

Silver City Food Co-op Garbanzo Gazette

Volume 17

Your monthly newsletter • July 2017

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

Silver City Food Co-op

Market Café

Café Hours:

Mon - Fri
10 am - 3 pm

Saturday
9 am - 3 pm

Sunday
11 am to 3 pm

575•956•6487
614 N. Bullard St.



YOU
ARE
WHAT
YOU
EAT



Palm Oil: Sustainability Crossroads

By now you may have heard about palm oil, a tropical plant-based fat that has recently surged in popularity because it can be used to replace hydrogenated oils (trans fats) in many processed foods. As government regulations regarding the removal of trans fats from our food supply continue to increase while consumer demand for processed foods remains the same, companies have become increasingly dependent on palm oil as an inexpensive source of shelf-stable fat. This increased demand is having disastrous implications for tropical rainforests and our shared environment in a short amount of time. When it comes to palm oil, we're at a sustainability crossroads.



Palm Oil Plantation

An unnecessary direction

Palm oil comes from the African oil palm tree. In many ways, the oil palm is an ideal source for sustainable ingredients. This hardy tree grows quickly in a wide range of tropical environments and yields lots of oil—in fact, it requires about one-tenth of the land needed to produce the same amount of oil as soybeans or canola.



The endangered Sumatran orangutan

Most palm oil today comes from Indonesia, a biodiverse Southeast Asian nation made up of thousands of tropical islands. Indonesia's largest island, Sumatra, is home to species which can't be found anywhere else on earth. Farmers looking to earn a living from the surging demand for inexpensive palm oil have cleared roughly 44 million acres—an area equivalent to the state of North Dakota—in order to grow oil palms. This destruction has put many unique animals on the endangered species list. The slash and burn methods used to clear rainforests have made Indonesia the world's third largest emitter of greenhouse gases and a major contributor to global climate change. Indonesia's rainforests grow on peatlands, swampy layers of ancient, carbon-rich vegetation that spread deep beneath the forest floor. A single acre of burning peatland rainforest can release

over 10,000 metric tons of carbon dioxide. This is in addition to the loss of trees which acted as a carbon sink by removing carbon dioxide from the air.

The Sumatran orangutan

The Sumatran tiger, rhinoceros, elephant and orangutan are critically endangered due to palm oil expansion into their habitat. Scientists are especially concerned about the Sumatran orangutan because it is a keystone species, which means the orangutans' presence helps other species thrive.

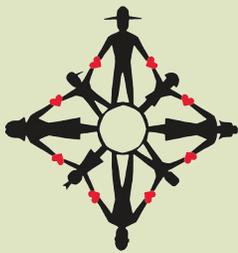
These amazing animals are known as "gardeners of the forest," because while they feed in the forest canopy, they

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2270 owners strong and counting . . .

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop

Store Hours

575-388-2343

Mon-Sat 9am-7pm

Sunday 11am-5pm

Café Hours

575-956-6487

Monday- Friday Fri. 10am - 3pm

Saturday 9am - 3pm

Sunday 11am - 3pm

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: Judith Kenney, Karen Strelko

Layout & Design: Carol Ann Young

Submissions are welcomed!

Submit letters, articles, or items of interest to:

gg@silvercityfoodcoop.coop

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Cup o' Joe

by JOE Z



“The sky is falling!” “The sky is falling!”

Man, I’ve been hearing this over and over. It’s really darn tiring to keep hearing this. And then I realized just why I keep hearing this continually: it’s been me that has been screaming it.

Okay - well, it’s not really falling but it is getting dark and stormy. Maybe a couple of tornados touching down here and there. I’m not talking about our current political situation or the world situation: I’m talking about our Co-ops and what we are all facing in a very changing market that has been discovered by Big Money. And as Big Money is wont to do – they are buying up everything in their path.

You probably have read that Amazon is buying Whole Foods. “hmmm --- isn’t that interesting?”, many have pondered. Maybe you thought that too. Maybe you made a joke about it because this is one merger that is... “prime”... for joking.

Not only is this a monumental move in the market, but it’s forcing our little food Co-ops to rethink and reinvent themselves – if they want to stay relevant or even in business. We are not immune to all these events that actually have been gaining speed for the last 15 years.

More than a little grocery store or natural market, our Co-ops were designed to put people in “control” of the mega-forces dominating and directing our lives. The “New Wave” Co-ops, those that were started in the 70s and 80s, were fiercely anti-corporate and saw themselves as an alternative to the garbage food foisted upon us by the big moneyed companies. Nutritious whole/natural/organic foods served us better. We teamed with local farmers and food producers. We didn’t have big fancy stores but we carried what was needed and wanted.

Our Co-ops flourished. We were onto something. We all grew well through the ‘90s. Our Co-ops had come of age. But then something happened in the late ‘90s: Whole Foods, Wild Oats and others were born and started to shake up the little segment of the market that the Co-ops occupied. Co-ops began to falter and quite a few failed. Those small capitalistic start-ups “out co-oped” the Co-ops.

On the ropes, our Co-ops banded together and created a national group – the National Cooperative Grocers (NCG) – and allowed us greater purchasing power and helped keep our prices low. Co-ops regained their strength and started growing again. The big chains started to notice the Co-ops and the little start-ups that were growing at a phenomenal rate. I remember that in 2006 I was looking at full page ads for organics at Walmart and Target. That early effort by the big stores failed.

But one big store, Kroger’s, kept at it. They started their own natural/organic line called Simple Truth in 2011 and started putting in natural/organic sections of their stores. They wanted the market share that Whole Foods and the Co-ops had. They seemed to do it “right” and really sparked the growth of the organic/natural sector.

Suddenly every store wanted organics and natural. The race was on. What we are seeing now is happening on

a scale that has never happened before. The Amazon/Whole Foods deal is just the latest. A few months ago, it was Albertsons who was looking to buy Whole Foods. This acquisition phase will not stop. The big companies are fighting to be dominant in the market and they are also buying up small companies thereby monopolizing the supply chain.

Walmart is the number one grocer with Kroger stores being number 2. Albertsons, with the acquisition of Safeway two years ago is number 3. Amazon/Whole Foods has announced that they expect to be in the #3 position soon. Meanwhile, the German company Aldi has announced they are investing 3.5 billion to up their presence in the US to 2500 stores. They said they expect to be in that #3 spot in a few years.

What these folks are starting to do is price war their organic/natural offerings because that is the fastest growing segment of the market. Nor do they care if they make money on it right now – they have the rest of their business to reap a profit on. Of course – we little natural/organic stores don’t have anything else to help sustain us revenue-wise as these wars rage and our Members and customers flock to these corporate giants to save some money. And that’s certainly understandable.

We can’t compete with this. Co-ops do not have the means or even the desire to “fight” for our market share. Co-ops around the country are seeing their revenues fall.

Our Las Cruces Co-op – Mountain View – has dropped nearly in half and has had to cut their Staff from 48 to 25. Same thing happened to Los Alamos Co-op. The bigger Co-ops like La Montanita have flatten sales and are struggling to look for ways forward.

Personally – I don’t want to “compete” with these big moneyed Godzillas. That’s a losing game. I believe we need to state boldly about who and what we are. We are dedicated to the health and well-being of our communities and our planet. We carry products that sustain life and provide fair wages to the producers of the products. We believe in making decisions for our Owners (you) in their best interests rather than simply returning a profit. That’s all good and such but not a sound financial plan for sustainability.

We need to relook at our Co-ops from every angle and vantage point. What are we trying to do? What are our visions for the future? If we are just another food outlet – why bother? If our high ideals of democracy and the cost-inducing endless meetings sap our energy and motivation – what exactly are we proving? Are we just an ideal that will be brought down by our own self-righteousness?



Co-op & Community Events

Saturday, July 1

It's the Market Café's Second Birthday! Help us Celebrate!!

614 N. Bullard St.

Come by and adopt your furever friend from the High Desert Humane Society.

From 9 am until the dogs get hot.

FREE Birthday Cake!! 11 am

Gift Bag Drawings 2 pm

Saturdays, July 8 and July 22, 9 am to 2 pm

Artisan Market - Support local artisans!

614 N. Bullard St.

Want to get a really nice and affordable gift for yourself or a friend.

Then check out the Artisan Market!

Held on the second and fourth Saturdays of each month, you will find

high quality, locally made gifts.

Saturday, July 8, 11 am to 12 noon

Ask the Dietitian • Co-op Tour • Blending and Juicing for Health

614 N. Bullard St.

Come down to the Silver City Food Co-op and join Bret Sarnquist, a Registered Dietitian, for a summertime program on blending and juicing for health.

The tour starts in the community room of the Market Café.

Wednesday, July 14, 10 am to 11 am

Savvy Shopper Tour of the Co-op

520 N. Bullard St.

Learn the secrets of all the savvy Co-op shoppers on this free, fun tour.

You will learn how to shop the best deals and receive a Co-op goodie bag!

Saturday, July 15, 11 am to 2 pm

Sampling Saturday! – Come by the Co-op for special samples and recipes

520 N. Bullard St.

Come and try some of our delicious instant dinners, great for hot and busy summer days.

Our bulk section is awesome and you will get a sample, a recipe and a coupon for the dinners.

Wednesday, July 19, 4:30 pm to 7:30 pm

Silver City Food Co-op Board Meeting

614 N. Bullard St.

Did you know that Co-op members can attend the board meetings?

You own this Co-op and are welcome to attend.

Saturday, July 29, 10 am to 11:30 am

MUD Pie Contest! – Enter to win prizes for your special "MUD pie".

614 N. Bullard St.

Entries must be dropped off by 10:30 am. In collaboration with the CLAY Festival.

Fridays in July

Free popcorn and other food samples

Silver City Food Co-op, 520 N. Bullard St.

Silver City Food Co-op & Market Café Staff

Judith Kenney
produce

Bob Lee

bulk manager

Dougan Hales
produce

Kate Stansberger
supplement buyer

Jake Sipko

produce manager

Carol Ann Young
office

Jeanné Miller
herb buyer

Becky Carr

dairy buyer

Jess DeMoss
POS manager

Meggie Dexter
website

Misha Engel
frozen buyer

Jenny Morgan
office

Joe Z

gm

Marguerite Bellringer
finance manager

Kim Barton
POS

Michael Sauber
grocery

Doug Smith
grocery buyer

Paul Slattery
produce

Jody Andrews
cashier

Evan Humphrey
cashier/bulk

Lee Ann Miller
cashier

Brenna Brown
deli manager

Tinisha Rodriguez
POS/grocery/HABA

Charmaine Wait
emo

Allie Iacocca
wherever needed

Mike Madigan
am

Lynne Featheringill
café

Leah Chastain
merchandising specialist

Marchelle Smith
cashier/grocery/deli

Kenyon McNeill
grocery

Joy Kilpatrick
wherever needed

Mike Watson
wherever needed

Kelly Nicholas
café

Jo Lutz
wherever needed

April Lee
café

Elysha Montoya
wherever needed

Joshua Neau
wherever needed

Judy Kenneally
deli

Christine Dalmedo
wherever needed

Hallie Richwine
wherever needed



KITCHEN MEDITATIONS

Summer

Grilled Summer Vegetables with Fresh Mozzarella

Servings: 4-6

Grilled vegetables are delicious and easy to cook. Take advantage of summer's vegetable bounty with this simple recipe.

Ingredients

2 zucchini, cut lengthwise into 1/4-inch slices
2 red bell peppers, seeded and sliced into large strips
1 small eggplant, cut into 1/2-inch rounds
1/2 pound fresh mozzarella, salted or buffalo style, cut into thick slices
1 tablespoon olive oil
Pinch salt and black pepper
1/4 cup fresh basil, julienned (optional)

Marinade

1/4 cup olive oil
1/4 cup red wine or balsamic vinegar
1 tablespoon fresh garlic, minced
1 teaspoon dried basil
1 teaspoon dried oregano

Preparation

In a large bowl, combine all marinade ingredients. Add the prepared vegetables and marinate 30 minutes, turning often.

Heat your gas or barbecue grill on medium-high. Remove the vegetables from the marinade and grill until cooked through, about 5 minutes, turning often.

Season the mozzarella with olive oil, salt, and pepper. Arrange mozzarella slices around the edge of a serving platter.

Remove the vegetables from the grill and layer the eggplant first in the center of the platter, then zucchini, and top with bell peppers. Drizzle with leftover marinade and garnish with basil

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Melon Tabouli



Servings: 6-8

Tabouli shouts summer with its refreshing mint and parsley, sour lemon and nutty bulgur wheat. Here, sweet honeydew melon takes the place of the traditional cucumbers and tomatoes for a delicious twist.

Ingredients

3/4 cup bulgur (see Tips & Notes)
1 cup boiling water
1 large bunch curly parsley, washed and finely chopped
2 cups honeydew melon, seeded, peeled, and diced
1 bunch scallions, sliced thin
2 tablespoons fresh mint, minced (about 1/2 ounce)
1/4 cup lemon juice (about 2 lemons)
Salt and ground black pepper, to taste
Pinch of cayenne pepper
1/2 cup diced red bell pepper (optional, for garnish)

Preparation

In a small bowl, pour the boiling water over the bulgur and let it sit for 15-20 minutes, until the water is absorbed and the bulgur is tender. Allow the bulgur to cool. Mix the parsley, melon, scallions, mint, lemon juice, salt, pepper, and cayenne in a large bowl. Toss with the cooled bulgur. Garnish with diced red pepper.

Serving Suggestion

Enjoy this light, summery Middle Eastern salad with stuffed grape leaves or serve with grilled meats, poultry or kabobs

Reprinted by permission from strongertogether.coop

Nutrition Nugget

Peaches



Peaches are a summertime treat. It's wonderful when such divine flavor comes with high nutrition. Peaches are loaded with vitamin C, but also provide dietary fiber, vitamin A, niacin, potassium, fluoride and iron.

The Frugal Co-op Chef

Seasonal Fruit Kabobs

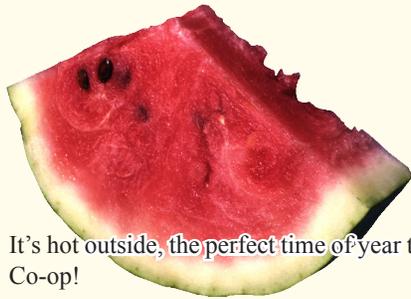


Summertime arrives with the best in fresh fruit! Look for fruits and melons in the peak of season for the best taste and prices. Cut into cubes and make a fruit kabob for a quick, inexpensive and fun dessert or snack. Kids love to make these so have them help in the kitchen for family fun!

Use vanilla yogurt as a dipping sauce for your fruit kabob for more taste and fun!

Jake's July Produce Picks

Melons



It's hot outside, the perfect time of year to indulge in the sweet, cool juiciness of an organic melon from the Silver City Food Co-op!

I was surprised to learn that these delicious, fleshy fruits originated in the most arid places of Africa and southwestern Asia. Recent discoveries of melon seeds dated between 1350 and 1120 B.C. on the island of Sardinia indicate that they made their way across the Mediterranean Sea to Europe toward the end of the Roman Empire.

Members of the gourd family, melons are among the earliest plants to have been domesticated in the Old and New Worlds. Early European settlers in North America grew honeydew and casaba by the 1600's. Additionally, some botanists have even suggested that the native peoples of the American southwest have been cultivating melons since before the arrival of Europeans to this area, a thriving tradition that continues to this day.

92% water, by weight, melons are one of the best sources of electrolytes, so vital for the normal functioning of the body. They are low in calories and provide a range of essential nutrients.

Choosing a ripe melon can be tricky and each type has its own specific qualities to look for. Maybe the following guide can help.

To select watermelon:

Look for a 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 ripe and will not ripen further. Once you find a watermelon with a creamy yellow patch, knock on the outside gently. It should sound hollow and vibrate like a drum. That means that the flesh inside is still crisp. If it does not vibrate, it is likely overripe.

To select a cantaloupe:

Look for fruits that have a primarily tan or yellow color 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 melon. If it has a bit of give, it should be perfect!

To select a honeydew:

Honeydew has unique property when ripe. The outside skin changes from smooth and hard to velvety and slightly tacky. This is the sugar content maturing and coming through the skin. Also, the fruits change from a pale, celery green to a warm, yellow-green. It's subtle, but still the best indicator of ripeness for honeydew.

Melons are best eaten at room temp for maximum flavor. If necessary, you can store a very ripe or cut melon in the fridge to keep fresh for several days.



Jake Sipko, Produce Manager

Peaches

Luscious, aromatic and sweet, peaches may be the perfect fruit. It makes perfect sense that we use the word "peachy" to describe something that's just right.

Available from April through October, look for peaches that are mildly fragrant and brightly colored with no hint of green. They should give a bit to your touch but not be too soft. To ripen, place in a brown paper bag for a few days. If possible, purchase only what you can use soon, since refrigeration can make peaches mealy.

Revel in the delights of summer produce by biting into a fresh, juicy peach. Truly a versatile fruit, they are also perfect in smoothies, atop cereal, in cobbler and in fruit salad. Some cooks even love to grill peaches, as it brings out their sweetness (the peaches', not the cook's...well, maybe!)

Becky's July Dairy Pick

Mozzarella Cheese



Say cheese!

Mozzarella's fine qualities are many but, perhaps, highest on the list is its superbly smooth texture and melt-ability. The mild, creamy flavor of mozzarella makes it flexible enough to pair with flavors as varied as pineapple, anchovies, jalapenos, and Kalamata olives. Nutritionally, it is high in calcium and protein and contains a good amount of iron and vitamin A.

Whether whole milk or part-skim, mozzarella is a fresh cheese, meaning un-aged. The most commonly-available mozzarella in the U.S. is "low moisture," a firmer, more stable variety, sturdy enough to shred on a cheese grater. Tightly wrapped, it will keep up to six weeks in the refrigerator. Most fresh cheeses will deteriorate in quality over time so it's a good idea to use mozzarella in any form as soon as you can after purchase.

Mozzarella is a good choice for sandwiches, quesadillas, salads and casseroles. Shredded, it can make a simple bowl of romaine lettuce and red, ripe tomatoes into a meal, especially when topped with a tangy Italian vinaigrette.

CO-OP Community

Co-op Community Donations

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

*Grant County Food Pantry
Gila River Festival
Clay Festival
Guadalupe Montessori School*

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.



Recipient of the May Round Up Donation Program



Pictured left to right are: Allie Iococca, Mike Madigan, Dave Baker (Bikeworks), Leah Chastain, Marchelle Smith, Kenyon McNeill



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service.

Athena & Two Crow Schumacher • Saguara Compton
Jane Papin • Ellen O'Bryan • Bridget O'Leary
Genevieve St. John • Laurel Johnson • Deb James
Sharon Bookwalter • Vicki Gadberry • Bart Hiatt • Janna Mintz



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 Friday sampler and prep and hand out food samples on Fridays from 9 am to 12 noon and 12 noon to 3 pm.

It's fun and you get to see all of your friends.

Contact: charmeine@silvercityfoodcoop.coop

Bikeworks was the Recipient of the May Round Up Donation Program from the Silver City Food Co-op

The Silver City Food Co-op has a community donation program called the Round Up Program where customers can round up the balance of their total purchase to the nearest dollar and donate that amount to a local non-profit. Bikeworks was the May recipient receiving **\$1,725.50**.

Each month, the Silver City Food Co-op announces the current non-profit recipient. There is information at each register about the group, and each recipient has brochures about their organization available at the front of the Co-op. The recipient is also available at least once per month in the Co-op to talk to member/owners and customers about their organization. In June the Round Up recipient is the New Mexico Wilderness Alliance.

The Silver City Food Co-op is proud of our cashiers who make this program work so we can give to our community. Many thanks to the members and customers who generously donate to this program each month. The Silver City Food Co-op follows the seven cooperative principles including Concern for Community and we strive to connect in meaningful ways to our community.



Silver City Food Co-op Round Up Applications Now Being Accepted!

The Co-op is now accepting applications for the 2018 Round Up program now through August 1, 2017.

For more than 40 years, the Silver City Food Co-op has been committed to giving back to our community. In 2017, we introduced the Round Up Program, a new way for member/owners and customers to participate in this commitment. This simple yet powerful community giving program allows customers to “round-up” their grocery bill for recipient organizations that share our commitment to a healthy community.

Priority is given to organizations whose work aligns with our mission:

The Silver City Food Co-op is a cooperative business. We exist to serve our member/owners. Our mission is to provide and distribute high quality products and to promote cooperation and nutritional education to our member/owners, our customers, and our community.

In addition, priority will also be given to organizations that:

- Are based in Grant county.
- Reflect the cultural and racial diversity of our communities.
- Use this funding for projects that serve our community.
- Use this funding for specific projects rather than general operating costs.
- Are registered 501(c)(3) nonprofit organizations.

Applications will be available in the Co-op and online starting July 1, 2017.

Deadline will be August 1, 2017
and the recipients will be announced in October, 2017.



Silver City Food Co-op Lip Balm



Have you tried our new Silver City Food Co-op lip balms? Made locally by Desert Woman Botanicals, they come in Ginger Peach and Cherry flavors. You can find them at each of the registers. Try one today!

MAD June/July

Pick your own two days
to receive **10% off** your purchases!
(Excluding mark-down 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**.

June Co-op Tour



Ask the Dietician Blending and Juicing for Health

with Bret Sarnquist

Saturday, July 8th

11 am

MEET at the Market Café

614 N. Bullard St.

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

CO-OP
KID



Corner

Meet Leah Chastain

Meet Leah Chastain, the vivacious lady responsible for ordering the delightful array of merchandise available to our customers at the Co-op's Market Café, and the main store. Once it's all checked in through our POS department, she displays everything and makes sure that it stays looking great. Receiving orders that come into the warehouse and stocking are also part of her busy schedule.

Leah is a diverse person who enjoys many activities. She loves food, being outside, playing with her grandkids, gardening, meditating, exercising and, on top of that, is presently rehearsing for a play. Leah is also a bodyworker whose passion is working with people to help them release stuck energies in their bodies and energy fields. As part of that pursuit, she recently became a Myssage coach.



STAFF PICK

ConcenTrace is Leah's product pick for July. A powerful mineral supplement with many applications, it's an all-natural solution of 72 living minerals sourced from the Great Salt Lake with 99% sodium removed. As mother nature would have it, this solution is precisely the proportion as healthy human fluids without any synthetically produced compounds or heavy metals. It's impossible to underestimate the importance of minerals and trace minerals for the human body. Find out lots more at traceminerals.com.

Next time you're in either of the Co-op's locations, just a block apart on Bullard St., ask Leah about *ConcenTrace*. She'll be happy to share her knowledge about that and the many other products that occupy our shelves.



NEW PRODUCT SPOT LIGHT



Chewable Ginger

Ginger root is a traditional remedy for digestive upsets, including lack of appetite, nausea, indigestion and gas. Whether related to motion sickness, pregnancy or post-surgery, Chewable Ginger by Natural Factors helps relieve these conditions, while supporting digestive health.

These tasty tablets can also be used to help relieve cough and cold symptoms, joint pain associated with osteoarthritis, and menstrual pain and cramping.

Each tablet contains 20 mg. of ginger and is deliciously sweetened with xylitol and stevia.



**Natural Factors
Chewable Ginger
500 mg, 90 tabs**

\$2.00 Off



Silver City Food Co-op 520 N. Bullard St. expires 7-31-17

CLAY Silver City Clay Festival MUD Pie Contest

The Silver City Food Co-op is sponsoring the CLAY Festival's Annual Edible MUD Pie Contest on Saturday, July 29, 2017 from 10 am to 11:30 am at the Market Café located at 614 N. Bullard St. Bring your pie between 10 am and 10:30 am to enter (for free!); judging and tastings begin at 10:30 am.

Mud pies will be awarded based on taste, presentation, and creativity with prizes given for 1st, 2nd, and 3rd place. Spectators are welcome to a sample of the entries after the judging.



A beautiful Mud Pie!



Happy MUD Pie contest judges- someone has to do it!

MUD FUN! For Kids and Everyone!

Get your hands dirty and play with clay, Saturday, July 29th, 10 am to 1 pm under the porch at the Market Café located at 614 N. Bullard St. Children cannot be left unattended.



MUD Fun under the porch of the Market Café!



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!**

If interested please email charmeine@silvercityfoodcoop.coop

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Palm Oil: Sustainability Crossroads

drop fruit-laden branches to the forest floor below, where they can be eaten by other animals or grow into new trees. If Sumatran orangutans become extinct, it will severely damage ecological health in Sumatra's remaining rainforests.

The Orangutan Information Centre is a Sumatran organization that works with the local community to restore critical habitat and provide education on a range of sustainability issues. As of 2014, they've planted over a million native trees in deforested areas of Gunung Leuser National Park, which is one of just two remaining habitats for the Sumatran orangutan.

Turning towards sustainability

Thankfully, as consumers become educated on this issue, companies are beginning to take note. This is a trend that must continue in order to reach palm oil's potential as a sustainable ingredient. Increased consumer demand for sustainable products has led many manufacturers to consider how the ingredient could be produced more sustainably. Familiar third-party certification programs, such as USDA Organic and fair trade, can help people identify palm oil that has been produced with sustainability in mind. You may also see the Roundtable on Sustainable Palm Oil (RSPO) logo on products containing "Certified Sustainable Palm Oil." RSPO brings palm oil industry stakeholders together with environmental groups to increase awareness and availability of sustainable palm oil. RSPO members agree on a set of principles which includes a commitment to transparency and a promise to avoid future deforestation, particularly in areas of high biodiversity. Many environmental groups acknowledge that RSPO's current principles are insufficient, however most agree that the principles are a necessary first step towards a more sustainable future.

As of 2014, roughly 75% of palm oil producers have committed to RSPO principles, and still more companies are sourcing organic and fair trade palm oil. This makes many experts hopeful that consumer interest in sustainable palm oil has reached a turning point that will make truly sustainable palm oil increasingly available.

The way forward

This complex issue can be addressed by a range of actions. It is important to note that avoiding palm oil in favor of other oils isn't necessarily more sustainable, since that could lead companies to switch to other less productive, and therefore inherently less sustainable, oils. What you can do:

Read the list of ingredients

Palm oil can appear on ingredient labels of processed foods in many different forms. The World Wildlife Fund provides a comprehensive list of ingredients that are likely to be derived from palm oil. (<http://www.worldwildlife.org/pages/which-everyday-products-contain-palm-oil>) If a product contains these ingredients, look for fair trade, USDA Organic, and/or RSPO certified labels.

Contact manufacturers

If your favorite product contains palm oil that's not fair trade, organic or RSPO certified, consider contacting the manufacturer. Ask about their policy for sourcing ingredients, and if they have plans to transition to more sustainable sources in the future.

Make a donation

Make a donation to the Orangutan Information Centre, an organization working to restore native rainforest habitat in Sumatra. <http://orangutancentre.org/>

Learn about food sourcing issues

The palm oil issue is a great introduction to the complexities of our global food system. Although it is an extreme example, it is by no means the only one. By becoming well informed consumers, we can decrease the negative environmental and social impacts of our food choices. One easy way to begin is by looking for locally produced foods. Since the impact is closer to home, you have more information about how it was produced and how it effects the land and people where it was grown.

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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.

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

Jean-Robert Béffort/Vice President
Board Term: 2016-2018
aspace.studiogallery@gmail.com

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

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

Carmon Steven
Board Term: 2016-2017
yankiecarmon@gmail.com

Board of Directors



2 U From Your Board...

Carmon Steven • Karen Strelko • Nancy Coates
Jennifer Johnston • Jean Béffort

A Summary of the May 31st Informal Member-Owner Meeting

On Wednesday, May 31st, the Co-op board and management held an informal meeting to discuss the financial condition of the Co-op in general, and the Market Café in particular. The idea for the meeting arose at the April board meeting, after which a group of board members and Co-op member-owners met to refine the talking points to be covered in this meeting,

There were approximately 35 member-owners at the meeting, which is a remarkable turnout! I was really happy to see so many people attending a board-sponsored event, and I hope that the information we presented and discussed helped our member-owners to better understand the financial and operational nuances of the Silver City Food Co-op. Many members shared their concerns about the Co-op: that we might not have enough emergency savings, that the Market Café could continue to drag down the Co-op, that the Market Café might have to close, and the fear that the Silver City Food Co-op might not survive our challenging and increasingly competitive marketplace. All are valid concerns, but hopefully the information we presented helped clarify where the Co-op stands (at least financially) in these areas.

At the start of the meeting, we handed out packages of financial reports very much like those handed out at the GMM, only this packet had a comparative financial analysis between the store (520) and the Market Café (614). In addition, there were narrative explanations of our 2016 annual and 2017 first quarter financial results prepared by Betty Mishuk, a retired CPA who, among other things, consults with the finance department to ensure compliance with Generally Accepted Accounting Principles (GAAP). The financial reports and the accompanying narrative was helpful in the understanding the Co-op's current position

We also had a few charts and graphs around the room. One showed gross income trends for the store only. It was particularly relevant as it showed that for the first time in those 10 years, our gross sales at 520 actually declined in 2016. A pie chart showed co-op expenses: The vast majority expense dollars go to pay for the products we stock our shelves with (the Cost of Goods Sold). The next largest expense is payroll, which includes wages, benefits, taxes, and insurance. The remaining expense categories (administrative, utilities, store operations, member discounts, etc.) combined only represent about 11% of our total expense dollars. The final graphic illustrated how management looks at the market Café from an operational point of view. Although we separate the market café out for internal analysis purposes, from an operational standpoint we attempt to treat it as another store department, much like bulk, produce, frozen foods and packaged goods are departments.

There has been some concern that management doesn't track the Market Café's financial condition in enough detail. However, adding even more detail to our analysis tools increases administrative efforts and costs, without providing any deeper understanding of where the Co-op and the Market Café stand financially. We all know that the Market Café lost money in 2016 and

the first 3 months of 2017. What management shared during the meeting is that the Market Café actually started to move into the realm of sustainability in April of this year.

The big news in the meeting, though - the one that keeps management up at night - is the fact that gross sales at 520 were down 1.7 % from 2015 to 2016, and 2017 is following suit with a cumulative loss over last year of nearly \$35,000. This is likely due to the significant competition we started to see in the second half of 2016 - not only from Albertsons and Walmart's push into the organics marketplace, but from online delivery services like Azure as well. We need to develop sound strategies to keep this drop in sales from continuing, a challenge that is much easier said than done. One of those strategies is to diversify what we offer our member-owners and the community at large. The original vision for the Market Café was a multi-faceted approach to this challenge. First, it allowed us to diversify and offer food choices that are not available elsewhere in town. Second, it enabled us to offer a community room and a welcoming gathering place downtown. Finally, it provided much needed and conveniently located warehouse space for our store.

The Market Café brought in nearly \$240,000 in sales in 2016. That's a small number compared to the \$3.5 million we grossed at 520, but it does show that there is community interest in what the Market Café has to offer. However, as much as they have tried, management was not able to successfully contain costs - almost all of which is payroll - until very recently. Even now management conducts a week-by-week analysis to gauge success, and we review this progress at every board meeting. The board is cautiously optimistic about the performance improvements we have seen since April and we hope it can continue. We would like to see the Market Café succeed as part of the Co-op's core business, but that can only happen if we reach a base level of financial stability.

During the meeting I asked the member-owners to share their ideas for Co-op success in the future, both at 520 and at the Market Café. Several people did share their ideas - all of which will be considered as the board and management continue with our strategic planning efforts. After the new board is seated in July, we will be able to focus on these ideas and others. It's quite likely that the board will hold more informal meetings so that interested member-owners can continue to participate in the decision making process that we go through as we strive to steer our Co-op in a healthy, sustainable, and successful direction.

I want to end with an offering of sincere thanks to all of you who did attend and participate at this meeting, and I look forward to hearing from you in the future.

You can always reach me directly at Karen@Silvercityfoodcoop.coop

Karen Strelko ❖❖❖

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.

July 5 - July 18



Chocolove
 Chocolate Bars
 Assorted, 3.2 oz
 reg \$3.39
SALE \$2.50



Daiya
 Non-dairy cheese
 Assorted, 8 oz
 reg \$4.59
SALE \$3.69



Woodstock
 Dark Sweet Cherries
 10 oz
 reg \$6.39
SALE \$3.99



Epic
 Bars
 Assorted, 1.5 oz
 reg \$2.99
SALE \$2.39



Alba
 Body Lotion
 Unscented, 12 oz
 reg \$9.89
SALE \$6.99



Nordic Naturals
 Nordic Berries
 120 ct
 reg \$23.99
SALE \$19.99

July 19 - August 1



Bulk
 Organic Hulled
 Sunflower Seeds
 reg \$3.39#
SALE \$2.69#



Nancy's
 Organic Cream Cheese
 8 oz
 reg \$3.69
SALE \$2.99



SoDelicious
 Cashew Milk
 Salted Carmel Cluster
 Pint
 reg \$6.19
SALE \$4.99



Mediterranean
 Sundried Tomatoes
 in olive oil
 8.3 oz
 reg \$7.89
SALE \$4.99



Derma E
 Hydrating Serum
 2 oz
 reg \$26.39
SALE \$19.99



Rescue Remedy
 Pastilles
 50 gr
 reg \$10.19
SALE \$6.99

Members Only Specials July 5 - August 1



Shelton's
 Turkey Franks
 12 oz
 reg \$3.99
SALE \$3.19



Farmhouse
 Kraut
 Garlic Dill Pickle
 16 oz
 reg \$6.99
SALE \$5.59



Rice Cheeze
 Assorted, 8 oz
 reg \$4.69
SALE \$3.79



Straus
 Organic Yogurt
 Assorted, 32 oz
 reg \$5.39
SALE \$4.39



Rudi's
 Wheat Hamburger Buns
 18 oz
 reg \$5.19
SALE \$4.19



Redmond
 Redmond Clay
 10 oz
 reg \$10.99
SALE \$8.79