

Silver City Food Co-op Garbanzo Gazette

MAD!

Volume 21

✦ Your Monthly Newsletter ✦ March 2021

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE!

• highlights •

- Page 1 & 2 - *From the General Manager*
- Page 3 - *MAD*
- Page 4 - *Kitchen Meditations*
- Page 5 - *Produce & Dairy Picks*
- Page 6 & 7 - *Co-op Community*
- Page 8 & 9 - *Mushrooms*
- Page 10 - *Poems*
- Page 11 - *Dept News*
- Page 12 - *HABA New Products!*
- Page 13 - *Staff Picks*
- Page 14 & 15 - *Board Pages*
- Page 16 - *Members Only Sales*



**YOU
ARE
WHAT
YOU
EAT**

Co-op Authorized to Seek Expansion Financing

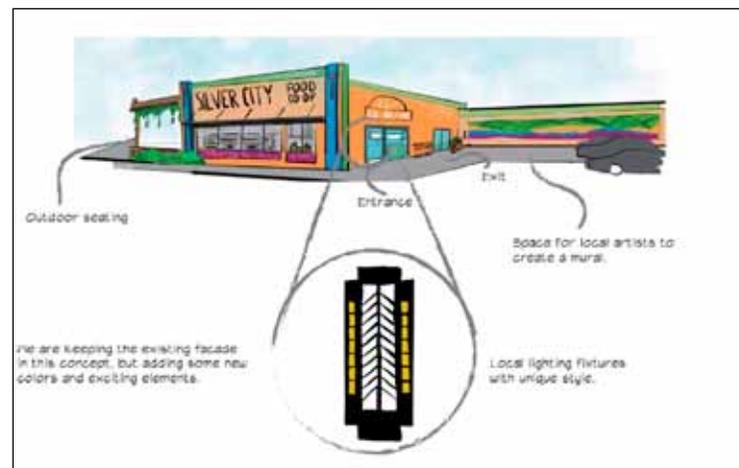
As most of you know expansion of the Co-op from its current location has been planned for some time. The Pope Street building was purchased over two years ago, as the “perfect” location and size for the Co-op to relocate. While over 90% of members support the move, for various reasons, progress has been sporadic. A major hurdle to progress was the absence of a professionally conducted market/demographic study. This was completed in 2020. The results of this study returned highly favorable revenue projections, compared with previous, less data driven estimates. Additionally, a competitive analysis was conducted, to estimate the size of the retail food marketplace in Silver City. Using industry standards to gauge what a successfully executed project of this size would generate in market share, the numbers backed up the market study.



by *Kevin Waters*
General Manager

The next key step was to enlist the expertise of store designers specializing in grocery, to ensure our store design would capture the needed revenue for payback. We also wanted a design team that understood co-ops, and the desire to keep our community store's heart and soul intact. We partnered with Sevenroots Design, to build on the previous planning work for the building. Sevenroots have a strong history of cooperative food store design and they are a co-op themselves. All aspects of their design, from placement of equipment to department merchandise programming, are intentional decisions, tied to sales projections, operational considerations, and labor needs. Additionally, further due diligence on the financials, reviewed by industry and financial pros, cemented the decision to move forward.

The reasons for relocation are numerous and well known. The current space has served the co-op well, but has no flexibility to grow into the best version of the Silver City Food Co-op. To simply stay in the current building means a progressively worse customer experience; due to insufficient parking, crowded aisles, limited product selection, aging infrastructure, and the “frankensteined” use of space. This situation is inadequate for the expectations of our customers, and the employees. Even if we

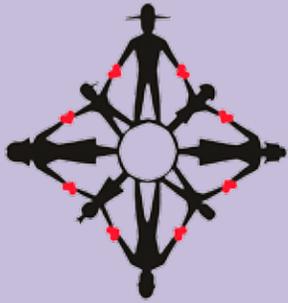


continued on page 2

1793 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

Guest Writers:

Jennifer Lamborn, Elise Stuart
Carolyn Smith, Vynce Bourné, Rick Stansberger

Staff Writer: Judith Kenney

Layout & Design: Carol Ann Young

Proofreader: Eric Brown

Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

©2021 Garbanzo Gazette

All Rights Reserved. Articles published in this newsletter do not necessarily reflect the views of the board, management, or staff of the Co-op.

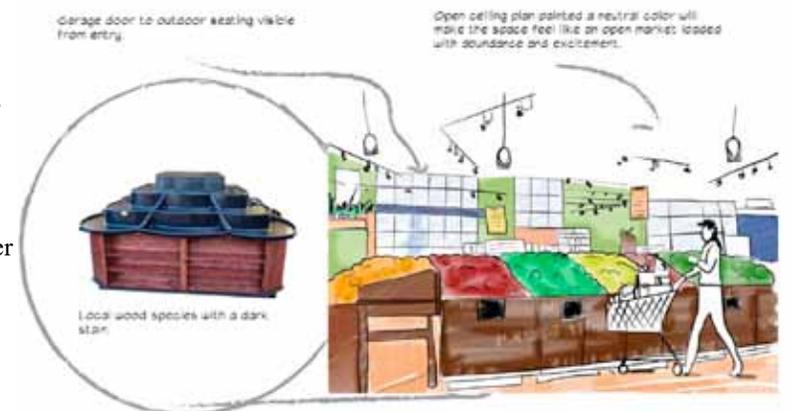
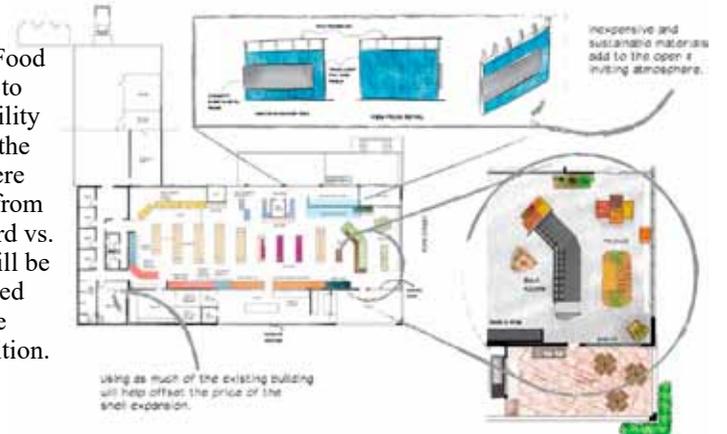
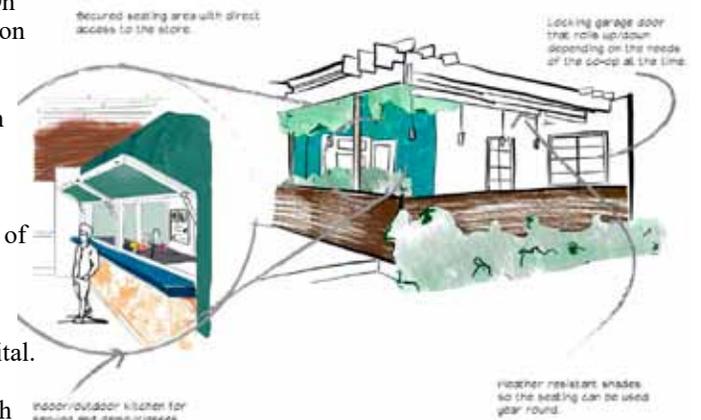
continued from page 1

planned to maintain the status quo, a \$200,000+ complete replacement of all of our in line refrigerated fixtures and equipment will have to happen soon. On January 1st of this year, the Environmental Protection Agency implemented the long planned ban on the manufacture or import of R-22 refrigerant, because of its impact on the ozone layer. Our current system will not run on the new, greener refrigerants. It will require complete system replacement, and in the meantime, servicing our current system is going to get prohibitively expensive, as the available supply of R-22 dwindles.

Remodeling the current space is frankly an irresponsible use of the Co-op member/owners capital. No matter how well executed the plan, there is no way to improve the site's biggest deficiencies, which are inadequate square feet and parking. Return on investment without improvements in those deficiencies would be difficult. Any remodel at Bullard would also be very expensive in lost business during the process. Finally, putting money into the Bullard street location would likely just delay the inevitable, eventual relocation. We own the best place to relocate to right now.

The competitive environment for the Silver City Food Co-op is relatively benign. We cannot expect that to continue indefinitely. At this time, we have the ability to strengthen our operation to the point it may be the difference between another competitor locating here or not. The difference in protecting market share from an antiquated, overstuffed 2100 square foot Bullard vs. the spacious, open, vibrant and alive space that will be Pope street is substantial. Other Co-ops have waited until direct competition arrived and revenues were declining before remodeling. It is a losing proposition.

It is more meaningful to focus on the incredible enhancements that will be a part of the relocation project. A massively increased prepared foods offering, including take and bake pizza, kombucha on tap, hot foods and soups, made to order sandwiches, breakfast, and vast amounts of grab and go food. Indoor and outdoor seating. A large increase in grocery product selection, including a broader variety of locally produced foods. Expanded produce department. Expanded bulk foods, dairy, frozen, wellness. Additional check stands for quick check out. Facilities for employees that are designed for them to do their job. A break room! A community meeting space! A facility with growth that includes progressively improving employee compensation and benefits. A convenient location with parking on site. Expansion will allow us to increase the diversity of the Co-op, and better market to some under served demographics. Strengthening and enhancing the legacy of the Silver City Food Co-op. On the front page and to the right are some "draft" drawings that illustrate the current state of planning for the Pope Street store. Stay tuned for more information about the project as it continues, including member meetings.



MAD



February - March

Member Appreciation Days



**Any two
trips of
your choice
to save 10%**

25% Maximum Discount (excludes mark-down items)

Silver City Food Co-op Staff

- | | |
|-------------------------------------------------|------------------------------------------------|
| <i>Judith Kenney</i> outreach/GG | <i>Judy Kenneally</i> deli |
| <i>Dougan Hales</i> produce/bulk | <i>Christine Dalmedo</i> produce/grocery |
| <i>Kate Stansberger</i> supplement buyer | <i>Melissa Yarbrough</i> wherever needed |
| <i>Jake Sipko</i> produce manager | <i>Tuan Tran</i> wherever needed |
| <i>Carol Ann Young</i> GG/office | <i>Clorissa Holguin</i> wherever needed |
| <i>Becky Carr</i> dairy buyer | <i>Eric Brown</i> wherever needed |
| <i>Jess DeMoss</i> POS manager | <i>Vynce Bourné</i> bulk buyer |
| <i>Misha Engel</i> frozen buyer | <i>Kevin Waters</i> gm |
| <i>Marguerite Bellringer</i> finance manager | <i>Carolyn Smith</i> deli manager |
| <i>Kim Barton</i> POS | <i>Anjelica Anaya</i> wherever needed |
| <i>Doug Smith</i> grocery buyer | <i>Lauren Christensen</i> wherever needed |
| <i>Tinisha Rodriguez</i> HABA buyer/POS | <i>Willem Jepson-Browne</i> wherever needed |
| <i>Mike Madigan</i> am | <i>Kassandra Sedillos</i> wherever needed |
| <i>Leah Chastain</i> merch. specialist | <i>Taylor Alphabet</i> wherever needed |
| <i>Marchelle Smith</i> deli | <i>Andrea Sandoval</i> wherever needed |
| <i>Joy Kilpatrick</i> receiver | ❄️ ❄️ ❄️ |

Kitchen Meditations

Spring

Asparagus Salad with Lemon Vinaigrette Dressing

Ingredients:

- 1 bunch asparagus cut into thirds
- 3 cups spinach
- ½ cup radishes, sliced
- 1 cup cherry tomatoes, sliced in half
- ½ cup peas
- ½ red onion, sliced
- ¼ cup feta cheese

Vinaigrette Ingredients:

- ¼ cup olive oil
- Juice of one lemon
- 2 tablespoons apple cider vinegar
- Salt and pepper

Instructions:

- For the salad: Boil the asparagus for 3-5 minutes. Rinse in cold water.
- In a large bowl combine spinach, radishes, cherry tomatoes, peas, onion and feta cheese.
- For the Vinaigrette Dressing: In a small bowl, whisk together olive oil, lemon juice, vinegar, salt and pepper.
- Pour the desired amount of dressing over the salad and mix gently.



The Frugal Co-op Chef

Cheesy Garlic Broccoli

Ingredients:

- 3 crowns broccoli
- 1 ¾ cups shredded cheddar cheese
- 3 cloves garlic, crushed
- Salt and pepper, to taste

Preparation:

- Preheat oven to 375° F.
- Spread out broccoli in a medium rectangular casserole dish
- Stir the garlic and cheddar cheese together in a separate bowl
- Sprinkle the cheese mixture evenly over broccoli and add salt and pepper, if desired.
- Bake for 25 minutes or until broccoli is crisp tender

Enjoy!

Snack Board with Garlic & Herb Cream Cheese

Ingredients:

- 8 oz. *Nancy's Organic Garlic & Herb Cream Cheese Spread*
- ½ Baguette, sliced
- Whole Grain Crackers
- 3 Mandarin Oranges
- 1 Pink Grapefruit
- ½ Pint Raspberries
- 2 Kiwi Fruit, sliced
- ¼ C. Blueberries
- 4 oz. Smoked Salmon
- 2 Heirloom Carrots, thinly sliced or ribboned
- Fresh Herbs
- ½ C. Mediterranean Olives
- ¼ C. Pistachios
- ¼ C. Raw Almonds

Directions:

- Arrange the Cream Cheese Spread, baguette slices, crackers and toppings on a large cutting board.
- Fill in the gaps with herbs, olives and nuts.

Spring Detox

Fickle spring, with its capricious weather, sends mixed messages to the body. Warm-to-cold days and wind stirring everything up is natural this time of year, but it all demands more flexibility of our systems than we may be ready for. It's time now to lighten up. Eating more during cold weather is appropriate during fall and winter but, as warmth and sunlight return, we often feel an urge to rid ourselves of that which no longer serves us, both outside and in. Spring is a time of renewal and rejuvenation. Life is stirring again. This transitional time is ideal for gentle purification practices that you can do on your own. Here are a few health-building suggestions for a spring detox that you might find helpful. Make sure to check with your health care professional, if you have concerns or would like to delve more deeply into this practice.

- Enjoying a lighter diet for a few weeks while the weather is changing, helps burn up toxins that may have accumulated in your body during the winter.
- Take advantage of the bounty of fresh, organic spring greens and organic grains, including them in your daily diet.
- Enjoy fresh, organic fruit in abundance this time of year.
- Drink plenty of purified water.
- Enjoy daily walks or other outside exercise that is suitable for you.
- Favor foods that are warm, light and easy to digest.
- Reduce refined and canned foods. Cut back on salt and, especially sugar and other sweeteners.

Jake's March Produce Picks

Strawberry Lore

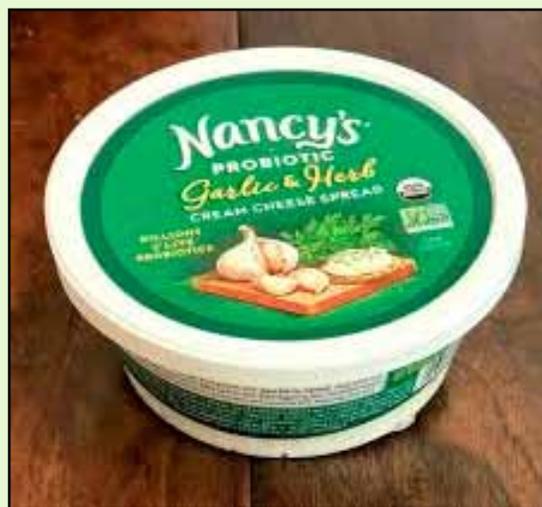


During that brief, lovely period of early summer (or late spring) strawberries come into their own glorious season. There is nothing quite like them in the plant kingdom. Slightly sweet, with just a bit of tart sparkle, strawberries are seductively tasty. They grow in temperate climates all over the world. Wild strawberries, the ancestors of today's cultivated berries, are small but with a tendency to be juicier, more flavorful, and fragrant than human-grown varieties. In 1744, two varieties of wild strawberries were cross-bred by a Frenchman named Francois Amadee Frezier, resulting in a larger, fleshier fruit. His plants are said to be the source of the varieties that are most popular today. An excellent source of vitamin C, they are also rich in potassium, folic acid, magnesium and vitamin B. Please buy organic whenever you can, since the commercially-grown berries are often heavily sprayed with toxic pesticides.

- Strawberries are the only fruit that wear their seeds on the outside, an average of 200 on each berry.
- Strawberries aren't true berries. Technically, a berry has its seeds on the inside and, to be really technical, botanists consider it to be a separate fruit on its own.
- The strawberry is a member of the rose family!
- The strawberry plant is a perennial. If you plant one this year, it will come back the next and the next.
- The country of Belgium has a museum (Le Musée de la Fraise) devoted to strawberries. In the gift shop you can buy all things "strawberry," from jam to strawberry beer!
- Native Americans have enjoyed strawberries for millennia. As the first fruit of spring, they were a special treat, eaten fresh or cooked into other foods.
- Ancient Romans used strawberries, medicinally, for everything from depression to fainting to fever, kidney stones, bad breath and sore throats.



Strawberries are considered by many to be an aphrodisiac. In ancient Rome, they were the symbol of Venus, the goddess of love. What's up with those Romans? Whether or not strawberries enhance romance, as some believe, there's no denying their appeal on the plate and the tongue!



Nancy's Cream Cheese Spread is cultured and savory!

Becky's March Dairy Pick

Nancy's Organic Probiotic Garlic & Herb Cream Cheese Spread

Nancy's has been owned and operated by the same family for 61 years! Starting out as the Springfield Creamery in Springfield, Oregon, they focused on milk, bottling glass jugs for home delivery and supplying local schools for lunches each day. Now Nancy's carries a wide array of organic, probiotic-rich products, including a variety of yogurts (dairy and dairy-free), kefir, sour cream, cottage cheese and cream cheese, many of which come in multiple flavors.

This month we are featuring Nancy's newest product, Garlic and Herbs Cream Cheese Spread. Rich, savory and cultured with live probiotics, it's fantastic on your favorite sandwich, cracker or bagel. Perhaps it's best featured as part of a casual, but decidedly not basic, snack board (or charcuterie). See our Kitchen Meditations page (opposite) for suggestions on how to create an inviting, attractive board featuring different colors and textures with healthy munchables.

March 3 - March 30 • Members Only • 20 % OFF • In the back dairy cooler

**Starwberry season comes around again!
Locally grown and organic from Veritable Vegetable**

Asparagus

Asparagus, easily recognizable with its long, pointy spears, is a perennial plant that is a member of the lily family. The edible, slender shoots, with their pointy, scaled tips are actually the young stems of the whole asparagus plant which, if left to grow, will become a feathery giant (5-6ft. tall) that dies back in the fall. Asparagus grows all over the world, from the tip of South Africa to Siberia! The biggest producers are China, Peru, Germany and the U.S. It thrives in temperate climates where the ground freezes.

Although asparagus can be grown from seed, it is difficult and time-consuming because it will take an extra year of growth before harvest is possible. Planting asparagus as crowns, the one-year-old roots, will shorten the process. Find a place in your garden where it can be left to grow undisturbed for many years, up to 30, with appropriate care. An extensive root system will allow these plants to seek moisture deep within the soil. Once established, asparagus will require watering only occasionally, while in dry climates, it will need to be watered regularly, about once every two weeks. Even with the most attentive of care, an asparagus bed won't hit its stride for several years, but once that happens your crop will bear delicious spears spring after spring for a very long time!

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their January service.

Tammi Pittman • Sue Ann Childers • Jane Papin
Elise Stuart • Rick Stansberger
David Burr • Tim Garner



**Renew
your membership
and reap
the rewards!**

MAD four times a year!
Members Only Specials!
Discounts on Special Orders!
**You'll be supporting our local
& regional food shed &
you'll help to build a resilient local economy.**
You Own It!

**Silver City
Food Co-op
Gift Card**



**Give a
gift card
to a friend!**

**Give the gift of health,
nourishment and taste.**



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

**January
Round Up
\$1185.00**

Round Up for April

Upper Gila Watershed Alliance



UGWA will use Round Up funding to support UGWA's Thinking On a Mountain program. The program will offer a climate club for all middle and high school students in our area to teach the science of climate change, advocate for climate change legislation so climate change will be taught in all of New Mexico's schools, and will engage our community in a wide range of activities, discussions, and presentations this year that will foster ecological and societal resilience.

Gila Resources Information Project



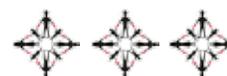
Gila Resources Information Project is grateful to be the recipient of Silver City Food Co-op Round Up funding for the month of January.

We will use the funding to continue staffing the Grant County Coronavirus Update Project, a collaboration between local governments and nonprofits that provides a clearinghouse of COVID-19 health and economic relief information to the Grant County community. The project includes daily updates of the grantcounty-coronavirusupdate.org website, weekly Grant County Coronavirus Update radio programming on Gila/Mimbres Community Radio, and dissemination of health and economic relief information through social media, radio advertising and community organizations. Thank you!

Silver City Farmers' Market



Silver City Farmers' Market will help the Farmers' Market supplement our costs to pay a manager to administer the Double Up Food Bucks program, allowing folks on EBT to purchase two dollars of fresh, local fruits and veggies for every dollar.



Update: Recycling at the Co-op: Shredded Paper Anyone?

by Sue Ann Childers

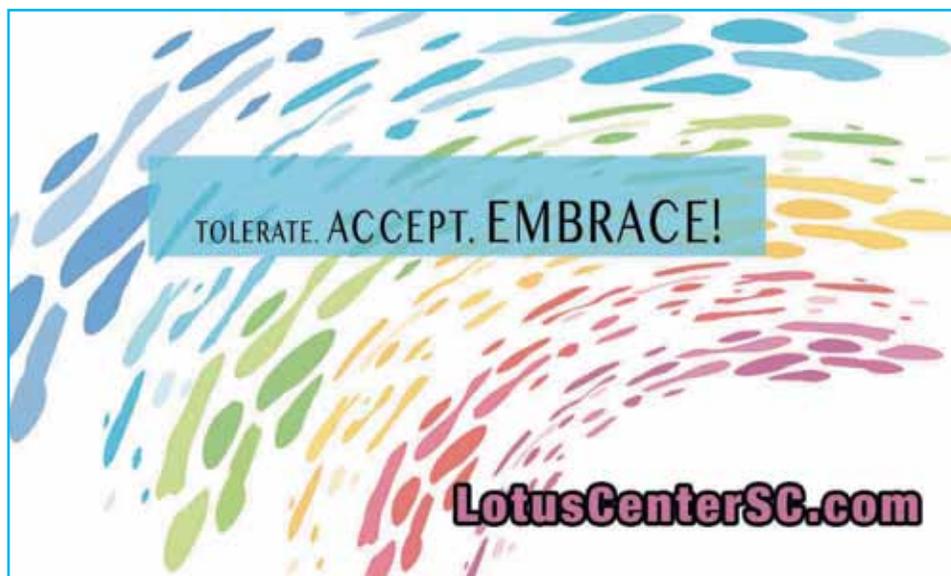
The Co-op is looking for a new avenue to recycle their “in-house” shredded paper. Previously, it was delivered to The Commons: Center for Food Security and Sustainability to use as weed control between garden rows.

Is there a gardener or entrepreneur who could use this paper for their garden or work project?

For more information, please contact Judith at judith@silvercityfoodcoop.coop

The Co-op is seeking local potters to sell their work in our store.

Contact Leah,
our Merchandise Specialist
leah@silvercityfoodcoop.coop



**DOUBLE UP
FOOD BUCKS™**
2 for 1 on
Local Produce
everyday
with your EBT card

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



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



RAIN CHECK

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



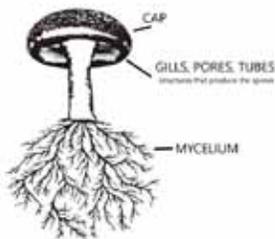
**We now have rainchecks
to give our member/owners
and customers
better service!**

Everything is Connected: Lessons and Gifts from the Kingdom of Fungi



Mushrooms and Mycelia

Although mushrooms can be found alongside vegetables in the produce section of grocery stores, mushrooms are not actually considered plants but are classified as members of a separate biological “kingdom” altogether, the Fungi Kingdom. Interestingly, fungi are more like animals (*more like us!*) than plants: we both inhale O₂ and exhale CO₂, we are vulnerable to the same pathogens, and while plants are *autotrophs*,¹ i.e., they make their own food via photosynthesis, fungi have no chlorophyll and, like animals, are *heterotrophs*: fungi derive their food from decaying plants. Moreover, the cell walls of fungi are made of *chitin*, the same material that constitutes the exoskeleton of many insects and crustaceans.

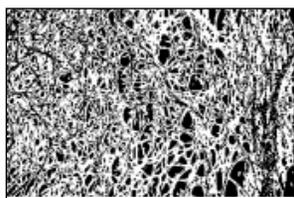


Collectively, fungi are quite diverse² and exist everywhere on the planet, not just in moist dark forests but in the depths of the ocean as well as in hot, arid deserts. The mushroom itself is the *reproductive structure* or the “fruiting body” of a fungus, and its cap can contain up to a billion spores that, when carried by the wind or water, will reproduce, given a suitable substrate such as rotting wood or other parts of decaying plants. Yet the mushroom is just the small,

visible part of the fungus; the mycelium is larger, hidden part of the organism constituting a network of *hyphae* or branching filamentlike cells. Mycelia infuse all landscapes on Earth.

Fungi Ecosystem Services

Fungi interact in critical ways with other organisms; specifically, they often form mutually beneficial relationships with plants. The roots of green plants connect with fungus mycelia forming a hybrid structure called a **mycorrhiza**, ensuring the survival of both. The plant creates organic molecules such as sugars and supplies them to the fungus, and the fungus supplies water and minerals transferred from the soil to the plants.



MYCELIAL NETWORK

In fact, there is growing evidence that trees communicate with each other through mycorrhizal exchanges, warning each other of dangers and sharing nutrients.³ In a gradual paradigm shift, botanists and forest ecologists are beginning to understand that trees of the same species are communal rather than disconnected lone organisms, and, through the mycelial network, many trees even form

alliances with trees of other species.⁴ In fact, the hyphal threads of mycelia, growing just beneath the surface of the ground, connect to the roots of the majority of green plants on the planet, also serving to bind soil and create pockets to hold water.

To be sure, fungi do not always benefit their individual hosts when they fatally parasitize living plants and animals, but they always benefit the larger system. As decomposers and recyclers of organic matter, fungi play an indispensable role in the balance of ecosystems, transforming inert matter into carbohydrates, proteins, and cellulose that can be taken up as food for plants and animals. Ecosystemic *samsara*, as it were, requires the participation of over a million species of fungus on the planet.⁵

In his fascinating 2005 *Mycelium Running*, mycologist Paul Stamets argues convincingly that fungi have the potential to “save the world” by decomposing toxic wastes, thereby enabling habitat restoration.

Our Historical Relationship to Mushrooms: Mycophilia and Mycophobia

It appears that human beings have enjoyed beneficial relationships with mushrooms since before recorded history. In 1991, a 5,300-year-old glacier-bound mummy was discovered in the Alps with the medicinal mushroom, birch polypore, in his digestive system. Birch polypore has been used traditionally to fight parasites and reduce inflammation, and anthropologists detected that this ancestor was wracked with parasites and on the verge of a heart attack before his death. Furthermore, the ancient Greeks, Romans, and Egyptians left records that tell us they held mushrooms in high esteem as deliverers of health and even immortality. And Chinese medicine has exploited the benefits of mushrooms for over 4,000 years to treat cancer and respiratory disease as well as many other illnesses. On the American continent, mushrooms have been used for centuries as food and medicine for the body and, by shamans, for the spirit.

In the U.S., fungi have garnered the conflicted reputation of both friend and enemy. Mold spores in buildings and in food can present a danger to human health; human fungal and yeast infections are often intractable. Consequently, many households in the U.S. have a variety of fungicides under the kitchen sink and in the bathroom cabinet. Wild mushrooms have been largely dismissed as dangerous to non-mycologists in favor of the common white table mushroom (*Agaricus bisporus*) sealed in plastic at the grocery store.⁶ For many in the mainstream, mushrooms elicit connotations of accidental death, parasites, poisoning, and decay. Such fear of mushrooms is known as **mycophobia**.⁷ Fortunately, since the advent of the natural foods movement in the 1970s, a wider array of mushrooms has slowly been gaining favor in the U.S. After all, mushrooms are a nutrient-dense food, and they can be foraged in the wild or cultivated locally and sustainably.

In 1928, when Alexander Fleming discovered the antibiotic penicillin from penicillin mold, the antibacterial and antiviral properties of different

¹ **auto** = self; **troph** = nourishment; **hetero** = other

² Fungi include mushrooms, molds, yeasts, grain smuts, and leaf rusts. From a scientific perspective, there is no difference between toadstools and mushrooms, but for the non-mycologist, “toadstools” are considered poisonous.

³ For a beautiful description of “tree consciousness,” see Richard Powers’ 2018 novel *The Overstory*, and for more on the community of trees, see *The Hidden Life of Trees* by German forester Peter Wohlleben.

⁴ Mycologist Paul Stamets first likened the mycelial network to the Internet in the 1990s. The term “Wood Wide Web” was coined by forest ecologist Suzanne Simard to describe the relationships she discovered hidden in the soil.

⁵ For an example close to home, white and green mold in your compost bin herald thorough decomposition.

⁶ Interestingly, white table mushrooms, cremini, and portobello mushrooms are all *agaricus bisporus*! A cremini is a brown strain of the white table mushroom, and a portobello is a cremini that has grown to maturity.

⁷ **myco** = mushroom; **phobia** = fear; **philia** = love

fungi were recognized and developed in the West. As science confirms the wisdom practiced by traditional “folk” medicine for centuries, we now recognize that fungi offer gifts that unchallenged mycophobia prevents. In the U.S., we are presently undergoing a transformation from mycophobes to **mycophiles**, *lovers* of mushrooms!

Mushrooms as Food and Food as Medicine

In the 5th century BCE, Hippocrates, the Greek “father of medicine,” told us “Let food be thy medicine and medicine thy food.” On this view, our choices in food and the ways in which we think about and prepare food are broadly “medicinal” insofar as they promote health and flourishing. Not only are mushrooms packed with flavor, but they also provide vitamins, minerals, protein, and antioxidants, among other health-boosting compounds. Low in calories but high in nutrition and fiber, mushrooms incorporated consistently into one’s diet can lower and regulate blood sugar levels and facilitate the loss of excess body fat, allowing the body to function with more ease.

A variety of mushrooms can be added to one’s diet with little effort. Stir-frys, creamy and brothy soups, sauces, Italian dishes, and mushroom duxelles are just a few ways to consume fungi. For vegetarians, mushrooms are essential for achieving the deep, savory *umami* flavor without meat. Further, for the many carnivores who aspire to vegetarianism for ethical and environmental reasons, the texture of mushrooms is often likened to that of animal flesh.

Notes: Mushrooms will last longer in the fridge when stored in paper bags instead of plastic. Avoid washing mushrooms under running water; rather, they should be wiped clean with a damp rag. White table mushrooms are slightly toxic when raw, but cooking breaks down these compounds.

Mushrooms as Medicine

If you have seen the visually exquisite film *Fantastic Fungi*, you learned that mushrooms produce compounds to protect themselves from other fungi competing for the same resources as well as to protect from predatory pests and bacteria. Although toxic at the micro level, many of these compounds aren’t toxic to humans, so they can serve as **antibacterial, antifungal and antiviral** agents when consumed. Consequently, mushrooms are helpful in fighting colds and flus as well as systemic infections.

Mushrooms are also high in **antioxidants**. Recall that antioxidants bind to and remove “free radicals,” or unstable atoms (atoms with an unpaired electron) that can damage the DNA of cells and are linked to cancer, many other diseases, and rapid aging. Free radicals are produced by normal digestive processes or by exposure to environmental toxins. We all have free radicals in our bodies; they only cause harm when allowed to accumulate to high levels.

In this time of Covid-19, we may be thinking more seriously about the state of our immune system. All mushrooms contain large amounts of beta glucans, complex sugars that reside in the cell walls of fungi and **stimulate the immune system**. Because the immune system sees beta glucans as foreign, it is prompted to heighten its defense against pathogens. These compounds increase DNA and RNA in the bone marrow where immune cells are generated. Shiitake and maitake mushrooms have the highest concentration of beta glucans.

Some (Among Many) Medicinal Mushrooms to Befriend

While there are over one hundred medicinal functions of mushrooms and fungi, here are a few medicinal mushrooms to consider.

Lion’s Mane mushrooms contain compounds that are **neurogenic**, i.e., they stimulate the growth of new neurons in the brain. Typically, as we age, the brain’s ability to grow and form new connections declines; hence,



the prevalence of dementia and Alzheimer’s Disease in older adults. Studies with nonhuman animals have shown that these compounds can protect brain cells from damage caused by Alzheimer’s, improve memory, and boost mental functioning. Further, Lion’s Mane mushroom extract has anti-inflammatory effects that can reduce symptoms of anxiety and depression. This mushroom (among others) has also been shown to shrink or halt the growth of tumors. Many report that its delicious flavor is like lobster, and so they can be readily incorporated into meals.

The appreciation of **Reishi** mushrooms dates to ancient China where it was called the “mushroom of immortality.” Reishi are used to alleviate inflammation, liver damage, cancer, and heart disease as well as to induce a state of calmness because of its active compound *triterpene*.

Triterpenes also show promise with improving diabetic complications such as neuropathy and slow wound healing. Because of its woody texture and rather bitter flavor, reishi should be made into a tea or taken as an extract rather than eaten whole.



The **Turkey Tail** mushroom is best known for cancer treatment because of its ability to enhance the immune system through an impressive assortment of antioxidants that stimulate the release of immune-protective proteins. These mushrooms also contain the beta glucans that activate beneficial immune cells and suppress others. In Japan and China, and in integrative oncology,⁸ Turkey Tail are used as agents to enhance the efficacy of radiation and chemotherapy. These mushrooms are shown to have anti-tumor properties likely because of their formidable immune-boosting effects. This powerhouse fungus also contains prebiotics which nourish helpful gut bacteria and inhibit the growth of potentially harmful bacteria such as *E. coli* and *Shigella*.

Chaga, Maitake, and Shiitake mushrooms all have proven medicinal benefits. Chaga mushrooms regulate the protein *cytokines* which stimulates white blood cell production and also contain high amounts of zinc which help the immune system combat bacteria and viruses. Maitake, whose name means “dancing mushroom,” is considered an **adaptogen**, a substance that helps the body achieve balance while under mental and physical stress. Shiitakes improve heart health by preventing the buildup of fat and cholesterol in the body and contain the beta glucan *lentinan*, the third most prescribed cancer drug in the world.

Consuming Medicinal Mushrooms

Medicinal mushrooms such as shiitake, maitake and Lion’s Mane can be cooked into meals. Those that are neither palatable nor digestible can be dried and crushed into a powder or concentrated in an extract.

When considering a supplement to target a specific ailment, choose those that use **extracts** rather than powders because they have higher potency and better absorption. Some powders contain the chitin (the cell wall) that is indigestible and thus a considerable amount of the beta glucans is

⁸ Integrative oncology is the practice of combining alternative therapies with conventional cancer protocols.

continued from page 9

not digested. Further, a good supplement should be made from the fruiting body (cap and stem) and not the mycelium. (Avoid products with “myceliated grain” in the ingredient list.) To reap the benefits of medicinal mushrooms, they must be taken consistently over time. Many recommend taking vitamin C and consuming mushroom supplements on an empty stomach to facilitate the absorption and therapeutic effect of the beta glucans.

You can find white table mushrooms, creminis, portobellos, and shiitake mushrooms in the produce section of the Co-op. You may have also noticed the *Four Sigmatic* mushroom products on the endcaps and in the tea and spices aisle. This Finnish company creates tasty beverage mixes that feature medicinal mushroom extracts and has been given a positive quality and effectiveness rating on the Internet.

Lessons and Gifts



Just as the trees in a forest or the plants in a field are not isolated, lone organisms in Darwinian competition with one another, perhaps the mycelial web is an apt metaphor for the often-invisible ways we are connected to each other and our ecosystem. While it seems that modern life has bequeathed innumerable hazards to the biosphere, there are gifts and remedies for our bodies, our minds, and for the nonhuman world from our ancient fungi cousins that should no longer remain hidden.

Bibliography

- Avey, Tori. "History of Edible Mushrooms | The History Kitchen | PBS Food." *PBS Food*, PBS, 28 May 2014.
- Forge, Tiffany L. "6 Mushrooms That Act as Turbo-Shots for Your Immune System." *Healthline*, Red Ventures Company, 3 Apr. 2020.
- Gold, Peter. "Top 5 Mushroom Supplements of 2021." *Review Scout*, 10 Feb. 2021.
- Ramaker, Rob. "What Was Iceman Ötzi Doing with Those Fungi?" *Resouce.wageningenur.nl*, Wageningen University & Research, 26 Feb. 2016.
- Sayner, Adam, and Eric Jong. "Medicinal Mushrooms: The Complete Guide." *GroCycle*, 19 Jan. 2021.
- Stone, Emily. "The Wood Wide Web." *Northern Wilds Magazine*, 30 Oct. 2017.
- Valverde, Maria, et al. "Edible Mushrooms: Improving Human Health and Promoting Quality Life." PubMed Central (PMC), National Center for Biotechnology Information, U.S. National Library of Medicine, 2015.

Mushrooms



by Sylvia Plath

Overnight, very
Whitely, discreetly,
Very quietly

Our toes, our noses
Take hold on the loam,
Acquire the air.
Nobody sees us,
Stops us, betrays us;
The small grains make room.

Soft fists insist on
Heaving the needles,
The leafy bedding,

Even the paving.
Our hammers, our rams,
Earless and eyeless,

Perfectly voiceless,
Widen the crannies,
Shoulder through holes. We

Diet on water,
On crumbs of shadow,
Bland-mannered, asking
Little or nothing.

So many of us!
So many of us!

We are shelves, we are
Tables, we are meek,
We are edible,

Nudgers and shovers
In spite of ourselves.
Our kind multiplies:

We shall by morning
Inherit the earth.
Our foot's in the door.

Plath, Sylvia. The Collected Poems. HarperCollins, 2008.

Who Does the World Belong To?

a poem
by elise stuart

To the ravens, the way they call each other
To the fox, rarely seen
To the coyote, howling in the distance
To the bluebirds, flying down from the branch.

It belongs to the trees, stark and naked in winter
To the flowing river
To the nearly opened bud
To the green stones, the white shells.

It belongs to the lonely peak of the mountain
the bowl of the valley
the burning heat of the desert
the dripping rain forest.

It belongs to the constant moon
To the stars, breathing above—
And we will come and go
And we will come and go.

Snowday

a poem and a drawing
by Rick Stansberger

The field is white--
skywhite, streetwhite.
Bits of black remain
upright under snow,
fallen-away patches revealing
identity: stump, bush.

This is the intention
of white: to cover, simplify,
democratize. This is
the intention of black:
stand up, stand out, stand.

Wind carries the battle
to foreign places.
A robin, puffed-
up major general,
clutches a branch

where bud knots clench
holding inside
their intention of green.



GRAB'N'GO

Layered or Lasagna Style Enchiladas



by Carolyn Smith

When I don't want to divide my time between cooking and conversation, especially when entertaining friends I haven't seen for a while, I prepare a dish ahead of time that I can pop in the oven to cook or even reheat, and then hang out with my dinner companions, undistracted, until the timer rings.

One of these meals is Enchiladas which I simplified by layering the ingredients "lasagna" style instead of rolling the fillings inside the tortillas. I quickly discovered that leftover enchiladas make for easy and delicious dinners just for me, so I started making a 9x13 pan of enchiladas,

eating some fresh and freezing the rest in individual portions for future meals.

The Deli now offers Vegetable or Chicken Enchiladas each week. We make chili for the sauce and then layer corn tortillas, chili and cheese to fill the pan. We have a deep pan so we make three layers, but a normal 9x13 pan holds two layers. The chili can be red or white, with or without meat, and made with any variety of cooked beans; we have used pinto, black, adzuki, white and black-eyed peas. We add carrots and corn for color, taste and added nutrition.

Here's one recipe to get you started:

White Bean Chili Enchiladas with or without Roasted Chicken

1-2 Tbsp of olive oil
1 onion, diced
1 carrot, diced small or sliced thinly
4 stalks celery, sliced thinly
2 cloves of garlic, minced
1 red or green bell pepper, diced,
1 quart broth, vegetable or chicken
1 can (7 oz) green chilies
1 - 2 tsp cumin
1 tsp smoky paprika
1 tsp oregano
½ tsp coriander
¼ tsp chipotle or cayenne
Salt and pepper to taste
1 package frozen corn
2 cans white beans, cannellini,
navy or lima

2 ½ cups shredded roasted chicken
(optional)
1 Tbsp lime juice or to taste
½ lb grated cheddar cheese
12 corn tortillas

Sauté onions, carrot, celery and bell peppers in olive oil until soft. Add garlic and sauté for 1-2 minutes. Add herbs and spices and stir in for 1-2 minutes. Add broth, green chilies, and salt and pepper to taste. Stir in frozen corn and simmer for five minutes. Add white beans, roasted chicken and lime juice.

CO-OP BULK DEPT

Dried Mushrooms from

Nuts.com

Maitakes or Dried Hen of the Woods

Maitake mushrooms, also known as Hen of the Woods, have been consumed for centuries in Chinese and Japanese cuisine. Their rich versatile flavor finds compliments with roasted meats and chicken, cheeses, dark leafy greens, and hearty grains. Maitakes are high in antioxidants and have been shown to have a positive effect on overall immunity.



Shitakes

The earliest written record of Shiitake cultivation dates back to 1209 in China! That's over 800 years of delicious medicinal intent! If that span of time doesn't give some credibility to the importance of this mushroom then maybe the fact that Shitakes are now widely cultivated all over the world and contribute about 25% of total yearly production of mushrooms does.

Chanterelle mushrooms are among the most popular of wild edible mushrooms and are found in many places throughout the world. Chanterelles as a group are generally described as being rich in flavor, with a distinctive taste and aroma difficult to characterize. For many years, they remained notable for being served at the tables of nobility but luckily you don't have to be a Queen or a King to incorporate them into a delectable dish at home. Just come on down to the Co-op and pick up a pack of our Mushroom Medley and enjoy them alongside the Shiitake and Maitake.



Chanterelles

HABA Department

NEWS

Sustainable Beauty



Author and herbalist, Melissa J. Buckley, formulated the first Honeybee Gardens products in her home kitchen, using all natural ingredients. The same holds true today. Since 1995, this conscientious company has operated under one simple concept. “Create pure, all-natural bath and body care products made from only the finest organic ingredients, offer them at a reasonable price, and treat every customer like a friend.”

The Co-op is now carrying three of Honeybee Gardens cosmetic products; Effortless Eyeliner, Bellissima Volumizing Mascara, and Truly Natural Mascara. The eyeliner is a smooth formula that won't drag or pull delicate skin and is offered in seven colors, and the mascaras are also high-quality products offered to you at a reasonable price. Check out the reviews on Honeybee Gardens' website to read the positive reviews!



Our HABA buyer Tinisha with the new eye liner and mascara

field DAY[®]



Those of you who frequent the HABA section of the Co-op may have noticed that Nature's Gate items have disappeared from our shelves. Sadly, after many years of offering effective, reasonably-priced personal care products to customers everywhere, they have gone out of business. Happily, we've been able to fill the Nature's Gate niche with Field Day shampoo, conditioner, lotion and body wash. We think that you will find them to be first-rate products at a great price.

Field Day bath and body care products are made with simple ingredients, including jojoba, shea butter, aloe vera, and argan, olive and avocado oils. They are free from parabens, phthalates, formaldehyde, silicone, sulfates (SLS), synthetic dyes and synthetic fragrances.

STAFF PICKS!

Luxurious Local Lather!



*Leah,
our merchandise buyer*

Leah's most loved products are **My Skin Feast's** hand crafted, all natural soaps. Locally made by Lisa Ross, owner and creator of this remarkable company, the soaps are just one of her lines of consciously formulated body care products. No chemicals, fragrances, or mystery ingredients are found anywhere on the label or inside of My Skin Feast's soaps, toothpastes, deodorants and natural skincare. According to the website, "Every ingredient is carefully selected and each product is made in small batches. All are consciously made with the intent to heal all who choose to use them."

Leah, on staff for four years, is the buyer for our merchandise department, a manager-on-duty (MOD), grocery stocker and cashier and, as she says, "Oh gosh, many hats!" She finds that My Skin Feast soaps are "luxurious and smell divine. I love them for washing my hair and body!" At least we know that she's squeaky clean when she's out vivaciously pursuing her favorite activities; hiking and camping, making art, and performing with the Virus Theater Ensemble.



*Elegantly natural soaps
from My Skin Feast*

So Much to Choose From!



*Gopal's
Rawmesan*

After careful consideration, Misha narrowed her March picks down to three faves; Rawmesan, Applegate Turkey Bacon, and tuna salad from the Co-op's fantastic Grab 'n' Go deli.

If you don't eat dairy, **Gopal's Rawmesan** is a great replacement for Parmesan cheese. Made with organic seeds and nuts, this wholesome seasoning adds flavor and B vitamins to any dish of your choice. Gopals adheres to strict eco-friendly and vegan standards. Their aim is to effectively reach out to every community to nurture and empower all people toward the idea of a harmonious existence.



*Applegate Uncured
Turkey Bacon*

Applegate Natural and Organic Meats is dedicated to more sustainable and regenerative agriculture and business practices, always striving for consistent progress. Raising animals humanely is central to their mission. No antibiotics or GMO ingredients are ever used in their production practices. Applegate turkey bacon is tasty with eggs and, according to bacon buffs, goes perfectly with just about everything else!



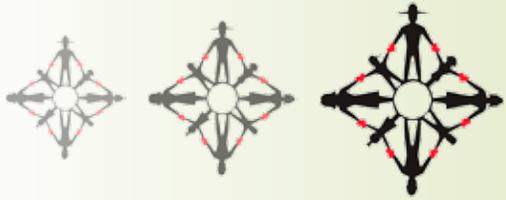
*Grab 'n' Go
Tuna Salad*

Lastly, Misha has a particular fondness for the Co-op deli's **tuna salad**. Everyone who's tried it develops a hankering for it. Superb with crackers, in a sandwich, and with raw veggies. You name it! It's always good.

Did you know that Misha, buyer for the frozen department and an MOD, has two degrees, one in Comparative Literature and another in French, from the University of Georgia? When this hard-working scholar is off-duty, she can be found soaking in hot springs, hiking, watching Netflix, and enjoying her beautiful home.



Misha, buyer for the frozen department



From Your Board . . .

Board Pope Street Update

To say that we, as a Board, are excited about proceeding with plans for the Pope Street property would be an understatement. Years of work and research have gone into this project and having reviewed financial data, marketing studies, member surveys, and preliminary plans, the Board was confident in its unanimous vote to proceed. We're now seeking financial backing for the remodel project, and progressing beyond preliminary planning for the site and building.

As many of you know, the Co-op purchased the property at the corner of Pope and College Streets from Lifequest when it was listed for sale in 2018. An expansion and move had been planned for, and included in strategic planning prior to 2018, but a majority of the planning and preparation that's necessary for an undertaking of this magnitude hadn't yet been done. The location and size of the Pope Street building were ideal, and after vetting and research were completed, and the board convinced that the property was a worthy investment, the building was purchased by the Silver City Food Cooperative in the summer of 2018.

Not long after the building was purchased, a committee was formed, the Pope Street Project Committee, which was tasked with research and preparation for a remodel of the new location. The committee conducted interviews with local contractors, community members, financing and grant writing experts, and more. With contributions from the co-op staff, committee members, an architect, and others, preliminary plans were drawn.

In the midst of this planning process, the co-op underwent a change in management. We had several Interim General Managers while searching for, and ultimately finding, a highly qualified new General Manager who has the experience and skills to get the project vetted and done. Almost immediately upon Kevin's arrival at the co-op, COVID hit in New Mexico, and it was necessary that priorities change. Plans for Pope Street were slowed as Kevin and the co-op staff began managing the store in a new environment that was constantly changing. But, in the latter half of last year, momentum returned and we were reinvigorated at our Board retreat by Kevin's presentation on work that had been completed to vet the project to date. Over the course of the past year, a market study was completed, which reflected very favourably on a potential relocation. Grocery store designers, who specialize in food cooperative store design, were consulted to refresh the previous preliminary designs. The pro forma was completed and vetted by the co-op's contract accountant. This information was all reviewed against new data about the pandemic and how the grocery store environment may need to change post-pandemic.

Simultaneous to the Pope Street planning, we sought expert advice on best practices for board procedures, particularly with regard to training, oversight and accountability. We made changes to the bylaws which were approved by the membership, and rewrote our governance policies and reporting documents. We are currently in the process of updating and improving both our election and board training processes.

It's been a busy year and an exciting time to be a board member! We are confident that our due diligence and hard work will pay off with a more cohesive and collaborative board and an improved store that will best serve the needs of our members and our community. We look forward to the progress at Pope Street and the prospect of a new and larger store that will meet our needs, and those of the community, for years to come





Shanti Ceane
President



Julianna Flynn
Vice President



Scott Zager
Treasurer



Emma McKinley
Secretary



Kristin Lundgren
Member



Gwen Lacy
Member



Tuan Tran
Member



Susan Golightly
Member

Election Changes Give Candidates More Time

Prospective board members will have additional time to consider running for the Silver City Food Co-op board. The board of directors has decided to postpone the 2021 Board Election until later this fall to give everyone a chance to prepare for a more technology friendly election. Procedures will be updated, be more informative, and encourage on-line participation.

The board has also been working with our professional advisors to bring board elections and schedules to best practices policies. By postponing the election until later in the year, the new board will be seated at the beginning of the new fiscal year in January. This will give new members a maximum of training, a full year of experience, before crucial financial and oversight decisions are made at year's end. Having the election calendar in alignment with the board calendar will streamline our processes and relieve some of the workload, and overload, from all board members.

In this time of Covid-19 the old way of meeting and recruiting candidates in person is no longer viable. We have had

no candidates apply to run for the board this year. We will be forming an election committee to work on electronic solutions, on-line meetings, and other features to help candidates get the information and feedback they need. We'll also work to help members get acquainted with candidates, so they'll have a better idea of who is asking for their vote. Meanwhile, those who have been thinking about running for the board can still join the Board Member in Training (BIT) program and participate in our Zoom meetings with mentoring by a current board member. Our board meetings on Zoom are open to all co-op members.

If you are interested in being a Board Member in Training, running for the board, or in joining the new Elections Committee, please email Julianna Flynn: juliannnaflynn8@gmail.com.

A new election calendar, new procedures, new communication venues, and other news will be published here in the Garbanzo Gazette, and posted in the store.



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 fourth Wednesday of every month at the Pope Street building, from 5:30 to 7:30 pm).

CONTACT: Julianna Flynn
board.scfc@gmail.com
Recruitment, Orientation, and Development Chair
Or, any board member

WE LOOK FORWARD TO HEARING FROM YOU!

Board Meeting Schedule

The SCFC Board of Directors meets the fourth Wednesday of each month on Zoom. Please email the Board for more information.

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.

Shanti Ceane/President
Board Term: 2018-2021

Julianna Flynn/Vice President
Board Term: 2019-2022

Scott Zager/Treasurer
Board Term: 2019-2022

Emma McKinley/Secretary
Board Term: 2020-2023

Kristin Lundgren/Member
Board Term: 2019-2021

Gwen Lacy/Member
Board Term: 2019-2022

Tuan Tran/Member
Board Term: 2020-2023

Susan Golightly/Member
Board Term: 2020-2021

Our new email address:
board.scfc@gmail.com

Board of Directors



March

Members Only Specials

March 3 - March 30

20% OFF! listed prices



Café Altura
Ground Coffee
12 oz
reg \$9.99



gimMe
Wasabi Seaweed Snack
.35 oz
reg \$2.19



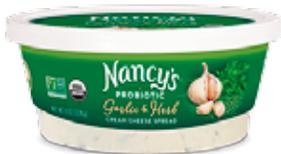
Heavenly
Mint Chocolate
Honey Patties
1.2 oz
reg \$1.49



Patak's
Tikka Masala
Curry Sauce
15 oz
reg 4.39



NutriBiotic
Vit C + D3 & Zinc
250 caps
reg \$25.99



Nancy's
Probiotic
Cream Cheese Spread
8 oz
reg \$3.79



dang
Coconut Chips
3.17 oz
reg \$4.69



Repurpose
Plates
9 in. 20 ct
reg \$3.89



Paqui
Mucho
Nacho Cheese
7 oz
reg \$4.89



VitaCoco
Coconut Oil
14 oz
reg 9.19



Kyolic
Immune Formula 103
100 caps
reg \$14.99

Boiron Arnica Gel



Value Pack
2.6 oz oz
reg \$13.99



2.6 oz
reg \$10.99



1.5 oz
reg 7.69

Co-op Deals

flyers

available

on our website

www.silvercityfoodcoop.coop

and at the front of the store

