



Silver City Food Co-op Garbanzo Gazette

Volume 22

✧ Your Monthly Newsletter ✧ January 2022

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 2 - Pope Street
Update
Page 4 - Kitchen
Meditations
Page 5 - Produce
& Dairy Picks
Page 6 & 7- Co-op
Community
Page 8 & 9 - Blast
from the Past
Page 11 - Grab 'n' Go
Page 12 & 13 - Food
Glossary
Page 14 & 15 - Board Pages
Page 16 - Members Only
Sales



YOU
ARE
WHAT
YOU
EAT

The Largest Voter Turn-Out on Record!



David Burr



Leo Andrade

Thanks to our members for participating in the new election process. We had a record turn-out of more than 26% of our active members voting this year. Our nominated candidates were elected with 80% to 86% of the votes cast.

Congratulations to new board members, Paul Slattery, Sandy Lang, Leo Andrade, and to David Burr who also stood in as an appointed board member for the last few months, and to returning board member Shanti Ceane! With 482 of active Co-op members voting, we also have a vote of confidence in our election system, and to the continuing use of our electronic voting technology. Thank you all for participating as we refine and continue to enhance our election process.

We will be seating the new Board Members at the January 26, 2022 Board Meeting where outgoing directors will finish the business of 2021 and vacate their positions. We want to thank Scott Zager, Kristin Lundgren, Emma McKinley, and Susan Golightly for their contributions to our Board of Directors and their dedication to the greater good of the Co-op!



Shanti Ceane



Sandy Lang

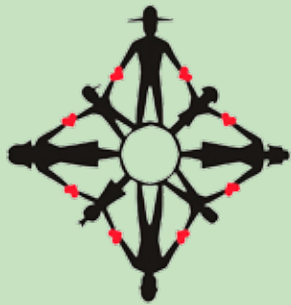


Paul Slattery

1838 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:
Carolyn Smith

Staff Writer: Judith Kenney

Layout & Design: Carol Ann Young

Proofreader: Mike Madigan

Submissions are welcomed!
Submit letters, articles, or items of interest to:
judith@silvercityfoodcoop.coop

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Unfiltered Waters

by Kevin Waters



Pope Street Update

On December 2nd, Board President Shanti Ceane signed off on a massive stack of paper that represents the Silver City Food Co-op's commitment to a robust and healthy future for the cooperative, a next generation of the Co-op that will provide a dramatically improved shopping experience and a plethora of additional choices. It will be a platform for improved employee conditions and compensation and potential future Co-op activities.

All this will take place in a modernized facility that is more sustainable and environmentally responsible. As we look to the future, we honor the past. The blueprints to renovate the Pope Street building are bringing the building full circle to its grocery store beginnings. It was nearly 80 years ago when it was used for that purpose. Between then and now, it served as a car dealership, a home improvement center, office buildings, and a non-profit service provider for the disabled, among other uses. Recycling and improving the building back to a food store and community hub will be an immensely worthwhile project for the Co-op and Silver City.

The massive stack of paper Shanti signed included a loan agreement and various other conditional agreements that will provide \$2,000,000 to execute that vision of the next generation of the Co-op. The loan is the culmination of ten months of work and negotiation with the New Mexico Finance Authority who are administering the financing, a New Market Tax Credit loan. We were able to qualify for this opportunity as a qualified low income community business.

The initial phase of the loan will be a seven year period of interest only payments at a lower than market interest rate. The payments are highly affordable relative to the future Co-op's earnings and cash flow. This will allow the Co-op to begin its next phase with confidence. During that seven year period, the Co-op may utilize as much of its capital as it sees fit to reduce the principal figure.

The loan will then transition into a more traditional commercial 20 year loan at lower than market interest rate.

The next phase of the project is underway. The architects working with our store designer and contractors have made site visits, taken measurements and photos, and gathered documents and information. They have begun their collaborative relationship with the store designers and both have received the full accounting of desired features of the project. These include the priorities of sustainability, green energy, historic integration, and accessibility. We hope to create a facility in alignment with the personality, character and identity of the Co-op and Silver City. In addition, improved features of the business itself, including a meat department, vastly expanded prepared foods, increased checkout areas, indoor/outdoor seating, community space and increases in retail space and product variety in every department are of primary focus, as well as a commitment to keeping the Silver City Farmers' Market thriving in an improved space on the property.

Work on the building is scheduled to begin in the first quarter, with a timeline of 8-12 months to completion and opening. Our new Co-op will open in 2022. You can bank on it. We already did.



Board president Shanti Ceane signing the papers for the Pope Street renovation



2022 Member Appreciation Days!

February/March
10%
2 trips

June/July
10%
2 trips

September
10%
1 trip

November/December
10%
2 trips

a total of 7 trips!

\$ Become a member and save \$

Silver City Food Co-op Staff

Judith Kenney
outreach/GG
Kate Stansberger
supplement buyer
Jake Sipko
produce manager
Carolyn Smith
deli manager
Carol Ann Young
GG/office

Becky Carr
dairy buyer
Jess DeMoss
POS manager
Misha Engel
frozen buyer
Marguerite Bellringer
finance manager
Kim Barton
POS
Doug Smith
grocery buyer
Tinisha Rodriguez
HABA buyer/POS
Mike Madigan
operations manager
Marchelle Smith
deli
Joy Kilpatrick
receiver

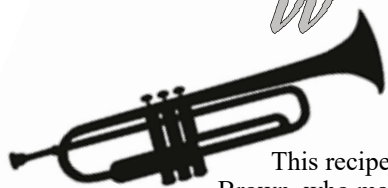
Judy Kenneally
deli
Clorissa Holguin
cashier/stocker
Vynce Bourné
bulk buyer
Kevin Waters
general manager
Lauren Christensen
cashier/stocker
Andrea Sandoval
cashier/stocker
Eva Ortega
produce
Isabella Mata
cashier/stocker
Elizabeth Gonzales
cashier/stocker
Taylor Preusch
cashier/stocker
Molly Gibson
cashier/stocker/deli
Roxanne Gutierrez
cashier/stocker
Gini Loch
cashier/stocker
Laurie Anderson
HR manager
Eyan Villines
cashier/stocker



Kitchen Meditations

Winter

Clifford Brown
Betty



This recipe takes its name from trumpeter Clifford Brown, who made a huge impression on jazz in the 25 years he was alive. An influential musician and composer, three of his tunes, Sandu, Joy Spring and Daahoud, have become jazz standards. Similar to a cobbler or apple crisp, the Brown Betty is a traditional and irresistible dessert made from baked apples and sweetened crumbs. Make it from Jazz apples to add an extra jazzy twist!

6 Servings

Ingredients:

5 large Jazz apples, peeled or not and sliced
½ lemon, juiced
¾ cup all-purpose flour
½ cup brown sugar *
½ cup granulated sugar *
1 teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon sea salt
½ cup cold butter, cubed

Instructions:

- Preheat oven to 350°
- Spread the sliced apples evenly in the bottom of a 9"x9" baking dish and squeeze the juice of half a lemon over the slices.
- In a medium-sized bowl, combine flour, the sugars, the spices and salt. • Add the cubes of cold butter and use a pastry blender to work the butter into the dry ingredients to create crumbs. Sprinkle the toppings over the apples evenly.
- Cover the baking dish with aluminum foil and bake in the pre-heated oven for 40 minutes. Remove the foil and continue to cook until topping is crisp, about 10-15 minutes.
- Serve warm with vanilla bean ice cream

*Jazz apples are quite flavorful, so you may want to adjust the sugars to your taste.

This recipe was found at JAZZ.FM91, a Toronto radio station.

Chili Lime
Chick'n Tacos



Crispy Abbot's Butcher Chick'n is seasoned here with zingy lime and chili powder, then paired with creamy avocado, peppery arugula and wrapped in a soft and chewy tortilla. This satisfying, nutritious and wholesome recipe is simple to prepare and may become one of your favorite plant-based meals.

Broiled
Portobello
Mushrooms

Ingredients:

4 large portobello mushrooms, wiped clean and stems removed
1 tablespoon olive oil
1 tablespoon vegetable or chicken broth
¼ cup balsamic vinegar
2 cloves garlic, crushed

Steps to Make It:

- Gather the ingredients.
- Place mushrooms in a large bowl.
- In a small bowl, whisk together olive oil, vinegar, broth, and garlic.
- Pour over portobello mushrooms, cover the bowl, and marinate for 15 to 30 minutes.
- Preheat broiler.
- Place mushrooms on a broiler pan coated with nonstick cooking spray.
- Broil 6 inches from broiler for 5 to 7 minutes on each side.

Serving Suggestions:

- You have many options when it comes to enjoying your broiled mushrooms.
- Serve them on their own and eat just as you would a steak along with a green salad for a well-rounded vegetarian meal. Grilled or steamed asparagus, cooked carrots, and rice make excellent side dishes as well.
- The mushrooms are also quite delicious in a whole-grain bun or when served in a pita with your favorite toppings. Tomatoes, onions, pickles, avocado, and melted cheese are all excellent ways to dress up the sandwich. • Add a spicy mayonnaise or your favorite mustard; anything you would normally add to a burger will work.

Ingredients:

1 package Abbot's Butcher Slow Roasted Chick'n
Charred corn tortillas
Squeeze of lime
Sea salt, optional
Chili Powder
Sliced Avocado
Arugula

Method:

- Cook the Chick'n according to package instructions (be sure to brown thoroughly so that it's crispy!) Season generously with lime, sea salt and chili powder. Set aside.
- Char tortillas so they're still soft and chewy, but have a nice blackened edge.
- Fill tortillas with seasoned Chick'n mixture, then top with avocado and arugula.
- Hot sauce optional!

Jake's January Produce Picks

Portobello Mushrooms

Both cremini and Portobello mushrooms sport a dark brown color, smooth cap, and boast a deep savory flavor. Despite their size difference, these two mushroom types look and taste pretty similar, and with good reason. Portobellos are just creminis all grown up! Let them grow long enough and you've got the mushroom prized and adored for its meaty texture and more pronounced flavor.

Native to the grasslands of North America and Europe, *Agaricus bisporus* (Portobello mushroom) grows in fields and grassy areas. The scientific name of this mushroom is derived from the Greek word "agrarius" which means growing in the fields. This tasty fungus originated in the Italian peninsula and got its name from Portobello, a town on the gorgeous island of Sardinia, part of Italy but, also, a semi-autonomous region on its own.

These delicious beauties are delicious when grilled, broiled, or sautéed, providing an earthy, slightly smoky flavor. For an elegant meal, Portobellos can be stuffed with a variety of cheeses, veggies, breadcrumbs, ground nuts, sausage and more. Some folks love their Portobellos prepared simply, grilled or broiled. Basically, the sky's the limit!



Jake and Becky with Abbot's Butcher, now in our back dairy cooler



Eva, produce goddess, holding some fine portobellos

Jazz Apples

New Zealand botanists created the Jazz apple in the 1980s by cross breeding two other popular apple varieties – Braeburn and Gala. Jazz apples became available to select commercial orchards in the 1990s and are now grown in prime apple growing regions across the globe, including Chile, Europe, Australia, the United Kingdom and in Washington State, the apple capital of North America. They are known for their sweet-tart, crisp flavor that is likened to a juicy, flavorful explosion.

Enjoy Jazz apples simply sliced as a snack, or baked into your favorite dessert. They go well with both sweet and savory. In addition, they don't instantly cook down into mush, holding their shape nicely. The sweetness of Jazz still makes it a good choice for a chunky applesauce, with just a touch of added sugar or none at all. A few slices atop a salad finish it to perfection!

Becky's January Dairy Pick

Abbot's Butcher Plant-Based Meat Alternative

The Abbots Butcher creates hand-crafted, plant-based meat alternatives using whole food ingredients, completely free of food additives and preservatives. All are non-GMO and have more protein per ounce than the animal meat it is made to be an alternative for. The base of their protein comes from yellow peas. Pea protein digests easily for most people and may offer a number of other health benefits for folks looking to boost their nutrition.

Located in Costa Mesa, California, Abbot's Butcher was created in 2016 by Kerry Song and first sold in farmer's markets around southern California. The idea behind the business is simple, says Song, "Give vegans and vegetarians healthier options that taste so good even meat-eaters will want a bite." Kerry founded the company after becoming frustrated with the lack of plant-based meat alternatives other than black bean or quinoa burgers. She spent over one year testing out new recipes and traveling around to visit farmers markets in search of ideas for plant-based meat alternatives that can replicate the taste and texture of meat products using whole-food ingredients. Now, all of us Co-op shoppers can enjoy these premium plant-based goodies, found in the dairy cooler at the back of the store. Offerings include Savory Ground "Beef," Slow Roasted Chick'n, and Spanish Smoked Chorizo.

January 5 - February 1 • Members Only • 20 % OFF • In the back dairy cooler

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their November service.

Jane Papin • Tammy Pittman
Tim Garner • Sue Ann Childers



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

**MAD seven 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 January

Silver City Community Theater



Silver City Community Theater has found a home at the new "Starlight Theater" where they will stage an in person (COVID safe) production in Spring 2022. All Co-op Round Up funds will go directly to this production.

November Round Up \$1313.00

The Commons



This gift from the Coop Round-Up Program comes to us at a critical time. We see another surge in need this winter as we feed over 450 households in Grant County, NM, each month. We will use this funding to help purchase food for our monthly distributions. Additionally, we will use the funding to help expand our "Free Neighborhood Farmstand" program that allows residents/neighbors in our neighborhoods access to fresh fruits and vegetables 24/7.

Our pilot Farmstand program has been an overwhelming success. We see 20 to 40 people each week participating. Not just with neighbors who need fresh produce, but neighborhood gardeners are dropping off extras from their gardens (zucchini and apples this year). It is a wonderful exchange with those who have extra to those in need. We also use the Farmstand to distribute produce we receive for our pantry program that won't last in our warehouse and needs to be distributed, or it ends up in our composting program.

Thanks, Silver City Coop!!!

Round Up for February

GMCR



Gila Mimbres Community Radio-KURU 89.1 FM and gmcr.org will use the Round-Up funds to expand our platform for community building, providing a venue for other local nonprofits and community organizations, students, and other underserved members of our community to share and communicate their work, ideas, thoughts and perspectives, artistic and cultural activities and informed commentary on vital topics to our community to improve the quality of life in Grant County and beyond.



Silver City Recycles

305 S. Bullard St. at the corner of Sonora Street



Recycling drop-off times for January:

Two Saturdays, the 8th and the 29th, 12 - 2pm.

One of the goals of Silver City Recycles outlined in our mission statement is to process materials locally as much as possible. All collected glass bottles are crushed on-site and the resulting gravel and sand-sized glass particles are used locally as concrete aggregate and utility trench bedding. All plastics, aluminum, steel and cardboard are sold into local (within the state) recycling markets to be turned into new consumer products. In this way, these materials are diverted from our landfill and can start a new life in the consumer market.

*For more information:
silvercitynmrecycles@gmail.com or: www.t2t.green*

Turkeys Donated to the Commons



L to R: Dave Chandler, Misha, our frozen buyer, and Jennifer Rider

We ended up with 250 extra pounds of turkey after Thanksgiving this year! Each year, we order our holiday turkeys nine months ahead of time, in February. We had high hopes that Covid would be in the rearview mirror and big holiday gatherings would be back in style. Well, that wasn't the case and we ended up with a whole gobble of extra turkey. We called up Dave Chandler and Jennifer Rider over at the Commons and found out they'd happily receive our donation just in time for the holidays! We're happy to report that 13 food insecure families had a delicious organic turkey on this year's table, courtesy of your Silver City Food Co-op.

UNDOING RACISM;

a Forum for Racial Justice, Equity, and Healing

Undoing Racism is a campaign and blog site, produced by Lotus Center, that provides articles, videos, and other resources to help people become more informed about historical and contemporary issues of race and racism. The blog was conceived in response to the May 25, 2020 death of George Floyd.

New posts are made every
Monday and Friday afternoon.

CHECK IT OUT AT
Insights.LotusCenterSC.org/UR



**DOUBLE UP
FOOD BUCKS™**

**2 for 1 on
Local Produce
everyday
with your EBT card**

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!**

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



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

520 N BULLARD ST • SETTLING IN •

In 1985 the store moved to its current location, 520 North Bullard, a prominent place in the center of downtown. Sales soared during this exciting period, to \$240,000, and the forward thinking board, manager, and members of this young co-op took a leap of faith in 1989 and bought the building. Old and in need of upgrading, the building was refurbished over the next couple of years, when electrical problems were corrected and many other improvements were made.



The lease on the "new" building went into effect on June 1, 1985. With more parking and increased visibility, it was an auspicious move for the Co-op. Loans were received for a much needed remodel on the building and members did the work.



The Co-op became truly profitable, beginning in the 1980s, as gross sales grew from \$76,406 in 1984 to \$240,430 in 1989. Membership increased as regular customers came to shop from as far as 100 miles away. Ed Anthes, (manager from 1981 to 1989), worked tirelessly with an outstanding, committed group of people to develop an effective strategy that set the Silver City Food Co-op on solid footing for the future.



New Mexico state representatives (L)Thomas Foy and (M)Ben Altimirano join (R)Ed Anthes, SCFC manager, at the grand opening of the store at 520 N. Bullard St., June, 1985.

FROM THE PAST

In 1986, the Silver City Food Co-op purchased a new cash register, sublet the back garage to the Silver Café for storage, and store hours were extended to 5:30 pm on Saturdays. Membership increased to 130 people and the manager's salary was bumped up from \$700 to \$900 per month.

In the following year, 1987, the Co-op received a low interest loan of \$2,684 for the refurbishing and painting of the storefront window frames and doors, and for the fabrication and installation of a canvas awning.

The Co-op purchased the building at our current location in 1989 at a cost of \$23,000 and the land that it resides upon at \$5,000.



Installation of the new awning is complete! 1987



Lorraine Salazar and Linda Timmer help customers during the first Tour of the Gila bike race



Rachel Placencio, ready to hand out cold drinks to thirsty racers and spectators



Fully stocked and ready to go!



Steve & Max Rudolph



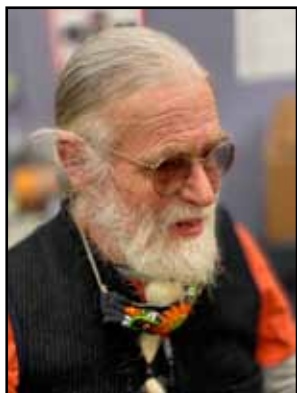
Still life with oranges



Patrick Gendron

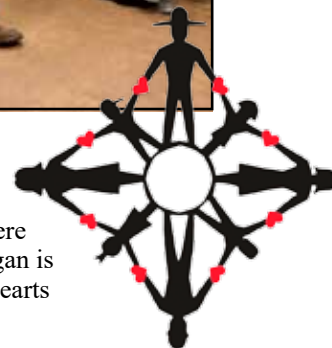
To find out more about our history, please read the "Success Story of a Little Co-op in Southwest New Mexico" (the Silver City Food Co-op History) by Susan Van Auken on the front page of our website: silvercityfoodcoop.coop

"IN BEAUTY MAY YOU WALK." WISHING YOU ALL THE BEST, DOUGAN



Many thanks to our interim human resources person, Laurie (far right), for putting together the festivities so successfully on rather short notice.

Co-op staff sent Dougan off to retirement with fond farewells. It's not goodbye, though. We expect to see him in the store soon and often.



Aside from being a dedicated worker here for 16+ years, Dougan is the creator of our Hearts & Hands logo.

NOVEMBER 27TH SHOP SMALL BUSINESS GIFT CARD WINNERS



**Breeze Thies
and family
\$50**



**Elijah Aralice
\$150!**



**David Melbye
and family
\$100!**

THIS LUCKY CO-OP MEMBER
WAS THE LUCKY WINNER OF A
BASKET FILLED WITH CALMNESS
ENHANCING PRODUCTS.



**Calm and happy
Kit West**

*a poem and a drawing by
Rick Stansberger*



TWO OLD MEN IN COWBOY HATS

sit on a wall in the unexpected
February sun. Their hats
nod as they talk. Their boots
scuff dirt.

"Bill, you ever figure
you'd live this long?"

"Nope. You?"

A raven calls,
nest building
in the unexpected afternoon.

MID-DECEMBER BEAUTY



Research (somewhat hasty) points to this attractively hued grasshopper being of the Lakin species, *Melanoplus lakinus*, probably a red form female. It is a type of grasshopper of the Rockies and Great Plains, ranging from South Dakota and southern Minnesota south through western Iowa, most of Kansas, western Oklahoma, the west half of Texas, plus Nebraska, Colorado, New Mexico, and the eastern two-thirds of Wyoming, Utah and Arizona. It also lives deep in central Mexico. This lovely example was found enjoying the late afternoon sun in the garden across the street from the Co-op.

GRAB'N'GO

NEW YEAR'S FEASTS

by Carolyn Smith

Around the world, dinner menus for the New Year feature foods that symbolize the luck, prosperity, health, and happiness we wish for in the upcoming year. Before and after the clock strikes midnight, many people hedge their bets by eating and enjoying these traditional foods.

I grew up in the South where black-eyed peas, greens, sweet potatoes, and cornbread are the traditional New Year's fare. Peas or beans are said to symbolize coins or wealth, greens symbolize paper money, and cornbread and sweet potatoes symbolize gold. New Year's dinner includes an entrée of Hoppin' John, a dish of black-eyed peas and rice that has its roots in African and West Indian traditions or red beans and rice with sides of greens like steamed collards or turnip greens or boiled cabbage with bacon, baked or steamed sweet potatoes and skillet buttermilk cornbread. Of course this is a delicious and nutritious meal anytime of the year.

Italians celebrate New Year's Eve with a traditional cotechino con lenticchie, a sausage and lentil stew, the lentils representing money and good fortune. In Germany, sauerkraut is thought to bring wealth and blessings in the New Year and Spaniards eat 12 grapes at midnight, a blessing for each month of the year.

Toshikoshi Soba (buckwheat soba noodles) ushers in the New Year in Japan, the long noodles symbolizing longevity and prosperity and in Greece, the pomegranate is a symbol of

prosperity and regeneration. Because of their silver coloring, folks in Poland and parts of Scandinavia eat pickled herring at the stroke of midnight to bring a year of prosperity and bounty.

Pork is considered a sign of prosperity in some cultures because pigs root forward while chicken is unlucky because chickens scratch backwards. Austrians eat suckling pig on New Year's Eve and decorate their table with marzipanschwein, little pigs made of marzipan.

In the Netherlands, oliebollen, fried dough filled with currants or raisins and dusted with powdered sugar are sold by street carts and are traditionally consumed on New Year's Eve. In Italy the New Year's meal is finished with chiacchiere -- balls of fried dough that are rolled in honey and powdered sugar -- served with prosecco.

The tradition of a New Year's cake is found in countless cultures promising good luck for the coming year. Greeks have the Vasilopita, the French the gateau or galette des rois. Mexicans have the Rosca de Reyes, Denmark and Norway create elaborate Kransekage and Bulgarians enjoy the banitsa.

However you celebrate the beginning of 2022, all of us here at the Silver City Food Co-op wish you a happy, healthy and bountiful new year full of all your favorite foods!!

HOPPIN' JOHN RECIPE

Ingredients:

For Rice:

Two cups of dried long grain brown or white rice
4 cups water
½ tsp salt

For black-eyed peas:

1 # (two cups) black-eyed peas soaked over night
1 bay leaf
½ tsp smoked paprika
8 cups water

For Hoppin' John:

2 Tbsp olive oil
3 stalks celery
1 red or green bell pepper, diced
1 clove garlic, minced
Cooked black-eyed peas
1 cup reserved broth from the beans
1 ½ cups vegetable broth
1 tsp smoked paprika
1 tsp thyme
¼ tsp cayenne
1 tsp salt + more to taste
½ tsp black pepper + more to taste

For topping:

1 bunch green onions
Diced fresh tomatoes (plum or cherry are best in the winter)
¼ cup chopped Italian parsley

Instructions:

- Cook rice: rinse rice and put in a pot with water and salt and cook until all of the water is absorbed.
- Cook black-eyed peas: Drain and rinse black-eyed peas and put in a pot with bay leaf, smoked paprika and water and cook until tender, around 30-40 minutes. Drain but reserve one cup of the cooking liquid.
- Sauté onions, celery, garlic and bell pepper in olive oil.
- Add cooked black-eyed peas with 1 cup reserved cooking liquid
- Add vegetable broth, smoked paprika, thyme, cayenne, salt and pepper
- Simmer for 15 minutes

Serve

- Put cooked rice in serving bowls, top with Hoppin' John and Toppings

Happy New Year!!!



Two women of the deli - Molly & Marchelle and yummy salads!

Food Glossary



Food shopping can be confusing, but learning the language doesn't have to be an exercise in frustration. This glossary explains food terms you're likely to encounter so you can get to the bottom of what you're buying and eating.

When it comes to food labels, definitions can run the gamut from federally regulated standards to third-party organizations that certify food to a single set of standards. Still others are completely open to interpretation and easily misunderstood. When in doubt, ask your co-op staff for help interpreting food terms on packages, or talk directly to the producers at your farmers market to find out more about their methods.

Some Definitions

Artisan / Artisanal

Generally, these terms mean that the product was made by hand with great care and high-quality ingredients. They are most frequently applied to items like bread, chocolate, cheese, vinegars and jams.

Biodynamic

Based on the work of Austrian philosopher Rudolf Steiner, this method of farming is similar to organic agriculture but is additionally rooted in a holistic understanding of nature. It involves treating and managing a farm as a living organism that needs to be nourished and replenished, as well as used for its resources.

Cage-Free

Poultry that's cage-free is allowed to roam, but not necessarily outdoors. This allows poultry to engage in some natural behaviors, such as walking, nesting and perching. This term is not regulated by USDA nor by third-party certifiers for fresh poultry, though it is regulated for eggs that are graded by the USDA.

Certified

The USDA's Food Safety and Inspection Service and Agriculture Marketing Service evaluate meat products for class, grade, and other quality characteristics. Their findings are then represented on food labels as "Certified," such as "Certified Angus Beef." The word "Certified" can also mean a product meets standards defined by a third-party, nongovernmental organization or trade group. In such cases, the USDA requires that the word "Certified" be printed in close proximity to the name of the certifying organization or standard, such as "Fair Trade Certified."

Conventional

Products that are created via standard practices accepted by the agriculture industry are often called "conventional." This isn't an official term, but it implies that the product did not undergo any special production or certification processes, which means it may include pesticides, antibiotics, hormones, or genetically modified traits. It may also have been produced with agribusiness practices like use of synthetic fertilizers and monoculture cultivation (in which land is used exclusively for the constant cultivation of a single crop—a practice that leaves soil depleted of nutrients and often requires synthetic fertilizers, pesticides and/or genetically modified crops for continued use).

Fair Trade

A market-based approach to reducing poverty and empowering farmers around the world by encouraging fair wages and labor conditions and promoting environmental sustainability. Fairtrade is the world's largest and most recognized fair trade system, consisting of Fairtrade International and Fairtrade America. Products labeled as fair trade must be certified by a third-party organization to international standards.

Farmstead Cheese

The American Cheese Society classifies a cheese as "farmstead" if it is made with milk from the producer's herd or flock and crafted on the farm where the animals are raised.

Foodshed

This term indicates the interconnected nature of a local food system. In the same way a rivershed is comprised of diverse, interdependent plant and animal species, a foodshed is made up of local and regional food producers, their customers, and the retailers (food co-ops, farmers markets and independent grocers) that carry their products, creating an integrated local economy.

Free-range

This USDA regulation means that the animal has been allowed access to the outside. The government doesn't specify that poultry must go outside, for how long, or the amount or kind of space that must be provided, but the idea is that poultry is free to roam outdoors and engage in natural behaviors. USDA's free-range certification only applies to poultry, not eggs.

Genetically Modified Organisms (GMOs)

A GMO is a plant or animal produced by genetic engineering. Genetic engineering is direct manipulation of a plant or animal's DNA by humans to speed up or circumvent natural evolution. This may involve inserting genes from one organism into the DNA of another unrelated organism, as with AquAdvantage Salmon.® Newer techniques involve removing naturally occurring genes in a process known as gene silencing or gene editing, such as the Arctic Apple.®

Gluten-free

Indicates the absence of gluten, which is composed of two proteins that naturally occur in some grains, including wheat, spelt, and rye, and products derived from these grains. Since 2014, the U.S. Food and Drug Administration (FDA) has regulated that gluten-free claims can only be used on foods that contain less than 20 parts per million (ppm) of gluten. This is in line with international standards.

Grass-fed/Pastured

Grass-fed or pastured beef comes from cattle fed a natural diet of grass and allowed to graze outdoors for food. Many grass-fed cattle are then “finished” on a diet of grain to increase their weight before slaughter. Look for beef labeled “grass-finished,” or “100% grass fed,” which means that cattle lived their full lives on a grass diet.

Heirloom

Heirloom, or heritage, species are seeds and livestock breeds that have been cultivated over generations. There is no official definition, but it is widely agreed that seeds are open pollinated, and a strict interpretation of the term requires that the species be at least fifty years old and not commercially cultivated on an industrial scale.

High-Fructose Corn Syrup (HFCS)

A highly refined sweetener derived from corn, commonly found in a wide variety of packaged and processed foods, candies and beverages in the United States, including soft drinks, yogurts, salad dressings and soups.

Humane

Humane treatment of animals does not have a legal definition. However, the “Certified Humane” label indicates that the meat comes from animals that were able to engage in natural behavior, given ample space, provided clean water and a healthy diet free of antibiotics and hormones, as well as handled, transported and slaughtered using techniques that minimize stress for the animals.

Integrated Pest Management (IPM)

A science-based approach that draws on a variety of pest management techniques with the aim of reducing use of pesticides, including pest prevention methods, pest population monitoring, companion planting, predatory insects, sanitation and disruption of insect behaviors.

Local

There is no standard agreement about what constitutes “local food,” definitions can range from a regional, multi-state area to within miles of a given location. Ask a staff member for more information about how your grocery store defines their local food area.

Natural/All natural

This term is defined by the USDA only for meat products, which should be only minimally processed and contain no artificial ingredients or added colors. As defined, the term is broad enough to cover most meats. The label may be added to products at the meat manufacturer’s discretion—the USDA does not investigate every claim. On produce and packaged food labels, “natural” is a marketing term, suggesting that the product was created without the use of artificial ingredients. Because the term is not regulated or verified by a third-party certifier for non-meat products, however, shoppers should be wary of the claim.

No Antibiotics/Antibiotic-free (ABF)

Industrial meat companies often add antibiotics to animals’ food to prevent disease caused by cramped and unsanitary conditions, a

practice that is raising concern about the emergence of antibiotic-resistant illnesses in people. The USDA allows the label “no antibiotics added” or “raised without antibiotics” on meat or poultry products. However, the use of these terms is not verified by third-party certifiers and is largely based on information given by the producers themselves, thus reducing the strength of such labels. The term “antibiotic-free” is not defined or approved by the USDA.

No Hormones/Hormone-free

Industrial meat companies use hormones to promote growth and milk production in cattle. The USDA regulates the label “no hormones administered” on beef, and federal law does not allow hormones in raising hogs and poultry.

Organic

The term organic is regulated by the United States Department of Agriculture (USDA) and refers to crops and animals raised in accordance with organic standards, which include the avoidance of synthetic chemical inputs (pesticides, fertilizers), avoidance of GMO seeds, avoidance of growth hormones, antibiotics, irradiation and sewage sludge. Organic certification happens through a third-party certifying agent, and must be renewed annually through a successful inspection.

Pasteurized/Homogenized

Pasteurization is the process of heating foods to kill pathogenetic bacteria. The USDA regulates the use of this word in food labeling and in some cases may require certain foods to be pasteurized. Homogenization, when it refers to milk, is a mechanical process that breaks down the fat globules so that they are uniform in size and distributed evenly throughout the milk. Some milks are pasteurized, but not homogenized, so the cream rises to the top.

Pesticide-free

Labels of “pesticide-free” and “no spray” are not regulated or verifiable.

Regenerative agriculture

A system of farming principles and practices that increases biodiversity, enriches soils, improves watersheds and enhances the ecosystem. Regenerative farms use at least four of these six techniques: compost application, cover crops, crop rotation, green manures, no-till or reduced tillage and/or organic production. This type of farming is particularly good at drawing carbon out of the atmosphere and sequestering it in the soil, making it a leading technology for slowing climate change.

Sustainable

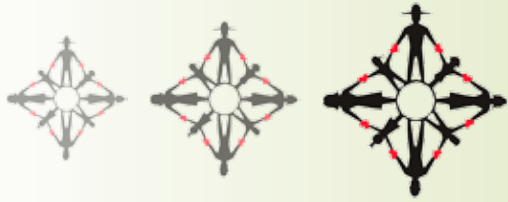
The term sustainable describes a restorative system that does not systematically degrade resources. The most commonly used definition says that sustainable systems meet the needs of the present without compromising the ability of future generations to meet their needs. Another definition we love is simply, “Enough, for all, forever.”

Vegan

Products labeled “vegan” do not contain any animal products, including meat, dairy and animal byproducts.

Vine-ripened/Tree-ripened

Fruit that has been allowed to ripen on the vine or tree instead of being plucked early to “ripen” via treatment with ethylene gas during long-distance shipments to retail locations.



From Your Board . . .

Board Policy Bingo!

January is B-9

The Silver City Food Co-op staff has requested an explanation in layman's terms of how board oversight works, and how the board and general manager work together. The general manager is the only employee of the board, so we take this collaboration and our fiduciary duty to the co-op very seriously. This is the first in a series of articles to unlock the great mystery that is board policy governance. Each month we'll be outlining the B policy that is covered at that month's board meeting, and sharing the process with our members here in the Garbanzo Gazette.

Policy Governance is an easy and elegant system that makes due diligence oversight both thorough and clear. It is organized around our overarching objectives as outlined by our **"A" Policy**. Also known as the **Ends Policy**, the "A" policy includes three sections:

1. Our Mission: Silver City Food Cooperative strives to provide healthy food and products. We support local and organic growers/vendors in a just, responsible and sustainable manner."
2. Our Vision: To promote the inherently healthy relationship between food, community and nature." And
3. Our Guiding Principles: "To use the cooperative principles and values to:
 - A1-Maintain a financially sustainable operation that supports and yields economic, social, and environmental returns to our members and the community at large.
 - A2-Provide a positive, fair, empowering working environment for staff, board and volunteers.
 - A3-Provide a safe, wholesome shopping experience for all."

The beauty of this system is that there is oversight via our policy governance throughout the course of the year.

Next are the **B Policies**, which constitute "Global Executive Constraint". These dictate that:

"The General manager must not cause or allow any practice, activity, decision, or organizational circumstance that is unlawful, imprudent, or in violation of commonly accepted business and professional ethics and practices, or in violation of the Cooperative Principles."

The B Policies serve as the GM Job Description and for Board use in assessing the effectiveness of the General Manager.

The board sets the goals, the general manager devises the means, and reports his results to the board. The board must accept a general manager's reasonable interpretation of the policy, but they can also request deeper monitoring of any data or explanation that needs further attention.

In January the old board finishes left-over business from the prior year and then the new board members are seated. First up for the new board by way of policy governance is monitoring of Policy **B-9: Emergency GM Succession**. This policy answers the important question of what happens if suddenly, for any reason, we no longer have a General Manager? This is an especially crucial question this year as our General Manager is also managing the Pope Street relocation project. Keeping in mind that running a \$4 million co-op like ours is a specialized skill, and that all of our employees already have full time jobs that need doing, then you can understand why it's crucial to have a back-up plan.





Shanti Ceane
President



Julianna Flynn
Treasurer



David Burr
Member



Kristin Lundgren
Member



Tuan Tran
Secretary



Gwen Lacy
Vice President



Susan Golightly
Member

Policy B-9 has one of the shortest descriptions:

“To protect the Cooperative from sudden loss of GM services, the GM must not have less than one other manager sufficiently familiar with Board and GM issues and processes to enable them to take over with reasonable proficiency as an interim successor.”

Brevity doesn’t mean unimportant. Each year, the General Manager presents a plan to the board that outlines his strategy to cover this crucial contingency.

Also in January, and every month, the board monitors **Policy B-7: Communication to the Board**. Here is where our General Manager lets us know how the co-op has done for the past month. What is going well? What is worrisome? What can we expect going forward? Are there trends to be aware of? New laws? Supply Chain issues? Where are we with the Pope Street Location Project? Everything and more that the board needs to know to keep us apprised of the current situation at the store is in the B-7 report.

In total there are 10 B policy reports. There is the B-7 report every month, plus at least one other monthly report. Policy B-1: Financial Condition and Activities is reported on and monitored quarterly, following the Finance Committee meeting.

This year’s schedule is:

January B-9 Emergency GM Succession
February B-1 Financial Condition and Activities*
March B-6 Staff Treatment and Compensation
April B-4 Membership Rights and Responsibilities
May B-1 Financial Condition and Activities*
June B-10 Store Expansion
July B-5 Treatment of Customers
August B-1 Financial Condition and Activities*
September B-3 Asset Protection
October B-8 Board Logistical Support
November B-1 Financial Condition and Activities*
December B-2 Planning and Financial Budgeting

Come experience policy governance first-hand. We welcome attendance at our monthly board meetings, if you cannot attend, meeting minutes are posted on the website. The board is honored to serve the co-op community and we look forward to rolling up our sleeves for a beautifully productive and cooperative new year.

Board Meeting

The SCFC Board of Directors will meet the fourth Wednesday at 907 Pope Street. 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

Gwen Lacy/Vice President
Board Term: 2019-2022

Julianna Flynn/Treasurer
Board Term: 2019-2022

Tuan Tran/Secretary
Board Term: 2020-2023

Kristin Lundgren/Member
Board Term: 2019-2021

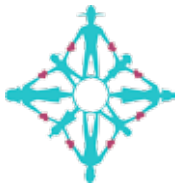
Susan Golightly/Member
Board Term: 2020-2021

David Burr/Member
Board Term: -2021

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

Board of Directors

*wishing
you peace
love and
laughter
in the new
year*



January

Members Only Specials

January 5 - February 1

20% OFF! listed prices



GoVeggie
Vegan Cream Cheese
8 oz
reg \$3.99



Patak's
Simmer Sauce
15 oz
reg \$4.39



Life Aid
FocusAid
12 oz
reg \$2.99



Teeccino
Dandelion
Caramel Nut
10 bags
reg \$5.99



Upton's Naturals
Original Jackfruit
7 oz
reg \$4.59



BHI
Mucus Relief
100 tabs
reg \$12.99



PicNik
Coffee Creamer
25.36 oz
reg \$5.89



Miracle Noodle
Fettuccine Style
7 oz
reg \$2.99



Beyond Good
Pure Dark 92 %
2.64 oz
reg \$4.39



Torie & Howard
Chewie Fruities
4 oz
reg \$4.39



Lakewood
Pure Aloe
32 oz
reg \$7.99



BHI
Sinus Relief
100 tabs
reg \$13.49



ClearLife
Allergy Relief
60 tabs
reg \$12.59



T-Relief
Arnica Ointment
4 oz
reg \$20.99

Co-op Deals

flyers
available
on our website

www.silvercityfoodcoop.coop
and at the front of the store

