



Silver City Food Co-op

GARBANZO GAZETTE

Our monthly newsletter • October 2016

Volume 16

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:

Sunday
11 am - 5 pm

Mon. & Wed. - Fri.
9 am - 7 pm

Saturday
8 am - 7 pm
Closed Tuesday

575•956•6487
614 N. Bullard St.



**YOU
ARE
WHAT
YOU
EAT**

October is national Co-op Month and Fair Trade Month.

The Silver City Food Co-op is celebrating both with a variety of informative and fun events.

We will host a movie at the Silco theater, have fair trade food give-a-ways, drawings, a special bulk sale, and a produce promotion to name a few of the fun events on the calendar.

Co-ops Grow Communities: Celebrating Co-op Month 2016

Co-ops around the world share a set of guiding principles with the Silver City Food Co-op including “cooperation among cooperatives,” and “concern for community.” When you purchase delicious, healthy food at the co-op, you’re supporting a business that cares about people and contributes to a livable, sustainable community. And when you choose products from co-op farmers and vendors, that impact grows and grows!

In October, we’re proud to join with nearly 150 food co-ops around the country to celebrate the many stories of how cooperative companies, suppliers, manufacturers and farmers are growing strong, healthy communities around the world. Together with our co-op shoppers, we can make a difference!

The participating companies in the October 5-18 promotion work with cooperative suppliers and manufacturers or are cooperatives themselves, and as such, work to build strong bonds between the people who purchase their products and the people who supply them. Co-ops offer a way to transform how business is typically

done; co-ops give you the opportunity to get the products and services you need on a daily basis while strengthening the community around you. Participating companies include Alaffia, Alter Eco, Divine Chocolate, Dr. Bronner’s, Equal Exchange, Guayaki, Maggie’s Organics, Organic Valley, Shady Maple Farms and Theo Chocolate.

These companies along with National Co+op Grocers are aiming to raise \$80,000 for the La Riojana Co-op, an Argentinian producer of wine and olive oil. Through their cooperative business model, La Riojana has been able to significantly improve the well-being of their member communities. With the funds raised, La Riojana Co-op can obtain organic certification for almost two villages, which equates to 80-95 growers.

To learn more about how these companies are helping communities to grow around the world, visit www.strongertogether.coop – and look for more information in the October Co+op Deals flyer. Happy Co-op Month!

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Co-op Picnic • August 2016

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

Store Hours

575-388-2343

Mon-Sat 9am-7pm

Sunday 11am-5pm

Café Hours

575-956-6487

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

Sunday 8:30 am - 5:00 pm

Closed Tuesday

Vision Statement

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

Seven Cooperative Principles

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

Joe Z

general manager

Mike Madigan

assistant manager

The Garbanzo Gazette Gang

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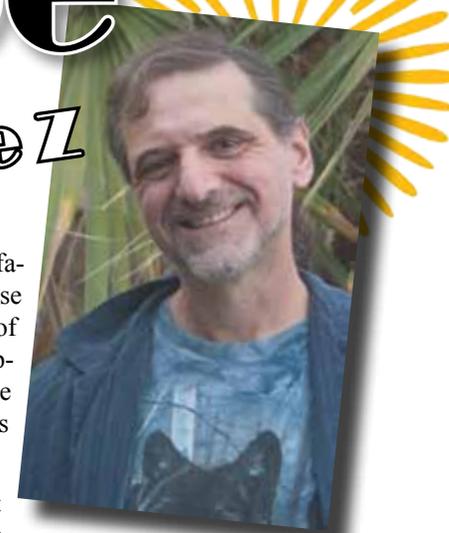
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Cup O' Joe

by JOE Z



Oh my goodness!!! Have you folks heard what is happening at La Montanita - the Co-op in Albuquerque (and Santa Fe and Gallup - 6 locations total as well as the CDC- Cooperative Distribution Center)? Boy howdy --- you would not believe!

To go over everything would take pages and pages so I encourage you to check out two websites: The first is <http://www.takebackthecoop.com> and the second is a response to this from La Montanita on their website <http://lamontanita.coop/40yearsoffacts>

For those who have the patience to go through these websites, you will notice something - namely that they talk past each other. Let me try to explain everything in a nutshell: Well, you see.... ummmm.... some would say..... uhhh. Wait a minute - let me start again: In the beginning.... I mean - no, not the beginning but right now No - not right now but before..... Oh hell. Shit! (sorry - I do swear at times, our Staff knows this, our Board knows this and now you know this too).

"Come on, Joe," you might say, "you've always been honest with us so what is this all about". To which I could answer, "It's a beautiful thing" or "it's the start of the destruction of the current Co-op movement". How's that for equivocation?

Both sides are right and both sides are wrong - in my opinion. There are so many components in all this and so many subplots and history and personalities and complexity that no one can see the whole picture accurately. Except for me of course (my ego knows no bounds).

I'm a Co-op junkie or maybe a Co-op nerd - certainly a Co-op history addict. I've spent 40 years studying, working in and with Co-ops. So it's a beautiful thing because it shows the democratic control of our Co-ops - which is the number two Co-op principle (open Membership is #1) and I love and respect the involvement of Members in their Co-ops - both the Board and the Take Back movement. You will never see this type of involvement from folks who shop at Whole Foods or Natural Grocers. It is the most important distinguishing factor in our Co-ops. But it's the start of the destruction because I see history repeating itself.

Have you ever visited the Berkeley Co-op? If you did, you would have had to do so before 1988 because that is when that Co-op collapsed. After over 50 years. The largest, most amazing Co-op in our Country. What brought it down?? I wish I could answer that. Everyone wishes it could be answered. It was a conglomeration of so many different things over time. As a matter of fact, in 1992, a paper was issued called "What happened to the Berkeley Co-op? - A Collection of Opinions". It even has an introduction by Ralph Nader (whom I admired greatly before his ill-advised quest for the presidency in 2000 that probably cost Gore the election - but this was before that so he was still cool then). It is 128 pages long. It is still available for free in PDF form - just search for the title on the Net and it will come up.

It should be required reading for every Board Member and Manager of every Co-op as well as all the folks at NCG (National Cooperative Grocers), CDS (Cooperative Development Services) and every involved Member of every Co-op. I KNOW

that NCG Staff are familiar with this because their current Director of Membership and Cooperative Relations wrote about it all when it was happening.

I don't care what your involvement with the Co-ops is, if you read through ALL this with a highlighter, you will find parts that will prove your point so that you can say "See! I told you so!!" It is very complex and so is what is happening at La Montanita. I could probably write my own 128 pages on the current situation (you all know how verbose I can be - and now with the added swearing part). I have very strong opinions of course but I am choosing to keep them to myself at this point in time.

Co-ops are under extreme pressure today as never before. The market and situation are changing day by day.

Competition is fierce as the huge grocery stores as well as small independents are trying to get the natural and organic dollars as well as buying up the supply chain. As I said, I've been with Co-ops for 40 years and I have never seen such a huge threat to us as in just the last few years - and that threat is growing.

The Berkeley Co-op was an "old wave" Co-op and wasn't into natural foods as much as the "new wave" Co-ops of the '70s. The Co-ops that still exist today are a mix of old, new and 3rd wave Co-ops which are termed hybrids - offering both natural and conventional foods. About 15 years ago, we (the Co-ops) created the NCG to be our national buying broker. All the Co-op Deals and Co-op Basics that you see in the store are the result of our collective buying power through the NCG.

Most Co-ops could not survive without this group which is why we created it. The CDS is made up of mostly folks from individual Co-ops that are helping Co-ops gain the expertise that they need to survive in today's market. Isn't this what we want instead of folks from the "outside" with no knowledge of our Cooperative culture (and history) imposing their capitalistic tendencies upon us. They are good dedicated people. But their focus may not be right for specific individual Co-ops. That is for each Co-op to decide for themselves. We've used their services a little in the past but not that much. Each Co-op must choose their own path and identity.

If my magic wand was working, I would say to all: Breathe. Stop the fighting. Start the conversations and dialogue. Rediscover one of the basic truths of the New Wave Co-ops: *Love*.



Silver City Food Co-op & Market Café Staff

Judith Kenney

produce

Bob Lee

bulk manager

Carolyn Smith

café

Dougan Hales

produce

Kate Stansberger

supplement buyer

Jake Sipko

produce manager

Carol Ann Young

office

Jeanné Miller

herb buyer

Becky Carr

dairy buyer

Vicki Gadberry

office

Jess DeMoss

POS manager

Meggie Dexter

offsite website

Misha Engel

frozen buyer

Jenny Morgan

office/cashier

Joe Z

gm

Marguerite Bellringer

finance manager

Kim Barton

POS

Michael Sauber

grocery

Doug Smith

grocery buyer

Paul Slattery

produce

Patricia Walsh

HABA buyer

Jody Andrews

cashier

Evan Humphrey

cashier/bulk

Lee Ann Miller

cashier

Brenna Brown

deli manager

Sarah Hardisty

deli

Tinisha Rodriguez

POS/grocery/HABA

Charmeine Wait

emo

Allie Iacocca

wherever needed

Mike Madigan

am

Lynne Featheringill

café

Leah Chastain

merchandising specialist

Amanda McGinnis

café

Sarah Horton

café supervisor

Ben Williams

café kitchen coordinator

Marchelle Smith

cashier/grocery/deli

Stephen Persaud

café

Charlie DeMars-Conoly

grocery

Robin Austin

wherever needed

Kenyon McNeill

grocery

Joy Kilpatrick

wherever needed

Kitty Stolzenbach

wherever needed



Market Café Product Spotlight

We have so many unique foods and gifts at the Market Café!

This fall, give your little ones kid size gardening tools! Children love to help out and they can work by your side with their very own tools.

We have a rake, hoe, shovel and broom. We also have a number of great toys and hacky sacks too!

New items include *Smiling Lakshmi Luxury Soap* that is locally made.

Another new item is *Little Secrets* candy. Think M&M's only better with no artificial colors and quality ingredients.

Come on in to the Market Café and check out all of the great foods and gifts. The Market Café is also a great place for breakfast or lunch.



Kid size tools!



Hacky Sacks for everyone!



*Little Secrets
Think Yummy M & M's.*

Fair Trade: A Primer

We all want to feel good about our food choices,

and buying produce from a local farmer makes it easy. But what about food that comes from afar? In some communities around the world, impoverished workers are paid low wages while their land is depleted by industrial agriculture. Luckily, the Fair Trade Certified label can help us steer clear of foods grown under such conditions.

When a product sports a Fair Trade Certified label, it means producers were paid wages that allow them to support their families and contribute to the betterment of their communities. Fair Trade farmers deal one-on-one with importers (rather than middlemen), and Fair Trade encourages democratic decision-making, transparency, gender equity, and independence.

By choosing Fair Trade, we can support the environment, too. Since Fair Trade supports small-scale farmers, it encourages biodiversity (think shade-grown coffee and cocoa, which protect wildlife habitats) and sustainable practices like organic farming. There's no need to sacrifice quality with Fair Trade either; one emphasis of Fair Trade is supporting farmers in improving the quality of their crops.

Fair Trade Certification is not yet available for every kind of food, but it's a growing trend; you'll spot the label on coffees, teas, spices, chocolates, sugar, vanilla, fruits, wines and other foods. Fair Trade Certified non-food items like clothing and accessories, bodycare items and home and garden products are also available.

On your next trip to the co-op, try looking for the Fair Trade Certified versions of your favorite products—and feel great about helping to improve the lives of farmers and conserve the environment.

By: Co+op, stronger together



Fall KITCHEN MEDITATIONS

Black Rice Salad with Butternut Squash and Pomegranate Seeds

Courtesy Sunset Magazine

Dramatic-looking black rice--which has a mellow, sweet taste--comes from several places in the world, including Thailand and Indonesia. If you can't find it, wild, brown, or red rice would also work (cook according to package directions).

Serves 3 as a main course, or 4 to 6 as a side (serving size: 1 cup)

Total time: 1 Hour, 30 Minutes

Ingredients

2/3 cup black rice*
1 pound butternut squash
1/2 teaspoon sweet smoked Spanish paprika
1/4 teaspoon kosher salt
3 tablespoons olive oil, divided
1/2 cup pecans, coarsely chopped
1 1/2 tablespoons lemon juice
1/2 tablespoon maple syrup
Pepper to taste
2 tablespoons sliced green onions
1/2 cup pomegranate seeds

Preparation

1. Bring a large pot of salted water to a boil over high heat. Add the rice, adjust heat to maintain a lively simmer, and cook until rice is tender, about 30 minutes. Drain and rinse with cool water.
2. Preheat oven to 375°. Peel and seed squash and cut into 1-in. cubes. In a large bowl, toss squash with paprika, salt, and 1 tbsp. oil. Spread on a baking sheet in a single layer and roast, stirring occasionally, until browned and tender, about 40 minutes. Let cool. Spread pecans on another baking sheet and toast until fragrant, stirring once, 6 to 8 minutes.
3. Whisk together remaining 2 tbsp. oil, the lemon juice, maple syrup, and pepper in a serving bowl. Toss with reserved rice, roasted squash, green onions, and most of pecans and pomegranate seeds. Sprinkle with remaining pecans and pomegranate seeds.



Nutrition Nugget Pomegranate

While it may seem like pomegranates are a trendy new fruit, in light of the recent hype about pomegranate juice, they actually have a long and storied history with thousands of years of use in various culinary traditions, beginning in the Middle East. Like most brightly colored fruits, pomegranates contain a large number of healthy micro and macronutrients, including a surprising amount of dietary fiber (about 6 grams in one cup of the seeds, known as "arils").

A cup of arils also contains about 130 calories, mostly carbohydrate (about 2 carbohydrate servings), and are an excellent source of vitamin C, vitamin K, and copper as well as a good source of folate. For those of you monitoring your vitamin K intake, a cup of pomegranate arils contains about 25 micrograms.

The arils have a wonderfully complex flavor, a balance of sweet and tart, and are texturally interesting as well, with a distinct snap and a small hard seed in the center of the aril. Their spectacular pink color and ability to be sprinkled or used as a topping means that the arils are an excellent garnish – try some in a salad, to finish a roasted meat or vegetable dish, or as an ice cream topping.

While it can be a minor pain to actually separate the arils from the fruit (search online for many useful tips and tricks) and the juice stains anything it touches, the unique flavor, potent nutrition, and novelty of pomegranates make them a worthy addition to any meal.

-- Bret Sarnquist RD LD

Sugar Pie Pumpkin Soup

(serves 6)

Ingredients

5# Sugar pie pumpkin
1 small yellow onion
3 small celery stalks
1 medium carrot
1 large leek, white only
2 shallots
4 garlic cloves, peeled
2 quarts water or chicken stock
8 tablespoons unsalted butter
1/2 cup heavy cream
Salt & white pepper

Preparation

Peel the pumpkin & split it in half lengthwise. Remove the seeds and cut the pumpkin into a large diced cubes and reserve. Peel and small dice the onion and carrot. Small dice the celery stalk, shallot & cleaned leek. Crush the garlic cloves. In a medium saucepan melt 4 tablespoons of the butter over medium-low heat. Add the vegetables and sauté, stirring occasionally to prevent browning until the vegetables have softened. Add the pumpkin cubes to the vegetables. Add the water or stock and season with salt and pepper to taste. Bring to a boil, then reduce to a simmer and cook until the pumpkin is just tender. Add the heavy cream and the remaining whole butter. Remove from the heat and puree immediately in a blender and strain through a fine mesh sieve. Re-check the seasoning and keep warm.

More Bulk Spices at Great Prices!

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

Spice	Co-op	Other Store
Cumin	\$1.11 / oz.	\$2.34 / oz.
Nutmeg	\$2.87 / oz.	\$3.30 / oz.
Sesame Seed	\$.21 / oz.	\$1.80 / oz.

The Frugal Co-op Chef



Candied Pumpkin Seeds

If you hate to throw out the seeds of the pumpkin, try this twist on roasted pumpkin seeds. Any winter squash seeds can be roasted just like pumpkin seeds too!

1/2 cup pumpkin seeds
1 cup water
1 cup sugar
Salt

In a small saucepan add the sugar to the water and stir until dissolved and bring to a boil. Reduce to a simmer and dip the pumpkin seeds into the simple syrup in a fine mesh strainer for one minute, remove from the simple syrup and place on a baking sheet and bake in a pre-heated 350-degree oven for 5 minutes or until browned. Remove, salt the seeds and cool completely.

Jake's October Produce Picks

October! Fall has begun with Halloween and preparations for family feasts in November. Jake is highlighting sugar pie pumpkins, butternut squash and pomegranates as some of the organic fall produce you can use to make delicious meals. Check out the recipes on page 4 that use these ingredients.



Happy Halloween!
from our produce manager, Jake Sipko

Sugar Pie Pumpkin

The Sugar Pie pumpkin is known for having exceptional flavor and texture. One of the sweetest varieties, it has smooth, orange skin and slight ridges. Its bright orange flesh is known not only for its flavor but for its firm flesh that cooks down to a smooth consistency. This heirloom variety is believed to be native to the United States.

Sugar Pie pumpkins are most commonly used for baking. Use to make pies, cheesecake, pancakes and flan. Hollow out, stuff and bake as you would an acorn squash. Cubed and roasted it makes an excellent side dish. Slice into wedges and grill. Cooked down it can be used to make gnocchi, chili, empanadas and curries.

Butternut Squash

Butternut squash is one of the most popular modern varieties of hard winter squash. Butternuts are known for their long neck and bowling pin or bell-like shape. Their smooth skin is pinkish-tan and hardened when mature. The skin is edible when cooked though most often it is peeled and discarded prior to eating. The long neck of the Butternut squash contains a solid orange flesh that makes for easy peeling and slicing. Its bulbous end houses a petite seed cavity surrounded by a layer of orange flesh. When cooked the flesh of the Butternut squash is tender, nearly stringless, and offers a mild squash flavor with sweet and nutty nuances.

Butternut squash provides vitamins A, C, and E, manganese, potassium, soluble fiber and magnesium. Deep orange colored squashes such as Butternut are also known to be rich in beta carotene.

Butternut squash has a shape which makes it easy to peel and slice with all of the seeds conveniently located in the bulbous end of the squash. Squash can be sliced into rounds, wedges, or cubes and baked, steamed, roasted, braised, and grilled. Cooked squash makes an excellent addition to curries, chili, soups, stews, and risotto. Dice and use in lieu of potatoes in a hash or serve atop pizza and flatbread. Cooked squash can also be used as a filling for tacos, enchiladas, empanadas, and ravioli. Cooked and pureed Butternut squash can be used to flavor and thicken sauces and soups. The seeds of the squash are popularly roasted, salted and consumed as a snack food similar to pumpkin seeds. Its flavor pairs well with sage, thyme, bay leaf, apple, cinnamon, pear, shallots, pecans, butter, cream, feta cheese, ground beef, sausage, and bacon. An excellent keeper, to store keep Butternut squash in a cool, dry place and use within a few months.



Pomegranates

Pomegranates are ancient fruits, with some evidence of their existence dating back to between 4000 B.C. and 3000 B.C. Native to present day Iran and Turkey, research has revealed that Egypt, Jericho and Mesopotamia were the first cultures to domesticate Pomegranate trees in their early orchards. The Pomegranate was first introduced to the Western hemisphere by Spanish settlers in 1769, and today it is cultivated worldwide in tropical and subtropical climates.

Pomegranates seeds may be easily and cleanly removed by breaking apart the fruits in four or five pieces and submerging in a large bowl of water. The edible seeds will sink and the white inedible membrane will float and is easily skimmed away. The seeds may simply be eaten raw as a snack or added into salads, relishes, garnishes or desserts. The juice is highly flavorful on its own, but may be reduced down into pomegranate molasses or fermented into pomegranate vinegar. Complimentary flavors include cinnamon, cardamom, ginger, clove, coconut, lemon, grapefruit, orange, apple, pear, honey, almond, hazelnuts, curry, lamb, chicken and pork.



Nori Rolls



One of the favorite items in the Grab 'n Go are the nori rolls. These are vegan and vegetarian and were recently featured in our Taste of Downtown offerings with rave responses. The nori rolls ingredients are: nori, sushi rice, rice vinegar, sesame seeds, veganaise, cucumbers, carrot, and avocado.



Nori rolls being made

Inside the middle of the nori roll container you will find sauces which contain: pickled ginger, wasabi, and tahini soy sauce. These are great for lunch or dinner!



Melvyn said YUM! to his Nori Roll Taste

The Grab 'n Go cooler is found in the front of the Co-op and always has something wonderful to eat. Check it out next time you are in the Co-op!

Organic VS. Non-GMO

What's the Difference?

	Organic	Non-GMO
• No GMOs used	✓	✓
• No Synthetic Pesticides , linked to lymphoma & leukemia	✓	✗
• No Roundup Herbicides , linked to kidney disease, breast cancer & birth defects	✓	✗
• No ingredients laced with residues from the neurotoxin Hexane	✓	✗
• No Sewage Sludge , human waste contaminated with endocrine disruptors & heavy metals	✓	✗
• No Growth-Promoting Antibiotics , contributing to weight gain & antibiotic resistance	✓	✗
• No Ractopamine drug residues, banned in dozens of countries	✓	✗

More Info at FOODBABE.COM

Nov/Dec **MAD**

Pick your own two days

to receive **10% off your purchases!**
(Excluding mark-downs & deli items)

Be sure to tell the cashier **BEFORE** they start ringing up your purchases that you are using your **MAD** discount!

Member Appreciation Days (MAD) are offered 4 times each year, and are yet another way to save money at the Co-op.

Memberships are only \$10/year and you can recoup your membership by shopping just one **MAD**.

October Forum

Join us!

Harvesting Mesquite with Bart Hiatt

Thursday, October 13
from Noon to 1 pm

at the Silver City Food Co-op

520 N. Bullard St.

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

CO-OP
KID



Corner

The Silver City Food Co-op – You Own It!

Did you know?

- Your Co-op donates to more than 30 non-profit organizations every year.
- Your Co-op donates to an additional 12 non-profits through the bag refund chip boxes each year.
- Your Co-op supports 50 New Mexico producers.
- Your Co-op collects donations and gives food each month to the Food Pantry.
- Your Co-op is committed to organics.
- Your Co-op supports fair trade farmers and producers.
- Your Co-op supports local artisans.
- Your Co-op helps educate your community through forums and sponsorships to the NM Organic Farming Conference.
- Your Co-op offers free fruit to children through the Co-op Explorers Program.
- Your Co-op is committed to sourcing products locally, before buying elsewhere.
- Your Co-op cares about the employees and the environment.
- Your Co-op care about your pocketbook and offers Co-op Basics organic food at an everyday low price, and Co-op Deals are offered every two weeks.
- Your Co-op offers members 20% off member specials each month.
- Your Co-op offers Member Appreciation Days 4 times each year, where you can receive up to 20% off.

It's not just a great, friendly grocery store. You own it with your friends, and the profits and money made stay in your community and are not sent out to a corporate headquarter.

Be proud that you are an owner/member of the Silver City Food Co-op!



Events to Celebrate National Co-op Month!

We are so proud to be a member owned Co-op.

We are celebrating Co-op Month with the following special programs and events.

- | | |
|---|--|
| <ul style="list-style-type: none"> • Saturday, October 1, 11 am
Diabetic Foods tour of the Food Co-op with Bret Sarnquist • October 6
Screening of <i>In Defense of Food</i> • October 8
Membership Drive | <ul style="list-style-type: none"> • October 13
Community Forum: Harvesting Mesquite with Bart Hiatt • October 18
Produce give-a-way. Buy produce and receive free produce! • October 24
20% off all bulk including spices |
|---|--|

Weekly drawings!

October

Saturday, October 1, 11 am
Diabetic Foods tour of the Food Co-op with Bret Sarnquist
Meet at 614 N. Bullard St.

Thursday, October 6, 4 pm and 7 pm
Screening of *In Defense of Food*
In celebration of Nat'l Co-op Month
Silco Theater

Saturday, October 8, 9 am to 3 pm
Membership Drive
Become a Co-op Member!
614 N. Bullard St.

Saturday, October 8, 9 am to 2 pm
Artisan Market
Support local artisans!
520 N. Bullard St.

Thursday, October 13, 12 noon to 1 pm
Community Form: Harvesting Mesquite with Bret Hiatt
520 N. Bullard St.

Saturday, October 15, 11 am to 1 pm
Recycled Bottle Cap Art in collaboration with the Red Dot Art Fest
614 N. Bullard St.

Wednesday, Oct. 19, 4:30 pm to 7:30 pm
Silver City Food Co-op Board Meeting
614 N. Bullard St.

Saturday, October 22, 9 am to 2 pm
Artisan Market
Support local artisans!
614 N. Bullard St.

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

November

Saturday, Nov. 5 & 12, 10 am to 3pm
Artisan Market
Support local artisans!
614 N. Bullard St.

Thursday, November 9, 12 noon to 1 pm
Community Forum
Healthy Holiday Eating
614 N. Bullard St.

Wednesday, Nov. 16, 4:30 pm to 7:30 pm
Silver City Food Co-op Board Meeting
614 N. Bullard St.

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

CO-OP Community



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

Co-op Community Donations

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

Grant County Food Pantry • Gila River Festival
SW NM Breastfeeding Council • Woman's Club
P.E.O. Sisterhood • LGBT Grant Co.

Bag Refund Donation Program

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

Puppy Dog Ranch	Lotus Center
<i>\$105.15 August</i>	<i>\$79.75 August</i>



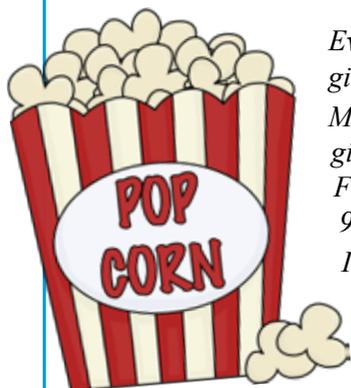
Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service.

Christine Dalmedo • Saguara Compton • Sharon Bookwalter
Janet Goodrich • Deb James • Sophia Brugman
James Oden • John Tank • Jane Papin
Richard Mahler • Setta Roberts • Pamala Morgan



POPCORN POPPERS Needed!



Ever notice how happy people are when you give them something?

Make lots of people happy making and giving out popcorn and food samples on Fridays at the Co-op! Shifts are: 9am to 12noon and 12noon to 3pm.

It's fun and you get to visit with your friends and meet new friends.

Contact: charmeine@silvercityfoodcoop.com

*October is National Co-op Month!
We are celebrating with special activities and Community Events*

Screening of *In Defense of Food* at the Silco Theater

We are celebrating and kicking off National Co-op Month with a free screening of *In Defense of Food* based on the book by Michael Pollan. The screening is free, and everyone in the community is welcome! There will be information from community organizations and drawings. Don't miss it!

Membership Drive

On Saturday, October 8th, from 9 am to 3 pm, we will have a membership drive! Come and meet board members, learn the benefits of being a member, and put your name in for the drawing.

Red Dot Art Activity

On Saturday, October 15th, from 11 am to 1 pm, we will host a children's art activity in front of the Market Café. Come by and make a recycled bottle cap magnet.

Produce Promotion

On Tuesday, October 18th, while supplies last, get free tortillas or other product with a produce purchase!

Bulk Promotion

On Monday, October 24th receive 20% off bulk items including spices and teas!

Artisan Markets

Artisan Markets are held the second and fourth Saturdays of the month, May through October, 9 am to 2 pm, and November through April, 10 am to 3 pm.

Open to member artisans with handmade arts and crafts. Contact charmeine@silverfoodcoop.com if you are interested in selling your handmade art.

Community Forums

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

Popcorn Fridays

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

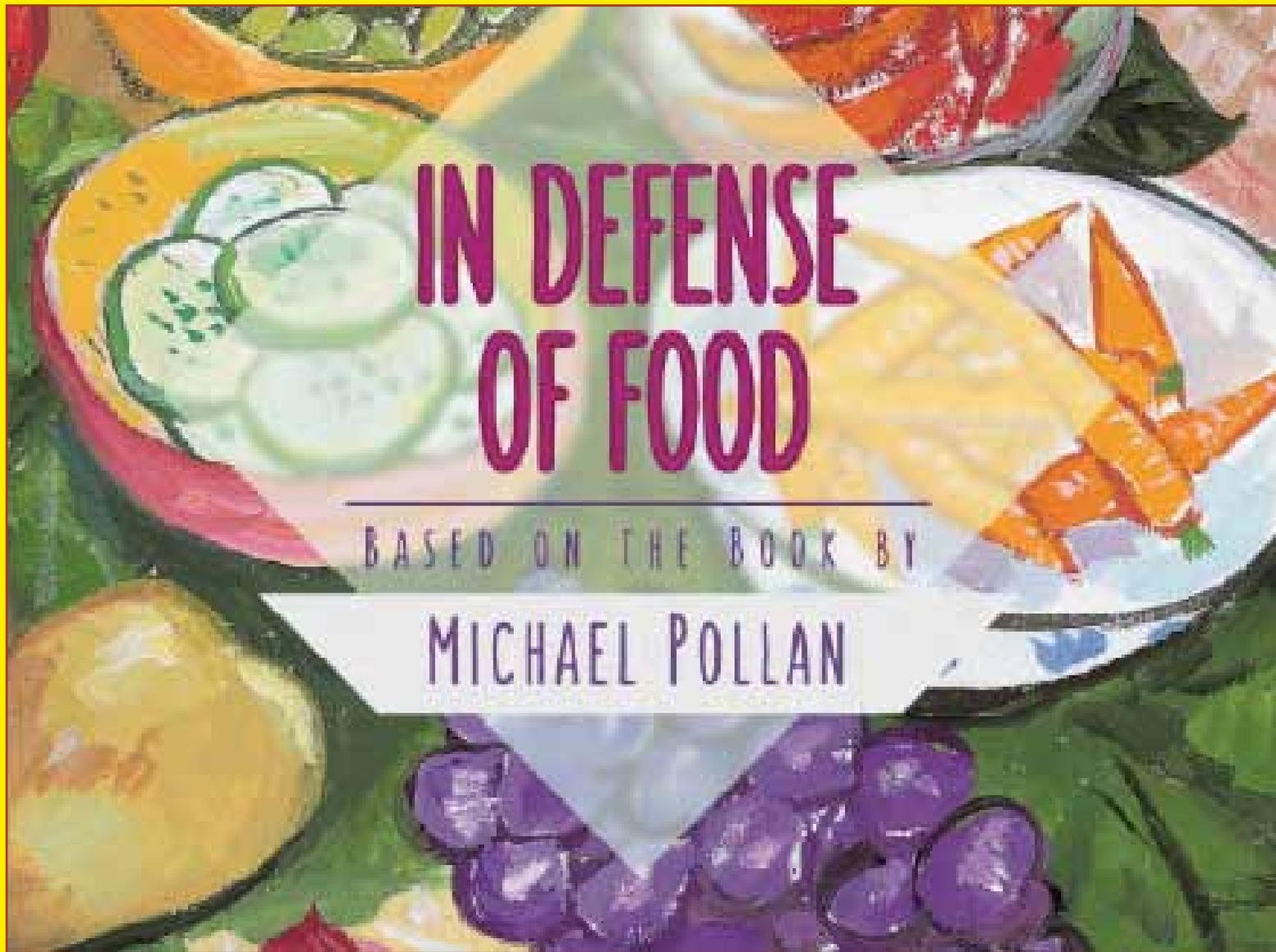
Volunteer at the Co-op

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

It's a win-win!

To volunteer, please contact Charmaine at 388-2343 or email charmeine@silvercityfoodcoop.com.



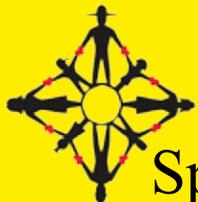


You're invited to a **FREE** show!

Have you ever wondered what to eat to be healthy?
Join us for a free screening of a great new film that answers the question
with seven words you will never forget.

Thursday, October 6, 2016
4 pm and 7 pm

Silco Theater, downtown Silver City
Donations Appreciated



Sponsored by the Silver City Food Co-op & Silver City Main Street

Getting Great Food: Food Co-ops

Co-ops are locally owned grocery stores—with a delicious difference.
What sets them apart?

- Co-ops work hand-in-hand with local farms and food producers to bring you and your family fresh, local food. You don't have to wait until farmers' market day to stock up on seasonal specialties—they're at the co-op every day!

- Co-ops help build healthy communities. By shopping at the co-op, you become part of a community that supports sustainable production methods, healthy and delicious foods, and the growth of your local economy. Talk about great taste!

- At the co-op, you can stock up on food, household items, cleaning supplies, toiletries, flowers, and more—and pick up lunch while you're at it. The difference? You know you can feel good about the products you buy there. There's an abundance of tasty, healthy food, but rest assured that you can still find delicious indulgences, too.

- Love your co-op? Become a member! Cooperatives are open to everyone, and members become part-owners. Contact your local co-op to find out more about the wealth of member benefits.

Get to the root of common co-op myths and misconceptions, and find your local food co-op. Be sure to read about shopping at farmers' markets and CSAs, too.

By: Co+op, stronger together



By choosing products from these companies, you're supporting businesses that care about people and contribute to livable, sustainable communities around the world. Read their stories at www.strongertogether.coop.

2 U From Your Board...

By Bill Blakemore, Silver City Food Coop member-owner on the Board of Directors and chairperson of the ML committee

What in the World Is ML?

Every organization, with more than three members, has acronyms for anything and most everything. The Board of Directors for The Silver City Food Coop is no different. The board has four standing committees, all with acronyms. When I became a member of the board a few months ago, I jokingly asked for an acronym guide. Since then most acronyms make sense to me, but once-in-awhile I would go scrambling for my board manual to play catchup with a fast-moving discussion during a board meeting. My favorite acronym is ROD which stands for Recruitment, Orientation, and Development. This acronym, to me, explains the need and speed of it all.

As committees were being formed, I landed on ML. So, what in the world is ML? ML stands for Member Linkage. To me linkage is a part of a bicycle chain or a chainsaw blade. As the name implies, ML (see, I am using acronym already) committee links up two different parts of the Silver City Food Coop which I will refer to as "SCFC" in any future reference. I do digress. Anyway, ML links, in theory, the member-owners and the Board of SCFC. Think of a master link in a bicycle chain. It is a necessary part of the chain which connects all of the chain parts together. If the chain breaks, one looks at the master link first. Usually, that is where the problem is. I am digressing again.

The purpose of ML is to be a conduit for information from the member-owners to the board and from the board to member-owners. On the ML committee there are at least the following members: two board members, one staff (SCFC employee), and others volunteering from the membership. Currently, we have three board members, all member-owners, one staff member, and two volunteers. WE ARE LOOKING FOR AT LEAST ONE MORE MEMBER-OWNER VOLUNTEER. So, if you don't read anything else in the article, please read and remember that last sentence- the one in CAPS.

So, what does ML do other than report directly to the SCFC Board? Well, there is a lot more to ML than meets the eye (MTE). First of all, ML coordinates the election process of new or returning board members. This process seems simple on the surface. However, one of Murphy's Laws (ML) is that nothing is as simple as what it first seems. The dates must be set with many factors considered. An example of these factors would be how is ROD (remember?) doing with finding new candidates, when is Easter, and when can staff make ballots available to the membership, to mention a few?

A second duty of the ML is to plan an "exciting" annual General Membership Meeting (GMM). "Exciting" is an interesting word. Who will be attending the GMM? Will it be 18 year-old members on steroids or 80 year-old members on life-support? ANSWERING THIS QUESTION IS WHY WE NEED MORE VOLUNTEER MEMBERS ON ML. Planning for the GMM is a very key function of ML: think Membership Linkage, not Murphy's Law.

A third function of ML is preparing a calendar for articles from the SCFC Board and published in the GG (Garbanzo Gazette). Now, this seems easy, but do you remember ML (Murphy's Law)? The challenge is coming up with topics for the articles and then finding someone to write them. Sadly, but understandably, all these articles are to be written by a board member. So, a degree of politicking, deal-making, and horse trading is required here. Did I digress again?

Finally, ML is to plan a meeting (maybe two) which bring the board and the member-owners into a firmer state (FS) of communication. HELP! During the last board election, less than 300 votes were cast from a total of 2000 (give-or-take) members. Folks, that percentage is less than 18% which is Really Sad (RS). So the question is begged. How do we interest member-owners in coming to a meeting about their (your) coop? How do we entice member-owners to vote for directors on their own board? We need your help!

Here is how you can help. Volunteer to be a ML member. We meet on the first Wednesday of each month from 11 AM to noon. The meeting is in the community room of the Market Café, aka 614 North Bullard. Who knows? Maybe you will become interested in giving back to The Silver City Food Coop, and you, just maybe, will want to run for the Board of Directors. In that case, we will have a ROD member contact you.



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

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.



Many thanks to
Blythe Whiteley
for the
beautiful bouquets
from her garden.

Karen Strelko/President

Board Term: 2015-2018
browserandlouie@yahoo.com

Jean-Robert Béffort/Vice President

Board Term: 2016-2018
aspace.studiogallery@gmail.com

Jennifer Johnston/Secretary

Board Term: 2015-2018
johnstonjenny40@gmail.com

Gail Rein/Treasurer

Board Term: 2014-2017
rein.gail@gmail.com

Bill Blakemore

Board Term: 2016-2019
blakemore1936@gmail.com

Nancy Coates

Board Term: 2016-2019
coates@gilanet.com

Carmon Steven

Board Term: 2016-2017
yankiecarmon@gmail.com

Board of Directors

October Sales

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

October 5 - October 18



Bulk
 Organic
 Steel Cut Oats
 reg \$1.69#
SALE \$1.19#



Tofurky
 Italian Sausage
 14 oz
 reg \$4.69
SALE \$3.69



Amy's
 Asian Noodle
 Stir Fry
 10 oz
 reg \$5.39
SALE \$4.69



Tasty Bite
 Entrees
 Assorted, 10 oz
 reg \$3.69
SALE \$2.50



Aloftia
 Shampoo & Conditioner
 Unscented, 32 oz
 reg \$11.69
SALE \$7.99



Bach
 Rescue Remedy
 10 ml
 reg \$13.99
SALE \$10.99

October 19 - November 1



Organic Valley
 Large Brown Eggs
 reg \$5.19
SALE \$3.99



Kingdom
 Cheddar
 Carmelized Onion
 6 oz
 reg \$5.59
SALE \$4.99



evol
 Egg & Green Chili
 Burrito, 6 oz
 reg \$2.99
SALE \$2.19



Acure
 Aromatherapeutic
 Argan Oil
 Assorted, 1 oz
 reg \$12.99
SALE \$8.99



ecover
 Stain Remover
 6.8 oz
 reg \$4.59
SALE \$2.69



Boiron
 Chestal Honey
 Adult, 6.7 oz
 reg \$11.99
SALE \$7.99

Members Only Specials October 5 - November 1



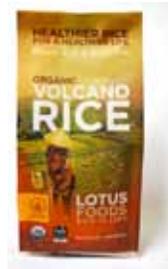
Nancy's
 Plain
 Soy Yogurt
 reg \$3.99
SALE \$3.19



Big Island Organics
 Assorted Drinks
 16 oz
 reg \$2.89
SALE \$2.39



Pacific
 Pumpkin Puree
 16 oz
 reg \$3.99
SALE \$3.19



Lotus Foods
 Volcano Rice
 15 oz
 reg \$4.29
SALE \$3.49



Simply Organic
 Vanilla Extract
 4 oz
 reg \$10.99
SALE \$8.79



BHI
 Mucus Relief
 100 tabs
 reg \$13.49
SALE \$10.79