

# Silver City Food Co-op Garbanzo Gazette

Volume 17

Your monthly newsletter • September 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**

## Board Closing Market Café



On Aug 16th, 2017, the Board of Directors decided to close the Market Café at 614 N. Bullard by Dec 31. In addition, it decided to abandon the building totally.

The 614 Project started in 2014 when the Board decided to allocate \$25,000 to rent the space for a year to explore the feasibility of buying the location and building a new Co-op on it as well as exploring ways to expand services to Members.

Immediately, 614 provided us with much needed meeting space and storage space to alleviate the crowded conditions of our warehouse (behind the Co-op). The project was conceived as a part of our EMO (Education, Membership, Outreach) department

and would create a space for Members to congregate and have room to meet instead of the crowded aisles of our store.

The idea first focused on was a once a month event that would mainly feature large buys that we could save a bit on and offer it in cases to Members as kind of a Mini-Cost-co. This would also include local artisans, music, interesting information booths from non-profits, a recycling drop-off place for hazardous wastes and perhaps a special offering from our already successful new grab and go. It would be a party. A monthly celebration with good deals. Once that got off the ground, stage two was to move our EMO office to 614 and open a very small café which would feature items from our Grab and Go with tea and coffee – a place where Members can congregate. A few retail items would be introduced slowly and we would also have an outlet for items that did not sell at the monthly event.

In early Jan. of 2015, that plan abruptly changed with the opportunity to combine efforts with a local business. The concept was to offer only 4 or 5 different entrees each day coupled with Cooking Classes and setting up a retail section that revolved around specialty foods and kitchen items.

Much work and expense was expended on this new project and the monthly event was put on a back burner. Things were moving quickly and surely until mid-May, 3–4 weeks before our scheduled opening, when our business partner backed out overnight saying that as the project evolved she realized she would not be right person for it.

Returning to the original plan would take months and we invested quite a bit on equipment and retail inventory. We were essentially facing shutting the project down or starting the Café on our own. With huge intensive work, the Market Café was opened

on July 4th 2015 and was met with immediate success in terms of serving our Members and Community.

Too much success, in fact, as it overwhelmed our limited facilities and personnel. With tweaking and shoving, we managed to grow our internal organization to meet the volume that we were experiencing. At the end of 2015 – we saw many ways to move forward to bring 614 to break-even if not profitability. But for various reasons, 2016 proved to be a disaster for our plans as well as the bottom line. We knew that major changes needed to be made and along with these changes came new Staff too. As the transition at the end 2016 was slow, it set up new plans for 2017.

By the end of June, the Market Café had cut its losses in half from the previous year and the new Kitchen Manager who came on in March had clear ideas as to how to narrow the rest of that gap and bring the Market Café to break even. As July showed no growth, responsibilities were rearranged to use each Staff Member's talents to best effect. The results were immediate with good prospects.

But while we were moving in a positive growth path, the monthly gains were not moving fast enough and the cumulative cost to our Co-op was deemed too great hence the Board's decision. The Board's decision will certainly increase the Co-op's cash funds over the next year. Where meeting and storage space will be is yet to be determined.

As can be expected, the Staff at 614 and all those involved with it are deeply disappointed. The Market Café Manager is interested in how folks are feeling about the closure and requested that all thoughts be directed to her at:

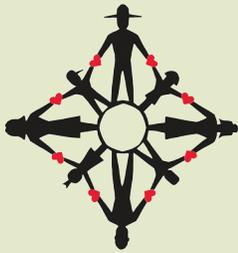
[april@silvercityfoodcoop.coop](mailto:april@silvercityfoodcoop.coop)



**2144 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: Joe Z

Contributors: Judith Kenney, Jo Lutz,  
Kevin Keith, Charmaine Wait

Layout & Design: Carol Ann Young

Submissions are welcomed!

Submit letters, articles, or items of interest to:

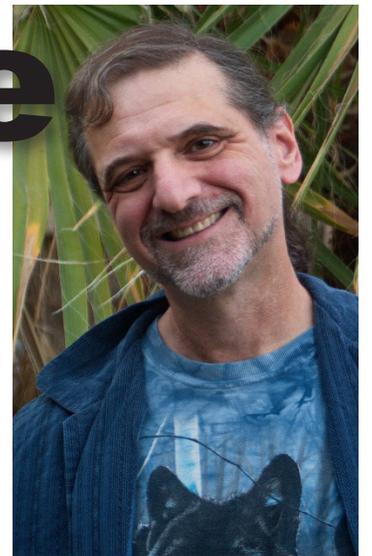
**gg@silvercityfoodcoop.coop**

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# Cup o' Joe

by Joe Z



Okay – so here we go: This gorilla (we'll call him Ugg) is ambling down the road when he chances upon another gorilla (Pug) looking forlornly up into a tree. Ugg stopped to see what Pug was staring at. There – just beyond reach – was a bunch of perfect Bananas. "I really want those" said Pug.

Both gorillas stared at the tree and the Bananas and could not figure out how to get them (yeah, yeah – I know gorillas can climb trees but for some reason – these two could not – maybe they hurt their feet or something. Just listen to the story!) So they threw stones at the Bananas and they found sticks and tried to knock them out of the tree. Neither worked and they sat down quite dejected.

Finally, Ugg jumped up and said "Ooooo, Ooooo, Ooooo! I know what we can do!! I can get on all fours and you can stand on my back and then we can get the Bananas!!" Ugg was excited and jumped about (despite his bad feet). Pug look perplexed. "What? That seems... ummmm... What? That's crazy. That can't work.", he sputtered. As he stared at the Bananas and back at Ugg, Pug finally said, "you know –maybe – okay – let's try".

So Ugg positioned himself just so and Pug jumped on his back and was able to reach the Bananas! "I got them!" Pug exclaimed. He then jumped off Ugg's back and ran off with all the Bananas. He looked over his shoulder while running and yelled "Sucker!"

Ugg stood up, brushed himself off and stared at Pug running away. "Gosh", he thought, "Pug must not have understood that we were supposed to share the Bananas. I guess I wasn't clear about that. And what did he mean by 'sucker'?"

And thus Cooperation was born (don't you just love origin stories)! From that inglorious start, we sure have come...further – I think. Cooperation is not easy. Like Ugg, those that naturally cooperate do not understand why this simple logical construct is not understood by those such as Pug. But it's not. Or maybe it is rejected.

We are taught to compete in our society. We venerate the winners. Cooperation is often seen as a weakness whereas competition is for the strong. Sometimes, it is seen as subjugation as in a parent wanting their child to comply will yell, "will you cooperate?!?"

Often, people will join together and work cooperatively... in their fight against the other side. Sports teams and armies are the obvious examples but it's surely evident in our politics, in our businesses and even in our entertainment.

Competition is everywhere. There is barely anything in our society that isn't touched by it and surely it does have its place. But I would venture that it is out of place in our society. It pervades our souls in nearly everything we do. We want our lawns to be better than the neighbors. We want to get a better deal than others (you paid 79.99 for that? I got mine for \$69.93! I WIN!!). We all want to be winners and we parse our lives down to small details so that we can celebrate the few things that fall into the category of "winning".

The problem with a culture that is hell bent on winning is that it creates a society of losers who are always scheming on

how they too can get a few win badges to wear on their sashes.

Cooperatives rely on logic and a deep desire to come to agreement. Many – if not most – Co-ops use a system of consensus to come to decisions. Often it doesn't work very well because consensus demands that all opinions from all people must be flexible and subjected to change. As individuals in our society – that does not set well with our competitive brains. We want to win. Let's just vote.

So many decisions made by voting are won by the slimmest majority – often just one vote. The other side regroup and tries to figure out how THEY can get that extra vote. Consensus is often difficult to achieve and it can be slow. Too slow for a business. Especially when the other businesses in town are competing hard.

This has been quite the conundrum for Co-ops – embracing an inclusive, peaceful, logical system while operating in a highly competitive environment.

Listen to this: One of the Co-ops in which I was a Board Member, would have WEEKLY meetings that started at 7:30pm and designed to end at 11pm but would always go over – often until 2 or 3 in the morning. That was on top of weekly committee meetings. We were dedicated. We all moved forward together. But it was not a good system – especially since Board Members were all volunteers – because few really have that type of time.

To expedite things, that Co-op separated Operations from their Board work (this was in the mid '80s) so the business can proceed unhampered by the politics. But then they abandoned consensus and went to a voting system. Soon, the Co-op polarized into "sides" – each vying for a spot on the Board so they could get a win at the expense of the others. It created winners and losers and that progression is actually quite common in Co-ops. Sad but true. In the Co-op I was at – it led to a number of take-over tries as outside groups tried to jam the 12 member board with seven people (they managed to get 5 in) so they can get the resources of the Co-op for their own plans. "Greed is good!" they would hiss.

All our Co-ops are struggling with this as competitive businesses and corporations have targeted Co-ops (and others) to obtain the dollars flowing through them. It's not a fair playing field and nationally we are all trying to figure out what type of governance system works best in our changing world. In the NCG, one of our national organizations, all 150 Co-ops are grappling with this and it has been the subject of a number (most) of our 2x a year conferences.

There are no clear answers. Brilliant minds are working on this around the world. Just like women's rights – we know that we have the right idea – but it takes years – decades actually to make it all work and have an influence on our world.



# Co-op & Community Events

**Saturday, September 2, 11:30 am to 2:30 pm**

## *Taste of Downtown*

Take a bite out of the downtown Historic District in Silver City!  
Enjoy culinary delights from 14 local chefs this Labor Day weekend.

Have fun exploring downtown Silver City and  
tasting delicious food from great eateries, including the Silver City Food Co-op!  
614 N. Bullard St.

**Saturdays, September 9 and 23, 9 am to 2 pm**

## *Artisan Markets - Support local artisans!*

Want to get a really nice and affordable gift for yourself or a friend.  
Then check out the Artisan Market! Held on the second Saturday of each month,  
you will find high quality, locally made gifts.  
614 N. Bullard St.

## **Fridays in September**

### *Free popcorn and other food samples*

We offer organic popcorn and food samples  
from different departments of the Co-op.

Come by and try something new!  
Silver City Food Co-op, 520 N. Bullard St.

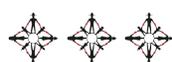
## **Round Up for October 2017**

The Silver City Farmers' Market brings together local producers from all over Grant County as well as parts of Catron and Luna counties. It's a wonderful opportunity to connect people from the mining district to the bounty of local fresh produce, meat, eggs, dairy and fresh baked goods. Entertainment and special activities such as a Salsa Contest and an Apple Festival are also part of this weekly event.



According to the Santa Fe Farmers' Market Institute, for every dollar spent at a farmers' market, another \$3 is spent in the surrounding community giving a boost to rural economies. The same study found that for every dollar spent at corporate chains only 45 cents is reinvested locally. When people buy directly from the farmer, 100% of their purchase goes to the farmer.

Supporting Silver City Farmers' Market provides significant value to the local community by increasing the amount and accessibility of local foods, and by building community spirit. In October your round up donations will support the operational activities of the markets – a win-win situation for both producers and you, their customers.



## Silver City Food Co-op & Market Café Staff

<b>Judith Kenney</b> produce	<b>Evan Humphrey</b> cashier/bulk
<b>Bob Lee</b> bulk manager	<b>Lee Ann Miller</b> cashier
<b>Dougan Hales</b> produce	<b>Brenna Brown</b> deli manager
<b>Kate Stansberger</b> supplement buyer	<b>Tinisha Rodriguez</b> POS/grocery/HABA
<b>Jake Sipko</b> produce manager	<b>Allie Iacocca</b> wherever needed
<b>Carol Ann Young</b> office	<b>Mike Madigan</b> am
<b>Jeanné Miller</b> herb buyer	<b>Leah Chastain</b> merchandising specialist
<b>Becky Carr</b> dairy buyer	<b>Marchelle Smith</b> cashier/grocery/deli
<b>Jess DeMoss</b> POS manager	<b>Kenyon McNeill</b> grocery
<b>Meggie Dexter</b> website	<b>Joy Kilpatrick</b> wherever needed
<b>Misha Engel</b> frozen buyer	<b>Mike Watson</b> wherever needed
<b>Jenny Morgan</b> office	<b>Kelly Nicholas</b> café
<b>Joe Z</b> gm	<b>Jo Lutz</b> wherever needed
<b>Marguerite Bellringer</b> finance manager	<b>April Lee</b> café
<b>Kim Barton</b> POS	<b>Elysha Montoya</b> wherever needed
<b>Michael Sauber</b> grocery	<b>Judy Kenneally</b> deli
<b>Doug Smith</b> grocery buyer	<b>Christine Dalmedo</b> wherever needed
<b>Paul Slattery</b> produce	<b>Hallie Richwine</b> wherever needed
<b>Jody Andrews</b> cashier	



# KITCHEN MEDITATIONS

Fall

## Cinnamon Baked Pears

*This dish can be eaten fresh or made in advance, and will be an instant favorite for adults and kids alike. The fruit is baked with cinnamon and a hint of honey, creating a tender treat that tastes of an autumnal pie – without the guilt!*

1/2 cup water  
1 tablespoon honey  
2 pears, cut in half lengthways and cored with a paring knife  
1/2 teaspoon cinnamon  
(or, double/triple the batch for meal prep)  
Preheat oven to 375°F.

In a small saucepan, warm water and honey until honey is dissolved.

Place pears, flesh side up, in a baking dish and pour over the honey-water. Sprinkle evenly with cinnamon and bake until pears are tender and golden, 15-20 minutes.

Serve with yogurt, almonds or low-sugar granola.



## Concord Grape-Thyme Vinaigrette

*This tasty vinaigrette dressing is a flavorful finish to a salad of fresh greens, nuts, apple, pears and a sprinkling of cheese (cheddar or blue are great choices). Roasted sweet potatoes or butternut squash could make it into a meal!*

Yields about 5 tablespoons

2 tablespoons grape juice  
2 tablespoons sunflower, safflower or olive oil  
1 tablespoon balsamic vinegar  
1/4 teaspoon Dijon mustard  
Leaves from 1 sprig of fresh thyme (or dried thyme to taste)  
Pinch salt  
Pinch pepper  
Whisk together all ingredients and serve.



## Nutrition Nugget

### Anthocyanins: Purple Power!

Scientists believe that anthocyanins, compounds that give purple foods their color, can have a positive impact on our well-being. These powerful antioxidants may boost the immune system, maintain health and prevent disease. Currently, purple and blue foods make up only 3% of the average American's fruit and vegetable intake, so aim to eat more.



## The Frugal Co-op Chef

### Cilantro-Lime Yogurt Dip

Puree 1/2 cup plain yogurt with 1/4 cup each chopped scallions and cilantro, 1 teaspoon each lime zest, lime juice and hot sauce and 1/2 teaspoon salt (optional).

# Jake's September Produce Picks



*Midsummer's Lysander*  
a.k.a. Jake Sipko, Produce Manager

## Pears

The pear, possessing a singularly artistic shape among the fruits of the world, has been grown in temperate climates since prehistoric times. It was first mentioned in Homer's 9th century epic poem the *Odyssey*, confirming that the pear was cultivated in Greece as early as 3,000 years ago. The culture of the pear extends just as far back in Asia, as chronicled in ancient Chinese writings. In Egyptian antiquity, it was sacred to the goddess Isis, and dried slices have even been unearthed in Swiss dwellings from the Ice Age.

There are over 3,000 varieties of pears worldwide: Red, yellow, green, brown and stunning combinations of these colors. Those of Asian ancestry tend to be mild and crisp, while European types are sweeter and soft-fleshed. The latter are what you find most often in the Co-op's produce department but both are delectable in their own way. They are all high in vitamins C and K, as well as copper and potassium. Be sure to consume the skin of the pear, as it is quite high in fiber.

There are so many ways to eat pears! They are delicious first thing in the morning, eaten out of hand or chopped over waffles or oatmeal. They have an affinity for salads. Include them in grain salads or any mixture of greens, be it hearty kale or a baby lettuce mix. Top with yummy blue cheese to finish off. Tuck sliced pears into your next grilled cheese sandwich. They also take on a Mediterranean flair when joined with couscous, dried fruit and a sprinkling of feta.

Eating and cooking with pears are a delightful indulgence of the fall and winter season. Feast on!

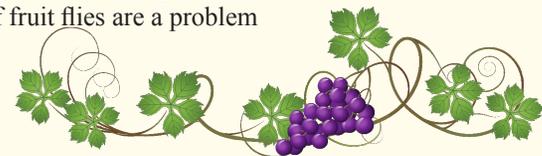
## Concord Grapes

The lush beauty of Concord grapes is hard to deny. They grow in large blue-black clusters, ripening in September through October, true harbingers of fall. With thick, sour skins and a luscious, sweet interior, they possess an earthy flavor that may be the reason for its common name, "fox grape."

Concords were developed by Ephraim Wales Bull of Concord Massachusetts from wild vines in 1849. From his early arbors, he produced a hearty grape that thrived in killing northern frosts where European varieties failed to survive.

Growing evidence suggests that eating and drinking Concord grapes and their juice may have a positive influence on our health. Like other purple foods, such as blueberries, plums, and purple cabbage, they are rich in anthocyanin compounds that give these foods their color and health-supporting properties.

Concords are juiced and made into jelly with spectacular results. Some are made into wine by vintners in the Northeast, but most folks are just fond of eating them by the handful. Keep them on the counter for snacking or uncovered in the fridge if fruit flies are a problem



# Becky's September Dairy Pick



*Midsummer's Hermia*  
a.k.a. Becky Carr, Dairy Buyer

## Maple Hill Yogurt

*Maple Hill Creamery* was started by a couple who had zero farming experience, but when their new life as farmers began and 64 cows stepped off trailers in 2004, ready to be milked, they jumped right in. Tim and Laura Joseph began as conventional dairy farmers but soon transitioned their cows to a diet of 100% grass. They began to notice a marked improvement in their animals' health. Tim created their Creamline yogurt recipe on the kitchen stove. Located in New York State, business has continued to prosper while crafting the highest quality dairy products. The company mission is dedicated to growing a community of regenerative grass farmers and demonstrating how 100% grass-fed dairy benefits cows, consumers and the land.

The Co-op has several delicious *Maple Hill* yogurts to choose from in our dairy section.

# CO-OP Community

## Co-op Community Donations

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

**Grant County Food Pantry  
Gospel Mission**

*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 service.*

Ellen O'Bryan • Saguara Compton • Jane Papin  
Genevieve St. John • Deb James  
Vicki Gadberry • Bridget O'Leary  
Sharon Bookwalter • Tim Garner • Malika Crozier



## 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!**



## September Round Up



**Saddle up for September: the Silver City Food Co-op** has roped a ranch into our round-up program. We save the pennies, so they can save the ponies!

*End of the Road Ranch* is a Grant County non-profit horse ranch that

provides homes for at-risk equines. Horses that are abused, neglected, or just too old or unsound to earn their keep elsewhere are welcome at *End of the Road Ranch*.

*EOTRR* is currently home to 36 horses, 11 of which have special needs. Many residents arrived severely undernourished or injured, some even wild. All horses are nursed to health and trained. They receive training to interact safely with veterinarians, volunteers, and other caregivers. Horses that are able receive additional training and may be ridden.

*End of the Road Ranch* also coordinates foster and adoption programs with pre-approved homes, and horses that aren't placed in other permanent homes can live out their days in the peace and safety at the ranch.

100% of donations fund operations, which include the costs of food and supplements, shelter, and maintenance.

*End of the Road Ranch* also relies on volunteers to help care for the horses and maintain the facility. If you are interested in volunteering please contact *EOTRR* at 575-313-5714 to schedule a visit.

You can also help out by sponsoring a horse or donating needed materials, a list of which can be found at [www.endoftheroadranch.com](http://www.endoftheroadranch.com).



*L to R: Jeanné, Misha, Evan, Allie, Martha Egnal, Mattie Eagle, and Frank. Jake is sitting in front.*

## July Round Up 1498.54!

Thanks to everyone who rounded up in July! The Co-op raised \$1498.54 for the Guadalupe Montessori School, which will use your donations for student scholarships.



# Market Café News

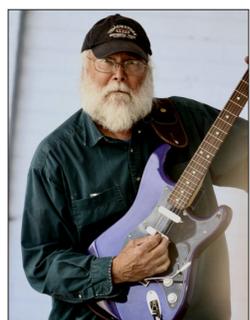
This monsoon season has given Silver City a breath of fresh air, and that spirit has extended to the Market Café. We have a new look both inside and out, and are getting in inventory and creating dishes tailored for fall.



*Enjoying the café!*

Along the lines of supporting and promoting Silver's bounty of creative talent, thanks to the diners and players from Silver City Community Theater who came out for the dinner theater production of "Who Invited Falstaff?" last month. We were glad to host this one-act play and hope to hold similar

events in the future. Thanks too for the folks who come to listen to the blues riffs of guitarist Bob Smith Sundays on the patio. It's been a pleasant way to beat the heat, and we'll be extending Sunday music on the patio as far into the fall as conditions allow.



*Bob Smith with his favorite guitar*

The Market takes great pride in showcasing New Mexico-made products, and we are delighted to be the first brick-and-mortar store to carry the Skulls and Succulents line by New Mexico native Keena Wolff of Las Cruces. Her eye-catching and edgy designs for shirts, mugs and posters give a youthful spin on how New Mexico is depicted, and will make great gifts. We have new Co-op T shirts too!

For next month, mark your calendars for our next dog adoption day on Oct. 21. Check for upcoming details on the Market Café Facebook page.

Among the changes is a hat tip to local artists. Not only are we displaying more paintings and ceramics from long-time contributors Kathryn Schmid and Judy Menefee, but also we're very excited to introduce artist Fred Barraza. Barraza works in multiple media, and he derives inspiration from the Gila Wilderness – he grew up in the Silver City area – and from his travels during military service. Welcome, Fred! These pieces, along with the paper designs of the Co-op's Dougan Hales and whimsical, Western-themed prints by Albuquerque's Darryl Willison, are available for purchase.



*Dougan below his paper designs*

## MAD September

Thurs. 14th, Fri. 15th, Sat. 16th

Shop all three days!

to receive **15% 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.

## 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 [mike@silvercityfoodcoop.coop](mailto:mike@silvercityfoodcoop.coop)



## 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.

## A message from April and Kelly at the Market Café,

We realize there are valid concerns about the fiscal health of the Market to date. That being said, we have been in the trenches for months and have seen from the ground the value the Market Café holds for Silver City. In addition, since implementing dramatic changes to staffing this spring, the employees here are finally moving as one, and we have the time and energy to put into action suggestions you all have made to make this place even better. If you have thoughts on the Market Café's closing, please send a message to [april@silvercityfoodcoop.coop](mailto:april@silvercityfoodcoop.coop)

In the meantime, there are still events we have planned for the next few months. Mark your calendars for our dog adoption day on Oct. 21 and a free showing of the documentary "The Phenomenon of Healing" Oct. 14. Check for details for both events on the Market Café Facebook page – and please add your comments to the conversation.

Stronger together,

*April and Kelly*

CO-OP  
KID



Corner

# The Scoop on Cinnamon

by Charmaine Wait



*As I was getting my bulk cinnamon the other day, Jeanné the bulk spice buyer asked, “What are you going to use that for Charmaine?”*

*“To put on my oatmeal,” I replied. “I use it every day because then I don’t need sugar.”*

*“If you use cinnamon every day, then you should use the Ceylon cinnamon” Jeanné explained.*

*“Huh?” I decided to look into the types of cinnamon and thought these facts would be good to share.*

Here at the Co-op we carry Ceylon cinnamon in powder and sticks along with Korintje cinnamon powder. Ceylon cinnamon (*Cinnamomum Verum*), is considered the “real” cinnamon and is the first type of cinnamon brought to Europe 400 years ago from Sri Lanka. Korintje cinnamon (*Cinnamomum Burmanni*) is grown primarily in Indonesia and is one of several common types of cinnamon called Cassia cinnamon. If you are buying cinnamon from a grocery store and the type is not labeled, you are most likely using a Cassia cinnamon.

Both types of cinnamon share health benefits, but there are two main differences between the cinnamons, taste, and the amount of coumarin they contain.

Health benefits that are shared by both types of cinnamon include being antimicrobial, antifungal, antiviral, and antiparasitic, along with regulating blood sugar. Cinnamon is a powerful antioxidant and studies have found that regular consumption of cinnamon is associated with a statistically significant decrease in levels of LDL cholesterol, triglycerides, and an increase in HDL cholesterol (known as the good cholesterol). Researchers have proven that cinnamon improves cognitive abilities such as attention span, virtual recognition memory, working memory, and visual-motor response. Just the aroma or just the taste of cinnamon can stimulate cognitive function.

So if the health benefits are encouraging you to use cinnamon on a regular basis, then you want to use Ceylon cinnamon. Coumarin is a naturally occurring substance with strong blood-thinning properties. The coumarin level in Ceylon cinnamon is negligibly small, while that in Cassia cinnamon much higher. The ingestion of large amounts of coumarin or consumption of coumarin over a prolonged period of time can cause serious health damages and have a negative impact on the liver and kidneys. German FDA has warned against consuming the excessive Cassia cinnamon due to

its coumarin content. This doesn’t mean you should only use Ceylon cinnamon because there are taste differences, and if you are only using cinnamon to bake with you may prefer the Cassia type.

Ceylon cinnamon has a delicate taste that is sweet with subtle notes of clove. It is excellent for fine pastries, cakes and desserts and is the cinnamon used in Europe. If you are making an old recipe from Europe, try using Ceylon and notice the subtle difference in taste from Cassia cinnamon.

Fragrant Korintje cinnamon is intense and spicy and accounts for most of the cinnamon imported into the U.S. Korintje cinnamon is a common choice for commercial bakeries in North America because of its good flavor and lower cost.

For flavoring food, go with any and all varieties and discover what works best for each food. As a medicinal supplement you want to take regular relatively large doses and it may make sense to stick with Ceylon cinnamon.

Check out both types of cinnamon in our new bulk spice and tea display. Our spices are labeled so you know exactly what you are purchasing. They are fresh, you can buy only the amount you need, and we have the best prices since our spices are not packaged and they generally cost less.



*Jeanné, our herb buyer, shows us where the Ceylon cinnamon is.*



## Cinnamon Apple Tahini Muffins

These muffins rely on tahini for a moistness and nuttiness that elevates them from ordinary breakfast fare. They're not particularly sweet on their own, but the pockets of baked fruit add just the right amount of sweetness to each bite.

*Serves 12 muffins*

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 ½ teaspoons ground cinnamon
- ½ teaspoon ground cardamom
- ¾ cup brown sugar
- ½ cup tahini
- 1/3 cup butter, melted
- ½ cup milk
- 1 egg
- 1 cup diced, peeled apple (about 2 medium apples)



# Picking Apples in the Mimbres Valley: A Brief, Incomplete and Subjective History

By Kevin Keith

I used to pick fruit. I started in 1976 with a season of apples in the commercial orchards of Hood River, Oregon, and the Okanogan Valley in Washington. I did another apple season in the Lake Ontario region, sharing a cabin overlooking the lake with some friends, then setting south in mid-November with the sleet at my heels. And another near Cortez, Colorado, even staying on in Dolores until Christmas to work the juice presses at Apple Hill. I picked pears in Ukiah, peaches in Paoonia and both in Palisades. The best were the cherries in southwestern Colorado, along the clear, gurgling water of Hermosa Creek. It was a hobby farm run by a wealthy woman along with her housekeeper and confidante. My good friend and fellow fruit tramp Raymond and I were often the only pickers. But that's another story.

The place I picked the most apples was the Mimbres Valley of New Mexico. In 1979, I picked for a short stint at McSherry's. A few years later I worked the first of several seasons at the Merediths' Agape Acres and a few weeks at the Davis orchard. Most commercial Mimbres fruit was apples. None I picked were organic, but compared to the commercial zones in Washington and New York, the level of treatment was moderate. Crops were often reduced or completely lost to freeze. Eloise Meredith explained that the blossoming happened in three phases. Depending on the timing of a freeze, a crop was one-third, two-thirds, full or lost. Bumper crops were infrequent, maybe a couple or three a decade.

Picking in the Mimbres was about half as fast as in the big commercial zones. The apples were generally smaller and scarcer, the trees larger. It was not unusual for you to spend time on the top rung

of your ladder. While large commercial orchards used 20-bushel bins, which they delivered, picked up and moved for you with a forklift, Mimbres apples were put in cardboard bushel boxes. A box of any red varieties paid 60 cents; Golden Delicious, 65 cents. Golden's required a technique called palming. They bruised easily so you tried to avoid grabbing them with your fingertips, but if you had to do it, you did so gingerly. And you were extra careful dumping them in the box. Unless cold-storage was readily available, the fruit couldn't be put into the boxes wet. Waiting for the dew or frost to burn off could make for some welcome morning leisure.

A season would usually begin with a week or so of spot picking—individually selecting for size, grade and color. Because spot picking could be tedious and slow, some farmers paid it by the hour. Stripping, when you take everything, was almost always paid by the box.

A standard picking bag is essentially an adjustable burlap tube with shoulder straps. An over-filled bag can hold 40 pounds, approximately one bushel. Trees were picked from the bottom up so the lower fruit didn't get damaged by any falling from above. The boxes were kept in the shade of an already picked tree for the same reason. Ground falls are useful as juicers but considered unmarketable as fresh fruit (the Merediths had a press and made apple cider vinegar). Apples could be dislodged not only by wind but also by vibration on a branch or a ladder being set or moved, and they became more susceptible as they ripened. And you needed to take care not to bump an apple-laden bag against the ladder, branches or the edge of the boxes. Dump the bag slowly, carefully, into the boxes, rolling them in. Especially the Golden's. If more than a few apples with ladder dings, bruises and stem pokes started

showing up in your boxes, you would hear about it.

The small fruit-bearing branch that holds the apple is called the spur. The spur should remain on the tree and not come off with the apple stem, although with less-ripened or harder-to-reach fruit, that's a tall order. If the spur did come off, you would discard it so as not to damage the skin of the fruit when you dumped your apples into the box. Too many spurs would also draw comment from the grower.

Picking ladders have a wide base that narrows with each progressing rung, and a pivoting arm to make an adjustable and stable tripod. The most useful heights range from eight to fourteen feet. Setting up and moving ladders to best access the fruit is perhaps the most difficult technique to master.

There were other techniques that were generally frowned upon by the farmer but tolerated as long as no damage was done. On large trees it was occasionally necessary to climb off the ladder and onto a large branch or, at least, to plant one foot on each. And if a fruiting branch couldn't be reached from the ladder, it could be carefully bent down, gradually working hand-over-hand towards the end, until it could be held by one hand while picking with the other. The trick was to not break the branch as you countered the tension to avoid being pulled over. Sometimes you'd use both these measures at the same time, a necessity for the larger and less-pruned trees.

I never was fast. Sixty boxes of any variety I considered to be a good day. I managed a hundred a couple of times working Davis's dwarfs. Experienced, motivated pickers, willing to work all the available daylight and limiting themselves to a short lunch break, could double that. Eight hours



was enough for me. Compared to a devoted, seasoned migrant laborer, who might spend six months progressing north on the fruit trail, I was a dilettante. My typical season was about two months, never more than three. And I much preferred the pace and setting of working in the Mimbres over the commercial zones.

All things said, Mimbres apples could be good. What they lacked in size and grade could be made up in flavor and sugar content. Perhaps the best apples I've ever had were Winesaps from the Merediths' orchard. Firm and dark purple, sometimes with a little blush of yellow on one side, they were peak after weathering a couple of frosts on the tree. They stored well and retained their flavor even when dried. A bushel was a treasured commodity.

The forces of industrialized agriculture, spurred on by advanced mechanization, better transport systems and land consolidation, have taken their toll on the family farms. I feel fortunate to have been able to work those orchards in the Mimbres. Most are now abandoned or gone and those that are left are seldom maintained. And there's hardly anyone left to pick them. But if you're lucky enough to see a box of those deep purple 'saps at the market, you'd do well to get them.



1. Preheat the oven to 375 degrees F. Line a 12-cup muffin pan with paper liners, or grease each tin.
2. In a large bowl, whisk together the flour, baking powder, cinnamon, cardamom, and brown sugar.
3. Whisk together the tahini, butter, egg, and milk. Add to the dry ingredients and stir until just combined.

4. Stir in the chopped apples.
5. Divide the batter evenly between the 12 cups.
6. Bake the muffins for about 20 minutes, or until golden brown on the top and just set.

*The muffins should still look slightly under baked.*





# Meet Elysha Montoya!

Two of her favorites:  
*Julie's Mango Passion Sorbet Bars*  
 and our dried pineapple rings.



*Elysha with her favorite treat in front of the ice cream freezer!*

The end of summer is in sight. Sad. But wait! There's still enough warm weather ahead to enjoy one of Elysha Montoya's favorite treats; *Julie's Organic Mango Passion Non-Dairy Sorbet Bar*. Happy!

Julie's is located in Eugene, Oregon and has been committed to crafting delectable, organic frozen desserts since 1998. All products are organic and non-GMO. Their Mango Passion bars are a dairy-free, 70 calorie treat that Elysha says are, "very delicious and refreshing, perfect on hot days." Anyone who is a lover of the divine mango will enjoy these silky frozen bars.

Elysha's second selection is dried pineapple rings from our dried fruit section. More tropical yumminess! They are her "go to snack for everything" and are especially great "to take on hikes because they're not sticky." Dried pineapple is packed with enzymes, dietary fiber, antioxidants and taste like sweet sunshine. Chop up these luscious rings to use in baked goods, trail mix, on yogurt and more.

Elysha has been at SCFC for four months, working as a cashier, stocker and at the Market Café. She enjoys helping customers find products, making sure that our members use their discounts and doing it all with "a big smile every day!" Away from work, she spends most of her time with her 2 year old son, going on hikes, fishing and making/playing music.

# A Midsummer Night's Dream

Becky as *Hermia* • Jake as *Lysander*  
 Evan as *Demetrius*  
 Leah as *Snug* • Paul as *Snout*

Five members of our Co-op staff contributed their mighty talents to a production of *A Midsummer Night's Dream*, helping to make it an excellent and enjoyable experience for all.

Thank you to Teresa Dahl-Bredine and the Virus Theater for all their contributions to our community!



*Demetrius, Lysander and Hermia*



*Snout, a Tinker*



*Snug, a Joiner*



*Helena (Jamille James) and Demetrius*



*Hermia and Lysander*

# 2 U From Your Board...

Karen Strelko • Nancy Coates • Jean Béffort  
Jennifer Johnston • Robert Fischhoff  
Laurie Anderson • Steve McGarity

## What Does the Co-op Mean to Us?

By Steve McGarity



A few days ago, in the storefront, I was talking with Mike Madigan, our assistant manager. He was telling me about his recent vacation trip to Maine. And him taking the train from Back Bay Station in Boston on up to Portland. Well, it was a comfortable place when I was through there about ten years ago. Visiting the Haley House for a couple weeks one fall. They are a successful Catholic Worker House focused on Community Building and Outreach. They feed people every morning too and put them to work, learning job skills in a bakery and restaurant. Boston is one of my very favorite cities! Took the train up from Little Rock that time too.

Texas Eagle overnight to Chicago; breakfast in the dining car north along the Missouri bluffs overlooking the Mississippi River. Hang out in Chicago for the afternoon and early evening. Union Station. Walk over to the river. Tribune building. All the wonderful things there are to see and do in one of our older (and very large) cities. Then overnight again on the Lake Shore Express, the old New York Central route, The Main Line, between New York and Chicago. That one splits at Albany, on into the City or north, up to Boston. It's still a fun trip,

though a day and a half longer if you meet the Eagle in Deming. It leaves out from LA every other day and divides at San Antonio for Chicago or New Orleans.

Actually, Mike and I went on about cooperatives (not trains) and what drives their spirit. Is that the word I want? I had been recently looking online and noticed how many cooperatives there are in Maine. There are a lot of cooperatives in Maine! Mike agreed and pointed out there just seems to be that vital spirit in New England. And he also mentioned the producer and grower co-ops in Maine as well! One example is MOFGA, Maine Organic Farmers and Gardeners Association. Kind of like California with the old agricultural grower cooperatives. Although these are lumber and fish oriented, with blueberries.

Canada too where I was reading in Co-operative Grocer the other day that even cooperative housing is going up, like they are doing in Kootenay, BC. They borrowed money from their member-owners and leveraged that into a condominium project. The point being that a cooperative can really be whatever you decide. Really, it is just a form of business organization (one we own: where one member = one vote).

But here at home in New Mexico I think we have a strong and engaged cooperative spirit of our own. That is partially evidenced by the number of storefronts around the state; and, the growing number of invested members. Our own Silver City Food Co-op continues to excel. Joe Z was even pointing out in his last column, I think, that a warehouse might even be growing in Albuquerque with La Montañita. If it is we may well want to take an equity position in that. Just saying!

Texas, by contrast, has Wheatsville - admittedly a great place, if a bit lonely for such a big state. When I was there a few years ago they had a deli that worked, integrated into the store, at the back. And they have spread to a couple other locations, including a branch at UT. Recently, I was reading they scored some big national cooperative funding - retiring a couple million in old debt (to a much lower interest rate) and were doing a big remodel in the store for another million and a half. And it's worth noting they're up against, at the very least, a major Whole Foods presence in Austin.

A friend asked me during our recent board elections, "what does it mean to be a co-op?" Or maybe it was more like,

what does the co-op mean to me. To us? And you know I have been thinking about that question for a while now. That's what I want to talk about more over the next few months. At the start, I was drawn to co-ops for brown rice, miso, whole wheat, organic pinto beans, chiles. All those things we love to eat. But it wasn't long before the politics snared me. Stores, businesses, that we all own. Together! Where your money don't talk any louder than mine. Can we visit this again next month?

Meanwhile, think about what the co-op means to you. Maybe write it up. Mail it in or drop it off in the store. If you see me around the store let's talk about it. One of my primary goals for this Board year is to get a conversation underway on this critical topic. Who we are? And why. Let's start to figure out where we are going. How we can build our thing. Together... cooperatively.

Later,  
Steve



### 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

**Nancy Coates/Secretary**  
Board Term: 2016-2019  
coates@gilnet.com

**Laurie Anderson/Treasurer**  
Board Term: 2017-2020  
laurindaa713@gmail.com

**Jennifer Johnston**  
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johnstonjenny40@gmail.com

**Robert Fischhoff**  
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**Steve McGarity**  
Board Term: 2017-2020  
samcgarity@gmail.com

Board of Directors

## IN MEMORIAM

Tom Morris, a longtime member-owner and supporter of our co-op, passed away on August 5th in Boulder, Colorado. He frequented our co-op, local restaurants, and the farmers market when he was in town. He was well known to some of our cashiers as a loving gentle giant, since he was a big man with a large beard, long hair, and Sufi manners. He thoroughly embraced co-op values and attended many co-op functions over the years. He was kind and generous in spirit and will be missed by our community.

**Coffee at the Market Café:**



**Wake up  
and  
get kickin'!**

- Fairtrade
- Organic
- Sustainable



**On  deals**

**Members Only Specials**

**August 30 - October 3**



**Maple Hill**  
Drinkable Yogurt  
Coffee, 12 oz  
reg \$2.99  
**SALE \$2.39**



**High Country**  
Kombucha  
16 oz  
reg \$3.39  
**SALE \$2.79**



**Taste Nirvana**  
Real Coconut Water  
16.2 oz  
reg \$2.99  
**SALE \$2.39**



**Napa Valley**  
Grape Seed Oil  
25.4 oz  
reg \$9.79  
**SALE \$7.89**



**At the Market Café**  
**Simply Gum**  
Assorted, 15 pieces  
reg \$2.29  
**SALE \$1.89**



**Fantastic World Foods**  
Bulk Hummus Mix  
reg \$5.99  
**SALE \$4.79**



**Grandpa's**  
Pine Tar Soap  
3.25 oz  
reg \$3.99  
**SALE \$3.19**



**MegaFood**  
Complex C  
30 ct  
reg \$18.99  
**SALE \$15.19**