

Silver City Food Co-op Garbanzo Gazette

Volume 22

✧ Your Monthly Newsletter ✧

May 2022

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE!

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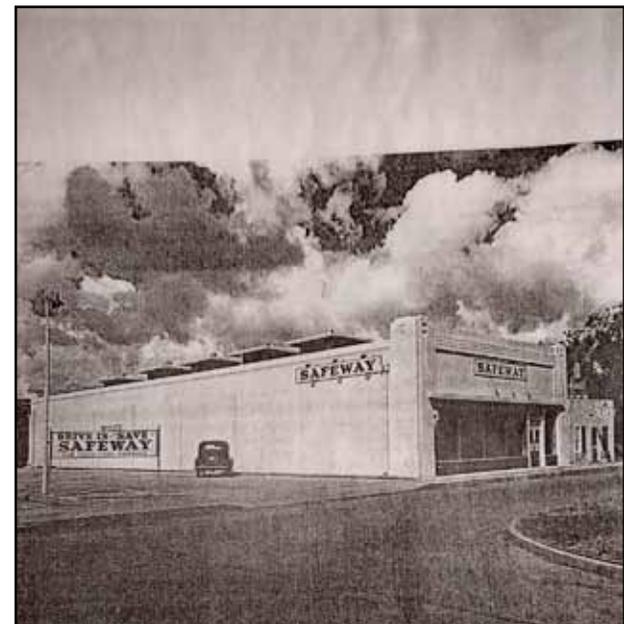
YOU
ARE
WHAT
YOU
EAT

907 N. Pope St. Is Going Back to Her Roots!

by Kevin Waters
General Manager

The remodel and expansion of our property at Pope Street comes with some unique challenges. One of the well known challenges has been the height of the floor, relative to the height and slope of the parking lot. Adding into that calculus is the location of the building in the flood zone, and the height of the connected building, also known as the “woodshop”. So, a long standing design challenge has always been what to do with the floor. Raising it up has been assumed. With a topographical survey in our possession, and actual elevations relative to the flood zone and the “woodshop”, we now know the floor will be coming up nearly two feet! This means a ramp and stairs to enter the store. As different design plans were looked at, and we explored the permitting of the project, another factor came into play. That is the minimum number of parking spaces we need to provide by code. The

architect worked on this puzzle, and to meet all of those needs, the entry of the store was moved to the north quadrant of the west wall. The resulting plan takes the store front, and the front door, right back to the original placement of the Safeway store built back in 1940! Soon after those changes in plans, we were cleaning up in the back room and came across some old photos of the original 1940’s version. (Cue the spooky Twilight Zone music.....). Here is a look at the original version of our new store. If you are interested in seeing the upcoming version, come to the General Membership Meeting on May 15th. It will be a lot of fun, with good food, good music, and I will get to meet a lot of people without a mask for the first time!

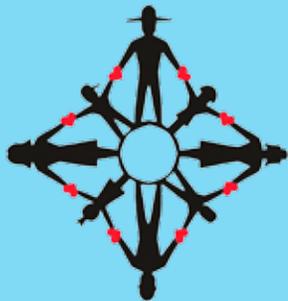


Two views of Silver City's brand new Safeway store, 1940

1870 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:

Trudy Balcom

Cassandra Leoncini, 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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All About Organics



When it comes to food, organic is a delicious way to eat well and support the environment. The key principle behind organic food is healthy soil. By acting as responsible stewards of their land, organic farmers create a cycle of healthy soil, growing healthy food for healthier people. And it's clear from the tremendous growth of organic food—\$1 billion in sales in 1990 to nearly \$62 billion in sales in 2021—that more and more people appreciate its value. Organic foods meet all government safety standards that other foods must meet, plus the specific requirements outlined for organic certification. While foods that are grown organically may sometimes cost more, they also offer the kind of value you won't find in conventionally grown foods.

Why eat organic foods?

They're healthier.

Organic foods are grown without the use of Genetically Modified Organism (GMO) seeds, synthetic pesticides, chemicals, and fertilizers.

They're environmentally sound

Many conventional farming practices cost taxpayers billions of dollars in environmental damage and federal subsidies, while organic growers protect soil sustainability and water quality and contribute to biodiversity.

They're better for farmers

Organic farming protects the health and welfare of farm workers by limiting exposure to harmful synthetic pesticides, chemicals, and fertilizers. And organic farming, particularly when sustainable practices are used, better preserves and fortifies the land for farmers of future generations.

They're more humane

Animals on organic farms are typically treated more humanely. So how do you tell if the products you're buying are organic? If a food is labeled as "made with organic ingredients," it contains at least 70 percent organic content, while the label "organic" means that 95% or more of the ingredients are organic. In general, looking for the "USDA Organic" label is the best way to guarantee that the product has been grown without synthetic fertilizers, pesticides, genetically modified organisms (GMOs), irradiation, antibiotics, or growth hormones. Certified Organic growers avoid contamination during food processing, keep detailed records of their operations, and are likely to use sustainable growing methods.

by Co+op together

2022 Silver City Food Co-op's General Membership Meeting

**Sunday, May 15th
12noon to 4pm
907 N. Pope Street**

12 - 2

General Membership Meeting

**Complimentary lunch
catered by Corner Kitchen**

2 - 4

**Tours of the Co-op's future home
Big Raffles & Giveaways**

Enter to win!

Gift Certificates and more!

Music by Brandon Perrault & Friends

Dance! Dance! Dance!

***The Member Connect Committee
is seeking volunteers***

***to help with setting up, trash cleanup, registration and more.
Please contact the board at board.scfc@gmail.com.***

Silver City Food Co-op Staff

<i>Judith Kenney</i> outreach/GG	<i>Kevin Waters</i> general manager
<i>Kate Stansberger</i> supplement buyer	<i>Lauren Christensen</i> cashier/stocker
<i>Jake Sipko</i> produce manager	<i>Andrea Sandoval</i> cashier/stocker
<i>Carolyn Smith</i> deli manager	<i>Eva Ortega</i> produce
<i>Carol Ann Young</i> GG/office	<i>Isabella Mata</i> cashier/stocker
<i>Becky Carr</i> dairy buyer	<i>Elizabeth Gonzales</i> cashier/stocker
<i>Misha Engel</i> frozen buyer	<i>Molly Gibson</i> cashier/stocker/deli
<i>Marguerite Bellringer</i> finance manager	<i>Roxanne Gutierrez</i> cashier/stocker
<i>Kim Barton</i> POS	<i>Gini Loch</i> cashier/stocker
<i>Doug Smith</i> grocery buyer	<i>Laurie Anderson</i> HR manager
<i>Tinisha Rodriguez</i> HABA buyer/POS	<i>Eyan Villines</i> cashier/stocker
<i>Mike Madigan</i> operations manager	<i>Arthur Gamez</i> cashier/stocker
<i>Marchelle Smith</i> deli	<i>Alice Fujita-Schwarz</i> cashier/stocker
<i>Joy Kilpatrick</i> receiver	<i>Bethany Sanchez</i> POS associate
<i>Judy Kenneally</i> deli	<i>Jalyn McClain</i> Human Resources
<i>Vynce Bourné</i> bulk buyer	<i>Kelsi Cunniff</i> cashier/stocker



Kitchen Meditations

Spring

Macerated Strawberries

Macerated Strawberries topped with Crème Fraîche Whipped Cream is a fresh, easy dessert, unmatched in flavor and texture, perfect for summer.

Ingredients:

- 1 pound fresh organic strawberries
- 1 tablespoon pure maple syrup
- 1 tablespoon fresh lemon juice
- A few sprigs of fresh mint

Directions:

- Clean, trim and quarter 1 lb. of fresh strawberries.
- Add maple syrup and lemon juice, and toss gently.
- Cover and leave in the fridge for about 1 hour to let the flavors and juice develop.
- Garnish with a few sprigs of fresh mint and serve alone or with Crème Fraîche Whipped Cream, plain Greek yogurt, ice cream or pound cake.

Crème Fraîche Whipped Cream

Ingredients:

- 1/3 cup crème fraîche
- 2 tablespoons sugar (optional or to taste)
- 1/2 teaspoon vanilla extract
- 1 cup heavy whipping cream

Instructions:

- In a small bowl, whisk together the crème fraîche, sugar and vanilla until smooth.
- In a separate large bowl, whip the cream until it reaches stiff peaks.
- Add the crème fraîche to the whipped cream. Use a rubber spatula to gently fold them together until smooth and blended.
- Serve immediately or cover and refrigerate until ready to use.
- If refrigerated, whisk gently a few times before serving. Ideally served within a day or two.

Radish Salad

Fresh, crisp radish salad is the perfect summer side dish. Made with thinly sliced radishes, cucumbers, red onion, garlic and dill, it's simple, delicious and packed with fresh flavor.

Ingredients:

- 2 cups thinly sliced radishes
- 1 cup thinly sliced cucumber
- 1 cup thinly sliced red onion
- 1 tablespoon fresh minced dill (or 1 teaspoon dried dill)
- 1 clove minced garlic
- 2 tablespoons olive oil
- 1 tablespoon vinegar of your choice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Instructions:

- Combine the radishes, cucumbers, and onions in a medium mixing bowl.
- Add dill and minced garlic.
- Whisk together olive oil, vinegar, salt, and pepper.
- Pour over the vegetables and toss to combine.



The Frugal Co-op Chef

Simple Roasted Radishes

Enjoy this dish as a fantastic, healthy low-carb side. Roasted radishes are a lot milder than raw.

Ingredients:

- 1 bunch radishes, greens and ends removed
- 1 tablespoon olive oil
- Salt and pepper, to taste
- Fresh chopped parsley (optional, but delish)

Instructions:

- Preheat oven to 400°.
- Cut radishes into equal-sized pieces, not too small
- Add radishes to a baking dish and toss with olive oil, salt and pepper. Roast face down if you want them to brown nicely.
- If radishes are small, roast for 15 min. and check for doneness. If they're larger, it may take up to 35-40 min. to get them tender.
- Toss with chopped parsley, if desired.

Jake's May Produce Picks

Fun with Strawberries

- There is a museum in Belgium dedicated to strawberries!
- Strawberries have special meaning to the Seneca people of the northeastern United States. Because strawberries are the first fruit of the year to ripen, they are associated with spring and rebirth. The Seneca also say that strawberries grow along the path to the heavens and that they can bring good health.
- Their seeds appear on the outside, making it unique in the fruit world. There are around 200 on every berry.
- Strawberries are very, very good for you. They are high in vitamins C, B6, and K. Fiber, folic acid and potassium can also be found abundantly in this fruit. Apparently, they are also known to whiten teeth, help you burn more calories, and reduce abdominal fat!
- Tennis players enjoy strawberries, too. During the Wimbledon Championships every year, around 27,000 are consumed by the competitors.
- Cherished with chocolate, paired with sparkling wine, or eaten solely in their original perfection, strawberries will easily put a smile on anyone's face.
- As previously mentioned, strawberries are the first fruit that ripens in the spring. February 27th is National Strawberry Day.
- There are red, yellow, blue, white, black and purple strawberries!



Gini with fresh, crunchy, peppery radishes.

Radish

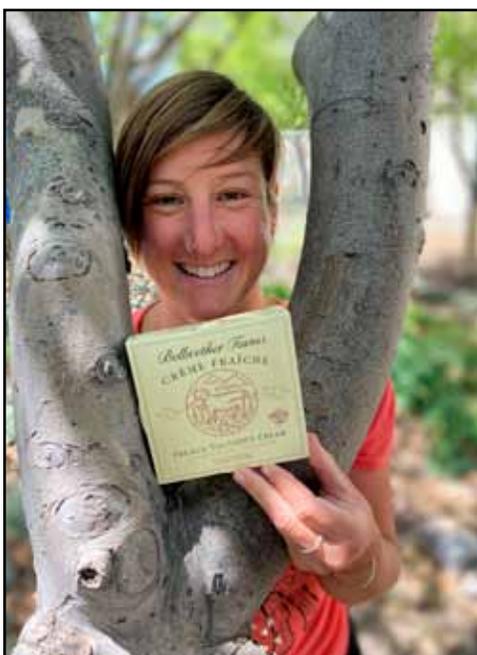
It seems that the radish is a veggie that we either love or hate (dislike may be a better choice of words here). Be that as it may, it IS one of the healthiest edibles from the garden. They are an excellent source of antioxidants, electrolytes, minerals, vitamins and fiber. Fresh roots are a good source of vitamin C, a powerful water soluble antioxidant, required by the body for the synthesis of collagen and to help scavenge for free radicals, reduce inflammation and boost immunity.

When selecting radishes, look for those that are fresh, stout and firm. Their tops should be sprightly and green. Avoid roots that have cracks or cuts on their surface and, if it yields to pressure, the interior is likely to be fibrous instead of crispy. At home, remove the tops since they rob the roots of nutrients if left intact. Rinse thoroughly to remove soil, and store in a sealable bag in the refrigerator.

Radishes are spicy, peppery, crunchy, and zesty. Eaten raw, they definitely have a kick, but when roasted, the flavor changes completely, tasting almost like a potato. The spiciness mellows out and allows their natural sweetness to come through. They turn golden and caramelized and a little juicy. Check out the recipe for Simple Roasted Radishes on this month's Kitchen Meditations page. It's fun to try something new, especially when it's so easy!

Becky's May Dairy Pick

Bellwether Farms Crème Fraîche



Springtime and Crème Fraîche!

Bellwether Farms makes a superb, award winning crème fraîche that's as creamy as anything that might come from the home kitchen, and it's the preferred brand among U.S. chefs. This month, we're sharing one of the most delightful ways to put Bellwether to good use in a delicious spin on standard whipped cream. Certainly, whipped cream, pure and simple, is a thing of beauty. But folding it into lightly sweetened crème fraîche will lift your dessert repertoire remarkably when mounded onto everything from fresh berries to Thanksgiving pies. If your taste leans toward the savory, crème fraîche can be added to soup and other hot dishes for richness and zing and it won't curdle when added during cooking, unlike sour cream or yogurt which needs to be dolloped in at the end. But, it can still be dolloped with the best of them, on whatever you like. Smoked salmon benefits greatly when topped with a spoonful and, thinned to a thick pouring consistency, it's yummy on tacos, nachos and enchiladas. In another savory application, adding it to mashed potatoes brings just the right touch of acid to balance the fat in the butter.

The mild cultured tang of crème fraîche adds a layer of interest and flavor that enhances any dessert. It's got more body than whipped cream alone...like eating clouds! Crème Fraîche Whipped Cream has more staying power than just whipped cream. Make it ahead of time and store it in the fridge until ready to use. A few turns with a whisk and your luscious cream will be as good as new!

May 4 - May 31 • 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 March service.

Sue Childers • Jane Papin • Tim Garner
Tammy Pittman • Trudy Balcom
Monica Rude • Tasha Marshe



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!

Produce Compost Guidelines

This is a free service provided for our customers. We are not able to honor "special" requests for specific produce in bags and keep this service free. Please note:

- First come, first served
- One bag per person, please
- Scraps are bagged randomly as produce is processed
- Best days for compost are Tuesday & Thursday



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 May

March
Round Up
\$1340.00

Round Up for June

Literacy Link Leamos



Literacy Link-Leamos will use the funds to to give ten to twelve books to 2,000 elementary students in nine elementary schools in Grant County.

Dormir es Poder



Dormir es Poder is a non-profit with the mission to support the population of displaced people on both sides of the US border with Mexico. Your contributions to our Round Up program will go toward the healthcare for migrants at the two shelters in Juárez, San Matías, and Espiritu Santo.

Douglas Winter, who has been a committed partner in this significant organization since its inception in 2019, wrote this description in an email of how your donations will be used, "My main function in aiding the two migrant shelters in Juárez is healthcare. I bring shelter guests to the doctor, pay for the doctor's fees as well as medicine. Even though meds are cheaper in Juárez than in the US, it really adds up taking care of approximately, now, 200 people. I often spend \$500.00 during a three day visit. As I mentioned to you today, on a sweet note, we will have our first baby born in the shelter. The mother-to-be is a very kind 22 year old named Cielo. So at least for the first few months we won't have to worry about diapers."

Expanding Your Horizons



Expanding Your Horizons motivates girls to pursue education and careers in Science, Technology, Engineering and Math and will use funds to support their annual event.

Customer Change for Community Change!

Silver City Recycles

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



Recycling drop-off times for May:

Two Saturdays, the 14th and the 28th, 10am - 12noon.

New rules are now in effect for plastic:

Only numbers 1, 2, and 5 will be accepted.

Plastic must still be (relatively) clean and separated from other material, but all plastic types can be collected together.

For more information:

<https://silvercityrecycles.org/>

silvercitynmrecycles@gmail.com or: www.t2t.green

May is Garden for Wildlife Month



This month we celebrate wildlife by planting gardens that are welcoming and safe for the wild creatures that live nearby, whether they are permanent residents or just passing through. When we add more native plants and wildflowers to our gardens, we will attract more wildlife.

Of course, every month, every week, and every day is an ideal time to garden for wildlife, and is in no way limited to just one month!

Your garden can play a very important role in helping wildlife because habitat destruction everywhere is the leading cause of the decline in wildlife populations. No matter how small or large your property, from a balcony in NYC to acres of land, you can create welcoming habitat for wildlife to share your space with you. The rewards will be immediate. Wildlife gardening is truly an "If You Build it, They Will Come" activity.

You can garden for wildlife by installing a wildlife pond (large or small), and have birds splashing around this week. Plus, you'll have dragonflies, frogs, toads, and all manner of other wildlife at this source of water. Plant some milkweed (*Asclepias* spp.) for Monarch Butterflies, who need all the

help they can get to support them on their long journey back and forth to Mexico. Add host plants for butterflies to garden for wildlife. You've got to go beyond nectaring flowers and add the plants that each species needs for their caterpillars to feed on. For example, many Skippers lay their eggs on native grasses. Spicebush Swallowtails use Spicebush (*Lindera benzoin*), Pipevine Swallowtails use Pipevine (*Aristolochia tomentosa*).

You can support wild bird life by planting some bird food. Aside from your bird feeders, try planting natural bird food in your garden. Add native sunflowers, and coneflower for seeds and native berry shrubs for birds to eat. Most importantly, you want native plants in your garden because they attract insects and insects attract birds.

Visit your local plant nursery, and join your native plant society. These are wonderful places to learn more about the plants that will work best in your garden and provide the most value for wildlife.

How will you help wildlife in your garden for National Garden for Wildlife Month?



**DOUBLE UP
FOOD BUCKS™**

**½ OFF
Local Produce
everyday
with your EBT card**



**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!**

**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

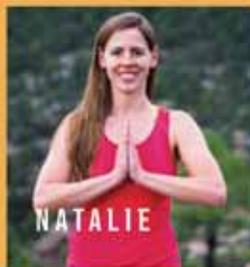
Three hours earns a 15% Volunteer Discount



3 INTERMEDIATE

HATHA YOGA CLASSES

TAKE YOUR PICK!



NATALIE

MONDAYS
@ 5:30PM



PATRICIA

WEDNESDAYS
@ 5:30PM



BECKY

SATURDAYS
@ 10:00AM

LOTUSCENTERSC.ORG/INDOOR-CLASSES

Flour Power!

Some types of flour for traditional baking

by Judith Kenney

Spelt

With a nutty and slightly sweet flavor, spelt is high in protein and nutrients. Due to its particular gluten, spelt does not rise as high in baked goods as wheat, but is easier to digest. This is a whole grain flour which is ideal for making lower gluten pastas, denser breads, cookies and pancakes. In working with spelt it's best not to over-mix. Store in the freezer or refrigerator until ready to use.

Durum Wheat

Durum, from the Latin word for 'hard,' is one of the hardest of all the wheats. Density and high protein content make durum the choice wheat for making pasta products. It's also an excellent choice to incorporate into bread, resulting in a loaf with a tighter, more cake-like crumb or internal structure, as opposed to a light product with large inner holes. Durum yields a striking, rustic and delicious loaf.

Stone Ground Whole Wheat

With high protein and strong gluten, this hard red wheat flour is ideal for yeast bread and rolls, but it's a very versatile class that is also used in flat breads and tortillas. Red wheat contains tannins that lend it a slightly bitter, robust flavor and reddish color.

White Whole Wheat

White whole wheat is a type of wheat, just like Granny Smith is a type of apple. It's 100% whole wheat and not bleached. "Red" and "White" refer to the color of the bran of the wheat. White wheat contains no tannins, just as white wine has lower tannin levels than red, giving it a milder flavor and light color.

Rye Flour

Rye is a grass grown extensively as a grain (not to be confused with ryegrass, which is used for lawns, pasture, and hay for livestock) closely related to barley and wheat. Since the middle ages people have cultivated rye in Central and Eastern Europe. This is a whole grain flour that is ideal for making hearty breads and sourdoughs. Heavier and darker than most flours, rye flour produces dark, dense loaves. It is often paired with the flavor of caraway as in pumpernickel bread. Our Dark Northern Rye Flour also makes surprisingly sweet butter cookies and is a wonderful addition to lighter whole grain flours in baked goods and breads.

Barley Flour, Streaker

This special barley variety is the first to be released by the Oregon State University Barley Project. It is resistant to stripe rust endemic to the Pacific Northwest where it is grown. The name "Streaker" was chosen because it describes the naked (hullless) characteristics of the variety. Of course, it does not require de-hulling after harvest as the hull comes off during harvest in the combine. Low in gluten and high in fiber, barley flour is wonderful in recipes that use baking soda or baking powder as leavening agents, such as cookies, quick breads, muffins and scones. It can also be combined with whole grain wheat flour for breads, pretzels, pizza doughs, and desserts, where it adds a wonderful moist crumb and slightly sweet flavor. Though not gluten-free, barley flour is lower in gluten than wheat, and offers a higher level of fiber.

Whole Wheat Pastry Flour

Whole Wheat Pastry Flour is 100% stone ground from the finest soft white wheat. The lower protein content of this flour makes it perfect for whole grain baked goods like pie crust, cake, cookies, biscuits and pancakes. Home bakers find this flour the perfect choice because it is very nutrient dense, yet it yields baked treats with a tender texture.

Einkorn, Nature's Original Wheat

Einkorn wheat was one of the first plants to be domesticated and cultivated, dating from Neolithic times, some 10,600 to 9,900 years B.C.E. Hunter-gatherers may have even started harvesting wild einkorn as early as 30,000 years ago, according to archaeological evidence from Syria.

Unlike most other grains, Einkorn hasn't been genetically modified or changed by humans. It's as pure today as it was during the Neolithic Age. Einkorn has the same amount of gluten as modern farmed wheat, but its proteins are smaller and easier to digest. This allows your body to extract all of the nutrition in the grain. Einkorn has a delicious flavor and substitutes easily into your favorite recipes.

Note: Einkorn Wheat is the most ancient wheat and should be avoided by people who have celiac disease. However, it can be a healthful grain for those with a sensitivity to gluten. Do your research!

Baking Your Own Bread

by Trudy Balcom

I used to bake bread only for special meals or holidays. Now my husband and I make all our own bread.



Tools for bread making

About twice a week we make a three-loaf batch. Usually one loaf goes directly onto the breadboard, and the other two go into the freezer. Having truly fresh loaves to eat still feels like a treat, but we've made it part of our routine, and you can too.

With the cost of bread skyrocketing, making bread is also very economical. You can bake your own for less than a dollar a loaf, depending on what types of flour you use. But even if you use more expensive ingredients, you will still save *bread*.

The trick to baking your own and saving money is in developing a style of bread-making that works for you. It has to be easy enough that you will actually do it. Baking bread doesn't have to be complicated. People have been doing it for centuries with many fewer resources in their kitchens than we have today.

Our method went from complex to simple, starting with a bread machine. Now we use a basic recipe and basic tools... a big plastic bowl, a large metal spoon, a bench knife (dough scraper), a glass liquid measure and three custom bead pans made from black stove pipe.

We focus on creating crusty, European-style loaves, because that's the type of bread we enjoy most. We use a mix of white and whole wheat or rye flour. If you want to get into using only whole-grain flours, it's entirely possible to do that as well.

My style of bread baking is informed by the no-knead method, popularized about 10 years ago and I, also, use a refrigerated slow-rise as needed to adapt the bread baking to my schedule. With slow-rise, you make your batch of dough, let it rise at room temperature then put it in the fridge and use as needed. You can also make dough with cold water and put it in the refrigerator to rise slowly overnight.

There are a lot of terrific bread baking books out there. Two that have informed my process include *Artisan Bread in Five Minutes a Day*, by Jeff Hertzberg and Zoe Francios, and *The Bread Baker's Apprentice*, by Peter Reinhart.

Here is my recipe, adapted from one I found on the King Arthur Flour website. It makes three one-pound loaves and takes about 1 hour of active time to create.

7 1/2 cups of flour (I use 5 cups white flour and 2 1/2 cups whole wheat or rye flour)

2 Tb. yeast

1 Tb. salt

3 1/2 to 4 cups of tepid water (cooler water will slow the rise, but too hot will kill the yeast)



Fresh out of the oven!

In a large bowl, stir together dry ingredients, then add water and mix well (dough will be the consistency of very thick pancake batter). Cover bowl with a damp, thin towel or plastic wrap and let rise at room temperature, about 1 hour. While the dough rises, prepare your pans by lightly greasing them and, also, put in a sprinkle of cornmeal to help keep the dough from sticking.

When dough is risen to double in size, turn it gently out onto a floured countertop. Lightly flour the edges and top of the dough so it isn't too sticky to handle. Using a bench knife, gently shape the dough into a square, and use the bench knife to cut it into thirds or fourths. Gently shape the dough into loaves (you can fit three round loaves onto a large baking sheet, or bake single loaves in a Dutch oven or a cast iron skillet). Dust the tops of the loaves with flour, cover the pans with a thin, damp towel. Put in a warm place to rise for 20-30 minutes.

Set your oven to 475°, adjust top rack to the center position and place a roasting pan with about an inch of warm water in it on a rack below to help get a nice golden crust.

When the dough has doubled in size, lightly flour the tops of the loaves and snip 1-inch cuts into them with kitchen scissors just before you put the pans in the oven.

Bake 10 minutes, then rotate the pans if needed for even baking, continue for another 10 minutes. Go for a deep, golden crust. Cool thoroughly on a wire rack. Slice and enjoy!



Yunmm! Read to eat!!

STAFF PICKS!

Welcome
to Our Co-op Team!

Meet Bethany



A warm welcome to Bethany, one of the newest members of our Co-op staff! Bethany works as part of the Point of Sale team. A POS system allows our business to accept payments from customers and keep track of sales. Sounds simple enough, right? Not so fast! There's a lot more to it than that. Our two POS technicians are well-trained to meet the numerous day-to-day requirements of the department and to keep the Co-op humming along.

When outside of work, Bethany loves spending time in nature with her family. She might just bring along a bag of cashews (her current favorite product) from our wonderful bulk department to snack on. We ask our "Staff Picks" participants to share a fact about themselves that not many people know. "I'm terrified of snakes," says Bethany. Careful out in the woods, darlin'! Hmmm, I wonder if snakes like cashews!

Cashews come from *Anacardium occidentale*, a tropical evergreen tree. Commonly used in South Asian cuisine in many guises, from savory to sweet dishes, these delectable nuts are now popular worldwide. Owing to their creamy texture when blended, cashews have become a popular ingredient used to make dairy alternatives, including cashew milk, nut-based cheese, and nut-based cream sauces and sour cream.



The Co-op has an extensive selection of cashews. Choose from Whole Raw cashews, Dry Roasted, Salt & Pepper, Curry, Maple Ginger, Sea Salt and Onion, Honey, and Thai Spiced.

Meet Jalyn

We'd also like to welcome Jalyn, our human resource manager, to the Co-op. She's been here several weeks and seems to be settling quite nicely! According to Jalyn, "I originally came to Silver City for a softball scholarship back in 2018. I fell in love with downtown and I've been here ever since!" When not engaged with her job at SCFC, she's "recently started hiking for the first time ever and I love it! It's become my favorite activity in no time, and I always look forward to going after my work days."



Trying to select a favorite product is, most of the time, not an easy choice. Jalyn has been "trying out lots of new products and one brand I'm really impressed with is the Acure brand, specifically their body lotions. They always leave me feeling super soft and moisturized, making them my new favorite product!"

Acure is an eco-friendly company dedicated to delivering skin wellness through clean, clinical ingredients in better-for-you bases. No parabens, sulfates, formaldehyde, paraffin, mineral oil or animal testing are ever allowed! We carry a number of Acure products in the HABA department and they've been consistently popular over the years. When you buy products from this company, you'll be supporting an organization that believes that "people and our planet are just as important as profits."



The Wheel of the Year Or, The Rooibos Connection



by Cassandra Leoncini

Dancing ‘round the May Pole—twining our bright crepe paper streamers over and under—does anyone recall the strange giddiness of that grade school festivity? Anyone remember what it was all about, other than a joyful escape from the classroom?

May Day has a very long history, and a pre-history we may never know. The ancient Celts celebrated this time as *Beltane*—their rather lusty fertility rites of Spring. The phallic May Pole was planted in Mother Earth, the May Queen and King were appointed (an erotic version of “Most Likely to Succeed”) whilst bonfires burned through the night inflaming much drinking, dancing and other forms of adult merriment.

Beltane is the direct complement of another Celtic celebration, *Samhain*. We know and love it as Halloween and Day of the Dead. Early Christians dubbed it All Hallow’s Eve, and All Saints’ Day. Our pagan revelers acknowledged *Samhain* as the end of the fertile year and a time to honor their dearly departed. So we had these dual sanctioned holy days—committing ourselves to new life in Spring, and paying homage to its completion in Autumn. Quite a lovely cycle, really.

There are two more distinctive Celtic holidays, which we’ve mostly forgotten. One falls in the first week of February. Called *Imbolc* (“Ewe’s Milk”), it observed the start of the lambing season. Early Christians claimed it as St Brigid’s Day, or Candlemas. Our lost in translation version? Groundhog Day. (A couple nods to Bill Murray here.)

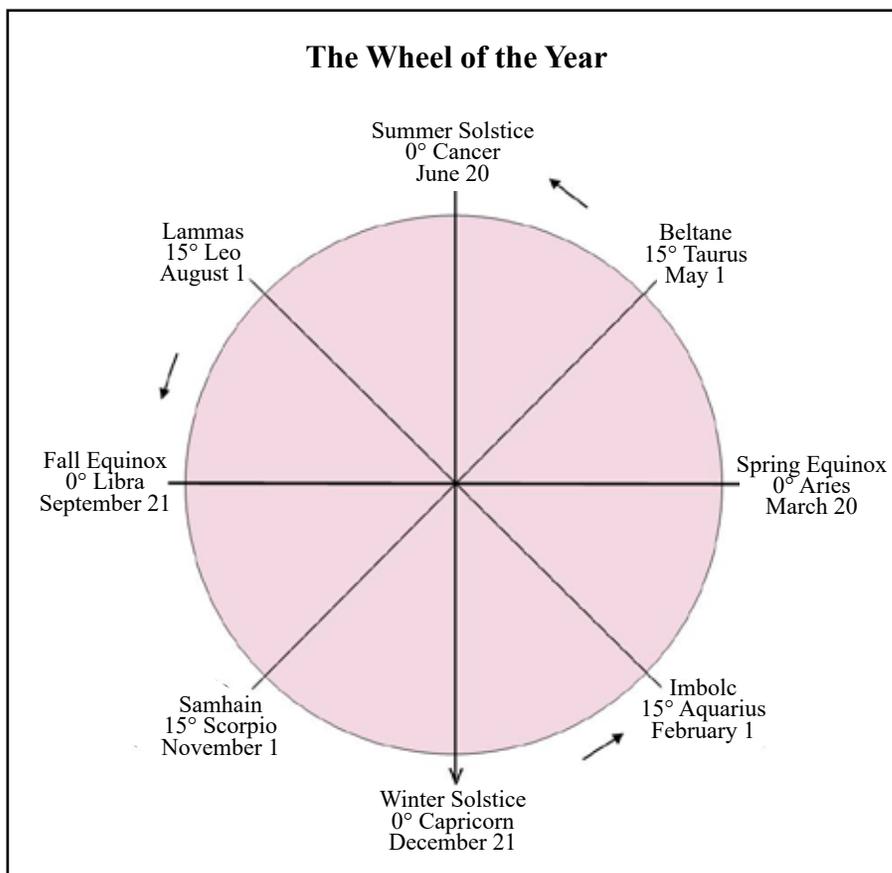
Six months after *Imbolc*, those Celtic “Wheel of the Year” keepers celebrated *Lammas* (the Christian “Loaf Mass”. As you might’ve noticed, the Early Reformed Pagans were a dab hand at reconstituting sacred days, and sites.) *Lammas* marked the beginning of the grain harvest. Like the other holidays, this was a community-wide event. Loaves of new bread were baked and shared in a kind of proto-thanksgiving. Alas, we nowadays have nothing to match this hearty, early August fete. Other than an awful lot of European folks shut down their shops and homes and go away that month—forget harvest, time to go play?

These four celebrations are actually “quarter-marks” in Earth’s own annual Pole Dance. Thus, they are known as the Cross-Quarter days. They fall midway between another sequence of four seasonal markers that we know well. These are the two Solstices—when one pole or other stills and returns toward the Sun; and the two Equinoxes—the balance points between Solstices.

Hopefully, my little graphic helps illustrate how the Wheel of the Year waxes and wanes. The start point is Winter Solstice. Calendar dates are for the Northern hemisphere and vary from year to year. But all eight holidays were aligned with the constellations of the ecliptic. Now here’s the critical bit. The Wheel of the Year wasn’t really measuring “Time.” It was measuring Change—through our *conscious, participatory* relations with the living Earth. And, the shift points are not located at the obvious Solstices and Equinoxes, with their flashy Zero Points. Rather, the seeds of transformation are fertilized in the quiet interstices of the Cross Quarter days. These are the secret sweet spots. We may just catch a whiff of them in the vicissitudes of mid-Spring, the hazy dog days of Summer, in the surrender of late Autumn, or in the depths of post-holidays Winter.

And *brava*, just like that, we restore the living, eight season year. It occurs to me that *The Rooibos Connection* is a fine moniker for that old Celtic Wheel of the Year. Why not? It’s got a nice round sound to it, and brewing up a strong pot of Rooibos might well accompany our Cross Quarter day musings. Honoring the eight seasons is also beautifully supported by working with the eight phases of the moon. Winter Solstice being the New Moon of the year.

And while acknowledging the power of “eights,” we mustn’t forget that sleekest of 20th century accomplishments, the eight-cylinder internal combustion engine with the Lion’s purr. Then again, this is the sort of slippage that happens when you stay up too late re-reading vintage Tom Robbins. Nevertheless, for your early May *Beltane* fantasies, I shall recommend his *Jitterbug Perfume*—un-beet-able.



© Cassandra Leoncini, April 2022
TwoEaglesAstrology@gmail.com

GRAB'N'GO

Más Kalamatas!



by Carolyn Smith



I spent the summer of 1980 hiking down the east coast of the Peloponnese, camping and cooking on the beautiful stone beaches we found just outside of small towns. Olive trees grew on the surrounding hillsides all along this stretch of the Mediterranean, providing much needed shade and shelter from the summer sun. Each day we walked through the olive tree orchards into town for groceries and a treat of Greek coffee and a delicious dessert. We were in Greece for much of the growing season and enjoyed the best tasting fruits and vegetables that I have ever eaten. We gorged on cherries, peaches, tomatoes, cucumbers, eggplant and a wide variety of olives, both oil cured and brined. Once a week, we refilled our bottle of olive oil at the local olive oil press; it was so fresh and delicious that I would often take a swig from the bottle while I was cooking.

Kalamata olives, the familiar almond-shaped, plump, dark purple olives, were originally grown on the Peloponnese peninsula in the region around the city of Kalamata which is located on the southern end. Now they are grown in many places around the world, including the United States and Australia. The Kalamata olive tree is distinguished from the common olive by the size of its leaves, which grow to twice the size of other olive varieties. Kalamata olives cannot be harvested green, so they must be hand-picked in order

to avoid bruising. Unfortunately, Kalamata and most olive trees are not cold tolerant, so we can't grow them here in Grant County. As one of the tastiest and most popular varieties of olives, they are sold in most stores. Find Kalamata olives at the Co-op in the dairy cooler at the front of the store and in the dinner aisle.

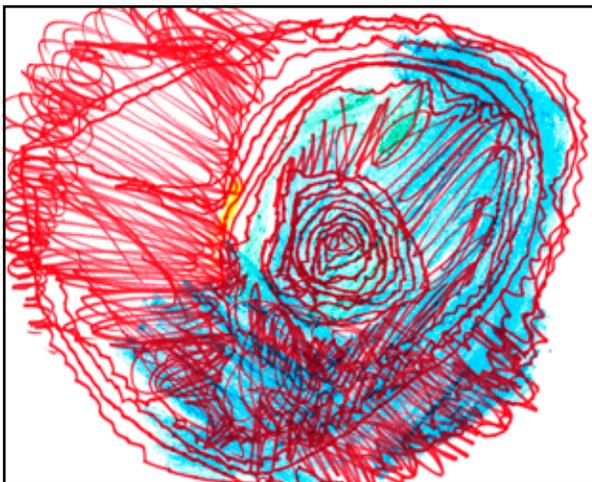
Like most olives, Kalamata olives are rich in antioxidants and have been linked to multiple health benefits. They are rich in oleic acid, a type of monounsaturated fatty acids (MUFA) linked to improved heart health and cancer-fighting properties. They're also a good source of iron, calcium, copper, and vitamins A and E. They are delicious eaten out of hand and are also included as an ingredient in a variety of recipes. They add a flavor boost to salads like the refreshing Grab 'n' Go Greek Salad made of cucumbers, tomatoes, Kalamata olives and feta cheese and the Greek Potato Salad with potatoes, tomatoes, red bell peppers, celery, Kalamata olives and a lemon olive oil dressing.

You can also cook with Kalamata olives and we use them in the Grab 'n' Go's Pasta Puttanesca and Chicken Tangine. Of course, Kalamata olives are so tasty on their own and we include them as a side in our falafel platter.

Here's a recipe to try at home:

Greek Salad

2 English cucumbers
or equivalent weight of
cucumbers, diced large
2 pints of cherry tomatoes,
halved
1 – 16 oz tub of Kalamata
olives
¼ cup rice vinegar or lemon
juice
¼ cup olive oil
1 tub feta cheese in brine
Dried basil
Mix cucumbers, tomatoes and
olives in a bowl.
Add vinegar or lemon juice
and olive oil and mix in.
Top with feta cheese and
sprinkle basil on top.



*a poem and a drawing
by Rick Stansberger*

Loud Birds and Venetian Blinds

Bars of winter light.
The birds outside
are loud about their business.
Sitting here in this plastic chair
I'm all my selves at once.

Frozen Department

NEWS

Cool New Products in Misha's Freezer

Cappello's Spinach Cheese Ravioli and Uncured Pepperoni Pizza

Mouthwatering ravioli, this is the world's first grain-free brand of ravioli. Cappello's has worked to harness the proteins, fiber and healthy fats in almond flour to create their pasta. Great for people with celiac disease who are always looking for gluten-free foods. Cappello's pasta is fresh and light, maybe even better than the gluten-full products out there! Folks who can eat gluten also love these tasty morsels!



Looking for a grain-free crust pizza? Cappello's Uncured Pepperoni Pizza fits the bill perfectly! It features thick cut, all-natural, uncured beef and pork pepperonis atop rich, whole milk mozzarella cheese, all supported by an almond flour crust. Just like the ravioli, it's grain, gluten, soy, yeast free....and yummy, to boot!



Yummm! Pizza!!

Amy's Roasted Poblano Enchiladas

Organic corn tortillas are filled with carrots, bell peppers, zucchini and fire roasted poblanos, house-made tofu and a blend of Cheddar and Monterey Jack cheeses. Once assembled, the enchiladas are covered with Amy's creamy poblano sauce and finished with a little extra cheese. Amy's yummy and delicious vegetarian foods have been a staff and customer favorite at SCFC for years!



Food for Life Sprouted 3-Seed Gluten-Free Original Bread

High in fiber, sprouted grains and vegan, this is a great option to add to your gluten-free pantry. It's hearty and dense, the perfect base for toast, open face sandwiches and grilled cheese. Rub it down with garlic, top it off with butter and tuck it under the broiler! Let your imagination soar!



Feel Good Foods Mozzarella Sticks

Perfect for sharing, this gluten-free snack is real mozzarella cheese in a crispy rice flour breading with a satisfying crunch. Pair them with your favorite marinara sauce or ranch dressing. Kids (big and little) love them!



Tucson Tamale Company

Todd and Sherry founded Tucson Tamale Company in 2008, inspired by family recipes with an eye on healthier and cleaner ingredients. Their Green Chile Pork and Cheese Tamales are handmade with slow-simmered pork, fire roasted Hatch green chile, and cheese wrapped inside non-GMO white corn masa. This has been a customer favorite since day one of this company. Now we have these tasty delights at the Co-op for everyone to enjoy!



Kim and Jake's Peasant Loaf

This couple-owned company hails from Boulder, Colorado. All of their breads, cookies, buns and rolls are gluten-free and delicious. We are now carrying their Peasant Loaf, and we think you'll be pleasantly surprised with it! Hearty and flavorful, with no cardboard-y taste, it makes marvelous toast, French toast and dinner bread.



Herb Gardening 101

by National Gardening Association

More than 14 million households in the United States grow herbs—in vegetable and perennial gardens, in containers, or on windowsills. And with good reason! In addition to their obvious role in cooking, herbs are also attractive and add color, interesting textures and forms, and rich or subtle fragrances to the home and garden.

Uses for herbs

The most popular use for herbs is in cooking, and nearly every recipe can be enhanced with the addition of appropriate herbs. Can you imagine tomato sauce without oregano? Thanksgiving stuffing without sage?

Herbs have many other uses as well. Many types make wonderful teas, individually or combined in blends. Chamomile makes a soothing tea for unwinding after a hard day. Bee balm (Monarda) makes a tangy tea with citrus overtones. And in addition to being tasty, mint teas aid in digestion.

Many herbs are also believed to have medicinal properties. The echinacea that has become popular as a cold remedy is extracted from the purple coneflower, a common garden perennial.

Of course, many gardeners grow herbs simply because they are attractive and durable plants. Bee balm not only makes a tasty tea, but is also a reliable perennial with lovely red, pink, or white flowers. And chamomile's daisy-like blooms brighten up any sunny border.

Where to plant

Plant herbs where you can get to them easily for frequent harvesting, especially if you plan to use them in cooking. Consider planting a special kitchen garden near the house so you can readily harvest herbs, greens, and other frequently used crops. You can also grow herbs in containers or window boxes.

Most herbs prefer full sun—at least 6 hours per day. Herbs that will tolerate some light shade include chives, cilantro, dill, and mint. Remember that if you plant perennial herbs in the vegetable garden, you should keep them in a separate section so you'll be sure to avoid them during spring and fall tilling.

Types of herbs

Like all garden plants, herbs can be categorized as annual, perennial, or biennial. Annual plants grow for only one season and must be planted each spring. Perennials live for several years. Their foliage dies back in the fall, but the roots overwinter and resume growth the following spring. And biennials grow for two years, growing foliage the first season, overwintering, then forming seeds and dying back at the end of the second season.

Annual Herbs

- Basil
- Chamomile
- Cilantro/coriander
- Cumin
- Dill
- Fennel

Perennial Herbs*

- Catnip
- Chives
- Lavender
- Lemon balm
- Lovage
- Lemongrass
- Marjoram
- Mint
- Oregano
- Rosemary
- Sage
- Tarragon
- Thyme

*These may not be hardy in all regions of the country. Check your planting zone.

Parsley is one of the few common herbs that is a biennial. However, unless you want to harvest the seed, you can treat it like an annual and plant new plants each season.

Herb garden design

Even though a formal herb garden is attractive, most gardeners would rather mix herbs in with other flower or vegetable plantings or grow them in containers. When growing herbs with other plantings, be sure they have enough room to expand and won't get shaded by tall plants.

Herbs make great container plants. To grow herbs successfully in containers or window boxes, you'll need a pot that has adequate drainage holes. Use fresh potting soil each year, and keep the container well-watered and fertilized. Try different combinations, such as purple-leaved basil mixed with creeping thyme, or silver-leaved sage planted with curled-leafed parsley. Large perennial herbs such as rosemary and lavender can have their own pot and be over-wintered indoors in cold climates. You'll be amazed at how attractive and useful these potted herbs can be.

Soil requirements

In general, herbs prefer a moderately rich soil. An overly rich soil (or excessive fertilizing) can lead to vigorous growth. However, many people find that the flavor of over-fertilized herbs is bland, probably due to reduced essential oil content.

Many culinary herbs, such as thyme and oregano, are of Mediterranean heritage and are accustomed to growing in gravelly soils. The soil in your herb garden should have excellent drainage. If yours doesn't, consider growing your herbs in raised beds or containers.

Caring for herb plants

Most herbs will thrive with about 1 inch of water a week, similar to other vegetable plants. Herbs in raised beds and containers will dry out more quickly than those planted directly in the garden and may need more frequent watering. Keep garden beds weeded, especially early in the season, as plants are getting established. If you have fertile soil, you won't need to add much fertilizer to herbs grown in the garden. For those in containers, you'll need to add a dilute, complete fertilizer to keep the leaves green and plants growing strong.

Once established, most herb plants are remarkably resistant to insect and disease attack. The oils that give them their aroma and flavor likely evolve to repel pests. However, keep an eye out for insects such as aphids and diseases such as powdery mildew.

Harvesting herbs

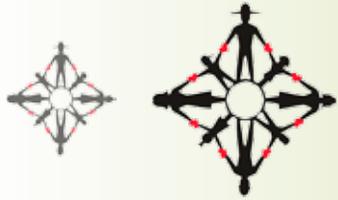
Harvest herbs by cutting back a shoot to just above a leaf. This will both provide you with a harvest and encourage nice, bushy growth on the remaining plant. In general, an herb's flavor is most pronounced when it is harvested just before the plant begins to flower and in the morning, when the essential oils are most concentrated.

Tips

- Heavily harvested herb plants can look untidy. Consider interplanting herb beds with annual flowers to camouflage the trimmed plants.
- Herbs can provide important habitat for beneficial insects. Dill and fennel are two herbs beneficial insects particularly like.
- Perennial mints, including spearmint, apple mint, and peppermint, are very vigorous and can become invasive. Rather than planting them directly in the garden, grow the plants in containers, then sink the containers into the garden. This will contain the roots and limit spreading.
- Perennial herbs that are not hardy in your region can be overwintered indoors, then brought back outdoors in the spring. For example, in USDA Zones 7 and colder, bring rosemary and lavender plants indoors in late fall. Maintain them in a cool, bright spot over the winter, and move them outdoors again in the spring. In USDA Zones 8 and warmer, rosemary and lavender can be left outdoors year-round.

Information courtesy of the
National Gardening Association
www.garden.org





From Your Board . . .

Preparing for the General Membership Meeting

The time is drawing near for our move to Pope Street and we're excited to share with you our plans for the new store location! Not since the late 1980s, when the Silver City Food Co-op moved to its current store on Bullard Street, has there been so much excitement about a relocation!

You've been waiting a long time and plans are firming up and we want to celebrate with you! Without your support – our Co-op stakeholder “family” – none of this would be possible. So don't miss out on a chance to join us at our annual General Membership Meeting on May 15th from noon-4pm at 907 N. Pope Street. (Note the change in location from last month's GG.)

Because we know that you have tons of questions regarding our move to the new location, the primary focus of our annual meeting will be quenching your curiosity with details about the move. Interested in learning about construction and relocation timelines? Wondering about parking and where the new entrance will be located? Intrigued by how the store layout will flow?

All these questions and more will be addressed throughout the day. General Manager Kevin Waters will present our annual financial well-being report, give an overview of our membership status and give an update on our relocation to Pope Street. The Board of Directors will present

their “State of the Co-op” report, share details from their recent strategy meetings and provide the board's perspective of the upcoming move. In addition, our self-guided tour will provide insight into our expansion plans, using the most recent designs and architect drawings available. Now, you can truly envision where to locate the produce section, shop for frozen foods or find Grab 'n' Go by walking through a visual representation of the new layout and design.

Complimentary lunch will be catered by the Corner Kitchen. Choose from both vegetarian and meat dishes for adults and kids. Lunch will be served starting at noon with the General Membership meeting shortly thereafter. Live music and tours of the new building (with architectural drawings!!) will all commence around 2.

In addition, we will be raffling off numerous prizes to Co-op members. The other half of your lunch ticket will get you entered, or stop by our registration table, provide us with a quote saying why you like being a Co-op member and you will receive two extra tickets toward exciting gift baskets offered by the Co-op and local businesses. Together we are the Co-op! Join us as we celebrate our continued growth and upcoming relocation! Hope to see you there!

The Member Connect Committee is seeking volunteers to help with setting up, trash cleanup, registration and more. Please contact the board at board.scfc@gmail.com.

Board Meeting Schedule

The SCFC Board of Directors meets the fourth Wednesday of each month on Zoom. Please email the Board for more information. Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among

those members who would like to speak. If ten minutes is insufficient, a special meeting may be called on another day. If a member wants more time, they can contact the president and ask to be added to the agenda. Please make this request at least one week before the meeting.

Board of Directors

Shanti Ceane/President Board Term: 2022-2025	Tuan Tran/Secretary Board Term: 2020-2023	David Burr/Treasurer Board Term: 2022-2024
Julianna Flynn/Member Board Term: 2019-2022	Sandy Lang/Member Board Term: 2022-2025	Leo Andrade/Member Board Term: 2022-2024
Gwen Lacy/Vice Pres. Board Term: 2019-2022	Paul Slattery/Member Board Term: 2022-2025	Our email address: board.scfc@gmail.com



Shanti Ceane
President



Julianna Flynn
Member



David Burr
Treasurer



Tuan Tran
Secretary



Paul Slattery
Member



Sandy Lang
Member



Gwen Lacy
Vice President



Leo Andrade
Member



May

Members Only Specials

May 4 - May 31

20% OFF! listed prices



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Upton's
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14.05 oz
reg \$4.69



Go Raw
Pumpkin Seeds
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reg \$17.79



Miracle Noodle
Fettuccine
7 oz
reg \$2.99



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50 Caps
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Doggie Delicious
Pumpkin Bones
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Picnik
Keto Creamer
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Mineral Fusion
Nail Polish
Assorted, .33 oz
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Pamela's
Whenever Bar
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reg \$5.39



Noka
Blackberry/Vanilla
Smoothie
4.22 oz
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