



Volume 16

Silver City Food Co-op

GARBANZO GAZETTE

Our monthly newsletter • March 2016

Long Ago, and Far, Far Away . . .



Toad Lane

In the city of Rochdale, England in the year 1844, twenty eight weavers and other craftsman started the first food cooperative. They started the cooperative in response to being denied a raise by their employers. Men, women and children worked from 6 am to 8 pm for a penny or two an hour. With no worker's rights, the craftsman could not increase their wages, so they decided to decrease their costs.

They realized that they could pool their money and buy food in bulk that was better and cheaper than what was available at the local markets. They would work cooperatively and with democratic control over the store.

Thus, the Toad Lane store was opened with only a scanty supply of flour, butter, sugar and oatmeal. The store blossomed and started a movement that is now in 50 countries and in many forms (electric, farm, etc.). A similar minded group of Silver City residents started our Co-op in 1974, so they could purchase brown rice and whole wheat flour otherwise unavailable in Silver City at that time.

The pioneers of the cooperative movement laid down seven govern-

ing principles that all cooperatives follow, and are listed each month on page 2 of this publication.

One of the principles, number seven, is concern for community. Many people shop the Co-op because they know we care about the products we sell and look to purchase the best products at the best possible price we can. Programs like the new Co-op Basics is just one way we strive to make good organic food affordable.

Concern for community means so much more. It means that the co-op uses money earned to support the community in many ways.

Each month, the Co-op gives food to the food pantry, donates cash sponsorships to many, many area non-profits, and gives gift bags and gift cards to many organizations for their fundraising events. We collect bag use donations for area non-profits as well. We support our community by donating and participating at outreach events, like the

Farmers's Market Home and Garden Expo, Jump into Summer, Grand Fondo Bike Race, Tour of the Gila, Grant County Fair, the Volunteer Centers' school garden projects, and Mimbres Region Arts Council to name a few.

In addition, we provide space in our

community room to members for meetings. We are currently booking a meeting almost every day in the community room and many days have back-to-back meetings. These are for meetings that are free and open to our community.

When you choose to purchase your groceries at the Co-op, you are not only keeping a neighbor or friend employed, you are supporting your community. According to the American Independent Business Alliance, "On average, 48 percent of each purchase at local independent businesses was

recirculated locally, compared to less than 14 percent of purchases at chain stores."

Shop the Co-op and participate in an economic alternative founded in 1844



Deb & Ann at Chocolate Fantasia 2016



Betty at the Jump into Summer booth

that cares for employees, neighbors, the environment and our community. Join us on March 19 for a Member Appreciation Fun Day, with free samples and prizes!



Co-op Hours:
Monday - Saturday
9 am - 7 pm
Sunday
11 am - 5 pm
575•388•2343
520 N. Bullard St.

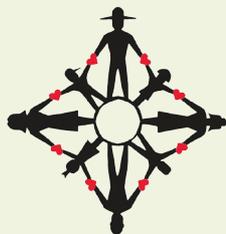
Silver City Food Co-op
Market Café
Café Hours:
◆ New Hours ◆
Sunday
8:30 am - 5:00 pm
Monday,
Wed. - Sat.
8:30 am - 7 pm
Closed Tuesday
575•956•6487
614 N. Bullard St.



YOU ARE WHAT YOU EAT

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

Café Hours

Wed-Mon 8:30am-3:30pm

Ends Statement

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

Seven Cooperative Principles

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

Joe Z

general manager

Mike Madigan

assistant manager

The Garbanzo Gazette Gang

Editor: Charmaine Wait

Contributors: Gail Rein, -Susan Van Auken

Layout & Design: Carol Ann Young
& Meggie Dexter, Consultant

Submissions are welcomed!

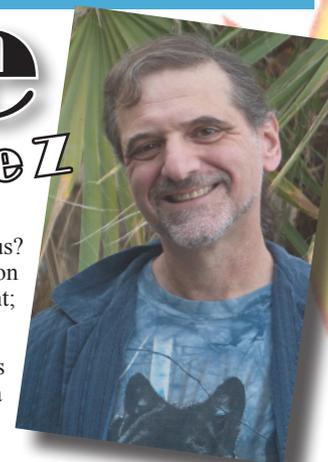
Submit letters, articles, or items of interest to:
gg@silvercityfoodcoop.com

©2016 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.

Cup o' Joe

by Joe Z



The following is a reprint of my first column published in Jan of 2013. After 3 years here, it is still as relevant to me as when I first arrived here:

- "You're going WHERE??"
- "It's in the middle of nowhere!"
- "Co-op? Again with the Co-ops!"
- "Can't you find a job closer to here?"
- "Are you crazy??"

Yeah - those are some of the reactions from my friends upon learning that I was moving to Silver City and will start working at the Co-op. You would hope for a "Great. That's so cool!" or a "Wow! We'll come visit!" or even a "well, that's interesting". But no. As often is the case, change is not readily integrated into our perceptions of everyday reality. And probably for good reason. Indeed, change can be difficult and even scary.

Of course, I have the benefit of knowing what I'm changing to and it's as far from scary as one can get. It's true that many folks have not ever heard about Silver City but it's hardly in the middle of nowhere. When I moved to Phoenix over 32 years ago, the census data claimed that there were 1.5 million people in the Valley of the Sun. The same data shows that there were just over 26,000 people in Grant County. The most recent census of the Phoenix Metro area: Over 3.8 million people. Grant County: Just over 29,500. I watched over 2.3 million people get added to the area. And I was one of those people.

Drive across the seemingly endless roads and freeways of this sprawling repetitive metropolis and I'll show you the middle of nowhere. Step inside the umpteenth Mall and wander the ubiquitous strip-mall and I'll show you the middle of nowhere. Sit in traffic with 5 lanes in each direction and I swear you'll believe that you're in the middle of nowhere.

Now I'm not really bad-mouthing Phoenix. I chose to live there and had a great time. I also tended to live near the rural edge of town with easy access to their magnificent park system: the amazing Phoenix Mountain Preserve filled with wondrous hiking, biking and equestrian trails. It was easy to make believe I was living far from town.

Large cities are necessary, offer lots of things to do with people to meet and seem to be preferred by most of the population - or at least accepted. They're really good things although often laid out and run poorly. Yet there is a small percentage of people for whom the cities just don't work. They feel more at home on the planet when living in a small community deftly nestled into the Earth's crust. I am one of those people.

Silver City is a gem. After two days of first exploring and then looking for places to reside, the town tickled me with its sweetness and, perhaps, innocence. Okay - maybe I'm romanticizing a bit but, hey, why not? Shouldn't the place

you travel to be desirous? The city's stable population broadcasts contentment; community; home.

Even more amazing is that this tiny town has a thriving Co-op with around 2,000 members - that's nearly 7% of the population of Grant County! And not any type of Co-op but a well run Natural Food "New Wave" Co-operative. The amount of Food Co-ops in Phoenix- home to over 3.8 million people: Zero.

Co-ops in this country took root in the later 1800s and were quite prosperous through the '30s. They began to wane in the '50s with the advent of supermarkets and the exodus to suburbia. Then in the sixties and seventies, a new breed of Co-ops sprang up centered around nutrition, whole healthy foods, community, democracy and ecology. These were the New Wave Co-ops.

Many, if not most, failed. Good ideas, great idealism, intense earnestness but, alas, often, poor business acumen.

And Co-ops, at times, can prove difficult in nature. The oft repeated cliché about herding cats certainly may apply to some Co-ops. That's because Co-ops attract dedicated, passionate people who believe in empowering each other and creating an alternative for the commonly known 99%. A business where integrity, community, education, right livelihood and a dedication to the members - the owners - reigns supreme.

This small enclave boasts one of the success stories of the New Wave Co-op Movement. Is it any wonder that an outdoor type person and old Co-op enthusiast as myself be attracted to the Silver City Food Co-op?? Aren't Co-ops rather noble endeavors focused on empowerment and enablement of the average person? Isn't the energy force behind Co-ops ultimately the heart? So yes - Again with the Co-ops!

Okay - now as for the crazy part. It really isn't up to me to make that determination about myself. And I've heard credible arguments that could certainly make it seem so. Often I find myself running counter to popular culture and group mindsets. I'm fine with that though, at times, it seems to annoy others. I've always believed that one needs to remain true to oneself as long as you're respectful of and don't hurt others.

It is with great enthusiasm and delight that I join with the Silver City Food Co-op community and I'm honored that I've been asked to do so! Everyone that I've met here has been filled with warmth and commitment. I'm feeling energized!

Good people! Good town! Good food! Sounds perfect!!
Let's have fun!





Market Café Chitchat



Wouldn't it be nice if you could stop by the Market Café at the end of your work day and pick up a pint of Spicy Peanut Pasta, a few bagels, or made-from-scratch soup for the whole family? We think so. From the start of the Market Café, we've been thinking about being open into the evening for that very reason. We're here to provide quick and easy dishes to go along with your dinner.

Heading to a potluck tonight? We've got you covered.

Want a healthy salad to add to tomorrow's lunch? We can do that.

You've got something defrosting in the fridge but ran out of time to think about what to make -with it? Let us take care of it.

Our deli salads range in price from \$6.99 - \$10.99 per pound. We make them with fresh, organic, non-GMO ingredients. And, our staff is creative and enthusiastic about healthy good food. Come and taste the difference!

Oh! And by the way, our full menu is available into the night, as well. So, if it's a Falafel Pita or Bionic Burger you're in the mood for, come on in. We're happy to serve.

Our lunch crowd keeps coming back, so we're really hopeful that we're on to something. Opening into the evening hours presents us with a whole new opportunity to serve our members and visitors alike. The Market Café is located at 614 N. Bullard St. (one block up from the Co-op) and now that we're open until 7 pm, (5:00 on Sundays) we're excited to meet all of you who haven't had the chance to make it in yet. Thanks for supporting your Co-op!




\$1.00 Off
any
Los Poblanos
Lavendar
Product

Market Café, 614 N. Bullard St. - good through 3/31/16

Staff Picks from the Market Café



Sarah Horton, Market Café Supervisor states her favorite deli item right now is baba ganoush. "It is just delicious!" Sarah said she would like people to know that the Market Café offers, tons, TONS, of vegan and gluten free deli options each day.

**Free samples are always available.
Just ask to try a deli item!**



Stephen Pierce is from Atlanta, GA and has lived here in Silver City for almost one year. We are so glad that Stephen is working at the Market Café! Stephen's pick is chopsticks. We have a wide variety of styles and Stephen states, "I like chopsticks because when you eat with chopsticks, it makes you a lot more mindful of eating. You are more deliberate in your actions." When asked what he would like people to know about the Market Café, he states, "That we offer organic food, and we focus on offering as many local products as possible. Come on in and try our vegan and gluten free waffles!"

KITCHEN MEDITATIONS

Spinach, Blue Cheese, and Walnut Salad

This salad has an elegance that can be built upon with just a few extra steps, like caramelizing the pears and/or the walnuts, (or buying a prepared caramelized walnut snack).

What You Need

- Baby spinach
- Chopped green onion
- Flesh of a pear, chopped
- Sliced strawberries
- Chopped walnuts
- Crumbled blue cheese
- Balsamic vinaigrette

Directions

1. Layer the first five ingredients.
2. Drizzle with vinaigrette.



Recipes courtesy Tasteforlife.com



Strawberry & Spinach Energy Smoothie

Ingredients:

- 1 c organic strawberries
- Handful of organic baby spinach (use as much as you like, about ½ cup or 10 baby leaves is a good portion)
- 2 Tbsp Protein powder. (We have a variety of protein powders in the supplement department.)
- 1 c coconut water
- 2 Tbsp organic agave nectar or a pinch of stevia
- (completely optional) I did not use any additional sweetener in mine because there is plenty of sweetness in the strawberries and coconut water; but if you prefer it sweeter, a little agave or stevia would be great.

Directions:

1. Refrigerate all ingredients; wash and remove stems from the strawberries, and place everything in a blender. Blend for a few minutes until all is pureed, sweeten if desired and pour into a glass. Enjoy immediately!
2. For a chilled version, freeze strawberries and use them instead of ice. Blend the strawberries first and add in all the other ingredients. Mix and serve.

The Frugal Co-op Chef



Roasted Potatoes with Chilies (for four)

From *Good and Cheap* by Leanne Brown

It doesn't get much simpler or more satisfying than this. You can use any pepper you like—from large, dark poblanos, to Hungarian wax chilies, to bell peppers.

- 4 medium potatoes, chopped into bite-sized pieces
- 4 medium chilies, chopped into bite-sized pieces
- 2 cloves garlic, unpeeled
- 1 tbsp butter, melted
- salt and pepper

In a large roasting pan, tumble together the potatoes, peppers, and garlic. When you chop the peppers, be sure to get rid of the seeds and white placenta inside.

Pour the butter over top and sprinkle liberally with salt and pepper. Potatoes need quite a bit of salt! Use your hands to mix everything up.

Roast for 1 hour, or until you can spear the potatoes easily with a fork and everything is a little crispy. Squish the garlic cloves, discard their skins, and spread the roasted garlic throughout.

In addition to being a great side dish, this makes a delicious taco filling.

Alternatively, try it alongside some black beans and rice or piled high on a plate with an egg on top.

Nutrition Nugget

Strawberry

The beautiful and delicious strawberry will protect your heart, increase HDL (good) cholesterol, lower your blood pressure, and guard against cancer.

Packed with vitamins, fiber, and particularly high levels of antioxidants known as polyphenols, strawberries are a sodium-free, fat-free, cholesterol-free, low-calorie food. They are among the top 20 fruits in antioxidant capacity and are a good source of manganese and potassium. Just one serving -- about eight strawberries -- provides more vitamin C than an orange.

First cultivated in ancient Rome, strawberries are now the most popular berry fruit in the world. In provincial France, they were regarded as an aphrodisiac. These red gems may be good for your heart in more ways than one.

Courtesy Webmd.com



Jake's March Produce Picks

Spring is here and with it fresh greens and early strawberries. You can always count on Jake to bring the best possible produce to the Co-op. When you buy your produce at the Co-op, you can be assured you are buying organic, and you are supporting organic farmers and your Co-op.

Strawberries

Delicious, rich-red, sweet, yet gently tangy strawberries are among the most popular berries. These berries belong to the Rose family and are native to Europe.

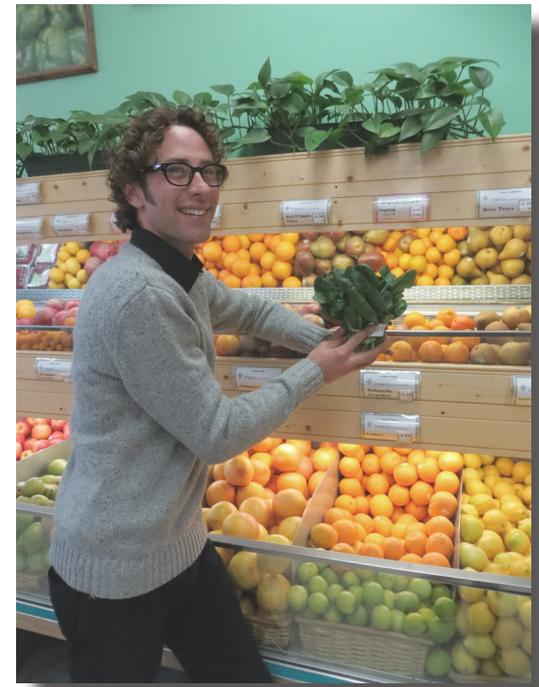
Before storing inside the refrigerator, sort out any damaged and those affected by mold so that they should not spoil healthy ones. Place them in a wide bowl or spread out on a plate covered with a paper towel. They keep fresh inside the refrigerator for a day or two. Use them as early as possible. For extended storage, place them in the freezer compartment.



Spinach

Spinach is one of the wonderful green-leafy vegetables often recognized as a functional food for its wholesome nutritional, anti-oxidants and anti-cancer composition. Its tender, crispy, dark-green, and tasty leaves are one of the favorite ingredients of chefs all around the planet.

Buy fresh leaves featuring dark-green color, vitality, and crispiness. Although it can be stored inside the refrigerator for up to a week, fresh leaves should be eaten at the earliest in order to get maximum nutrition benefits.



Product Spotlight

Wilderness Poets is a wonderful brand of food made by people who care about what they make and our planet. The Co-op carries Wilderness Poets nut butters and two of the Wild Mix snack foods.



Coupon for Wilderness Poets
Song of Delight
or *Song of Abundance*
3.25 oz Wild Mix



\$1.00 Off



Silver City Food Co-op 520 N. Bullard - good through 3/31/16

Try these Wild Mix snacks at home, the office, or on the trail!

Superfood Blend "Song of Abundance" Wild Mix is a delicious celebration of the finest living organic nuts and berries grown on Earth. This protein and antioxidant rich feast will nourish your body and spirit. -Enjoy!

Mulberry, Pistachio, Pecan "Song of Delight" Wild Mix

Introducing our newest deliciously delightful creation. You will feel the wisdom of the Ancients in this deeply satisfying and nourishing Organic Wild Mix. We have combined caramely, chewy, White Mulberries with vibrant, fresh, green California Pistachios, and beautiful, creamy, New Mexico micro-climate grown Pecans to bring you this delicious Song of DELIGHT!

Nut Butter Snackers (1.8 oz each) available in Macadamia, Pistachio, and Pumpkin Seed. In the nut butter aisle you will find the "Snacker" size of Pistachio, Pumpkin Seed and Macadamia nut butters. They are perfect for airplanes, camping, road trips, lunches, snacks and they make great gifts. The Raw Nut Butters are made in small hand crafted batches and processed at a low temperature to preserve the live enzymes, proteins, and nutrients.

Desert Tortoise Botanicals

Our mission at Desert Tortoise Botanicals is to provide the finest quality handcrafted herbal products while nurturing active stewardship of local plants and supporting the dynamic heritage of traditional herbal practice in the Sonoran desert region.

Prickly Pear Juice, 12oz

Fresh Prickly Pear juice concentrated through heat pasteurization. No sweeteners, nothing whatsoever added. All natural Prickly Pear fruit juice. Prickly pear is rich in electrolytes, vitamins and minerals. It is known to be antioxidant and anti-inflammatory and works great for chronic aches and pains.

Combines well with fresh lemon juice, hibiscus, chia seeds, and so much more!

Uses: Chronic inflammation, insulin resistance, diabetes, high blood pressure, high triglycerides/LDL, GERD, acid reflux, arthritis, boost immunity, cold, flu, herpes sores, enhance stamina, improve recovery after exercise, etc. It has been shown effective against certain forms of cancer in vitro.

Desert Tortoise Botanicals Prickly Pear Juice, 12 oz



\$2.00 Off



Silver City Food Co-op, 520 N. Bullard - good through 3/31/16

OUR CO-OP



Pick Your Own **MAD** February/March

Pick your own day to receive 10% off your purchases!
(Excluding Co-op Basics, 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 Fun Day

March 19 • 9 am to 3 pm
Free samples and prizes!

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 re-coup
your membership by shopping just one **MAD**.



March Forum

New Mexico
Organic Farming Conference Round-up!
Come and learn about the workshops and
classes from the 2016 Conference

Thursday, March 10th
from Noon to 1 pm
Community Room @ the Market Café
614 N. Bullard St.

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

You love your Co-op. Why shouldn't they? Introducing the Co-op Ambassador Program

As a member/owner of the Silver City Food Co-op, you know all the
things that make this a great place to eat, shop, and support. That's why
you're exactly the right person to bring your friends on board.

Introducing the Co-op Ambassador Program – a contest where you're
entered to win gift cards for every new member you refer.

How does it work? Becoming an Ambassador is easy!

1. Collect your materials. You only need two things to be an Amba-
sador: Referral coupons, and brochures. Write your full name on your
referral coupons and give them to people you think might sign up, and
hand out brochures to inform people on the benefits of membership. You
can pick up these materials at the cash registers.
2. Refer and win! For every new member you refer, you'll be entered
once monthly to win a \$38 gift card. For each successful referral, we'll
email you, so you can keep track of your progress.

April Annual Home & Garden EXPO

Date in April to be Determined

Featuring ongoing gardening demonstrations,
community & school gardens, sale of spring starts & native plants,
seed swap, home & garden vendors, food.
Small admission fee.

All proceeds support the SC Farmers Market.

For more info: Francesca West, Market Manager:
silvercityfarmersmarket@gmail.com or call: 575-654-4104

NOTICE TO MEMBERS

The 2016 election period for the Board of Directors begins March 11, 2016 with
the receipt of candidate statements. There are four positions open. If four candidates are
elected in 2016, the candidate with the fewest votes will serve a one-year term and the
candidate with the next fewest votes will serve a two-year term. These shorter terms are
due to not enough candidates being elected the past two years, so the board made one-year
appointments. The other two candidates elected will serve the full three-year term.

Election packets with the candidates' election statements and ballots will be
mailed directly to the member-owners March 31st and also be available in the store when
the election period begins.

The voting period ends May 1, 2016 at the General Membership Meeting to
be held at the Volunteer Center in Silver City. Ballots will be counted May 6th (to allow
for mail-in ballots) and election results will be posted in the store by May 7th. The new
board will be seated at the May 18, 2016 board meeting.

Please make sure we have your correct address on file so you receive your elec-
tion packet in time.

CO-OP
KID



Corner

Our Community

• Bulk Foods • Your Best Buy

You know you are in a food co-op the moment you walk in the door. It doesn't matter where that food co-op is located; from Maine to Oregon, to New Mexico, the aroma is the same. What is that great aroma? High quality bulk foods! The bulk beans, grains, honey, and peanut butter machine aromas combine to make that great Co-op aroma.

In addition to smelling great, bulk foods are the best buy at the Co-op. Per pound, bulk foods cost 10 to 89% less than pre-packaged foods. You can purchase beans of all types, flours of all types, pastas, refried bean mixes, and falafel mix, to name just a few of the items in the bulk bin section. It's fun to walk down that aisle and carefully look at each bin and look for new products to try. In the bulk spice section, even more items wait to delight you including a variety of specialty teas, many, many spices, vitamin C powder, and even popcorn seasonings.

To save even more of your food dollars, buy more when an item is on sale. You can store most whole grains and dried beans for a year, and much, much longer if they are put in a food safe containers with oxygen absorber packets.

The cold and dry storage suggestions listed here are for simple storage in your home with no special containers.

COLD & DRY STORAGE SUGGESTIONS

Dried Fruit & Dried Fruit Mixes

Shelf Life (Bulk): 12 Months
Storage Requirements: Cold (50°- 60° F)

Grains

Shelf Life (Bulk): 12 Months
Storage Requirements: Cold (50°- 60° F)

Granolas & Mueslis

Shelf Life (Bulk): 9 Months
Storage Requirements: Cold (50°- 60° F)

Nuts, Seeds & Nut Mixes

Shelf Life (Bulk): 12 Months
Except Peanuts: 6 Months
Storage Requirements: Cold (50°- 60° F)

Pastas

Shelf Life (Bulk): 15 months
Storage Requirements: Dry & Cool (Below 60° F)

Spices, Herbs & Seasonings

Shelf Life (Bulk): 12 Months
Storage Requirements: Dry & Cold (50°- 60° F)

Bean Blends

Shelf Life (Bulk): 24 months
Storage Requirements: Dry

Chocolate & Carb Candies

Shelf Life (Bulk): 12 Months
Storage Requirements: Cool (60°- 65° F)

Veggie Chips

Shelf Life (Bulk): 6 Months
Storage Requirements: Cool (60°- 65° F)

*Courtesy of Co-Opportunity Natural Foods
in Santa Monica, Calif.*



Do you like shopping?

Want to help someone who cannot get to the Co-op?
Here is the perfect volunteer opportunity!
We need a shopper once a week for about 2 hours.

Is that you?

Contact charmeine@silvercityfoodcoop.com



March

Thurs., March 10, 12 noon to 1 pm
Community Forum
New Mexico Organic
Farming Conference Round-up!
614 N. Bullard St.

Saturday, March 12, 9 am to 2 pm
Artisan Market
Support local artisans!
614 N. Bullard St.

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

Saturday, March 19, 9 am to 3 pm
MAD Fun Day and
Membership Drive
520 N. Bullard St.

Saturday, March 26, 9 am to 2 pm
Community Flea Market
614 N. Bullard St.

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

April

April Date TBD
Farmer's Market Home and Garden Expo
A fundraiser for the Silver City Farmer's Mkt

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

**Sunday, April 10, 1 pm to 3 pm &
Monday, April 11, 5 pm to 7 pm**
Forks over Knives, a documentary
about plant based diets
614 N. Bullard St.

Thursday, April 13, 12 noon to 1 pm
Community Forum
614 N. Bullard St.

Wed., April 20, 4:30 pm to 7:30 pm
Silver City Food Co-op Board Meeting
614 N. Bullard St.

Saturday, April 23
Earth Day Fair
Gough Park

Saturday, April 23, 9 am to 2 pm
Community Flea Market
614 N. Bullard St.

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

CO-OP Community



Co-op Community Donations

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

*Grant County Food Pantry
Gila Mimbres Community Radio
New Mexico Organic Farming Conference
The Volunteer Center, Food Corp*

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:

End of the Road Ranch
\$111.20 January

The Bikeworks
\$90.10 January



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service.

Sophia Brugman • Christine Dalmedo

Mary Ann Finn • Deb James

Saguara Compton • Two Crow • Althea Shoemaker

Marta Bloy



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

Membership Drive & MAD Fun Day

On Saturday, March 19th from 9 am to 3 pm, the Co-op will be having a Membership Drive! Come by and win prizes and get some free samples in celebration of all our members!

Artisan Markets

The next Artisan Market will be March 12th at the Market Café from 9 am to 2 pm.

Contact charmeine@silvercityfoodcoop.com if you are interested in selling your handmade art.

Seed Library, Vegan Support Group and Permaculture Workshops

Did you know that on the third Saturday of every month the Seed Library has a workshop from 11 am to 12 noon? That is followed by a vegan/vegetarian support group at 12 noon, and a permaculture workshop from 1 pm to 2 pm. All are free, open to the public and held in the community room at the Market Café.

Community Flea Markets

The next Community Flea Market will be March 26th at the Market Café from 9 am to 2 pm.

Contact charmeine@silvercityfoodcoop.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 what your local non-profit does for the community, please contact charmeine@silvercityfoodcoop.com to discuss your proposal.

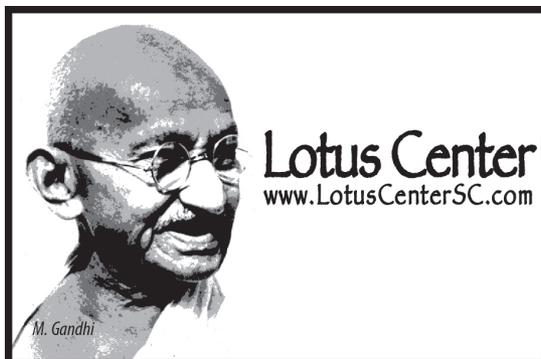
Popcorn Fridays

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, 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!

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.



Interested
in advertising your business?
This spot is available.
Email
carol@silvercityfoodcoop.com
with inquiries.

Ready to Lose Weight?

Let's Talk.

JeffGoinHypnotherapy.com
313-4087

Fun Facts about Organic Produce

Gala Apples
Fuji Apples
Pink Lady Apples
Granny Smith Apples
Pomegranates
Bosc Pears
Green D'anjou Pears
Red D'anjou Pears
Tangerines,
Blood Oranges
Valencia Oranges
Navel Oranges
Kumquats
Grapefruit
Lemons
Meyer Lemons
Limes
Kiwi Fruit
Strawberries
Raspberries
Bananas
Mangoes
Pineapple
Spaghetti Squash
Acorn Squash
Butternut Squash
Kabocha Squash
Pumpkins
Red Potatoes
Yellow Potatoes
Russet Potatoes
Sweet Potatoes
Japanese Sweet Potatoes
Red Onions
White Onions
Yellow Onions
Garlic
Shallots
Avocados
Roma Tomatoes
Cherry Tomatoes
Slicing Tomatoes
Carrots
Burdock Root
Parsnips
Turnips

Fun facts about our Co-op's organic produce section:

- Our organic produce provides fresh whole food, straight from nature's goodness, in luscious colors: red, orange, green, brown, yellow, purple, blue
- Fresh produce contains loads of natural vitamins and minerals
- Our produce section comprises roots grown underground, plant stalks, and leaves, and fruit grown above ground and dangling from trees, as well as various fungi
- On an average day we offer about 100 fruit and veggie varieties, only about 10 of which requires any packaging
- Seasonally there are a dozen or more items offered in this section that are grown locally
- While sales numbers show that produce is tied with bulk foods as the co-op's second largest department, all this produce fits into a small corner of the retail space in the store
- You see many different employees working lovingly with the produce, as it takes many hands to keep the popular produce section bountifully stocked

Why eat organic produce from the Co-op?

- Taste-bud satisfaction – do a taste test and you'll understand
- Great nutrition owing to the high standards of organic farming practices
- Grown on small or medium-sized farms, responsibly stewarding the soil
- No dangerous chemical pesticides, herbicides, or fertilizers
- No GMOs
- Supports nature's own processes, good for the Earth and good for you!

Fun facts about the Co-op's produce supplier:

Our primary source for our delicious organic produce is Veritable Vegetable (VV), a woman-owned company, based in San Francisco that serves California, Arizona, New Mexico, and Colorado. Here are more facts about VV:

- VV supports small to mid-sized farmers
- VV supports and sells to independent retailers and co-ops
- The majority of VV's staff are women (65%)
- VV pays above the San Francisco living wage
- The farmers who sell to VV receive a fair payment for their labor
- All workers connected with VV are treated equitably
- The VV trucking fleet was recognized by Fleet Owner Magazine as the "Green Fleet of the Year" in 2012, the smallest fleet to ever receive this award
- VV diverts 99% of their waste from the landfills
- Solar panels on VV's roof provides 34% of its electricity
- VV is a B Corporation meaning it is legally required to consider the impact of its decisions on employees, suppliers, community, consumers, and the environment
- Ten percent of VV profit is given to the community to increase knowledge about healthy food
- VV has been in business for 40 years
- A quote from the VV website says it all: "We focus on high integrity relationships, quality produce, environmental sustainability, and active community involvement."

So remember...

When you buy and eat fresh fruits and vegetables from our co-op and Veritable Vegetable, you are consuming the very best and contributing to the creation of a sustainable food system that treats the Earth and all people with respect.

Enjoy your naturally colorful foods!

***Be bold:
Try a different vegetable or fruit from
our produce selection today!***

Beets
Turmeric
Horseradish root
Ginger root
Celery
Broccoli
Cauliflower
Green Cabbage
Red Cabbage
Brussel Sprouts
Spring Green Mix
Red Kale
Dino Kale
Green Kale
Spinach
Bok Choy
Collards
Swiss Chard
Leeks
Scallions
Red Leaf Lettuce
Romaine Lettuce
Green Leaf Lettuce
Yellow Bell Peppers
Green Bell Peppers
Red Bell Peppers
Jalepenos
Cucumbers
Eggplant
Zucchini
Yellow Squash
Cilantro
Flat Leaf Parsley
Curly Parsley
Spearmint
Lemon Grass
Fennel bulbs
Sunchokes
White Mushrooms
Crimini Mushrooms
Shitake Mushrooms
Portabella Mushrooms
Alfalfa Sprouts
Pea Shoots
Wheat Grass
Walnuts in the shell

HABA & Supplement News

Kate Stansburger, Supplement Buyer

The Co-op is lucky to have Kate because of the great care and dedication she has for her job. Before bringing in any product, Kate researches the company for the following:

- makes sure the company accurately lists the ingredients and that they do not contain contaminants
- looks for both company and independent lab testing of those ingredients
- looks to see if the company bases the product on research and clinical trials

In addition to this rigorous research, Kate is working toward getting supplements that are GMO free. This is a long process because of all of the different ingredients in each product, and each ingredient has to be verified.

Although Kate cannot diagnose or prescribe a supplement for you, she can discuss the product, how it is made, the ingredients, and can direct you to in-store resources to help you decide which product is best for your needs. Kate is always happy to try to special order supplements that we may not carry. Rest assured that when you purchase a supplement at the Co-op, Kate has done her best to choose high quality product lines.

It's baaaack! DGL, the heartburn remedy is back on the shelves and Kate has taste samples. Just ask Kate

Patricia is pictured holding liquid smudge. Yes, liquid smudge! It's great for traveling.



Kate and Patricia

Patricia Walsh, Body Care Buyer

Patricia loves her job at the Co-op. Who wouldn't have a great time ordering hair products, soaps, lotions, skin creams, oils, bath essentials, and many more health and beauty products!

Like Kate, Patricia selects items from reputable companies that focus on pure, natural ingredients and the best processing methods. Many of the products in the Body Care Department are exclusive to the Co-op. Don't miss the section devoted entirely to made in New Mexico treasures. There is something for everyone!

If you have questions or need further information Patricia can be reached 4 evenings a week, Wednesday through Saturday. With limited space, she cannot accommodate all products, and is happy to special order items not on the shelf. Patricia truly appreciates feedback from the Co-op customers.



MegaFood

Daily Energy

52.5 g

reg \$19.99

SALE \$13.99

(Mar. 2 - Mar. 15)



Hyland's 4 Kids

Calm n' Restful

125 tabs

reg \$9.69

SALE \$6.99

(Mar. 2 - Mar. 15)



Avalon

Biotin-B

Shampoo or Conditioner

reg \$9.59

SALE \$6.99

(Mar. 2 - Mar. 15)



Kiss My Face

Key Lime

Moist Shave

11 oz

reg \$6.89

SALE \$4.99

(Mar. 2 - Mar. 15)



Redmond Clay

Toothpaste

Assorted, 4 oz

reg \$5.69

SALE \$3.99

(Mar. 16 - Mar. 29)



Acure

Root & Hair

Deep Repair

4 oz

reg \$12.99

SALE \$10.99

(Mar. 16 - Mar. 29)



Boiron

Optique 1

30 doses

reg \$17.49

SALE \$12.99

(Mar. 16 - Mar. 29)



Lily of the desert

Stomach Formula

32 oz

reg \$18.89

SALE \$13.99

(Mar. 16 - Mar. 29)

March 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.

March 2 - March 15



Bulk
Organic
Dark Red
Kidney Beans
reg \$3.69#
SALE \$2.99#



wildbrine
Korean Kimchi
18 oz
reg \$6.89
SALE \$5.69



Rice Dream
Vanilla
Non-Dairy Ice Cream
Pint
reg \$4.19
SALE \$2.99



Equal Exchange
Baking Cocoa
8 oz
reg \$7.99
SALE \$5.99



Bulk
Organic
Pinto Beans
reg \$2.69#
SALE \$2.39#



Organic Valley
Cream Cheese
8 oz
reg \$3.69
SALE \$2.99



Nature's Path
Hemp Plus
Toaster Waffles
7.4 oz
reg \$3.39
SALE \$2.50



R.W. Knudsen
Just Cranberry
32 oz
reg \$11.79
SALE \$6.99

March 16 - March 29



Bulk
Organic
Long Grain
Brown Rice
reg \$2.39#
SALE \$1.99#



Synergy
Kombucha
Assorted, 16 oz
reg \$3.29
SALE \$2.50



Applegate Naturals
Chicken/Apple
Sausage, 7 oz
reg \$5.19
SALE \$3.99



Bulk
Organic
Black Beans
reg \$2.39#
SALE \$1.99#



Frontier
Spanish Saffron
.5 gram
reg \$9.79
SALE \$8.99



Nancy's
Low Fat
Cottage Cheese
16 oz
reg \$5.99
SALE \$4.69



So Delicious
Dairy Free
CocoWhip!
9 oz
reg \$3.89
SALE \$2.69



Numi
Turmeric Tea
12 bags
reg \$6.99
SALE \$5.39

Members Only Specials

March 2 - March 29



So Delicious
Coconut Milk
Vanilla yogurt
16 oz
reg \$3.89
SALE \$3.49



Ian's
Chicken Nuggets
8 oz
reg \$6.19
SALE \$5.59



Food for Life
Sprouted Flax Bread
24 oz
reg \$9.59
SALE \$8.69



Ginger People
Ginger Peanut
Dip/Sauce
12.7 oz
reg \$5.69
SALE \$5.19



Acure
Rosehip Oil
1 oz
reg \$10.99
SALE \$9.89



Aura Cacia
Jojoba Oil
4 oz
reg \$13.59
SALE \$12.29



Future

FOCUS

by Gail Rein,
President

From Your Board...

PLEASE Consider Running for the Board

It's almost election time and I'm really hoping we have a full slate of candidates vying for the four open positions on the board of directors. Last year we had two candidates running and four open positions and the year before we had one candidate and two open positions. We really must reverse this trend. Let me explain why.

Directors serve staggered three-year terms so that approximately one-third of the board is elected each year. Maintaining these staggered terms is important because it means the board is made up of a healthy mix of experienced and new board members. Experience helps ensure smooth functioning of the board and newbies bring fresh ideas and new perspectives. Learning the ropes on the board is no small matter and most new board members really appreciate having a couple of experienced members to lean on. When we appoint board members, it is just until the next election. Too many appointments year after year can result in an overall inexperienced board and chaos.

Here's our situation now. We have three experienced board members and four inexperienced members. Of our experienced members, one will be on the board until next year and the other two are completing the last year of terms that end this year. Of our inexperienced members, two were elected (their terms end 2018) and two were appointed and unless these appointees run for election and are elected, we will lose them in May along with their year of learning and insights.

Here's the ideal situation. Elections are effective and there are no appointments. This means we would have two board members elected every year, except every third year when we would have three board members elected. Let's get back to the ideal—a healthy turnover of elected board members, which ensures a smooth functioning board with a ready supply of fresh ideas and new perspectives.

Ok, now for the hard question... how

do we get back to the ideal situation? We need at least five candidates running for the board in our 2016 election. Yes, this is at least one more candidate than there are open slots. And yes, this means that if you run, you might not be elected.

The second cooperative principle is democratic member control. Our co-op is a democratic organization controlled by our member-owners, who actively participate in setting our policies and making decisions. Member-owners serve as elected representatives on our board of directors and are accountable to the membership. Members have equal voting rights: one member, one vote.

For our co-op to continue to be a cooperative in the state of New Mexico, we have to have a board of at least five directors. Our bylaws say five to seven directors. Seven is much better than five for many reasons: more perspectives lead to better decisions, sharing the workload means less is demanded of each board member, and perhaps most importantly, seven board members shows higher levels of engagement from the membership. Ideally our board should have a mix of women and men (we need more men) and people of all ages (we need members in their 20s to 50s). We also very much need board members with a variety of specific skills, knowledge, and experience in areas such as business planning, communication, construction, education, market studies, real estate, and risk management—just to name a few! Above all, we need board members with a strong commitment to our co-op and the co-op way of life.

You may have heard or thought that board work is too time-consuming. Please know that ideas have been put forth recently for streamlining the important work we do and economizing our time. The board can change its processes, especially when these changes lead to better governance. As a member of the board, you too will be able to help improve the board's processes and shape its culture.

Here are the key dates for the 2016 election cycle:

- *Friday March 11* — your candidate's election statement is due
- *Mid-March* — candidate orientation (you will learn more about what is involved in serving on the board and have a chance to ask questions)
- *Tuesday April 5* — voting begins
- *Sunday May 1* — General Membership Meeting; the 2016 election ends at this meeting and will feature a fun "meet the candidates" event that you should attend and participate in
- *Friday May 6* — ballots counted
- *Saturday May 7* — candidates notified of election results
- A date to be determined between *May 9 and May 16* — orientation for newly elected board members
- *Wednesday May 18* 4:30 to 7:30 p.m.

— first board meeting for newly elected board members

- *Sunday June 5* — spring board retreat

Please, think about all your co-op means to you and then think about how it would change your life if our co-op were no more. I ask you to seriously consider running for the board and making a difference for your co-op.

Hope I've prompted you to exercise your right to run for the board. You can download an information packet from the board's page on the co-op's website at <http://www.silvercityfoodcoop.com/our-co-op/board/>. If you have any questions, please contact me, or any board member, before the March 11th deadline for candidate statements. It will be a sign of our co-op's health to see a roster of five or more members running for the board! ✨

Gail Rein/President
Board Term: 2014-2017
rein.gail@gmail.com

Susan Van Auken/Vice President
Board Term: 2013-2016
susanvanauken@gilanet.com

Carmon Steven/Secretary
Board Term: 2013-2016
yankiecarmon@gmail.com

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

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

Nancy Coates
Board Term: 2015-2016
coates@gilanet.com

Jerry Bartels
Board Term: 2015-2016
jerrybart@gmail.com

Board of Directors

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.