



# Silver City Food Co-op

# GARBANZO GAZETTE

Our monthly newsletter • July 2016

Volume 16

## Co-op Hours:

Monday - Saturday

9 am - 7 pm

Sunday

11 am - 5 pm

575•388•2343

520 N. Bullard St.



## The Bees, the Co-op and You

One of the many reasons to shop the Co-op are the numerous organic products we offer. Our produce is 100% organic, and our grocery buyers research products to offer the highest quality organic food at the best prices. Organic farming has never been more important and is the best way to grow food. The Rodale Institute has been conducting side by side studies of conventional and organic farming for 35 years. The conclusion: organic farming is cheaper, produces more food, and builds the soil, resulting in better drought tolerance for organic crops. Organic farming does not use pesticides and this helps important pollinators like bees. Shop the Co-op and be a part of the solution!

## Organics and Pollinators: Making Food Happen

By Claudia Broman

A simple lunchtime meal could look drastically different without bees. We can thank these pollinators for about one out of every three bites of food we eat, including many of our favorite fruits like blueberries, peaches, blackberries, grapefruit, raspberries, oranges, pears and plums.

As pollinators, bees flitting around apple orchards and cranberry bogs move pollen from the male parts of trees and plants to the female parts. This shift of pollen allows the flowers to produce fruit. Many crops, like almonds, avocados, cucumbers and even onions, wouldn't produce much, if anything, without the help of bees. In the U.S. alone, bee pollinators annually contribute to about \$20 billion of products people use every day.

Recent scientific studies show that bee pollination is directly connected to human health. People need to consume a variety of nutrients to stay healthy. Globally, the crops that provide these nutrients vary widely from place to place, with developing regions of the world being more dependent on particular fruits and vegetables than others. Were these crops to fail on account of a decline in pollinators, it could result in a global malnutrition problem.

Unfortunately, researchers have seen declines in the success of wild and commercial bee colonies over the past 50 years. This drop in bee numbers in the U.S. is attributed in part to an increase in private and commercial pesticide use. Other conditions contributing to the struggling numbers are habitat loss due to development, monoculture agriculture (growing just one crop, like corn, year after year), animal grazing and the introduction of non-native insect species. Cumulatively these conditions have crop farmers concerned about whether there will be enough honeybees to pollinate their fields, and beekeepers concerned about collapsing honeybee colonies.

Despite the challenges honeybees are facing, there is hope. Scientists confirm that the diverse ecosystems found on organic farms provide friendly places for bees to nest and roam. Organic farmers often grow more than one type of crop, which provides bees with a varied and nutritious diet, and they don't use the types of synthetic pesticides that have been connected with bee population declines. Organic farms are helping the bees that eaters rely upon for meals every day, whether a person chooses to eat organic food or not.

Though the plight of bees may seem overwhelming, there are steps people can take to protect these precious pollinators.

• **Support organic farms.** By choosing organic products over conventional counterparts you can limit the amount of pesticides being used for commercial crop production.

• **Buy untreated seeds and seedlings.** Neonicotinoids are insecticides applied to seeds and soil that can persist in the environment, rather than degrade. These chemicals are connected to bee colony declines. Instead, opt for organic seeds and seedlings when prepping for your coming gardening season.

• **Support small, local farms.** Small farms tend to be more diverse in their fruit and vegetable production, and that diversity is associated with the presence of more pollinators—like bees!

• **Plant a garden for pollinators.** Set aside space in your yard or garden specifically for native flowering plants that help provide food and shelter for bees, butterflies, and other pollinators. But be aware that even plants marketed as “bee-friendly” are often treated with neonicotinoids. Ask nursery staff or check the label to find out if plants have been treated.

reprinted by permission from *StrongerTogether.coop*



Silver City Food Co-op  
Market Café

## Café Hours:

Sunday

8:30 am - 5:00 pm

Monday,

Wed. - Sat.

8:30 am - 7 pm

Closed Tuesday

575•956•6487

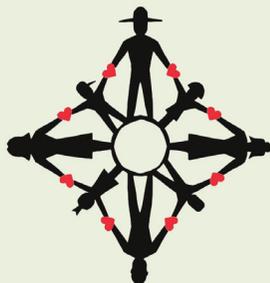
614 N. Bullard St.



YOU  
ARE  
WHAT  
YOU  
EAT

# Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

## Store Hours

575-388-2343

Mon-Sat 9am-7pm

Sunday 11am-5pm

## Café Hours

575-956-6487

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

Sunday 8:30 am - 5:00 pm

Closed Tuesday

## Vision Statement

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

## Seven Cooperative Principles

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

**Joe Z**

general manager

**Mike Madigan**

assistant manager

## The Garbanzo Gazette Gang

Editor: Charmaine Wait

Contributors: Susan Van Auken, Gail Rein  
& Mike Madigan

Layout & Design: Carol Ann Young

& Meggie Dexter, Consultant

Submissions are welcomed!

Submit letters, articles, or items of interest to:

gg@silvercityfoodcoop.com

©2016 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



**Wow! It's been a year already! Time flies! Unbelievable!**

The Silver City Food Co-op Market Café  
is celebrating our one year anniversary.

We were met with instant success with hundreds of people eating and buying from the Market Café. I still wonder though if we are serving everyone as well as we can. So something a little different this month – I would like to know what everyone is thinking of our efforts. A survey! And while we are at it – a few questions about our main store too.

### Let's start!

I'm sure all of you know that you do not need to be a Member of the Co-op to shop/eat at the Market Café. But you can join if you want (it's easy and is only \$10 a year). Around 2200 people who live in this community OWN our business – amazing!

1. **Are you a member of our Co-op?** Yes \_\_\_\_\_ No \_\_\_\_\_ Been meaning to join \_\_\_\_\_ I'm confused \_\_\_\_\_

2. **Have you shopped or eaten at our Market's Café?** Yes \_\_\_\_\_ No \_\_\_\_\_ Never even heard about it \_\_\_\_\_

#### 2a. If no – how come?

Don't know where it is \_\_\_\_\_  
Too much of a bother to go to the Co-op AND the Market Café \_\_\_\_\_  
I keep forgetting to \_\_\_\_\_  
I eat at McDonalds \_\_\_\_\_  
What can we do to entice you to visit the Market Café? \_\_\_\_\_

#### 2b. If yes – how often?

A couple times a week or more \_\_\_\_\_  
Once a week \_\_\_\_\_  
2 or 3 times a month \_\_\_\_\_  
Once a month \_\_\_\_\_  
Only a few times in the last year \_\_\_\_\_

3. **What can we do to enhance your enjoyment of the Market Café?** \_\_\_\_\_

4. **How's the coffee?** \_\_\_\_\_

5. **Ever tried one of our Smoothies?** Yes \_\_\_\_\_ No \_\_\_\_\_  
You have smoothies? \_\_\_\_\_  
If yes – Do you have a favorite? \_\_\_\_\_  
What other flavors would you like us to try out? \_\_\_\_\_

6. **Have you tried our famous pizza?** Yes \_\_\_\_\_ No \_\_\_\_\_  
If yes – what do think of it? \_\_\_\_\_

7. **Please fill in the blank: If only you had \_\_\_\_\_, I would eat at the Café more.**

8. **Have you every shopped our "gifty" stuff in the Market?** Oh yeah! Great stuff! \_\_\_\_\_ Nah. Not my cup of tea \_\_\_\_\_

8a. What kind of other products would you like to see at the Market? \_\_\_\_\_

9. **To cut expenses, we've been talking of going to more disposable plates and such. The carbon footprint is about the same for disposables as washing dishes, but it saves Staff a lot of time.**

Sure – I'm just as happy with disposables as regular plates and glasses \_\_\_\_\_  
No way – I hate disposables \_\_\_\_\_  
Give us a choice as to what we want \_\_\_\_\_  
If you chose "give us a choice" – what would you choose? \_\_\_\_\_

10. **Does our Staff meet your expectations?** Oh Gosh Yes! They are the bestest Staff ever! \_\_\_\_\_

Not really – here's the problem \_\_\_\_\_

What can we do to improve service? \_\_\_\_\_

11. **Okay – here's your chance to tell us whatever you want to about the Market Café. Good – Bad – Otherwise. Don't hold back or be shy. We want to know!** \_\_\_\_\_

### Now some questions about the Co-op itself:

12. **How often do you shop at the Co-op?** \_\_\_\_\_

13. **Please fill in the blank: I would shop at the Co-op more if \_\_\_\_\_**

14. **Do you shop at other outlets in town?** Yes \_\_\_\_\_ No \_\_\_\_\_  
What might you be buying at other places? \_\_\_\_\_

15. **Should the Co-op relax it's food standards?** For example – bringing in non-organic produce if we cannot obtain organic.  
Absolutely not! \_\_\_\_\_ No way! \_\_\_\_\_  
Don't care \_\_\_\_\_

16. **Is it important to you that our Co-op is owned by the people who use it rather than mega corporations or individuals with deep pockets?**  
Yes it does! Power to the people! \_\_\_\_\_  
Who cares? I just want what I want and I don't care where I get it \_\_\_\_\_

17. **Does the Staff at the Co-op store meet your expectation (this is open ended – please give us your honest thoughts)?** \_\_\_\_\_

18. **Are you aware of our "Co-op Basics" program, which keeps prices low so that everyone can afford them such as our fabulous .99 avocados.** Yes! \_\_\_\_\_ No – never noticed \_\_\_\_\_  
I'm aware of it but I like supporting the higher end companies and getting the best I can afford! \_\_\_\_\_

19. **Do you use your MAD discount often (this is for Members – Member Appreciation Days – where Members choose one day through the MAD periods (Feb/March, June/July, September Special (2 days), Nov/Dec) for a 10% discount (15% during the September Special).** Of course! \_\_\_\_\_ No – it's not important to me \_\_\_\_\_  
I would but I keep forgetting \_\_\_\_\_

20. **Finally – an open ended space to tell us whatever you want about our Co-op** \_\_\_\_\_

Please remember that you don't need to wait for surveys of this type to give us input. We have a suggestion box by the "grind it yourself" Peanut and Almond Butter machines (right by the bulk honey in the tea and bulk herbs aisle and to the left of our fabulous organic bulk coffees! And you can always request to chat with me if you feel strongly about something.

Our Co-op is about serving our community with the best foods and products that we can find so that healthy eating is easy and fun (and very affordable via our Co-op Basics program). What is most important to us are the smiles on the faces of all who shop here!!





low  
prices  
every  
day!

# Co+op Basics Program Helps Stretch Your Food Dollars!

Looking to stretch your grocery budget? Check out the Co+op Basics program. Co+op Basics offers everyday low prices on popular grocery and household items.

The Co-op offers this program to help our community afford our organic, non-GMO, local and sustainable products. The program features the *Field Day* brand of organics and other pantry staples.

Your co-op is the best place to invest your food dollars. It is where you will find the most healthful food, foods in bulk which will save you money, and local seasonal fare. Make the most of your co-op shopping experience and shop Co+op Basics and the Co+op Deals (items on the program are marked throughout the Co-op).

*In addition to the Field Day brand of products, these items are also part of the Co+op Basics program.*

## Grocery

Diced Tomatoes (*Muir Glen*)  
Sea Salt (*Eden*)  
1000 Island Dressing (*Annie's 8 oz*)  
Ancient Grains Sea Salt Crackers Gluten Free (*Sesmark*)  
Chicken Noodle Soup (*Wolf Gang Puck*)  
Minestrone Soup (*Amy's*)  
Morning Oat Crunch Cereal (*Barbara's*)  
4-pack Toilet Paper (*Natural Value*)

## Bulk

Brown Rice (Long Grain, Organic)  
Oats (Regular Rolled)  
Flour (*Bay State*)  
Popcorn (yellow)  
Beans (Anasazi)  
Peanut Splits  
Peanut Butter (Grind Yourself)

## Health & Beauty

Hand and Body Lotion (*Jason 16 oz*)  
Baby Lotion, Fragrance free (*Acure 7.5 oz*)

## Produce

Russet potatoes  
Avocados  
Roma tomatoes  
25 lb. bag of carrots  
Yellow onions  
Bananas

## Dairy

Eggs, Large Brown (*Organic Valley*)  
Butter 1 lb. (*Organic Valley*, Salted and Unsalted)  
Milk (*Organic Valley 2%*, Whole Milk, and Skim Milk 64oz)  
Cheese (*Organic Valley* Raw Sharp Cheddar,  
Raw Mild Cheddar & Raw Jack Cheese)  
Bulgarian Style Yogurt (*White Mountain Organic*)

## Frozen

Tortillas (*Stacey's* Whole Wheat or white)  
Bread (*Rudi's* Colorado Cracked Wheat;  
*Udi's* White Sandwich, GF;  
*Alvarado Bakery* Sprouted Multigrain)

*All Co+op Basics products are specially priced at an  
Everyday Low Price.*



# Market Café Product Spotlight

Some of the new products at the Market Café are purses, jewelry, hats, hair clips, and toys for children, to name a few. They were purchased from Ten Thousand Villages.

The global fair trade movement began with the founding of Ten Thousand Villages more than 60 years ago through the visionary work of Edna Ruth Byler, a pioneering business-woman. Byler was struck by the overwhelming poverty she witnessed during a trip to Puerto Rico in 1946, where she was moved to take action. The seminal contribution of Byler ignited a global movement to eradicate poverty through market-based solutions.

Byler believed that she could provide sustainable economic opportunities for artisans in developing countries by creating a viable marketplace for their products in North America. She began a grassroots campaign among her family and friends in the United States by selling handcrafted products out of the trunk of her car. Byler made a concerted effort to educate her community about the lives of artisans around the world.



*Lyna is wearing a fair trade hat.*



*Fair trade purses and bags from  
Ten Thousand Villages and Weaving for Justice*

For the next 30 years, Byler worked tirelessly to connect individual entrepreneurs in developing countries with market opportunities in North America. From humble beginnings, Ten Thousand Villages has grown to a global network of social entrepreneurs working to empower and provide economic opportunities to artisans in developing countries.

From 2008 to 2013, Ten Thousand Villages was named one of the "World's Most Ethical Companies" by the Ethisphere Institute and Forbes Magazine.

*Check out the products and learn more about Ten Thousand Villages at the Market Café.*

# KITCHEN MEDITATIONS

Summer



## Nutrition Nugget Corn

While it might sound surprising to some people who are used to thinking about corn as a plain, staple food, or a snack food, or a summertime party food, corn is actually a unique phytonutrient-rich food that provides us with well-documented antioxidant benefits. Like other vegetables, corn can help you fight the fight against cell damaging free radicals, and may decrease your risk of heart disease, cancer and other diseases. According to Meals on Wheels West in Los Angeles, corn is a better source of antioxidants than wheat, rice or oats. The antioxidants found in corn include carotenoids, vitamin C and vitamin E.

## Three Ways to Cook Corn on the Cob

### 1. Boil It Up

Boiling is the classic way to prepare sweet corn. You can either use a wide, flat pan and lay the corn on its side, or use a taller stockpot to boil a big batch at once. Either way, fill the pan with enough water to cover the corn and bring it to a boil. Shuck off the outer husk and silk from the corn. Dissolve a tablespoon of salt in the water and add the corn. If your corn is very fresh, cook it for three to five minutes. For corn that's a few days old, go for six to eight minutes.

### 2. Microwave It

Try this microwave method if you are just cooking a few ears of corn for dinner and don't want to trouble with boiling a big pot of water. Leave the corn in their husks and microwave them two at a time on HIGH for four to six minutes, depending on the age of your corn. Let them cool enough to handle and then strip off the husks and silk.

### 3. Grill 'Em!

Roasting on the grill gives the corn a smoky flavor. Peel back the husks, but leave them attached at the stem. Remove all the silk and then brush the corn with olive oil (butter can sometimes burn). Cover the corn back up with the husks and secure them closed with a piece of string or aluminum foil. Roast the ears of corn over a medium-hot grill, turning occasionally, until the outer husks are charred and toasted. This usually takes about 15 minutes. Let the corn cool enough to handle, then strip off the husks and eat.

## More Bulk Spices at Great Prices!

Our favorite price-comparing Co-op shopper gave us more price comparisons between the big store and the Co-op. Again, the Co-op's organic spices are at the best prices in town, hands down!

Spice	Co-op	Other Store
Basil	\$17.89 / lb.	\$127.00 / lb.
Cayenne	\$14.99 / lb.	\$37.00 / lb.
Dill Weed	\$29.29 / lb.	\$106.00 / lb.

## The Frugal Co-op Chef



### Watermelon Strawberry Lime Cooler

reprinted by permission from *StrongerTogether.coop*  
Servings: 2

Cool off with a great pink smoothie combo: watermelon and frozen strawberries make a wonderful slushy drink. A touch of lime and a sprig of mint give it a South of the Border twist.

#### Ingredients

- 1 cup frozen strawberries
- 4 cups cubed watermelon, seeds removed
- 2 tablespoons fresh lime juice
- mint sprigs

#### Preparation

In a blender, combine the watermelon and strawberries. Add the lime juice and puree. Serve immediately with mint sprigs for garnish.

## Mojito Watermelon Salad

reprinted by permission from *StrongerTogether.coop*  
Servings: 4

Serve this refreshing salad with your grilled entrees.

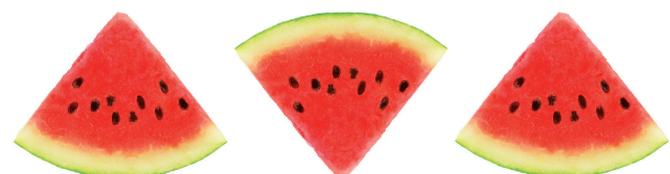
#### Ingredients

- 2 cups seeded watermelon, cut into 3/4-inch cubes
- 1 large red heirloom tomato, cored and chopped
- 1 large yellow heirloom tomato, cored and chopped
- 1/4 cup fresh-squeezed lime juice
- 2 tablespoons tequila (optional)
- 1 tablespoon white wine vinegar
- 2 teaspoons agave nectar
- 3 tablespoons olive oil
- 2 tablespoons minced fresh mint
- Pinch each of salt and freshly ground black pepper

#### Preparation

Place the watermelon and tomato pieces on a paper towel to absorb excess moisture.

In a large bowl, whisk together the lime juice, tequila, agave nectar, vinegar, mint, salt, pepper and olive oil. Add the watermelon and tomatoes, toss well to coat and serve immediately.



# Jake's July Produce Picks

Summer is in full swing with parties and barbeques. What is a summer party without watermelon and fresh roasted corn on the cob? The Co-op offers great organic melons and corn. No worries about GMO or pesticides on our produce!

## Corn

When buying corn, look for ears with bright green, snugly fitting husks and golden brown silk; the kernels should reach the ear's tip in tightly spaced rows and should appear plump and milky.



Jake Sipko  
Produce Manager

## Melons

Composed of 92% water by weight, melon may be one of the last fruits you would expect to find growing wild in arid, sub-Saharan Africa. Yet that is one of the regions from which wild melons are thought to have originated, some 4,000 years ago! Thanks to discoveries of preserved seeds dating back to this period, melons have been traced to central, eastern, southern and western Africa, as well as the Middle East and India. Today people grow melons all over the world in a variety of climates with one common denominator: it has to get hot!

Nutritionally, melons are one of the best sources of water-soluble electrolytes (mineral salts like potassium, magnesium and manganese). Electrolytes work to restore our bodies' hydration and chemical balance after a hard workout or a long day in the sun. Many popular sports drinks are marketed for this purpose but most also deliver a load of sugar, high-fructose corn syrup, and artificial dyes and flavors. Compare this with melons, which are naturally sweet, naturally delicious, and an outstanding source of vitamins A and C. What's more, some varieties of melon, like watermelon, contain potentially beneficial plant pigments, which may act as antioxidants.

Although there are over 1,200 varieties of melon, the most common varieties of melon in the United States are watermelon, honeydew, and cantaloupe. Watermelon, which we generally think of as red and having many seeds, is also available in seedless, yellow and even orange-fleshed versions! Cantaloupe, which has a characteristic "netted" exterior and medium-dense orange flesh, has a sweet, musky flavor and is sometimes referred to regionally as "muskmelon." Honeydew, a pale green-fleshed melon with a sweet floral honey flavor, is a firmer-flesh melon that is excellent eaten fresh but also holds up to caramelizing on the grill. There are also orange-fleshed honeydew that taste very similar to green varieties.

reprinted by permission from *StrongerTogether.coop*



Paul holding a ripe, delicious, sweet, organic watermelon

### Choosing a ripe melon can be tricky, and each type has its own tricks:

#### To select watermelon

Look for a creamy, butter-yellow spot on one side of the fruit. This is where it rested on the ground in the field. If this spot is white or pale green, the fruit is not yet ripe and will not ripen further. Once you find a watermelon with a creamy yellow patch, knock on the outside gently – the fruit should sound hollow and vibrate like a drum. This means that the flesh inside is still crisp. If it fails to vibrate, it is likely overripe.



#### To select a cantaloupe

Look for fruits that have a primarily tan or yellow "under coloring." This means, underneath the rough "netting" on the outside, you see an even yellow color with no green. Cantaloupe that is green beneath its net will not be ripe. Finally, press your thumb gently near the stem-end of the fruit. If it has a bit of give, the texture should be perfect!

#### To select a honeydew

Honeydew has a unique property when ripe – the outside skin changes from smooth and hard to velvety and slightly tacky, similar to running your hand on raw (unpolished) silk or suede. This is the sugar content maturing and coming through the skin. Also, the fruits change from a pale, celery green exterior to a warm, yellow-green. It's subtle, but still the best indicator of ripeness for honeydew.



Store melons at room temperature until ready to eat. You can store a very ripe or cut melon in the refrigerator to keep it fresh for several days, but it's best eaten at room temperature for maximum flavor.



## Pick Your Own **MAD** in June or July

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

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

## July Forum



*Join us!*  
*to learn about the*  
*High Desert Humane Society*  
*with Heidi Ogas*

**Thursday, July 7th**  
**from Noon to 1 pm**

**Community Room @ the Market Café**

**614 N. Bullard St.**

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

CO-OP  
KID



Corner

## Compound Salads

GRAB

'n' GO

The salads that are offered in the Grab 'n' Go at the Co-op are so delicious, especially the compound salads. Compound salads? We all know that they just taste great, but if you want to know what a compound salad is, read Brenna Brown's explanation.

Compound salads include greens, vegetables, and dressings, in addition to grains, seeds, beans, rice, potatoes or pasta. Tabbouleh, beet and kale, and potato salads are all examples of compound salads.

What is great about these salads is the freshness, that they can be made and eaten warm or cold, and they contain a variety of chopped, diced, or julienned vegetables. You can be as creative as you feel like! Try marinating or slightly sautéing the vegetables and remember to sauté just long enough so the veggies keep their color and crispness.

To make a compound salad start by making your non greens addition such as the beans or grain. Rinse the potatoes, beans or pasta to remove excess starch and so they do not "cloud" your salad. Fold your veggies into this and finish with a dressing. The dressing can be as simple as lemon juice or as complex as peanut sauce.

Brenna's **Beet and Kale Salad** includes beets, carrots, red onions, bell pepper, and celery and is compound because of the added sesame seeds. The dressing includes olive and sesame oil, rice vinegar, lemon juice, ginger, oregano, basil and salt.

In the summer it is nice to use wild greens, including lambs quarter, dandelion greens, and wild mustard. All of these greens can be slightly sautéed. Then add your veggies and compound ingredient with dressing.

Look in the Grab 'n' Go section to find a compound salad for lunch or dinner.



*Brenna preparing  
a quinoa tabouli compound salad*



*Basil growing in the Co-op's  
demonstration greenhouse.  
Enjoy it on the  
Market Café pizzas and the  
Grab 'n' Go items.*



# Our Community

## Bee's Wrap

**Bee's Wrap** was founded in 2012 by Vermonter Sarah Kaeck, a mother of three who has been, by turns, an avid gardener, milker of goats, keeper of chickens, and seamstress. *Bee's Wrap* started with a question facing many families and home cooks: How could we eliminate plastics in our kitchen in favor of a healthier, more sustainable way to store our food?

What she discovered is a lost tradition made new again. By infusing organic cotton with beeswax, organic jojoba oil, and tree resin, she created a washable, reusable, and compostable alternative to plastic wrap.

*Bee's Wrap* is handmade by a growing team of women in a Bristol, Vermont, workshop tucked at the edge of a winding river. Since 2012, we've created wraps that provide a versatile and durable solution for sustainable food storage.

From start to finish, we pay close attention to the ingredients and materials we use in our production process. Our fabric and printing is certified by the Global Organic Textile Standard. Our beeswax is sourced from sustainably-managed hives in the US, and we use only organic jojoba oil. *Bee's Wrap* packaging is recyclable and plastic-free.

Our products are reusable, biodegradable, and compostable. At the end of your wrap's useful life in the kitchen, cut the wrap into strips to add to your compost heap, or wrap them around pieces of kindling and use as a natural and effective fire starter.

As a Green America certified company, *Bee's Wrap*® is committed to using our business as a vehicle for social change, and to bettering the lives of our customers, employees, community, and planet. As a family business, we are vested in the values and environment we pass along to future generations.



Bee's Wrap  
any product  
Reuse for 1 year!

**\$1.00 Off**



Silver City Food Co-op 520 N. Bullard - good through 7/31/16

## LOTUS CENTER



LotusCenterSC.com

### Do you like shopping?



Want to help someone who cannot get to the Co-op?

Here is the perfect volunteer opportunity!

We need a shopper once a week for about 2 hours.

### Is that you?

Contact:  
[charmeine@silvercityfoodcoop.com](mailto:charmeine@silvercityfoodcoop.com)

## July

**Thursday, July 7, 12 noon to 1 pm**

Community Forum  
High Desert Humane Society  
with Heidi Ogas  
614 N. Bullard St.

**Saturday, July 9, 9 am to 2 pm**

Artisan Market  
Support local artisans!  
614 N. Bullard St.

**Wed., July 20, 4:30 pm to 7:30 pm**

Silver City Food Co-op Board Meeting  
614 N. Bullard St.

**Saturday, July 23, 9 am to 2 pm**

Artisan Market  
Support local artisans!  
614 N. Bullard St.

**Saturday, July 30, 10 am**

Mud Pie Contest in Collaboration  
with the Clay Festival  
614 N. Bullard St.

**Fridays in July**

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

## August

**Thursday, August 11, 12 noon to 1 pm**

Community Forum  
Gardening by Season  
with Gale Green  
614 N. Bullard St.

**Saturday, August 13, 9 am to 2 pm**

Artisan Market  
Support local artisans!  
614 N. Bullard St.

**Wed., August 17, 4:30 pm to 7:30 pm**

Silver City Food Co-op Board Meeting  
614 N. Bullard St.

**Saturday, August 27, 9 am to 2 pm**

Artisan Market  
Support local artisans!  
614 N. Bullard St.

**Sunday, August 28th, 11 am to 2pm**

Annual Co-op Picnic and Potluck  
Penny Park

**Fridays in August**

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

# CO-OP Community



## Co-op Community Donations

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

- Grant County Food Pantry*
- Grant County Community Foundation*
- Harrison Schmitt Elementary School*
- Tour of the Gila*
- Kids in Need of Supportive Services*

## Bag Refund Donation Program

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

- |                     |                       |
|---------------------|-----------------------|
| <b>Fort Bayard</b>  | <b>Humane Society</b> |
| <i>\$127.15 May</i> | <i>\$147.70 April</i> |



## Thank You Co-op Volunteers!

*Many thanks to these member volunteers for their service.*

- Christine Dalmedo • Saguara Compton • Dana Baskett  
Deb James • Two Crow Schumacher • Athena Schumacher  
Bridget O'Leary • Edward Norman • James Oden • Rebecca Margolis  
Sharon Bookwalter • Miriam Richer • Janna Mintz



## POPCORN POPPERS Needed!



*Ever notice how happy people are when you give them something?  
Make lots of people happy making and giving out popcorn and food samples on Fridays at the Co-op! Shifts are: 9am to 12noon and 12noon to 3pm.  
It's fun and you get to visit with your friends and meet new friends.*

Contact: [charmeine@silvercityfoodcoop.com](mailto:charmeine@silvercityfoodcoop.com)

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

### July 4th Parade Float Judging at the Market Café

The Food Co-op and the Market Café will be open on July 4th. The Market Café will be hosting the July 4th Parade judges on the patio. Come by for breakfast, free samples and fun at the Café and the Co-op. Happy Fourth of July!

### Mud Pie Contest and MUD FUN at the Market Café

The Mud Pie contest held in collaboration with the Clay Festival will be judged at 10 am. Bring your pies and see if you could win!

### Artisan Markets

Artisan Markets are held the second and fourth Saturdays of the month, May through October, 9 am to 2 pm, and November through April, 10 am to 3 pm. Open to member artisans with handmade arts and crafts. Contact [charmeine@silverfoodcoop.com](mailto:charmeine@silverfoodcoop.com) if you are interested in selling your handmade art.

### Seed Library, Vegan Support Group and Permaculture Workshops

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

### Community Forums

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

### Popcorn Fridays

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

### Volunteer at the Co-op

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

It's a win-win!

To volunteer, please contact Charmaine at 388-2343 or email [charmeine@silvercityfoodcoop.com](mailto:charmeine@silvercityfoodcoop.com).

We will be

**OPEN**

**Monday, July 4th**

**Co-op: 9am to 7pm**

**Café: 8:30am to 7pm**



# Fish & Fowl

by Susan Van Auken

*Adept at preparing delicious, nutritious, and often very quick meals using vegetables, whole grains, and legumes, I do like to occasionally use a little fish, chicken, or turkey. Read on to learn more about these tasty and healthful meats, offered at the co-op, as I recently did.*

## Poultry

I once raised and slaughtered chickens for meat with a couple of other friends. What a lot of work! I also regularly helped a local chicken producer on slaughter day. Not so much work for me, but a whole lot of work for him. These experiences taught me that small birds grow quickly and are relatively easy to slaughter and clean for a meal. They also made me thankful for the Mary's Organic frozen chickens for sale in the co-op freezer.

While gathering information for this article, I spent a half hour looking at the poultry selection in the co-op freezer and was surprised by the variety of products available. Although they might resemble similar products at the mainstream groceries, they differ substantially. These co-op birds live on the ground, in less dense populations. Some are pasture raised all or part of the time. Some are organic. Some eat only GMO-free feed. No antibiotics are used.

## Seafood

As we all know, there is not much water in the high desert of Grant County. There may be a few trout or catfish or crawdads for the catching nearby, but all ocean fish has to come from afar. Ocean fish is known for its healthful protein and Omega 3 fish oils. So how does one choose what fish to eat?

Personally, I want line-caught fish when possible; and I don't like the idea of fish-farming in the ocean. I would not buy a "fresh" fish here in Silver City or a fish that was once

I learned about another difference while researching last month's article on sodium, when I came across what to me was an odd fact about chicken. On the American Heart Association website, chicken was listed as a salty food (not chicken tidbits or nuggets, just raw chicken). Why would this be? I learned that it is a result of the conventional chicken-industry practice called "plumping," when chickens are injected with saltwater before packaging. This makes them look fresher and plumper; and the customer pays for this extra water. Plumping also adds unwanted salt. Our co-op's raw poultry includes no added water or salt. *(The label on Mary's Organic chicken indicates there are 70 mgs of sodium per 4 oz serving. At another grocery store in town, the label of one brand indicated 330 mgs of sodium per 4 oz serving; another brand indicated that a 4 oz serving contained 140 mgs.)*

frozen and then defrosted for display at a fish counter, since neither seems "fresh" to me. With these caveats, I find the frozen and canned fish at the co-op best suit my needs.

And we are lucky; the co-op carries a very special salmon fillet from a family fishery in Bristol Bay, Alaska. Mike Madigan, the co-op assistant manager, knows the fisherman and was able to bring these exceptional sockeye salmon fillets to Silver City.

## Learn more

The fish and poultry products we carry at the co-op are some of the best available. You may want to verify specifics for yourself, by visiting websites of each of the companies, which provide useful and interesting information about the business, its workers, and its history. For chickens, turkeys, and ducks, you can find out about the company's treatment of the birds, where they are raised, and how they are processed. For fish, you can learn about how and where the fish are harvested – whether they are line-caught, wild, or fish-farmed – and where they are processed.

## Cooking with fish and fowl

Commonly Americans will sit down to a big piece of chicken or fish as the main attraction on a plate. Yummy as this may be, an alternative that extends the benefits of the complete protein provided by fish or chicken is using smaller amounts in conjunction with grains and beans. Add chicken chunks or fish bits to a grain salad, a grain-based stir-fry, a tortilla and bean dish, or noodle soup. Be creative with your cookery. Cook up the bones of any poultry, for a strong broth that provides a bowlful of good nutrition.

## Enjoy poultry and seafood; try something new!

### Poultry

Brands: Mary's Organics, Organic Prairie, Shelton's, Applegate Organics, and Ian's.

#### Products in the freezer:

- Whole chickens and ducks
- Chicken breasts, thighs, drumsticks
- Chicken livers
- Chicken strips, nuggets, sausage, hot dogs
- Turkey thighs
- Ground turkey, turkey burgers, turkey meatballs
- Turkey sausage, bacon, hot dogs

### Seafood

Brands: Orca Bay, Henry and Lisa, Blue Horizon, Bristol Legacy, Ian's, Crown Prince, Natural Value, Wild Planet, Sustainable Seas, Bela, Sea Fare Pacific, Natural Sea

#### Products in cans or pouches:

- Albacore, yellow fin, skipjack tuna
- Pink salmon
- Smoked sockeye salmon
- Crab meat
- Oysters
- Clams
- Kippers
- Sardines

#### Products in the freezer:

- Flounder
- Ahi tuna
- Cod
- Salmon
- Shrimp
- Teriyaki tuna burgers
- Crab bites
- Fish sticks



Applegate Chicken Hotdogs Organic, 12 oz

**\$1.00 Off**



Silver City Food Co-op 520 N. Bullard - good through 7/31/16

# From Your Board...

By Carmon Steven  
Board Secretary



## 2016 Annual General Membership Meeting Fun, Informative, a Little Disappointing, and Very Inspiring

The 41st General Membership Meeting of the Silver City Food Co-op was held Sunday May 1st at the Volunteer Center on a beautiful sunny day. Of the 33 people who signed in, there were 6 co-op staff, 7 board members, and 4 board candidates. The remaining 16 came to hear about the marketplace challenges facing the co-op, and the state of our finances, and to meet the board candidates. The organizers could not help but feel disappointment at the low turnout, but as you will see, nearly everyone who came was fully engaged!

Here are some of the highlights.

### ***The Carrot Game***

We started the meeting by sitting at 4 tables where we all learned about the life of a specific organic carrot. The carrots came from Walmart and Albertsons in Silver City, Whole Foods in Tucson, and Natural Grocers in Las Cruces. Each table was given a bag of carrots from one of the stores and had to determine where their carrots were grown, how they were stored and then transported to the seller, cost to the seller, cost to the consumer, how they tasted, and what buying the carrots gave back to our community.

After completing the game, Co-op Treasurer Karen Strelko shared her research on answers to the questions for each table. This led to an informative discussion on carrot mega-producer Grimmway in California, whose carrots had the least enjoyable taste. We then talked about vague labeling and how a consumer often cannot obtain more specific information, such as where the carrots were grown, because many sellers consider this proprietary information. Karen then talked about the carrots from the Co-op. We sell locally grown carrots from Frisco Farms whenever we can, but when seasonally unavailable we purchase from the same sources as our competition.

We recognized that all four competitors provide a product, employment, and may give back funds to the community. However, a small local business, like our co-op, provides a greater revenue stream to Silver City.

### ***Meet the Candidates***

Next up was a fun question-and-answer session with four candidates running for the board: Bill Blakemore, Jean-Robert Béffort, Nancy Coates (a current board member appointed last year for a one-year term), and Mike Giusto (running as a write-in). At the beginning of the session, Kelduyn Garland, a candidate on the ballot, was present and explained her April 28th decision to withdraw from the election.

The candidates introduced themselves, stated why they wanted to be on the board, and then answered serious and delightfully silly questions from the moderator and attendees. It really came across what wonderful, quality people we had running for the board this year, plus they were all such good sports and showed us their sense of humor. At the close of the session, we took a short break for member-owners to vote. The 2016 election was officially closed at the end of the meeting.

### ***General Manager's State of the Co-op Report***

A handout was distributed to attendees, which was a summary financial report, prepared by General Manager, Joe Z., based on the 2016 year-end review of the co-op's financial statements by Mackie, Reid & Company, P.A., our independent certified public accounting firm. The handout included balance sheet, income statement, and amount of business transacted with members and with nonmembers.

Joe discussed a wide range of topics, including the increased competition for organics because companies like Walmart and Albertsons are purchasing from organic growers. He stressed how product availability and competition from mainstream grocers was impacting food cooperatives across the country and was not unique to Silver City. To counteract loss of sales, some cooperatives are introducing non-organic or GMO items to attract more customers. Joe emphasized this is not a direction we want to pursue.



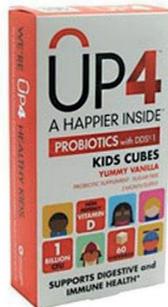
### **Silver City Food Co-op Board of Directors**

*L to R:*  
*Carmon Steven*  
*Karen Strelko*  
*Nancy Coates*  
*Jennifer Johnston*  
*Jean Béffort*  
*Gail Rein*  
*Bill Blakemore*

# July HABA & Supplements Sales

June 29 - July 19  **coop deals**

July 20 - August 2  **coop deals**



**Alba**  
very emollient  
unscented lotion  
12 oz  
reg \$9.89  
**SALE \$6.99**

**Andalou**  
Lime Blossom  
Hand Cream  
3.4 oz  
reg \$7.59  
**SALE \$5.99**

**Nordic Naturals**  
Baby's DHA  
Unflavored  
2 oz  
reg \$15.99  
**SALE \$12.99**

**UP 4**  
Kids Cubes  
Probiotics  
60 ct  
reg \$29.99  
**SALE \$21.99**

**Shikai**  
Shampoo  
Assorted, 8 oz  
reg \$8.99  
**SALE \$6.99**

**Light Mountain**  
Henna Hair Color  
& Conditioner  
Assorted  
reg \$6.19  
**SALE \$4.99**

**Garden of Life**  
Raw Fit  
Marley Coffee Protein  
443 g  
reg \$39.99  
**SALE \$32.99**

**Himalaya**  
Party Smart  
10 vcaps  
reg \$1.99  
**SALE \$1.69**

## 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)



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

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

Board of Directors

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

**Jean-Robert B effort/Vice President**  
Board Term: 2016-2018  
aspace.studiogallery@gmail.com

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

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

**Bill Blakemore**  
Board Term: 2016-2019  
blakemore1936@gmail.com

**Nancy Coates**  
Board Term: 2016-2019  
coates@gilanet.com

**Carmon Steven**  
Board Term: 2016-2017  
yankiecarmon@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.

# July Sales

To Our Co-op Members & Customers: Please note that sales run for a **two-week** period.  
 Each month 100s of items are on sale. To see a complete list, please visit our website.  
 The pictured items are just a sample of the great values you will find at the Co-op each month.

## June 29 - July 19



Bulk  
Organic  
Instant  
Refried Pinto Beans  
reg \$6.19#  
**SALE \$4.39#**

*Noosa*  
Yoghurt  
Assorted, 8 oz  
reg \$2.39  
**SALE \$2.00**

*three twins*  
Chocolate Chip  
Ice Cream  
Assorted, 16 oz  
reg \$5.39  
**SALE \$3.69**

*SoDelicious*  
Coconut Creamer  
Original, 16 oz  
reg \$2.39  
**SALE \$1.99**

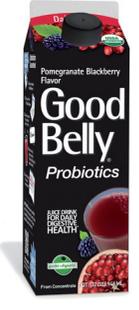
Bulk  
Organic  
Hummus Dip Mix  
reg \$5.99#  
**SALE \$4.39#**

*Late July*  
Purple Corn Chips  
10 oz  
reg \$4.19  
**SALE \$2.69**

*three twins*  
Caramel Truffle Swirl  
Ice Cream  
16 oz  
reg \$4.99  
**SALE \$3.69**

*Taste Nirvana*  
Real  
Coconut Water  
16.2 oz  
reg \$2.99  
**SALE \$2.00**

## July 20 - August 2



Bulk  
Organic  
Pistachios  
Roasted/Salted  
reg \$11.99#  
**SALE \$8.99#**

*Drew's*  
Double Fire Roasted  
Salsa  
12 oz  
reg \$4.69  
**SALE \$2.99**

*Woodstock*  
Shelled Edamame  
10 oz  
reg \$2.99  
**SALE \$2.00**

*Brown Cow*  
Yogurt  
Assorted, 6 oz  
reg \$0.99  
**SALE \$0.79**

Bulk  
Organic  
Quinoa  
reg \$3.99#  
**SALE \$2.99#**

*Good Belly*  
Pomegranate  
Blackberry Probiotic  
32 oz  
reg \$4.29  
**SALE \$2.69**

*Amy's*  
California  
Veggie Burger  
10 oz  
reg \$5.99  
**SALE \$4.69**

*Late July*  
Summertime  
Blues  
5.5 oz  
reg \$3.39  
**SALE \$2.00**

## Members Only Specials June 29 - August 2



*better bean*  
Bean Dips  
Assorted, 14 oz  
reg \$4.29  
**SALE \$3.89**

*Tofurky*  
Italian Sausage  
14 oz  
reg \$4.69  
**SALE \$4.29**

*Celestial Seasonings*  
Red Zinger Tea  
20 ct  
reg \$3.59  
**SALE \$3.29**

*Tea Tree Therapy*  
Antiseptic Cream  
4 oz  
reg \$7.69  
**SALE \$6.89**

*Napa Valley*  
Toasted  
Sesame Oil  
12.7 oz  
reg \$6.99  
**SALE \$6.29**

*Host Defense*  
Lion's Mane  
30 ct  
reg \$19.99  
**SALE \$17.99**