

Silver City Food Co-op Garbanzo Gazette

MAD!

Volume 22

❖ Your Monthly Newsletter ❖ February 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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Sales



**YOU
ARE
WHAT
YOU
EAT**

Updates from the Sales Floor

by Mike Madigan
Operations Manager

New Faces, New Positions, New Responsibilities

As we further our preparations for a new store, you may begin to notice some new faces and roles in the Co-op. It's going to take a few extra helpful hands as we inch closer, so more and more new faces will be in store. Take a moment to say hello when you can. The last few months have brought us four new additions. Laurie is our temporary Human Resources manager, Eyan and Arthur can be found helping out all over the place on the sales floor, and Doug can be found in the back of the house coordinating our Point of Sale system. Welcome to all!

New Freezer in the Front of the Store

We rolled a new, single-door freezer out to the front of the store this week. Our regular co-op members and visitors recognize that we make use of every possible square foot of space available on the sales floor to ensure we're meeting your needs. So, when a piece of equipment goes down, it has a noticeable effect on what's available. Over the years, we've become adept at putting "band-aids" on our equipment to keep it going for just a little while longer, and for the most part, it works. Our refrigeration repair guys (Charlie and Mike) often remind me of Scotty from Star Trek... "We're giving it all she's got!" And they do! At the time of this writing all of our equipment is functioning. By the time you read this, the new freezer should be stocked up again with frozen fruits and juice concentrates. The freezer is just to your right as you enter the front door.

Construction Nears at 907 N. Pope St.

While our plans for the reconstruction project at 907 N. Pope St. continue to progress, we're excited to say that our temporary signage is now in place. Thanks go out to Damien Davies, proprietor of Boxcar Stickers for the construction and installation of our temporary sign, which you can now check out on the northside of our future home. All indications are that construction is imminent, and soon we hope to see many changes at the new space.

Mask Requirement at the Co-op

This is a reminder that wearing of face masks or other multilayer face coverings continues to be a requirement while in the Co-op. Please be considerate of staff when we ask you to comply with this policy. We'll gladly offer you a mask if you don't have one with you, and as an alternative, we would like to remind everyone that our Curbside Pickup program is available to you. Please visit the front page of the Silver City Food Co-op's website (www.silvercityfoodcoop.coop) for more information on how to participate in the Curbside Pickup program.

Year End Inventory Complete

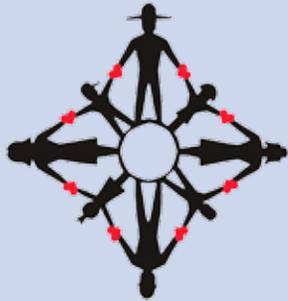
On January 2nd we completed our year-end inventory count. As often as four times a year, we conduct these inventory counts to give us an accurate valuation of all the store's retail products. Inventory offers us an opportunity to evaluate the accuracy of our processes, reset our count of how much product we have to sell, and is the basis for financial decisions such as how much of a staff bonus we'll be receiving! Our recent inventory was a success, and stands as a testament to the hard work, professionalism, and dedication of the staff of the Co-op.



1820 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:

Monica Rude, Carolyn Smith,
Vynce Bourné, Eve Adamson

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Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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Not Watered Down



by Kevin Waters
General Manager

It may seem counterintuitive, but one of the intended results of doubling our Co-ops physical footprint will be to decrease the environmental impact of our refrigeration systems. Keeping large amounts of product frozen or refrigerated makes an environmental impact, there is no way around it. However, changes in technology over the last decade will allow us to increase our capacity, and at the same time, eliminate any impact on the ozone layer and reduce greenhouse gas emissions.

Right now, our refrigeration systems are the equivalent of driving around in a 1978 AMC Pacer, with a broken exhaust pipe. The refrigerant our systems were designed for, hydrofluorocarbon(HFC)R-22, ceased production last year, phased out by the EPA. That supply/demand thing has driven up the cost of our refrigeration maintenance significantly. So, not only are we driving our busted up '78 Pacer, but we are buying leaded gas in a back alley from a dude named Bones, and it ain't cheap.

Refrigerants' environmental impact are rated by their Ozone Depletion Potential(ODP) and Global Warming Potential (GWP). Our current systems use refrigerant that has a GWP of 1800. Any system we utilize at the new store will be considerably lower. It also still has an ozone depletion potential rating. Yikes. So,

while we roll down Bullard in our '78 Pacer belching leaded smoke, we are busy fixing our hair helmet with Aqua-Net that was produced in 1982. Blasting Black Sabbath. (Sabbath is still very much OK).

The other massive improvement to our refrigeration systems will be the actual energy efficiency of the cases themselves. Regardless of the refrigerant and its GWP rating, our cases will run and sustain temperatures much more effectively.

Because nothing can be easy, currently the newest, cleanest, natural refrigerants with low GWP, such as ammonia, CO2 (ironic but true), and propane, actually use more power to run their systems. Of course, this must be factored into the decision making as well, in our choice of systems. They are significantly more expensive as well.

I will be visiting the Hussman factory in Chino, CA next month, to learn more and gather information for that decision. Our resulting choice will certainly be a vast improvement, and set us up for future sustainability improvements as they become available. We are also applying for USDA energy efficiency grants that may cover up to 25% of the cost! I wonder if we can get much trade in value for that '78 Pacer. It is a classic. Got a sweet 8 track with Kraco speakers too.....

Winter blues?



Perk up. It's MAD!

February/March

Member Appreciation Days

*any 2 trips of your choice
to save 10%*

(excludes mark-down items)

Become a member and save \$

Silver City Food Co-op Staff

Judith Kenney outreach/GG	Vynce Bourné bulk buyer
Kate Stansberger supplement buyer	Kevin Waters general manager
Jake Sipko produce manager	Lauren Christensen cashier/stocker
Carolyn Smith deli manager	Andrea Sandoval cashier/stocker
Carol Ann Young GG/office	Eva Ortega produce
Becky Carr dairy buyer	Isabella Mata cashier/stocker
Misha Engel frozen buyer	Elizabeth Gonzales cashier/stocker
Marguerite Bellringer finance manager	Taylor Preusch cashier/stocker
Kim Barton POS	Molly Gibson cashier/stocker/deli
Doug Smith grocery buyer	Roxanne Gutierrez cashier/stocker
Tinisha Rodriguez HABA buyer/POS	Gini Loch cashier/stocker
Mike Madigan operations manager	Laurie Anderson HR manager
Marchelle Smith deli	Eyan Villines cashier/stocker
Joy Kilpatrick receiver	Arthur Gamez cashier/stocker
Judy Kenneally deli	Doug Miranda POS Coordinator
Clorissa Holguin cashier/stocker	

Kitchen Meditations

Winter

Pistachio Strawberry Salad

6 servings

Ingredients:

1 pound strawberries
6 cups leaf lettuce washed
¾ cup cooked quinoa
¼ cup dried cranberries
3 green onions
⅓ cup pistachios, roasted
⅓ cup feta cheese, crumbled

Dressing:

¼ cup cider vinegar
3 tablespoons maple syrup
2 tablespoons dijon mustard
½ teaspoon fresh basil chopped
¼ teaspoon garlic powder
½ teaspoon each salt & pepper
½ cup vegetable oil

Instructions:

- Combine all dressing ingredients in a jar with a tight fitting lid. Shake well and refrigerate.
- Add all ingredients to a large bowl, drizzle with dressing and toss well.

The Frugal Co-op Chef



Thyme Infusion

Ingredients:

2 teaspoons dried thyme
1 teaspoon honey (optional)
1 tablespoon freshly squeezed lemon juice (optional)

Method:

- Place thyme in a heat-proof mug.*
 - Bring 1 cup water just below a boil and pour over the thyme.
 - Steep 5-10 minutes, then strain.
 - Stir in the honey and lemon juice, if using, and allow to cool a few minutes longer before drinking.
- *You can use a tea ball for steeping if you have one.

Notes:

- The infusion browns and becomes bitter as it cools, so make it just before consuming.
- This is not recommended for pregnant or breastfeeding women or young children.

Pistachio Oat Squares

Makes 12 squares

Ingredients:

1 cup unsalted pistachios
1 cup rolled oats
½ teaspoon sea salt
¼ cup maple syrup, more for drizzling on top
2 tablespoons olive oil
⅓ cup unsweetened coconut flakes
Additional handful of chopped pistachios for the topping

Instructions:

- Preheat oven to 350 degrees and line an 8-inch square pan with parchment paper. In a food processor with the S-blade attached, process the pistachios, oats and salt for about 30 seconds, until the mixture starts to form a meal. Drizzle in the maple syrup and olive oil while the motor is running and the mixture begins to come together into a crumbly, almost-wet dough.
- Press the dough evenly into the pan and cover it with coconut flakes and the remaining pistachios. Bake for 10-12 minutes until the coconut is nice and golden brown and the dough is cooked through. You'll want the little squares to still be a bit soft. Don't overbake these.
- Cool completely. Carefully lift the cooled dough out of the pan by holding two sides of the parchment paper. Cut it into squares. Drizzle a little maple syrup over the top for extra sweetness, if you like. Store the squares in a sealed container for up to a week.

Talk About Herbs

Thyme for Respiratory Health

Rich in phenol and antioxidants, thyme is considered by some to be a miracle cure for respiratory infections, head colds and flu-like symptoms. It is common grandmotherly wisdom around the world, backed up by the actual antiseptic and antiviral properties of the herb. Miracle or not, thyme can be an effective addition to your basket of natural remedies. It's been used, with helpful results, by many folks for runny noses, sore throats and coughs. Try out the power of a thyme infusion the next time you're under the weather. See if it works for you!

Jake's February Produce Picks



Pistachios Braga Organic Farms

Did you know that our produce department carries organic pistachios? As you shop for your favorite veggies, they can easily be found hanging on a rack opposite the broccoli next to the bread shelf.

Braga Farms started from a love of pistachios and organic foods in general. It is the home of Mike and Julie Braga and sons. Nestled in Madera, California, they sell organic fruits and nuts online and at their retail store, in the firm belief that, when possible, it's best to buy directly from the farmer.

One of the oldest flowering nut trees, humans have eaten pistachio nuts for at least 9,000 years. Perhaps the original royal nut, the Queen of Sheba, who lived around the 10th century BCE, loved pistachios. Oddly enough, they are related to the mango and the spice sumac. Known as the "smiling nut" in Iran, "happy nut" in China and the "green almond" in other places, they are vibrantly colored, owing their green and purple hue to the antioxidants contained within. They are an excellent source of protein, fiber, magnesium, thiamin, and phosphorus, and high in vitamin B6, copper and manganese. Probably best consumed as a simple snack, pistachios are also quite tasty in a myriad of recipes, from grain salads to pistachio brittle!



Becky's February Dairy Pick



Sartori cheese starts with happy cows!

Strawberries

Sweet and juicy, with an unmistakable texture and fragrance, strawberries are the most popular berry fruit in the world. An excellent source of vitamin C and manganese, strawberries are a very good source of dietary fiber and iodine, too. They're also a sweet, delicious source of potassium, folate, B vitamins, omega-3s, magnesium, copper and vitamin K—and they contain many phytonutrients to boot.

Look for plump, firm, shiny red berries with fresh green caps (berries that are still yellow or green will taste sour because they're not yet ripe). By the way, bigger isn't better when it comes to strawberries; medium-sized berries are usually more flavorful than larger ones. Make sure the berries aren't crushed or damaged by tight packaging and that there's no sign of moisture. Remove any spoiled berries before storing in the refrigerator for a day or two. Don't wash them until you're ready to eat them, but use them as soon as possible after purchase, because they're very perishable. Strawberries freeze well, sliced or

Sartori Garlic & Herb BellaVitano Cheese

Subtle but impressive!

Sartori's newest addition to their realm of specialty cheeses is Garlic and Herb BellaVitano, beautifully blended with herbs and spices, just the right measure of garlicky goodness, and hints of savory and sweet. Its flavor is rich and creamy with a nutty, fruity taste that is truly unique. Each wheel is hand-crafted with an artisan blend of garlic, lemon zest, Aleppo chili pepper, parsley and extra virgin olive oil. This fantastically flavorful, but not overpowering, cheese goes well with Pinot Noir, wheat beer and dried fruit.

Sartori Cheese is based in Plymouth, Wisconsin and has been family owned and operated for four generations. Their award winning cheeses are so delicious, you'll have a hard time picking a favorite! Please have a look at our selection in the front dairy cooler, on your right as you enter the Co-op.

February 2 - March 1 • Members Only • 20 % OFF • In the front dairy cooler

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their December service.

Jane Papin • Sue Childers
Tammy Pittman • Tim Garner



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 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.

December Round Up \$1382.00

Virus Theater



Virus Theater creates relevant, original live theater that is accessible to our diverse community and provides educational opportunities for adults and children in the performing arts. The Round Up funding will be used to support youth theater programs.

Round Up for March

Dormir es Poder



Dormir es Poder will be working to support the launch of the self-sustaining farm created by Father Hector Trejo Cano in Ciudad Juarez. The farm or "la granja" will provide nutritious, wholesome, and natural foods to the hundreds of migrants who pass through.



Silver City Recycles

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



Recycling drop-off times for February:

Two Saturdays, the 12th and the 26th, 12 - 2pm.

From Chris Lemme, "We keep getting clarification from the recycling processors and the latest is that they do not accept styrofoam (#6), plastic bags or films (usually #3). You still do not have to remove lids or labels unless it is easy to do so. Thanks!"

For more information:

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



February Is Humpback Whale Awareness Month

Humpback whales have roamed the deep spheres of the ocean for millions of years. A species of baleen whale, these large-bodied mammals are friendly, non-invasive, and highly vocal. They have endured a difficult history with humans, involving years of extreme hunting which had reduced the total whale population by 95% in 1985.

The International Whaling Commission, which was established in 1946 to regulate the development of whaling stock, stepped in to put a complete pause of any whaling activity in all shared waters. This pause is often referred to as the commercial whaling moratorium and it remains in place today. The 1985 moratorium bore successful results, as the restoration and rehabilitation of the humpback whales began in full force soon after.

The whale-watching season goes into full-swing in Hawaii during February. To commemorate such a special time, Hawaii Governor Linda Lingle designated this month as Humpback Whale Awareness Month. Ocean stewardship is the shared responsibility of every generation that inherits the earth. There are a number of important things that we can do to protect marine wildlife, which include ethical whale watching and fighting against the captivity of whales. Humpback Whale Awareness Month celebrates the homecoming of humpbacks to the shores of Hawaii. The central goal of this designation is to raise awareness of the need for public involvement in the protection of marine life.



Our Lady of Ferguson
www.MarkDoox.com

Undoing Racism:

A Forum for Racial Justice, Healing, and Equity

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



Chocolate Love



by Vynce Bourné

Have you ever wondered how or why chocolate has become so symbolic with the notion of love?

Being the month of February, I decided to focus on a day that brings people together, Valentine's Day.

When I hear those words the first thing that comes to my mind isn't just "love" it's also... CHOCOLATE!



As my mouth waters at the thought of this Divine human discovery, I'm beginning to wonder to myself, why is chocolate such a pivotal part of Valentine's Day? Why not asparagus? Why not olives or buttered sourdough? What is it about chocolate that makes it so well suited to be paired with such a deeply felt emotion?

Let's go to the start. Although it's slightly speculation, there have been stories dating back to the Aztec Empire where cacao beans were believed to have been a gift from their God Quetzalcoatl.

Cacao beans were so widely admired, sought after, and valued, that they were often used as a means for trade/ money amongst their civilization. The beans were usually stockpiled and saved as often as possible and they were even taxed!

When cacao was consumed it was usually in the traditional form of a thick, smooth, and bitter drink. However, it is believed that cacao was mostly enjoyed by a small minority of the higher-class members of society. This was because in order to make their traditional chocolatey drink it required a lot of cacao beans. You might ask yourself why anyone would opt to drink something that has such a high cost? Why would they use those precious beans just to make a bitter drink?

It turns out that most sources on the subject have very similar reasons.



The Aztecs believed that the drink was medicinal, provided energy, and boosted sex drive. One Aztec ruler in particular was rumored to drink three gallons of chocolate every day because he truly believed it increased his libido.

The belief that chocolate is an aphrodisiac stayed consistent throughout the centuries and by the late 1800s chocolate's involvement with Valentine's Day became a tradition. A day celebrated with its focus on love and intimacy used chocolate as a symbol of affection, attraction, and appreciation.

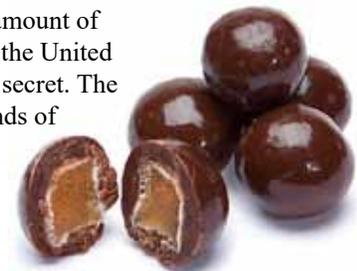
It was later discovered that the act of receiving chocolate from someone that you love stimulates oxytocin - the same hormone that the brain releases when people are hugged or kissed.

Researchers have found that eating chocolate also releases endorphins, which have been called "the feel-good chemical" and judging by the amount of chocolate that is consumed every year in the United States, I would say that it's not much of a secret. The average American eats about eleven pounds of chocolate a year!

I now have the confidence to encourage you to not indulge only on the 14th of this month, but maybe even every day if you feel inclined.

Whether it's Valentine's Day, your dog's birthday, or just another Tuesday, history and science both point to eating chocolate as a total win!

Luckily for us, we can all find so many delicious options to choose from in the bulk department and throughout the store here at the Co-op.



• Available in the bulk department •
Chocolate covered delicacies for your pleasure:

Ginger
Espresso Beans
Cashews
Cranberries
Raisins
Hazelnuts
Almonds

Oh, did you think you have a “right to know” what you’re eating?

by Monica Rude

For consumers wishing to avoid eating genetically modified foods and expecting them to be labeled, the task has become more challenging. The USDA has issued new labeling regulations for food companies, effective January 1, 2022. The National Bioengineered Food Disclosure Standard is anything but straight forward and easy to understand.

The familiar terms, “genetically modified”, “genetically modified organisms” (GMO) and “genetically engineered” (GE), will no longer be used; instead “bio-engineered” or merely, “BE” will be used. Food companies claim this is because GMO is considered to be disparaging or negative, meaning most folks won’t buy these products if they know.

Package labeling might include only a “Smart Label”, also known as a QR code, which requires a Smart phone and a reliable broadband connection to visit the website for information about the product. The USDA studied this option years ago and found it discriminated against those without access to this technology, especially those in rural areas, the poor and the elderly. The requirement to visit a website or call an 800 number is not a disclosure but an obstacle to disclosure. It’s being used anyway. The Smart Label is considered a “digital disclosure tool” and food manufacturers are proud to be using it to provide more information to consumers on allergens, nutritional content and connection to the farm where the food was sourced. They prefer not to be so transparent about genetic modification, however.

The majority of GE foods are not whole foods but processed foods made with the GE commodity crops: corn, soy, canola and sugar beets. Many are so highly refined (especially by heating) that the altered DNA is no longer present in the final product. These are not considered by the USDA to be bioengineered foods and are not required to be labeled at all. USDA maintains that the products of technology, rather than the technology itself, should determine whether a food meets the BE food definition and requires disclosure. Manufacturers may voluntarily provide this information, if they wish.

Newer forms of GE products, known as GMOs 2.0 or “synthetic biology” or “synbio”, are created using gene editing or CRISPR technology, wherein DNA sequences are altered and gene function modified. Vanilla flavoring and stevia are made this way, using genetically modified yeast, and may be labeled as “fermentation derived” or even as “natural”. Do not be fooled by this word which has become meaningless. FDA allows GE foods to be labeled “natural”.

There are many loopholes in the regulations including exemptions for products containing poultry, meat and eggs as the first or second ingredient after water, stock or broth. This means many frozen prepared foods with GE ingredients will not be labeled. Meat from animals fed GE food will not be labeled. Restaurant food will not be labeled. Foods containing up to 5% “unintended” GE ingredients are exempt from disclosure. Also exempted are very small food manufacturers, those with annual receipts of less than \$2.5 million.

WOW! Does it sound to you like these regulations were created for the benefit of GE food companies more than to inform the consumer about what’s in their food? BINGO! They were created by the USDA in cooperation with Big Ag and GMA (Grocery Manufacturers Association), an industry group whose 300-plus members (Monsanto, Coca-Cola, General Mills) are the biggest junk food producers on the planet. These companies have spent hundreds of millions of dollars lobbying Congress to keep the majority of GE foods unlabeled, even though

90% of Americans want these products clearly labeled on the package. Additionally, the US government has subsidized biotech companies for decades and promotes the “benefits”. “Eating BE food poses no risk to human health”, so says the National Academy of Science and the FDA. They truly have no idea of the long term effects of these technologies but the environmental impact is well-known. The commodity crops have been developed to be resistant to herbicides (Round Up Ready) and these cropping systems have resulted in contamination of organic and conventional crops, significant increase in chemical use and the development of “superweeds” resistant to any herbicides. Crop contamination has resulted in market loss for farmers whose produce cannot be sold if contaminated with pesticides or GE drift, resulting in further consolidation of the agriculture seed and pesticide industry and increased profits for Big Ag. Herbicides are commonly used to eliminate milkweeds, the primary food source for the Monarch butterfly, contributing to the insect’s demise. Additionally, the Trump administration removed most GE organism oversight, eliminating USDA approval prior to open air experiments or commercial use. This allows the biotech/chemical companies to “self determine” whether their products are exempt from regulations. Follow the money...

Advice on avoiding GE foods:

- Buy only certified organic or non-GMO Verified foods, especially corn, soy, canola and sweeteners.



- Grow your own or buy local produce
- Keep an eye out for the Smart Label QR Code and the word “bioengineered”.
- Be aware, food served in most restaurants is highly likely to contain GE ingredients.
- Don’t be fooled by “natural” which probably is GE.
- Move to one of the 64 countries that mandate GE food labeling, including the European Union, Russia, China, Brazil, Australia, Turkey and South Africa.

Bon appetite!

For further information on the “rationale” behind the standards, visit:
<https://www.federalregister.gov/documents/2018/12/21/2018-27283/national-bioengineered-food-disclosure-standard>

What will the disclosure look like on food packages?



**Monica Rude grows herbs for the Desert Woman Botanicals product line and for the gophers, grasshoppers, nematodes and pollinators.

Department



Grocery

Theo Fair Trade Chocolates

The latest roll-out in our wonderful chocolate department is organic and fair trade **Theo**. This company is defined by values that support community; honesty, excellence and well-being. This quote from their website says it best. “Our mission and values guide each decision we make at Theo. From the cocoa farmer in the Congo, to the truck driver in Seattle, and the chocolate lover in Philadelphia, we believe there is a thread that runs through us all. The choices we make here in Seattle touch lives across the planet in real and lasting ways. That knowledge, and that responsibility, drives us to do things in ways that contribute towards a more compassionate and enduring world. It’s why we make our own chocolate, to ensure that everyone is treated in a way that we can be proud of and that only the highest quality ingredients and processes are used.”

Customers of SCFC can now enjoy this exquisite chocolate offered in 85% Pure Dark, 55% Salted Toffee, 70% Orange Dark, 70% Sea Salt Dark, 70% Mint Dark, and 70% Salted Almond. All luscious! All thoroughly enjoyable!



Supplements

Superior Source Lozenjets

Zinc is an essential mineral required by more than 300 enzymes for the support of multiple systems and functions in the human body. In addition, studies have indicated that zinc promotes recovery from the common cold and related symptoms. New to our supplement department, **Zinc Lozenjets** from Superior Source are formulated with an herbal blend as added protection for children’s health and immune system support. This special formulation is so easy to take, for kids and adults alike, as the tiny tablets dissolve instantly under the tongue. These are the perfect alternative for the many folks who prefer not to swallow pills. For little ones under four, simply dissolve the tabs in food.



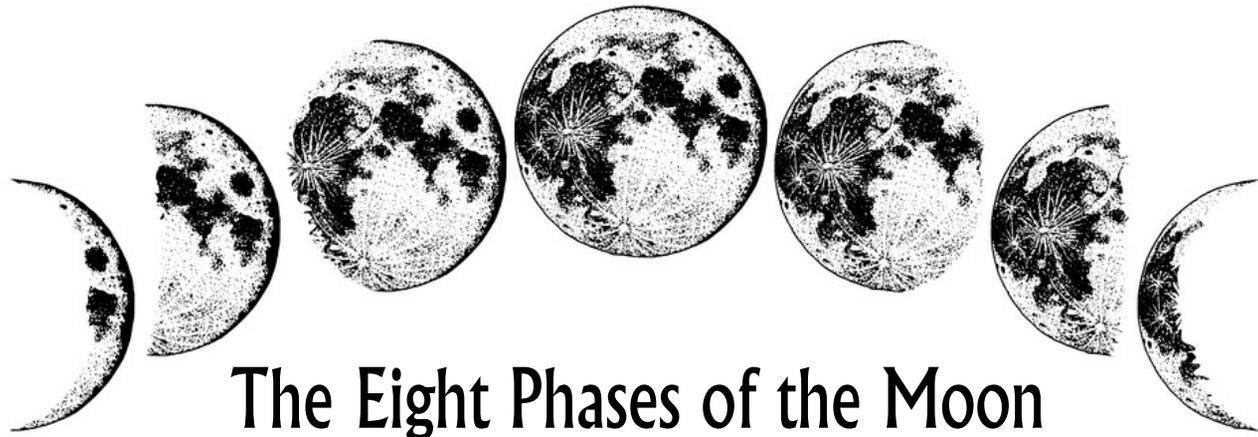
Health & Beauty Aids

HiBar Solid Shampoo & Conditioner



Say NO to plastic bottles! Say YES to color-safe shampoo and conditioner that supports the health of your hair, leaving it fresh and clean. **HiBar** is on a mission to rid the world of unnecessary plastic. These hair products are considered to be “waterless,” meaning that they are plastic-free and don’t contain water. Solid, nutrient-dense, and way friendlier to the planet than their conventional counterparts, they are very different from the blocks of soap you may have already tried (and rejected). Now you can put your mind and your hair at ease. These waterless products can be a real boon to your beauty routine! To be clear, products HiBar not soap. They are genuine shampoo and conditioner, only with the water removed and without the ingredients that aren’t doing your hair or the planet any favors! These include, sulfates, phthalate, parabend, silicones and plastic.

Maybe we can tread a little lighter on our beloved home, the Earth, by changing our daily habits and helping one other, all beings.



The Eight Phases of the Moon

• an organic rhythm of life •

by Cassandra Leoncini

In particularly unpredictable times it helps to have an honest, organic frame of reference. The keen-witted novelist Douglas Adams, infamous for his sardonic quips, advised the would-be cosmic hitchhiker “Don’t Panic” and “Don’t Forget your Towel.” Sage advice back in the day, but in 2022 we’ve got a surfeit of panic and who can afford new towels?

Nevertheless, our constant Sister Moon still waxes and wanes on a regular schedule. You don’t need a towel to tune in and certainly there’s no need to panic, except for the occasional total eclipse that’s visible across the entire North American continent. (Heads up, the next big one is April 8, 2024.)

The latest theory about our Moon’s formation is that 4.5 billion years ago when the solar system was newly formed, a Mars-sized rock slammed into the Earth and Luna broke free. She began her orbit only 14,000 miles away but she’s been drifting farther ever since—she’s now 239,000 miles distant.

She is indeed our Sister Planet—many astro-physicists refer to the Earth and Moon as a double planet. We always see the same side of the Moon, not because she doesn’t rotate, but because Earth’s rotation and the Moon’s are exactly synchronized. And, the reason we can observe total eclipses is that the relative diameters and distances of Earth, Moon and Sun create that perfect visual experience.

So let’s hear it for Synchronicity, and the eight profoundly symbolic phases of the Moon that we get to experience, for free, all around the planet, every 29.5 days. [Of course the lunar/solar magnetic/gravitational effects on Earth are not just symbolic—they are physically measureable. But hey, I’m a symbolist, not a scientist.] Here then, are the perennial eight phases, each one about 3.7 days long.

New Moon: It’s Seed planting time! All manner of seeds! What’s your focus for the month ahead? Anchor yourself to the Full Moon that will shine its light in two weeks’ time and imagine that fertile fullness in your belly—what would you like to see illuminated, or give birth to? Note, this applies to all genders.

Crescent Moon: About three and a half days later, the waxing Crescent rises and sets just after the Sun. The Crescent phase represents our Seed beginning to break open underground—a tiny seedling unfurling, orienting, seeking purchase with its roots and directing its top end toward the surface. Our focus is gaining substance, though we may face some resistance. After all, it is easier for all concerned if we do *not* grow and change. A natural truth—not all seedlings survive.

Half Moon: A week after the New Moon, we’re half way to Full. This waxing moon phase is represented by the Seedling now breaching the surface, it’s grown above ground—*Praise Be, I see the Light!* The days are a rush of expansion and *Aha’s!* and positive energy.

Gibbous Moon: Almost there, 3½ days before Full Moon our seed vision is nearly ready to flower but, what if? What if we didn’t get it right? What if we don’t have what it takes? What if we’re not ready? Performance anxiety belongs to those whose Flower truly matters. It’s all good.

Full Moon: Two weeks after the New Moon, your Seed discovers fulfillment—it’s time for sustainable harvesting. First, of course, you must recognize what it is you’ve actually manifested. Second, it’s always best to have help with the harvest. Make it a party of those you love and trust. Call in your troops, cook up a feast, whistle while you work!

Disseminating Moon: Ah now, the moon is waning and how are you going to express your gratitude for what you’ve reaped? This is when we share the wealth. Because our good fortune is never meant for us alone—it multiplies as it’s shared.

Waning Half Moon: A week after the Full Moon, this phase is called the Crisis in Consciousness, for good reason. Your work since the New Moon is now complete, the plant is returning its life force to the Earth. It’s time for critical consideration and integration. How did you fare? What did you truly accomplish? What might you have done differently? We’re not beating ourselves up, we’re learning. And might I add, we’re learning so that we can *adapt and evolve*.

Balsamic Moon: The final phase, as the waning crescent dims and shades to black, this is the most potent of all. This is where we give it all back to the Earth. We let the distilled knowledge/wisdom we’ve gained go to ground as compost. There it fertilizes the Earth for, what else...the next New Moon Seed. It’s the perfect time to go into Silence and clear our energy field.

And then we begin again. The beautiful, organic renewal process of our Sister Moon and her eight phases is the signature of our own monthly cycle. Whether we participate consciously or unconsciously, there is no separation between our Earthborn bodies and our Earthborn Moon. That natural wisdom is always right there for us, within and without.

Best of all, this holistic, eight-fold cycle can be applied to any natural timeframe. Twenty-four hours, or one year, or, in astrological timing, 29.5 years. But that, dear reader, is another story.

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GRAB'N'GO

Curry Favor



by Carolyn Smith

In 1979, I had my first curry in Glasgow, Scotland at one of the many neighborhood Pakistani restaurants, and I was hooked! The sauce was fragrant, spicy, delicious and nourishing, so much better than the boiled or fried fare found in Britain at the time.

Curry truly has an international appeal. British traders and colonists in India developed a fondness for these dishes and began adding spicy sauces to their diet of plain boiled and cooked meats. In the 1700s curry recipes and spice blends made their way to England and by 2015, curry houses accounted for a fifth of the restaurant businesses in the United Kingdom. I recently learned that curry is also very popular in Japan. The Japanese Imperial Navy adopted the curry from the British in the last half of the nineteenth century to prevent beriberi, a thiamine (B-1) deficiency. By 2000, the Japanese were eating curry more often than either sushi or tempura and it continues to be popular today. Curry has its roots in the Indian subcontinent where archaeologists have found the residue of turmeric and ginger, common spices in curry spice blends, in both skeletons and pottery shards dating to 2600 BCE and also evidence of the use of the mortar and pestle to pound spices including mustard, fennel, cumin, and tamarind pods to flavor food.

In the Western World, “curry” is most likely an anglicized form of the Tamil word “kari” meaning sauce or soup or a relish for rice and it is used to describe a variety of spiced dishes from India and South Asia. You will not find the word curry used in India; each dish has its own name.

Curry dishes vary, from region to region and country to country, using different spice blends, styles of preparation and available ingredients to suit local tastes. Most curries in India are water-based, while those in South Asia typically include coconut milk. Before the Portuguese traders brought chili peppers, tomatoes and potatoes from the Americas to the west coast of India, curries in India were not spicy hot, as they often are today, but mild and flavorful. Meats were marinated in spices like saffron, cardamom, cloves, and nutmeg and then cooked in butter and yogurt. Today, Indian curries range from simple to complex, both vegetarian and meat recipes, too many varieties to include here, and they are served with rice or naan flat bread.

Thai restaurants along with Indian restaurants are the most common curry purveyors in the US. In Thailand, curries, called kaeng, are made from curry

paste (chilies, onions or shallots, garlic, shrimp paste and spices), coconut milk or water, meat, seafood, vegetables or fruit, galangal and fresh aromatic leaves and herbs such as kaffir lime leaves, lemongrass and Thai basil. Commonly used vegetables include eggplant, yardlong beans, and squash and pumpkins.

Owing to the use of coconut milk and sometimes palm sugar, Thai curries tend to be sweeter than Indian curries. In the West, some of the Thai curries are described by color; red curries use red chilies, green curries use green chilies and yellow curry is more similar to Indian curries, with the use of turmeric, cumin, and other dried spices. Thai curries are served with long-grained jasmine rice, sticky rice, fermented rice noodles, or roti, fried flat bread.

Japanese curry sauce is made by sautéing curry powder and flour in oil to make a roux, adding in stewed meat and vegetables, and simmering everything together until thickened. Commonly used vegetables are onions, carrots, potatoes and shiitake mushrooms, with beef, pork, and chicken as popular meat choices. Japanese curry is served over rice, udon noodles or in a curry-filled pastry.

Macau curry dishes include Galinha à portuguesa (Portuguese Chicken) and curry crab. Korean curry is characterized by the golden yellow color of turmeric and is usually served with rice. Malaysian curries also use turmeric-rich curry powders with coconut milk, shallots, ginger, belacan (shrimp paste), chili peppers, garlic and often tamarind. Filipinos cook chicken in coconut milk and add curry powder to make “Filipino chicken”.

Curry traveled to South Africa with the migration from the Indian subcontinent. Durban has the largest single population of Indians outside of India. Bunny chow, a South African staple, consists of either lamb, chicken or bean curry poured into a tunneled-out loaf of bread.

Our Grab 'n' Go offers American curry, a fusion of curries from around the world, a veritable melting pot.

Curry favor with your friends and family by dishing up your current curry favorite today.



Staff Picks

Persimmons Are Eyan's New Favorite Fruit!

One of the great things about living in Grant County is ease of accessibility to the outdoors. So many of our employees love getting out in it and Eyan, the newest member of our team, is no exception. While not working here, off-roading is his activity of choice, as well as hanging out with his family. In addition, he's pursuing a Bachelor of Science in Nursing at WNMU.

When asked to choose a product for February, his front runner was persimmons. "They're my new favorite fruit. I eat them all the time, and I didn't know what they were until I started working here!"

Fuyu and Hachiya persimmons, both of which are available (at varying times) at the Co-op, are the most commonly found varieties in North America. They are both from the genus *Diospyros*, Greek for "fruit of the gods," and can be found in our produce department into early winter after coming into season in the fall. Whether Fuyu or Hachiya, look for fruit that are bright and plump and feel heavy for their size. They should have glossy-looking skin free from cracks or bruises.



Andrea Loves Just Desserts!

College student Andrea has been part of our team since December of 2020. She's working toward a degree in speech therapy at WNMU. As a child, she benefited from speech therapy herself and would like to help others in the same way. When away from the Co-op and school, Andrea enjoys "going camping, fishing and spending time with my family."

Just Desserts Classic Carrot Cupcake is her current favorite treat in the Co-op, and she's not alone. This luscious delight is number one among many staff and customers alike. Made with fresh carrots and cream cheese frosting, it's one of this San Francisco-based company's signature products. If you have a nut allergy, then you're in luck. Just Desserts is a nut-free bakery!

Carrot-based goodies have long been part of human cuisine. Many food historians believe that carrot cake evolved from carrot pudding eaten by Europeans in the Middle Ages when sugar and sweeteners were expensive and many people used carrots as a substitute. Variations grew to include baked goods with crusts, steamed with sauce and molded dishes with icing. Carrot cake experienced a renaissance in the United Kingdom due to rationing during the Second World War, and today it is one of the most popular cakes in Switzerland, especially for the birthday parties of children.



Mission: Vegetable

for kids, and adults, too!

by Eve Adamson



I recently became a 40-something grandmother (surprise!) and having a toddler part-time around the house has been illuminating. I remember being a stressed-out young mom with a toddler, and despite my good intentions, I didn't always feed him the best foods. Sugar was off the list for the first two years and I always bought whole grains, but frankly, the one thing I didn't do was expose him to a lot of veggies. He didn't like them, and why incite a tantrum? Besides, I wasn't eating them very often myself.

Now that I'm older, wiser, and have succumbed to the more subtle charms (and nutritional benefits) of vegetables, I would hate to see my granddaughter follow the same habits. As an un-frazzled grandmother, I see opportunities for creating and reinforcing valuable eating habits that will stick with her for the rest of her life. It has become my new mission: Mission Vegetable.

"But what about fruit?" you might be thinking. "My kids eat fruit. Isn't that enough?" Of course your kids can get great nutrients from fruit, but fruit is easy. Who doesn't like fruit? Banana wheels, juicy strawberries, big green grapes, Clementine segments—not a hard sell. Although fruit is far superior to cookies or candy, it's important to balance fruit with veggies, for different nutrients in a low-sugar package. Veggies can train a child's palate to appreciate a wider range of tastes beyond "sweet."

But vegetables take longer to love. Some kids may need multiple exposures before they are even willing to give veggies a taste. After that, they may need anywhere from 8 to 20 tries (research varies on this one) before they are willing to decide they like that taste. Even the most well-meaning parent can get discouraged after a few rejections. Besides, who wants to spend an afternoon cajoling a toddler to taste a rutabaga? I could name ten things in ten seconds that I'd rather do.

Isn't it easier to break out the graham crackers and the chocolate milk? Another barrier to veggie consumption is that vegetables don't necessarily lend themselves to easy snacking, especially for toddlers. Veggies don't just swim down the gullet like those little cheese-flavored fish crackers do. What kid wants to gnaw on a carrot or decide how best to eat a broccoli floret when there are Big Wheels to ride, baby dolls to feed, rocking horses to tame, and block towers to build? Who has time for all that chewing? A few fruit snacks, a swig from a juice box, and they're good to go.

It would seem Mission Vegetable is doomed. But wait! I have an idea. It might even work to train our kids to eat more vegetables without too much inconvenience to them or us.

Three words: mindless veggie snacking.

We aren't supposed to eat mindlessly. We're supposed to focus, Zen-like, on every sensation as we slowly savor our food (a technique surely invented by somebody who never had a toddler). The truth is, most of us eat mindlessly at least some of the time, whether at the computer, in front of the TV, while reading or talking on the phone or working through the lunch hour. Kids do it, too. How many toddlers do you see teetering

around the playground clutching sippy cups and cereal bars? A lot, that's how many.

So what if we combined mindless snacking with vegetables, transforming a formerly bad habit into a good one?

I had to try it, and here's what I discovered: timing is everything. The trick is to catch kids in between those times when they are climbing to the top of the jungle gym or chasing the dog around the living room. The second they sit, after having worked up an appetite, that's when you make your move. Here's how to do it:

1. Veggie prep

First, pick up some veggies—start with two or three varieties that taste good raw, and be sure to prepare enough for you and your youngsters. Some suggestions: grape tomatoes, broccoli and cauliflower florets, cucumber slices, carrot sticks, celery sticks, blanched green beans, pea pods, and every color of bell pepper strips.

2. Location, location, location!

Now, here's the sneaky part. Watch them carefully. As soon as they flop down on the floor to play a board game, pet the cat, watch a video, or work on that Lego masterpiece, slyly place a bowl of veggies within arm's reach, then slink away unnoticed, like a veggie ninja.

3. Up the ante

To make the veggies seem even more appealing, include one or two bowls of kid-friendly dip. My kids like hummus, Greek yogurt with garlic salt, salsa, and bean dip. My kids will eat an entire stalk of celery if it's filled up with nut butter, and my granddaughter will eat just about anything if it's dipped in queso (melted cheese dip). Hint: Serve on a tray or placemat, to avoid mess.

4. Healthy competition

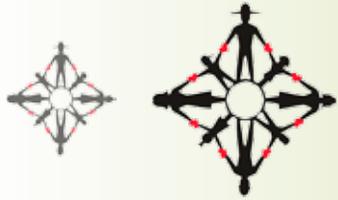
Become the veggie bowl's biggest fan. Look enraptured as you crunch on carrots or kohlrabi and make satisfied 'yum-yum' noises. "Oh, you want the veggie bowl? I'm not sure I can part with it...but...well, okay. I'll make the sacrifice for your happiness. It's what moms do..."

Guess what: It works! At least, some of the time. And it's easy. You'll also feel like you've scored a major parenting coup when you witness your kids mindlessly filling their bellies with green beans and cauliflower and red pepper strips while they flip through board books or draw pictures of the dog. Next, they'll start asking for more hummus, scrawling "broccoli" on the shopping list you keep on the refrigerator, and fighting over the last baby carrot. As I write this, my son is crunching on celery with peanut butter and my granddaughter is toddling around with a sippy cup, and guess what it's full of? Peas. Yes, green ones!

Because the best part of mindless veggie snacking is that at some point, when they least expect it, kids are going to notice what they've been eating, and almost without meaning to, they're going to notice that hey... they actually like vegetables.

Mission accomplished.





From Your Board . . .



*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*



Join Our Member Connect Committee!

The Member Connect Committee would like to invite more member-owners to join our committee and attend our meetings.

The purpose of the committee is to “be a conduit for information from member-owners to the board and to operations and assist communication from the board to member-owners.”

The MC committee plans and facilitates the General Membership Meeting that happens in May, helps with Round Up applications and selection, explores and reviews avenues for communication with member-owners on a regular basis, supports and plans education and forums for action on member-owner and Co-op issues, and solicits suggestions and participation from member-owners and provides a means for the expression of member-owners’ views on Co-op issues, and supports activities that share the value of Co-op membership.

Right now we are meeting on Zoom and communicating via email.

If you are interested, please send an email to memberconnect.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



February

Members Only Specials

February 2 - March 1

20% OFF! listed prices



Café Altura
Organic Coffee
12 oz
reg \$9.99



Dandies
Vegan Marshmallows
10 oz
reg \$4.99



Aromaland
Hand Sanitizer
12 oz
reg \$8.99



Doggie Delirious
Pumpkin Bones
16 oz
reg \$6.59



teecino
French Roast
11 oz
reg \$11.99



Trace Minerals
Max Hydrate
10 count
reg \$5.99



Sartori
Garlic & Herb Cheese
5.3 oz
reg \$5.39



poparuba
Cake Bites
2.4 oz
reg \$4.99



Rubicon
Backout Cupcakes
10 oz
reg \$4.29



teecino
Java Roast
11 oz
reg \$11.99



White Leaf
Baby Food
3.17 oz
reg \$2.29



Traditional Medicinals
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Co-op Deals

flyers

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www.silvercityfoodcoop.coop

and at the front of the store

