing somewhat slower sales than we need to maintain our co-op's economic health. It will take member-owners and other customers doing more of their shopping at the co-op to secure its healthy longevity. Can we achieve this by encouraging support for the cooperative business model and values it embodies?

While considering this current reality, it is still time to think about and plan for the future of our co-op. The board has and will continue to pursue these topics regularly through ongoing education and discussion. ✦

Volunteer Discount Policy

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

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

Board Meeting Schedule

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

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

Silver City Food Co-op Board of Directors

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

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

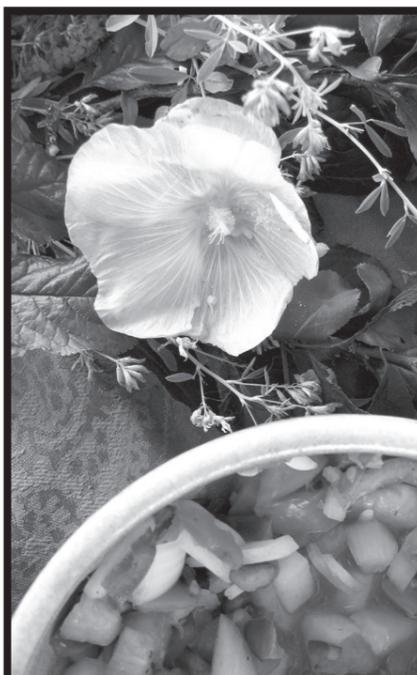
Gail Rein/Secretary
Board Term: 2011-2014
rein.gail@gmail.com

Jerry Boswell/Treasurer
Board Term: 2012-2015
gboswell5275@msn.com

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

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

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



SILVER CITY FOOD CO-OP'S 2013 PICNIC

Little Walnut Picnic Area

Sunday, August 25th

11:00-3:00

Everyone Welcome!

*Co-op will provide the main dish
Please bring your own dishes & cutlery
and a salad or dessert to share*



Outreach Report

by Carolyn Smith



The Commons Center for Food Security and Sustainability



*In bringing forth life from the earth,
we sow the seeds of hope and opportunity.
When we build gardens together,
we build community together;
when we feed each other, we feed
ourselves; with our hands in the soil
together, we are all connected.*



The Commons, Center for Food Security and Sustainability located on Corbin and 13th Sts. is open for business!!!! The Commons is home to the Grant County Community Food Pantry and The Volunteer Center and its mission is twofold: “first, to meet the immediate needs of county residents that don't get enough to eat and second, to build community around the concepts of food justice, local self-sufficiency and sustainability.”

“The Commons will provide emergency food distribution, indoor and outdoor teaching space, community gardens, greenhouses, a commercial kitchen, retail space and serve as a demonstration site for permaculture principles, water catchment, solar and green building, culturally and geographically appropriate food and herb growing, seed saving and plant starts, social enterprise and sustainable economic development.”

While this may sound overly ambitious to some, The Commons was well on its way to achieving these goals before the doors had even opened! The land has already served as a community garden, producing fresh produce for the food pantry, hosted several workshops and the building's design demonstrates green building techniques including passive solar and the beginnings of a water catchment system.

How did this amazing project come about? Here's a brief history of The Commons, a project spearheaded by Alicia Edwards and The Volunteer Center with a lot of help from community organizations, individuals and volunteers.

October 2008, “The Volunteer Center launched the "Lift Every Voice" project to eradicate hunger and poverty in Grant County. Starting with a series of town hall meetings held in communities across the county, “groups of people met to discuss hunger and poverty and work on solutions such as community gardens, a food pantry, senior nutrition issues and children's nutrition issues and local, sustainable economic development.” Committees were formed to look at children and seniors' issues around hunger, to create a food pantry, and to build community gardens.

Late October 2008, the Food Pantry Committee had its first meeting to look at starting a food pantry in Grant County. The committee was made up of community members (including myself) and was supported by The Volunteer Center and the Silver City Food Co-op.

Early spring of 2009, The Volunteer Center of Grant County was awarded a \$475,000 capital funds grant from the Federal government, through Senator Jeff Bingaman's office, to build a food pantry.

April 4th, 2009 the Grant County Community Food Pantry opened its doors in its “temporary” location in the Warehouse, space donated by Janey Katz and Suzi Calhoun. A mobile food pantry was also started to serve the mining district. These food pantries have distributed food to thousands of Grant County residents in need. Grants, food donations and financial support from community members and local organizations along with hundreds of volunteers have made this possible.

The Silver City Food Co-op increased its support for the food pantry by paying for their Community Outreach Coordinator (me!) up to 10 hours/week to work on this project. In addition to being on the Food Pantry Committee, I served as the Food Pantry manager for twice monthly distributions, ordered food from the food bank, handled volunteer coordination, organized food drives and fundraising, and headed stocking parties, and monthly repacking of large bags of grains and beans in the Co-op Community Room.

June 2009, a committee was formed to expand the mission beyond the food pantry, to include building “community around the concepts of food justice, local self-sufficiency and sustainability”, to develop a fundraising strategy, and to look for suitable land to serve all the needs of this project. I was asked to join this sub-committee as well.

In 2011, The Volunteer Center received the funds from the Federal government to close on land for The Commons. The existing on-site garden, started by Tom Cooper, was planted as a community garden and Kevin Robinson of Architectural Workshop designed a building to serve the needs of this community project: a 3,000-square-foot passive-solar, energy-efficient home for the Grant County Community Food Pantry and The Volunteer Center.

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

August 3-5th 2012, a Clay Oven Workshop was held on site at The Commons, in conjunction with the 1st Annual Silver City Clay Festival and a large clay oven was built, from adobe, fire bricks and cob; all materials and instruction were donated by the Tile Heritage Foundation and Syzygy Tile. May 2013, The Volunteer Center and the Grant County Community Food Pantry moved into to The Commons. The soil, heavily compacted from building equipment, was loosened and fruit trees and ground cover crops were planted.

May 29th the Grant County Community Food Pantry opened the doors to distribute food to 72 families from its beautiful new home!

July 13th from 1-4 pm, everyone in the community is invited to attend the Grand Opening Celebration of The Commons (on 13 & Corbin Sts.), featuring the band The Big Ditch Crickets.

“In bringing forth life from the earth, we sow the seeds of hope and opportunity. When we build gardens together, we build community together; when we feed each other, we feed ourselves; with our hands in the soil together, we are all connected.”

To learn more about the ongoing work at The Commons go to The Volunteer Center's website: www.tvcgrantcounty.org Look up their monthly newsletter for the most recent news or sign up to receive the newsletter via email. ✨

July 2013



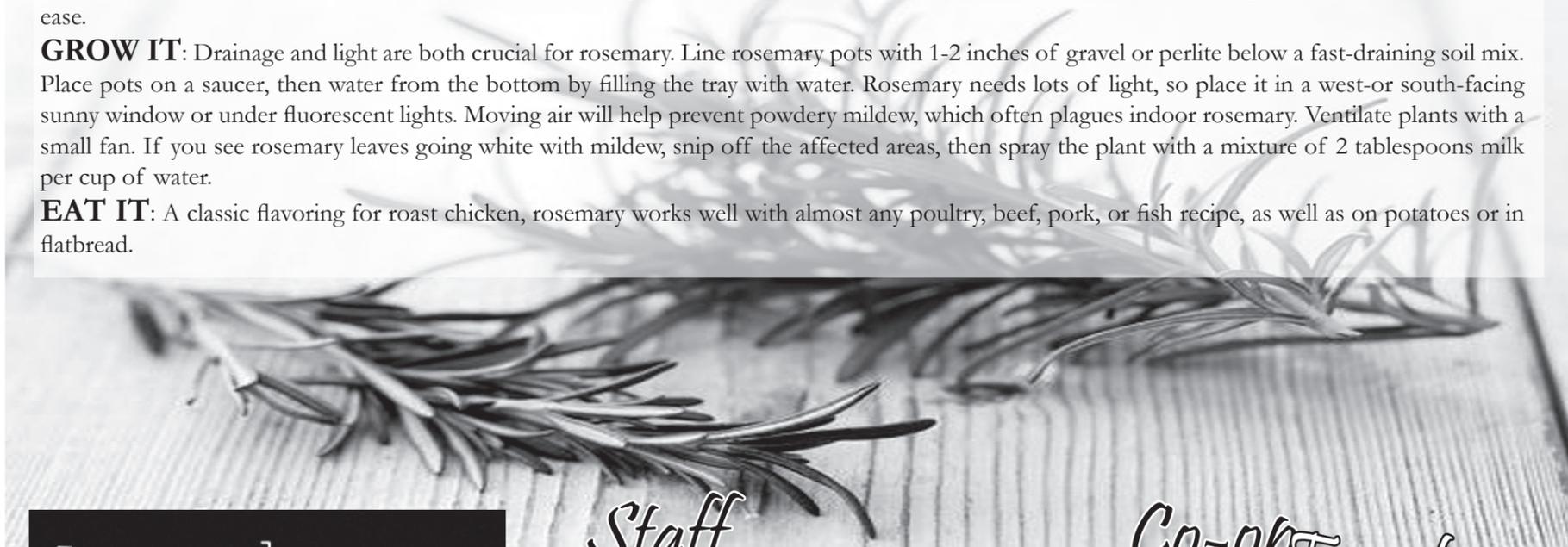
New Moon 7/8/2013 at 12:16:06 am (MST)
Full Moon 7/22/2013 at 11:16:32 am (MST)

Plant Your Medicine

ROSEMARY (*Rosmarinus Officinalis*): Known as the “herb of remembrance,” noted herbalist James Duke says rosemary contains more than a dozen antioxidants that slow the breakdown of acetylcholine, a neurotransmitter that aids in memory and may help ward off Alzheimer’s disease.

GROW IT: Drainage and light are both crucial for rosemary. Line rosemary pots with 1-2 inches of gravel or perlite below a fast-draining soil mix. Place pots on a saucer, then water from the bottom by filling the tray with water. Rosemary needs lots of light, so place it in a west-or south-facing sunny window or under fluorescent lights. Moving air will help prevent powdery mildew, which often plagues indoor rosemary. Ventilate plants with a small fan. If you see rosemary leaves going white with mildew, snip off the affected areas, then spray the plant with a mixture of 2 tablespoons milk per cup of water.

EAT IT: A classic flavoring for roast chicken, rosemary works well with almost any poultry, beef, pork, or fish recipe, as well as on potatoes or in flatbread.



Love and
compassion are
necessities, not
luxuries.
Without them
humanity
cannot survive.

- Dalai Lama

Staff Celebrations

Anniversaries

- July 1 Joseph Partick
- July 2 Jeanné Miller
- July 16 Richelle Price
- July 30 Jarrod Swackhamer

Birthdays

- July 12 Meggie Dexter
- July 15 Richelle Price
- July 18 Angie Carr
- July 22 Carolyn Smith
- July 24 Dan Jameson
- July 26 Jenny Morgan

Co-op Events

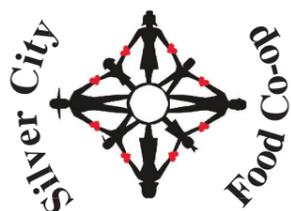
July 2013

- 4 Independence Day CO-OP CLOSED
- 10 Monthly Board Meeting 4:30-7:30pm
- 9 Community Forum:
& *GMOs with Monica Rude*
- 11 Noon-1:00 pm both days
- 12 Member Linkage Committee Meeting
10:00-11:00 am

August 2013

- 13 Community Forum:
& *Raw for Life with Marie & Rod Schabloski*
- 15 Noon-1:00 pm both days
- 14 Monthly Board Meeting 4:30-7:30pm
- 16 Member Linkage Committee Meeting
10:00-11:00 am
- 22 MEMBER APPRECIATION DAY
- 25 Annual Co-op Picnic
at the Little Walnut Picnic Area
11:00-3:00

Pre-Sorted Standard
US POSTAGE PAID
Albuquerque NM
PERMIT #762



520 N. Bullard St.
Silver City, NM 88061
www.silvercityfoodcoop.com