

Silver City Food Co-op *It's MAD!* Garbanzo Gazette

Volume 20

❖ Your Monthly Newsletter ❖ March 2020

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE!

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YOU
ARE
WHAT
YOU
EAT

• Steadily Progressing Toward Relocation •

It's been 16 months since the Silver City Food Co-op introduced the Super Seeds Donation program in the autumn of 2018. Thanks to all of you, we have raised over \$31,000 in donations to date. This is a remarkable testament to the power of our community, and enough can not be said in gratitude for all you have done to get us this far. Your Co-op leadership has taken time and care in deciding how to best use these funds and progress us all toward our relocation to 907 N. Pope St. We continue to move closer to that goal each day.

This donation program has allowed the achievement of several milestones over this time, and your donations (and your general support of the Co-op) have financed this progress. Here is how your donations have been used:

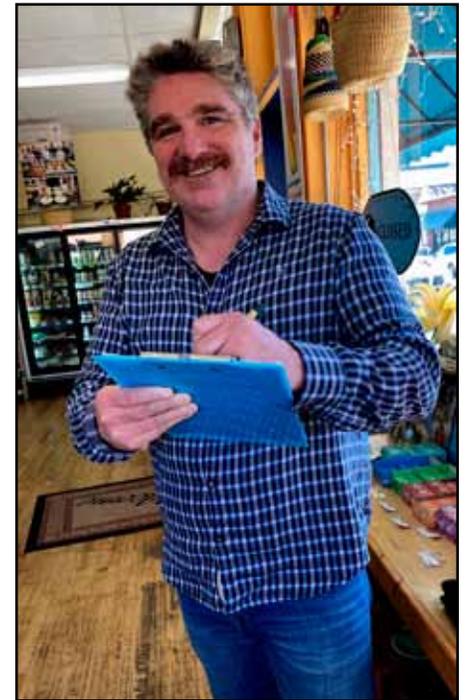
- Consultant hired to organize and roll out the Super Seeds Project
- Consultant hired to research and apply for alternate funding sources leading to a grant application through the Healthy Food Financing Initiative
- Preliminary Floor Plan designed by Staff, Board, and Architect
- Preliminary Design Plans Drafted by Architect
- Equipment / Refrigeration needs Identified
- sevenroots Consultants Hired to Review, Edit, and Finalize Floor plans
- sevenroots Consultants Hired to Complete Equipment Needs Assessment and Cost Estimate
- Columinate Consultants Hired to Produce Market Study
- Architect hired to Complete Material Costing, Construction Plans, and Construction Cost Estimate
- National Cooperative Bank Approached with Preliminary Business Plan to Assess Viability

Where are we now?

If you stopped by the Co-op from February 19-23 there is a good chance that one of our volunteers asked you to participate in our Trade Area Analysis. This is a crucial step in completing the necessary Market Study. Once complete, the data will be sent to the firm conducting this study. They will make a site visit and will likely have our completed analysis available in six weeks. Data from the market study will be used to finalize our business plan. Again, this progress can be slow at times, but is well-considered and necessary. Simultaneously, we continue to move towards a completed construction cost estimate.

Achievement of these steps will provide a solid project cost estimate, and will guide your co-op leadership in deciding which financing options to pursue. As you may know, many Co-op's have successfully relied on the economic participation (through loans or preferred shares) of the membership to fund costs associated with expansion. We have not yet determined if this route is necessary, but it remains an option, and if so we look forward to announcing those opportunities in the future. It may turn out that traditional bank funding is the sole route we pursue.

We continue to move forward with excitement and diligence, as we see to the next several decades of our Co-op's continued success. Thank you for your patience, and for your continued support of your Co-op.

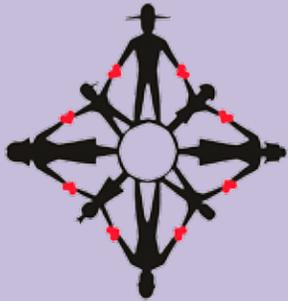


Kevin and the volunteers gathered information from Co-op customers for our market survey.

2095 member/owners strong and counting . . .

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop

575.388.2343

Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

Vision Statement

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

Seven Cooperative Principles

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

Kevin Waters

General Manager

The Garbanzo Gazette

Editor: Mike Madigan

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Jane Papin, RJ Jones, Cate Bradley
Jeffrey Allen

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Evan Humphrey

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Eric Brown

Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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Come On In the Water's Fine



By Kevin Waters

As our momentum increases toward Silver City Food Co-op's goal of opening up a new, larger, more accessible storefront at the Pope Street location, it looks a straightforward decision. A lot of planning and due diligence has been completed already, and it would not be a surprise to me if shovels were to hit the ground in as soon as six months. (Or more specifically, if sledgehammers were to hit the walls!) I have heard from a large number of proponents of the move, and a few skeptics. Some of the questions: "How do we even know what the grocery business is going to be like in five years? How can we plan when there is so much change going on? What if it is all Amazon vans and drones, delivering the demise of independent stores? Albertson's, Wal Mart and everyone else are increasing their organic and specialty footprint all the time. Is the pie big enough?" It is true that there is a lot of change going on generally in the grocery industry. I was recently at a meeting where a mid-sized retail company executive relayed a message about Amazon/Whole Foods. He said that Amazon executives were going to retail grocery industry round tables, and saying things like "In two years, half of your companies won't even be at this table." Lovely sentiment right? Recent closures of some well known independent natural foods retailers like Fairway, Earth Fare and Lucky's have added credibility to their threats, to go along with a number of regional conventional market closures. While our relatively remote location may provide some buffer to the rapidly evolving marketplace, we should be conscious of change, and adapt where we can.

I am confident that our Co-op and many others can survive and thrive, however, because we

are Co-ops! Since the seventies, Co-ops have been at the forefront of changes in the way we eat and value the source of our food. Organic, local, farm to table, sustainable, cage free, gluten free, paleo, they were all thriving in Co-ops long before being "coopted" by the mainstream. I think the values and independence that Co-ops have embraced will be the reason they survive this big shake up in retail grocery. How will Co-ops survive? Any way they want to! With bright, creative, knowledgeable employees, and a mission beyond the next sale, they have an advantage. The relationship between the Co-op and it's members is another point of strength that sometimes can be taken for granted. Some look positively on a future where an Amazon drone drops off a half gallon of bioengineered orange juice to you, because your "smart" refrigerator overheard you say that you were out. I see the community that a Co-op brings together around food as an alternative to that sterile business model.

Bringing Co-op members together for events and gatherings will be something that we look to increase, both at our current store, as well as the new one. With that in mind, we are excited to host a presentation and book signing by Ronnie Cummins, the international director of the Organic Consumers Association. Ronnie will talk about and sign his book, *Grassroots Rising – A Call to Action on Climate, Farming, Food, and a Green New Deal*, that was released on February 11th. The event is at 5:00 pm, on March 16th, at the 907 Pope Street location. Please see page 10 of this Garbanzo for more detailed info, and watch our website and Facebook page for further updates.

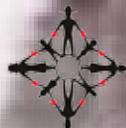


February/March MAD



Member Appreciation Days

Any Two Days of Your Choice to Save 10%
25% Maximum Discount
(excludes mark-down items)



Become a member and save!



Silver City Food Co-op Staff

Judith Kenney
outreach/GG/produce

Dougan Hales
produce/bulk

Kate Stansberger
supplement buyer

Jake Sipko
produce manager

Carol Ann Young
office/GG

Jeanné Miller
herb buyer/produce

Becky Carr
dairy buyer

Jess DeMoss
POS manager

Misha Engel
frozen buyer

Jenny Morgan
office

Marguerite Bellringer
finance manager

Kim Barton
POS

Michael Sauber
grocery

Doug Smith
grocery buyer

Evan Humphrey
bulk buyer

Lee Ann Miller
cashier

Brenna Brown
deli

Tinisha Rodriguez
HABA buyer/POS

Mike Madigan
am

Leah Chastain
merch. specialist

Marchelle Smith
deli

Joy Kilpatrick
receiver

Elysha Montoya
wherever needed

Judy Kenneally
deli

Christine Dalmedo
produce/grocery

Hina Rainbowchild
wherever needed

Annabella Gomez
wherever needed

Melissa Yarbrough
wherever needed

Tuan Tran
wherever needed

Clorissa Holguin
wherever needed

Eric Brown
wherever needed

Ajalaa Claussen
wherever needed

Vynce Bourné
wherever needed

Kevin Waters
gm

Carolyn Smith
deli manager



Kitchen Meditations

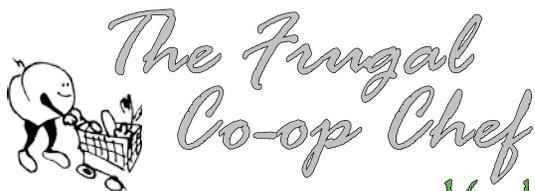
Winter

Talk About Herbs

Jasmine Pearls Green Tea

The jasmine plant is believed to have been introduced into China from eastern South Asia, by way of India, 206 BC to 220 AD, and was being used to scent tea by the fifth century. Jasmine tea did not become widely consumed, though, until the Qing Dynasty (1644 to 1912), when tea started to be exported in large quantities to the West. Today, it is commonly served everywhere.

Jasmine Pearls are hand-rolled young Chinese green tea leaves, generally from Fujian Province, one of the most famous tea growing regions of the world. The rolled pearls are dried, then blended with unopened night-blooming jasmine flowers. Over the course of a night, the flowers open and release their aroma into the tea, infusing it with a heady taste and fragrance. The next morning, the flowers are removed and the operation is done all over again - up to six times for high-quality jasmine teas! You'll find this lovely, refreshing tea in the bulk herbs department of the Co-op. It's a bit more expensive than unrolled jasmine teas, but worth the experience: perfect for multiple infusions, relaxing and satisfying!



The Frugal
Co-op Chef

Kale Soup

This simple, nourishing soup recipe is an offering from Co-op member, Jeffrey Allen. It will help sustain you through the blustery, sometimes chilly days of March.

Ingredients:

½ medium white or yellow onion
½ medium red bell pepper
1 large jalapeno pepper or other hot pepper of your choice
1 large carrot, cut into ½ - ¾ inch pieces
¾ - 1 lb. fingerling potatoes, cut into 1 inch pieces
1 bunch Dino kale, or your preferred variety, roughly chopped
2 cloves garlic, roughly chopped
3 tablespoons butter or, if a vegan, your choice of fat
2-3 quarts of water
Salt, to taste

Instructions:

- Chop onion, bell pepper and hot pepper, medium dice.
- Sauté in preferred fat in a 6-8 qt. stock pot over medium heat, 10-15 minutes, until well-cooked or lightly browned.
- Add chopped carrots, potatoes, kale and garlic.
- Cover with water, more or less, depending on preferred thickness of soup.
- Add salt, if desired.
- Cover and bring to boil, then lower to a simmer. Cook for 20-30 minutes, until carrots and potatoes are just tender. Don't overcook.
- Serve immediately.
- Store in refrigerator or freeze. Reheat gently until hot to maintain al dente texture of veggies.



3 Minute Fried Halloumi Cheese Meze

Ingredients:

1 (8-ounce) package halloumi cheese
(drained and cut into 3/8-inch slices)
Olive oil (for brushing)
For the Garnish:
Freshly ground black pepper (to taste)
Oregano or mint leaves
4 to 5 cherry tomatoes, cut in half
Balsamic vinaigrette

Instructions:

- Preheat a skillet on medium heat. If you're using non-stick, there's no need to add oil to the pan but, if not, add a dash of olive oil.
- Dry the halloumi cheese slices by blotting them with a paper towel. Place the slices on a plate and brush both sides lightly with the olive oil to coat each thoroughly.
- Sear the cheese in the hot pan until each slice develops a deep brown crust, about 1 minute on the first side and 1 to 2 minutes on the other.
- Place the fried cheese on a plate and garnish with the pepper, herbs, tomatoes, and vinaigrette.

Tips:

- The halloumi will smoke as you cook it. Don't be alarmed. Just turn on the vent, open a window, or run a fan.
- Beware of refrigerating the halloumi after frying. Refrigeration tends to make it too hard and firm.

Nut Butter, Strawberry and Banana Quesadillas

A really, really good cross between your favorite nut butter and a hearty breakfast quesadilla. Great when you're on the go.

Ingredients:

Cooking spray or butter
2-3 tablespoons nut butter of your choice
2 whole grain tortillas
1 large ripe banana, sliced
4-5 strawberries, sliced
1/8 teaspoon cinnamon (if desired)

Instructions:

- Heat a medium skillet over medium heat and spray with cooking spray or add a little butter to prevent sticking.
- Spread half of the nut butter evenly over each tortilla. Arrange both the banana and strawberry slices over one tortilla, sprinkle with a little cinnamon, and top with the remaining tortilla with the nut butter side down. Press gently to help them stick together.
- When the skillet is hot, add the quesadilla, flipping once, cooking until golden brown, about 2 minutes on each side. Cut finished quesadilla into halves or quarters.

Recipe notes:

For a dessert version, sprinkle a few chocolate chips inside before heating up. You can also serve with honey, maple syrup or vanilla Greek yogurt.

Jake's March Produce Picks

Strawberries



Strawberries are some of the first fruits to ripen across North and South America where they've been enjoyed by native peoples for thousands of years. The origins of the strawberry are unknown, but they are thought to be indigenous to many regions around the world.

Strawberry plants are comprised of several short, thin vines sprouting from a central underground root. The vines each contain three leaves. White flowers develop in late spring before giving way to green or white berries which ripen into a bright red color in early summer. Wild strawberry plants can be found in the meadows or open woodlands of North and South America, Europe and Asia. They prefer cool climates, but can grow well in warmth with sufficient water. Early wild strawberries were much smaller and sweeter than the cultivated varieties we eat today and were especially important to American Indian tribes living in the eastern areas of the present-day United States. The month of June was known to many of these people as the "Strawberry Moon," when most strawberries began to ripen.

Wild strawberries were most popular as a snack, picked straight from the plant. These flavorful fruits were also mixed with cornmeal and baked into strawberry bread or blended with animal fat and cut into a kind of energy bar. Any leftover berries could be sun-dried and stored for winter or added to pemmican, soups and meat dishes. Their sweet, juicy quality made them a natural choice for beverages. Strawberries were mashed and mixed with water for a "moon tea," sometimes with the addition of a saffron infusion. Because of the high Vitamin C content of this delectable fruit, it was used as a general tonic to treat a variety of ailments.



It's Monday afternoon and Veritable Vegetable is here with the vegetables!

Arugula

Grown and eaten since ancient Roman times, arugula was first used as a medicinal herb. Very popular in Italian cuisine, it's now enjoyed around the world, frequently eaten in raw salads. Often appearing in spring salad mixes, it is a leafy green that is actually a member of the cabbage and mustard green family, which explains its peppery bite. Available in grocery stores year-round, arugula is in peak season in the early spring and fall. Its peppery, spicy freshness goes well with strong tasting foods like salty cheeses, complex tomato sauces, or citrus. Cooking will mellow its flavor a bit. Arugula is a good source of vitamin K, which may be essential for blood clotting and strong bones and, also, vitamin A, which is thought to help with immunity, healthy skin and vision.



Dairy buyer Becky is excited about the Halloumi Cheese!

Becky's March Dairy Pick

What is Halloumi Cheese?

Halloumi is a cheese that originates from the Mediterranean island of Cyprus. It's a semi-hard, un-ripened, brined cheese that can be made from cow, sheep or goat milk, and has a salty flavor. Halloumi can be eaten raw but is truly delicious and satisfyingly rich when cooked. It has a high melting point, making it excellent for grilling or frying without losing its shape. Halloumi cooked in this way is a unique treat. It's chewy (don't expect it to melt in your mouth) and it's yummy! Try the simple recipe for 3-Minute Fried Halloumi Cheese Meze on our Kitchen Meditations page.

CO-OP Community

Co-op Community Donations

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

The Lotus Center

SC Mainstreet

SC Community Theater

We would like to thank the members who give generously each month with donations to the Food Pantry through the Food Co-op's "Chili" program.



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their January service.

Pantha Huff • Karen Nakakihara • Althea Athenian
Mary Ann Gelb Finn • Lynda Schuh • Ellen O'Bryan
Kim Sweeney • Carolyn Hurley • Bridget O'Leary
Athena and Two Crow Schumacher • Tim Garner
Carol Beth Elliott • David Burr • Jennie Humphrey
Jane Papin • Sue Ann Childers • Frances Trotta



Calling for Guest Writers!

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

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

Members, if interested please email judith@silvercityfoodcoop.coop

Three hours earns a 15% Volunteer Discount



RAIN CHECK

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



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

Round Up Donation Program

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

Round Up for March

Literacy Link - Leamos

The mission of *Literacy Link - Leamos* is to raise literacy levels in Grant County through free tutoring and outreach. Education for all is an important component of creating a healthy, sustainable community. They help individuals with everything from learning how to read medication labels and recipes to learning to speak English. These skills can lead to healthier lives, better jobs, more family resources and a stronger community.



January Round Up \$1502.00

Gila/Mimbres Community Radio

GMCR will use the Co-op round up funds to purchase additional equipment to enable the station to do more local music and talk shows.



Round Up for April

Silver City Farmers' Market

The Silver City Farmers' Market provides a place where Grant and Catron County and local agricultural producers and processors can sell directly to consumers and can communicate the importance and availability of local Agriculture. The Farmers' Market works to create a weekly downtown Silver City event accessible to all Grant County residents and beyond. By including healthy local food, local musicians and local artists, we strive to create a gathering place where those of all income levels can come to shop and vend.



Chocolate Fantasia 2020 at the Food Co-op



*Volunteers Pantha and Lora gracing
Chocolate Fantasia with sparkling smiles.*

Many thanks to our volunteers who made Chocolate Fantasia a great success this year. Mark Johannes (our chocolatier), Frances Trotta, and Jody Andrews did a brilliant job, preparing Maple Walnut Truffles, in the days leading up to the event. Then, on the big day, Pantha Huff, Lora Collins, Kim Sweeney and Lynda Schuh handed out the treats, with verve and style, to the many participants who passed through the Co-op on their Chocolate expeditions. This extravagant celebration is a project of Mimbres Regional Arts Council and all proceeds benefit arts education programs for children. Long live Fantasia!



*Chocolatier Mark Johannes melting chocolate
for the truffles.*

Garbanzo Gazette Guidelines for Article Submissions

1. All articles support our Mission and Values.
2. Articles are not intended to criticize other submissions. These will not be published.
3. Articles can discuss governmental issues that have the potential of impacting our food system, but not intended as support for any political party.
4. The Garbanzo Gazette is not intended as a letter to the editor or personal opinion piece, but as an education tool.
5. Letters may be edited for length and clarity.
6. All submissions must be written with respect for all readers.
7. The editors of the Garbanzo Gazette reserve the right to refuse publication.

MAD Feb & Mar

Two Days of Your Choice

receive **10% off your purchases!**
(Excluding mark-down items
25% maximum discount)

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 \$20/year and you can recoup your membership by shopping just one MAD.

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



Taste Samplers Needed!

Isn't it fun to get free food?



It's even more fun to be the gracious person giving the food. Become a sampler and hand out food samples most Wednesdays & Fridays from 9 am to 12 noon or 12 noon to 3 pm. It's fun and you get to see all of your friends.

Contact: judith@silvercityfoodcoop.coop





Dietary Fiber

By RJ Jones

Welcome to my first *Garbanzo Gazette* article! My goal is to convey what the research says. But the research I'm using may not be the research you're using. My intention isn't to be controversial. (Good luck, right?) I only seek to pass along meaningful information. Please email your comments or suggestions to carol@silvercityfoodcoop. *coop* and she will forward them to me. Gentleness is appreciated!

Approximately 63% of all deaths in the U.S. are caused by heart disease or **cancer**. Stacks of high-quality studies (studies not paid for by the products being studied) show that people who consume diets high in dietary fiber (refers to fiber occurring naturally in food) reduce their risk of dying from those two statistically huge causes!

"The standard American diet is highly lacking in fiber. Sadly, one-third of preschoolers have been found to be constipated. Fiber causes an increase in stool size which has been associated with **decreased cancer risk, specifically: colon cancer, as well as a decreased risk of ulcerative colitis, Crohn's disease, appendicitis, constipation, and diverticulitis**. Nine servings a day of fruits and/or vegetables are recommended. A diet high in fiber can flush excess estrogen and cholesterol out of the system. This may explain why high fiber is associated with reduced breast cancer risk." *Nutritionfacts.org*.

It's estimated that increasing your daily dietary fiber intake by 10% can help you reduce your risk for colon cancer by 10%. Eat more and your risk should decrease more. **Alert:** When increasing fiber, do it slowly, over time, and increase daily water consumption.

Additional Benefits: Feeling full longer—Slows the speed food and drink leave your stomach. **Weight control**—Attaining and maintaining your ideal weight is important. Many high-fiber foods are low-calorie and packed with nutrients. **Lower cholesterol**—Some fibers help prevent fat and cholesterol absorption, helping lower your cholesterol over time. **Stabilized blood sugar levels**—Diabetic? Pre-diabetic? Dietary fiber can positively influence blood sugar levels by slowing how quickly sugar gets into your blood stream. **Bowel management**—Have digestive problems? Adding fiber can help protect your intestinal lining and make bowel movements easier. Often eliminates bathroom magazines!

What foods are high in dietary fiber?

Beans! Whether cooked on the old Wedgewood stove on your back porch or sourced from one of the many cans available on our shelves, the nutritional value of beans is amazing. (I like the canned, organic, Field Day brand.) Navy and white beans are among the most fiber-rich, but, as a rule, beans are packed with fiber, e.g. garbanzo, kidney,

Lima, pinto, black, edamame, peas, split peas, and lentils (also categorized as "legumes"). Beans are also rich in protein and usually low in fat! Rich in protein, low in fat!

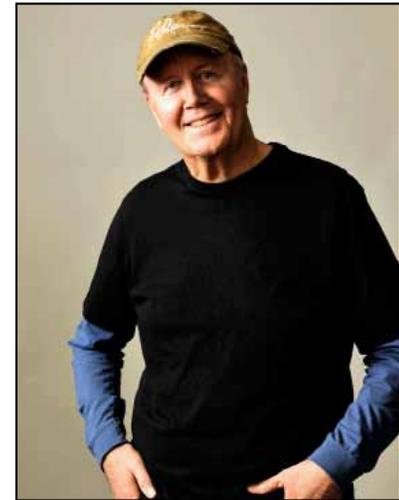
Grains! Gasp: People in the U.S. eat about 8 servings of grains per day, **but 7 of the 8 are refined grains (processed grains)**! Check the nutrition label. Divide the amount of carbs by the amount of fiber. Results below 5 are recommended. I'm not quite that strict, but who's to say what the definition of strict is when it comes to your health? BTW, corn flakes have about 1 measly gram of fiber per serving. Not

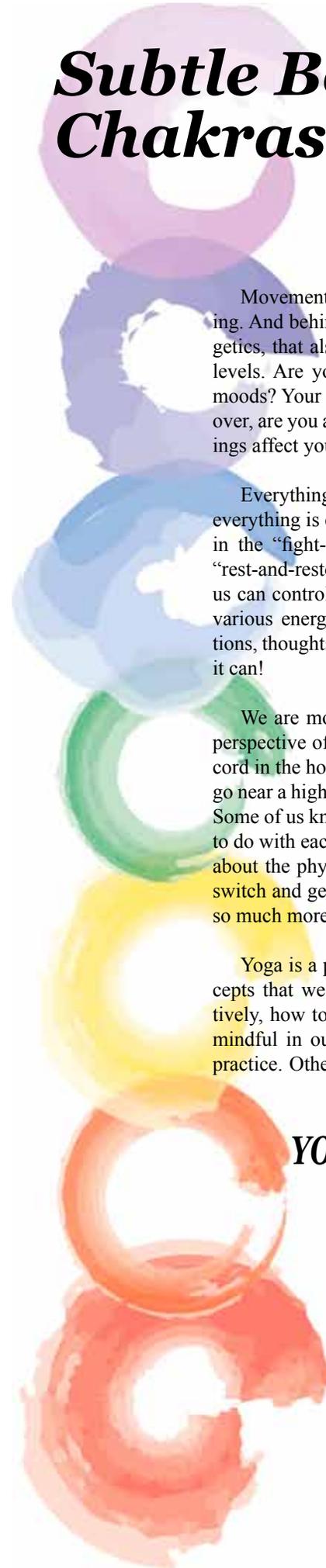
a food to start your day with! Also, check for sodium. The American Heart Association recommends that adults eat no more than 1,500 mg per day. Our coop has many high-fiber cereals. Look for the ones that meet your salt guidelines. How much salt have you allowed yourself for breakfast? I love Nature's Path Organic Flax Plus Raisin Bran. It's not low in salt, but I don't eat a lot of processed foods, and I don't add much at the table, either. Barbara's Shredded Wheat Cereal has excellent fiber, no salt and no sugar. Yummy with milk, almond or soy milk, sliced bananas or strawberries!

Veggies! Broccoli, Brussels sprouts, turnip greens, baked potato with skin, baked acorn squash, and many, many more.

Fruits! Raspberries, blueberries, avocados, bananas, apples, dates, figs, and plums are some of my favorites. If possible, leave the skin on your fruits and veggies.

Nuts and Seeds! "The Global Burden of Disease Study, the most comprehensive and systematic analysis of the causes of death ever undertaken, involved nearly 500 researchers from more than 300 institutions in 50 countries and examined nearly 100,000 data sources. The study noted which foods, if added to the diet, might save lives. Eating more vegetables could potentially save 1.8 million lives. How about more nuts and seeds? 2.5 million lives. The study calculated that not eating enough nuts and seeds was the third-leading dietary risk factor for death and disability in the world." (*Nutritionfacts.org*.) The study results were difficult for me to swallow! I've been avoiding nuts, because of their calorie-richness. Hadn't I better add at least a handful of walnuts to my day? Pistachios? Almonds? Heading to the bulk section!!





Subtle Body Energies: Chakras, Doshas, Koshas, and Vayus

*By Cate Bradley
The Lotus Center*

Movement, it is said, is a primary need to maintain wellbeing. And behind every movement, there is an energy, or energetics, that also stimulates our mind, emotions, and spiritual levels. Are you aware of how your movements affect your moods? Your thoughts? Your feelings towards others? Moreover, are you aware of how your moods, thoughts, and/or feelings affect your movements or your physical wellbeing?

Everything is connected in the web of life, and in the body everything is connected through our nervous systems – either in the “fight-or-flight” sympathetic nervous system, or the “rest-and-restore” parasympathetic nervous system. Each of us can control how our day is going by staying aware of the various energetic levels we are stimulating through our actions, thoughts, words, and deeds. Can this really be true? Yes, it can!

We are mostly aware of the concepts of energy from the perspective of electricity. We know not to touch an electrical cord in the house if we are wet or near water. We know not to go near a high voltage wire that has been blown down outside. Some of us know that magnets and electricity have something to do with each other. But we really don’t have to know much about the physics of electricity, just as long as we can flip a switch and get light, heat, air movement, our computer – and so much more that runs by electricity.

Yoga is a practice that takes us deeper into everyday concepts that we mostly take for granted. How to move effectively, how to use our breath to our benefit, how to be more mindful in our actions – these are some examples of yoga practice. Other levels of practice can also include awareness

and use of the subtle energy bodies. These levels of subtle energy are usually described using Sanskrit labels, the ancient language of yoga, but the concepts are universal to the human experience.

In Sanskrit the word chakra is used to describe energetic nodes or junction areas along the spine that hold symbolism and energy associated with being grounded, creative, courageous, compassionate, expressive, wise, and connected to other beings. The doshas describe physical and behavioral characteristics such as a fiery personality, a mentally-active nature, or a slow and steady approach to things. Each of us holds some of these characteristics (and their opposites), to greater or lesser degrees. Each of our compliment of energetic features are a means of understanding ourselves and others better, and without judgment.

The koshas describe our various levels of awareness – what we let in through our senses, and how we cultivate our surroundings, our energetics, our wisdom, and our bliss. Each of us can do this. It is a practice that can provide great returns on our efforts.

The vayus describe how the energy moves within our body, and how we can manage and focus it. To return to the electrical metaphor, voltage is a measure of the pressure that allows electrons to flow. Amperage is a measure of the volume of electrons. In movement such as a yoga pose, one can decide how much volume of effort is required, not only to lift an arm, but to extend the energy all the way to the tip of the fingers of that arm, and how long to hold that pressure to achieve a release or transformation of energy spent in that movement.

YOGA OF ENERGY WORKSHOP OFFERED BY LOTUS CENTER

The Lotus Center is offering a workshop to explore these energetic levels – Subtle Body Energetics Overview: Chakras, Doshas, Koshas, Vayus – on Saturday March 14, 2020 from 1:30 to 3:30 at 211 Broadway St. in Silver City. The workshop will be led by Cate Bradley, a certified yoga teacher who has been teaching yoga for 16 years and practicing yoga for over 40 years.

The workshop is suitable for all levels, ages and abilities. There will be handouts, gentle physical exercises, and discussion on the four subtle body energies described above. A suggested donation of \$25 is requested, but no one will be turned away.

To assure there are enough materials available, participants are asked to express their interest in attending by calling Cate at 520-235-4313.

reorder Kids'

Jokes for Kids – Here Comes the Pun!

Why did the teddy bear say no to dessert?
Because she was stuffed.

What has ears but cannot hear?
A cornfield.

What is fast, loud and crunchy?
A rocket chip!

What did the left eye say to the right eye?
Between us, something smells!

What do you get when you cross a vampire and a snowman?
Frost bite!

What do you call a dinosaur that is sleeping?
A dino-snore!

When you look for something, why is it always in the last place you look?
Because when you find it, you stop looking.

What did one plate say to the other plate?
Dinner is on me!

Why did the student eat his homework?
Because the teacher told him it was a piece of cake!

What is brown, hairy and wears sunglasses?
A coconut on vacation.



Here's our newest Co-op Kid, Helen, in the arms of her brother, Simon. Her parents are Jess and Elizabeth DeMoss. Helen was born February 10 and weighed 8.0 pounds.

A Silver City Food Co-op Special Engagement!!

The Silver City Food Co-op, in cooperation with the Organic Consumers Association, is proud to welcome Grassroots Rising author Ronnie Cummins for a special presentation with book sale and signing.

Save the Date:

Monday, March 16, 2020

5:00 pm

907 N. Pope St.

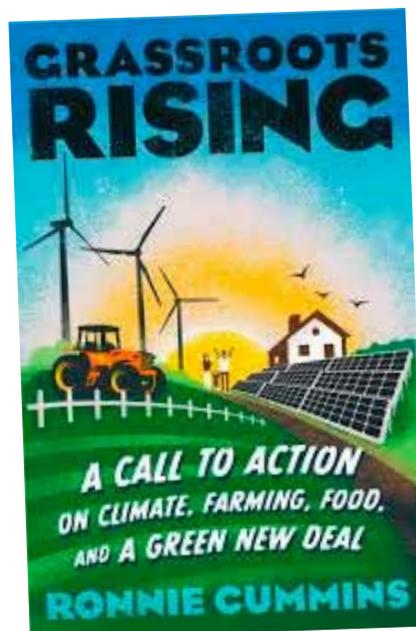
Silver City, NM 88061

From the Organic Consumers Association website:

"In his new book, "Grassroots Rising: A Call to Action on Climate, Farming, Food, and a Green New Deal," Ronnie Cummins lays out a plan for doing just that.

A long-time activist and food movement leader, Ronnie has witnessed the worst of what corporate greed has wrought on our lives. In the intro to his book, he writes:

"Having spent most of their lives surrounded by oil refineries and chemical plants, most of my high school classmates died prematurely, many from cancers associated with environmental toxins, polluted drinking water, and low-grade, highly processed poison food. Today, the memory of those who died too soon fuels my passion as



an organic food and environmental campaigner against the Poison Cartel -- Bayer/Monsanto, Dow-DuPont, Syngenta/ChemChina, ExxonMobil, BP, Koch Industries, Halliburton, and all the rest -- a cartel that, as you probably know, has polluted not only my hometown but the entire world."

Can we turn it around?

In true activist form, Ronnie says yes -- and the solution lies right beneath our feet and at the end of our forks, through the transformation of our broken food system.

"Grassroots Rising" provides a blueprint for building and supercharging a grassroots Regeneration Movement based on consumer awareness, farmer innovation, political change, and regenerative finance -- embodied most recently by the proposed Green New Deal in the United States.

The book is a practical playbook for how to survive -and thrive- in catastrophic times. ❄️❄️❄️



Dandelions

By Jane Papin

As I write this in early February, I see signs of spring all around my yard. Two of my favorite plants that nourish me all year long are dandelion and stinging nettles. Both of these plants are now emerging and ready to eat. I have a small yard and enjoy connecting with and nurturing these easy-to-grow plants that do so much for me.

Dandelion is a cleanser and detoxifier, so it's perfect to start using in spring after a winter of heavier foods.

Dandelions were brought to the Americas by the Europeans hundreds of years ago as one of their top herbal medicines. The name comes from the French, "dent-de-lion," teeth of the lion, as the leaves appear to be toothed. Dandelion and sunflowers are both members of the Asteraceae family.

Known as a people plant, dandelions follow us wherever we go, certainly a plant to be consumed as food and medicine. This humble plant, growing in many of our back yards, has been used for a wide spectrum of health benefits. Addressing congestion and compaction in our bodies, dandelion does the same thing in the earth. Its roots aerate the soil, helping to keep it healthy.

Dandelion's taste is bitter, the very feature that gives it its restorative properties. Every part of the plant can be used: Root, leaves, stem and flower. Its bitter compounds stimulate the liver and bile production, a chief function of the liver critical for digestion and absorption of fats and fat-soluble vitamins. It has inulin which stimulates our immune system, building our strength to be healthy and well. The roots contain different medicines throughout the seasons. They help with any congestion in our bodies, moving and filtering the blood, putting the liver to work filtering toxins, then carrying those toxins through the kidneys and out of the body.

Dandelion is a slow-moving tonic herb, a hepatic which works on the liver, a diuretic that flushes out the kidneys, a cholagogue which helps move cholesterol around the body, and a stomachic which helps tone the digestive tract. Dandelion works on the entire bodily system! It decongests, aerates, and brings you back into balance, just as it does the soil.

Fresh, organic dandelion greens are available in the Co-op produce section. Prepare them just as you would spinach or chard, steamed, in soups, or in pesto. You can also harvest those that grow in your yard, but keep in mind that they tend to increase in bitterness with the passing of the seasons.

A wonderful coffee-like tea is made from roasted dandelion root, to which you can add roasted chicory and burdock root. You can find this in tea bags or bulk. I jokingly say I make mine like espresso because I love the rich taste so much.

I make a smoothie in the mornings. Often I harvest an entire plant, root and all to be blended into my drink. Always respectfully asking and thanking the plant for nourishing me. The fresh dug roots are quite sweet. Just wash it and eat it before your meal to help with digestion.

These plants are out there in abundance; free food and medicine. I encourage you to use them. It's a meaningful way to connect with the plants, seasonal cycles, and the natural world in general. Not to mention taking more control of your well-being. It's great fun!

And, remember to leave many of spring's first flowers and the last of autumn's nectar surge for the bees!

Next time, nettles, another amazing plant.

Frozen Department

NEWS

A Few Changes are Afoot in Our Frozen Department Read on to find out what's new and different.



Ian's Onion Rings

Folks who crave onion rings, and there's a sizable number of us, will be pleased to find them from *Ian's*, a company started in 2001 by a dad who wanted to provide tasty, healthy, and organic foods for kids like his son, Ian. You don't have to be a kid to love Ian's. These onion rings, new to our Co-op freezer department, are gluten-free and otherwise allergy-free, made with no wheat, gluten, casein, milk, eggs, nuts or soy.



Siete Almond Flour Tortillas

You might like to try *Siete Almond Flour Tortillas*, the replacement for Buenatural Blue Corn tortillas, removed from our freezer section because they contained GMOs. Siete is a family run, mission-based company, passionate about sharing real, grain-free food and advocating for healthier lifestyles. Their almond flour tortillas taste like buttery flour tortillas. Just warm them for a few seconds in a hot skillet and load them with salsa, cheese, veggies, or meat for a yummy, gluten-free meal or snack.

Yummy *Rising Moon* Vegan Butternut Squash Ravioli is a cross between pumpkin and sweet potato and can be delightfully paired with hearty sauces or simply tossed with goat cheese and, perhaps, fresh figs for some flavorsome comfort food.

An all plant based "everything" pizza, for people with special dietary needs, *Daiya Supreme Pizza* is topped with Mozzarella Style Shreds over a thin, golden brown, gluten-free crust.



Misha really loves these Fish Sticks!

Dr. Praeger's Fish Sticks

Dr. Praeger's Fish Sticks are also new to the Co-op. With a mission to encourage healthful eating, two heart surgeons got into the food business and started Dr. Praeger's Purely Sensible Foods. Two decades later, it's still independent, family-owned, and true to the original values of the company. These lightly breaded fish sticks are made with sustainably caught Alaskan Pollock and coated with seasoned bread crumbs. They're non-GMO and deliciously dippable. Check out the recipe for Fish Stick Po' Boys on Dr. Praeger's website!



Sunflower Oil in Bulk!

By Evan Humphrey

for the month of March



From Hummingbird: "Our 100% Organic High-Oleic Sunflower Oil is low in saturated fats and high in monounsaturated fats making it both healthy and multi-functional. With a high smoke point, Sunflower Oil is stable for cooking at raised temperatures. Perfect for frying and in baking; also great in salad dressings. Sunflower oil is naturally high in vitamin E and is commonly used in the beauty industry in massage oils and lotions."



BULK

Weigh-in

BULK

Weigh-in



New Bins have Arrived!

All 35 of our new coffee bins are here. We are using 15 of these bins to get precise measurements for the cabinets which will be built from scratch by craftsman Joe Vencill in the coming months.

Hello! Good-bye!



Incoming general manager, Kevin Waters, and outgoing interim manager, Garland McQueen, celebrate the transition at a party given in their honor by the Silver City Food Co-op Board of Directors. Many thanks to Garland and Kevin!



Food Co-op staff, board and members kick up their heels to the spirited music of The Big Ditch Crickets.



2 U From Your Board . . .

You're Invited to the

2020 General Membership Meeting and Community Picnic! May 10, 4-7 pm

While it may seem that May is far away, we know that it is right around the corner, so we want to announce that our General Membership Meeting (GMM) will be on May 10 this year at the Gomez Peak Pavillion from 4pm-7pm. Those of you who are very calendar aware may recognize this date as a special day. Likely, if you do, you're a mom. You see, we've scheduled the GMM on Mother's Day. Yes, it's true. The Sundays in May lined up so that it was the most viable option and we decided to run with it. At first we were concerned that no one would come on Mother's Day, but then we thought, "Hey, maybe this is a real opportunity to have a community celebration!" So, that is what we are going to do. We are going to utilize the GMM to embrace our Moms (including our Earth Mama) and gather in celebration.

The foundation of the General Membership Meeting has always been the presentation of the Member Annual Report and an update about the state of the Co-op from the General Manager. This will, of course, be an important component of this year's GMM. Kevin Waters, our new GM, will present these updates for an hour from 5-6pm. It will be a great opportunity to get to know him a little (if you haven't had the chance in the store or around town by that point) and find out what is going on behind the scenes of our beloved little grocery store.

One thing we talked about a lot in deciding how to plan the GMM this year is how to make it accessible to the whole community. If we really want folks to be able to participate in the GMM, how do we line it up so that members, staff, and board members alike can join? That is why we decided to try for a later time than usual this year. In going for an evening celebration, we're hoping staff (even staff that works on Sunday!) can come after they get off of work and enjoy food and good times. There is even talk of a staff/board/member owner volleyball game!

You can probably guess that the demographic of attendees of the GMM is not typically families with children. It's hard to go to a celebration that has a meeting right in the middle of it when you have kids (especially young ones). Well, we're working on providing kid's activities to give the young ones things to do while the informational meeting is happening. One thing we're aiming for is to have a kid's hike during the meeting so the youth are getting some fun learning in with mother nature while their parents can learn about the Co-op. So far, we have confirmed participation from Healthy Kids, Healthy Communities and Guadalupe Montessori School for children's activities that day. This can hopefully be another part of the gift for those wonderful mamas!

General Membership Meeting - Gomez Peak - Spring 1975



General Membership Meeting - Spring 1975



Laurie Anderson
President



Kristin Lundgren



Scott Zager
Treasurer



Shanti Ceane
Secretary



Jennifer Johnston
Vice - President



Julianna Flynn



Gwen Lacy

Back to details! Before and after the Member Annual Report presentation, we'll share in a potluck feast with a large bean salad (or something similar), cake, and drinks provided by the Co-op, have fun activities (including a staff, member owner, board member volleyball game!), and honor our mothers with a festive celebration. We encourage you to think of it as a family picnic day with mother earth and our co-op community. Go for a hike before the GMM around the forest! Bring a blanket and lay out in the sunshine (hopefully).

The GMM is supported by the staff of the Co-op, but is often organized by a crew of board members and community volunteers. If you're interested in helping to plan the event, we'd love to have you! If you have time to help do prep work, we'd love to have you! If you want to come the day of and be available, we'd love to have you! If you're an organization that wants to support children's activities, we'd love to have you! If you want to help clean up, we'd love to have you! Did I get the point across that we'd love to have you? Because we would. E-mail Kristin at klundgren2@gmail.com with interest!



NOTICE

This month the March Board meeting will be on the fourth Wednesday, March 25th at 5:30 pm.

Recruiting Board Members in Training

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

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

CONTACT: Jennifer Johnston
johnstonjenny40@gmail.com
Recruitment, Orientation, and Development Chair
Or, any board member

WE LOOK FORWARD TO HEARING FROM YOU!

ELECTIONS

Co-op Election Dates To Remember

Hey Co-op Members...

Consider Running for the Board of Directors.

The SCFC Board of Directors is a vital part of our member-owned food cooperative.

Our co-op needs dedicated, thoughtful, collaborative candidates to run for the board.

If you are interested, please keep the following 2020 dates in mind:

March 4 – Deadline for submitting Candidate Statements

April 10 -24 - Meet the Candidates in the store

April 10-24 – Open Voting for SCFC Members

May 1 - Election results and term lengths for new board members announced

Board Meeting Schedule

The SCFC Board of Directors meets the third Wednesday of each month at our new building, 907 N. Pope St. 5:30 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.

Laurie Anderson/President

Board Term: 2017-2020
laurindaa713@gmail.com

Jennifer Johnston/Vice-President

Board Term: 2018-2021
johnstonjenny40@gmail.com

Shanti Ceane/Secretary

Board Term: 2018-2021
shantifo@gmail.com

Scott Zager/Treasurer

Board Term: 2019-2022
sczager1959@gmail.com

Julianna Flynn

Board Term: 2019-2022
juliannaflynn8@gmail.com

Gwen Lacy

Board Term: 2019-2022
glacymail@gmail.com

Kristin Lundgren

Board Term: 2019-2020
klundgren2@gmail.com

Board of Directors



March

Members Only Specials

March 4 - March 31

20% OFF! listed prices



Tierra Farm
Bulk
Raw Pistachio Meats
reg \$30.69#



Van's
Blueberry Waffles
8.5 oz
reg \$3.39



Miso Master
Brown Rice Miso
8 oz
reg \$6.69



gimMe
Seaweed Big Sheets
.92 oz
reg \$4.19



Sustainable Seas
Chunk Tuna NS
5 oz
reg \$4.19



Himalaya
Boswellia
60 ct
reg \$14.99



Dancing Star
Bulk
Cranberry
Apricot Chunks
reg \$8.99#



Crystal Body
Deodorant Stick
1.5 oz
reg \$2.39



Naturally New Mexico
Lamb Stew Meat
reg \$8.99#



VitaCoco
Coconut Oil
14 oz
reg \$9.19



Badger
Sunscreen SPF 35
2.9 oz
reg \$13.29



Grandpa's
Pine Tar Soap
3.25 oz
reg \$3.99



Himalaya
Livercare
90 ct
reg \$27.99



Co-op Deals
flyers
available
on our website
www.silvercityfoodcoop.coop
and at the front of the store

