

Silver City Food Co-op Garbanzo Gazette

Volume 22

❖ Your Monthly Newsletter ❖ April 2022

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE!

• highlights •

Page 2 - *Seven
Co-operative Principles*
Page 5 - *Produce
& Dairy Picks*
Page 6 & 7 - *Co-op
Community*
Page 8 - *Pollinators*
Page 9 - *I've Got Worms*
Page 10 - *Staff Picks*
Page 11 - *Puttering*
Page 12 - *Grab 'n' Go News*
Page 14 - *Handy Guide to
Spring Vegetables*
Page 15 - *Board Page*
Page 16 - *Members Only
Sales*



YOU
ARE
WHAT
YOU
EAT

Relocation Project Update: Final Design & Construction Timeline Takes Form

by Kevin Waters
General Manager

The most common question employees, board members, and general managers of the Co-op receive in the last couple of months, since the closing of our loan: “When is construction going to start”? There are a number of factors that go into answering that question, including the independent workloads of our designer, architect and engineers, and general contractor. So the answer to the question has been with broad outlines and milestones. Recently, the timetable for our topographical survey to determine flood zone elevation pushed back the creation of a more detailed schedule. Raising the floor had always been the assumption in the plan. Getting the exact elevations for the current and raised floors, relative to the flood zone, and how that would impact the rest of the store design was imperative.

Overall, our goal of completion in 2022 is still the plan. At this point, we can responsibly release a more detailed outline of the schedule. A schedule still subject to change and adjustment, but hopefully one that answers the frequent question, “When is construction going to start”? A reminder that our project is a design/build. The contractor is White Sands Construction utilizing Desert Peak Architect and Engineers. Our store designer is the Sevenroots Group. Project manager is yours truly. As requested, a more specific Co-op project schedule outline:

March 01 - March 18 - Schematic design/coordination with architect and engineer, store designers, general contractor, and Co-op project manager.

March 18 - Architect and engineer submit schematic design document for review by store designer, general contractor, and Co-op project manager for comment/approval.

March 21 - April 15 - Continued design development and refinement and equipment list coordination. Store designer, architect and engineers to identify specifications, and installation requirements for desired equipment list. Engagement of mechanical, electrical, and plumbing engineers. Site visits by mechanical, electrical and plumbing engineers. Schematics developed for mechanical, electrical, and plumbing systems.

April 15 - Design Development documents submitted to Co-op project manager, store designer, and general contractor for review, commenting, and approval.

April 18 - April 29 - Development of 50% Construction Documents. Structural and civil engineering applied as required. Construction documents reviewed with architect, engineer, store designer, and project manager for commenting and approval.

May 02 - May 13 - Development of 75% Construction Documents. Review of 75% construction documents with architect, engineer, store designer and Co-op project manager. Initial equipment purchasing and storage (in Quonset hut building/parking lot) Closure of parking area for equipment, supplies, and outbuilding demolition initiation.

May 16 - June 03 - Development of 100% Construction Documents, review of documents with architect, engineer, store designer, and Co-op project manager. Approval of 100% construction documents. Construction documents phase complete.

June 06 - July 01 - Permitting and Bidding

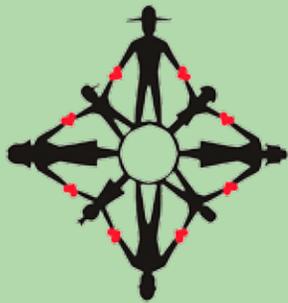
July 18 - December 18 - Estimated Construction Timeframe

Happy Solstice!

1846 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

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The Seven Co-operative Principles

With blossoms on the trees and warmer breezes blowing, the thought of beginnings comes to mind. For Co-ops, those beginnings harken back to the Industrial Revolution. Over these many decades much has changed, while other very important pieces have stayed the same. The principles that govern all cooperatives form the foundation of who we are and what we do. These principles have evolved over the years since they were first developed when the co-operative business emerged as an alternative to the many excesses of the industrial revolution. The emergence of the 'post-industrial' economy, corporate concentration and corporate globalization, have shaped the evolution of the values and principles over a period of more than 150 years.

All co-operatives and co-operators around the globe are united by their acceptance of the International Co-operative Alliance statement of values and principles. While many co-operatives tend to drift away from the values and principles as they pass into the hands of successive generations they were at the root of the decision to start the business as a co-operative as opposed to an investor owned company. It is the values and principles that make co-operatives distinctive and different. If a co-operative fails to maintain its co-operative difference it loses its distinctive market positioning and competitive advantage and, inevitable, member loyalty.

The values of equality, equity, mutual self-help, self-responsibility, democracy, solidarity, honesty, openness, social responsibility, and caring for others stand as moral guideposts for how to conduct ourselves cooperatively. They also are prerequisites for ability to achieve the seven cooperative principles. The seven Co-operative Principles are operational guidelines as to how these values can be put into practice. They exist to help us organize how the co-operative operates and set standards by which we can assess our achievements and make decisions.

Voluntary and Open Membership:

Co-operatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

Democratic Member Control: Co-operatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary co-operatives, members have equal voting rights (one member, one vote) and co-operatives at other levels are organized in a democratic manner.

Member Economic Participation: Members contribute equitably to, and democratically control, the capital of their co-operative. Each person should have the same access to ownership. At least part of that capital is usually the common property of the co-operative. They usually receive limited compensation, if any, on capital subscribed as a condition of membership.

Members allocate surpluses for any or all of the following purposes: developing the co-operative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the co-operative; and supporting other activities approved by the membership.

Autonomy and Independence: Co-operatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their co-operative autonomy.

Education, Training and Information:

Co-operatives provide education and training for their members, elected representatives, managers and employees so they can contribute effectively to the development of their co-operatives. They inform the general public — particularly young people and opinion leaders — about the nature and benefits of co-operation.

Cooperation among Co-operatives:

Co-operatives serve their members most effectively and strengthen the co-operative movement by working together through local, national, regional and international structures and through seeking every opportunity to enter into practical business links with other co-operatives.

Concern for Community: While focusing on member needs, co-operatives work for the maintenance and strengthening of a rich community life that recognizes both the interdependence of all individuals and the fundamental human need to create self-meaning through contributing to the society in which they live.

Ecological Perspective*: Co-operatives recognize that the human species is but one part of an interconnected and interdependent universe and that respecting life in all its expressions is not separable from respect for the dignity and value of each person.

*This last principle is not yet an accepted part of the values and principles but is seen as desirable by a growing number of co-operatives and co-operators. Some co-operative thinkers see respect for the ecology as already included in Concern for Community.

General Membership Meeting

Mark your calendars!

Sunday, May 15th

Little Walnut Group Picnic Site

**Watch this space
and
your emails
for more information**

Silver City Food Co-op stands with the people of Ukraine. We recently donated \$500 to the Cooperative Development Foundation's Disaster Recovery Fund to aid Ukrainian Co-ops.

Ukraine's cooperative businesses and members are at risk as Russia's invasion of the country continues. In a show of solidarity, National Co+op Grocers (NCG), an organization of 148 food co-ops across the U.S., has partnered with the Cooperative Development Foundation (CDF) and the National Cooperative Business Association to launch a fundraising drive to support the Ukrainian cooperative community's immediate and ongoing needs during this time. NCG has pledged a 100% match for all donations up to \$100,000 made by the retail food co-op system. The cooperative community values the importance of lending support to those in need. In honor of the sixth principle, cooperation among cooperatives, CDF will donate funds to help cooperatives impacted in Ukraine. Donations can help CDF provide Ukrainian cooperatives with immediate and ongoing support through CDF's Disaster Recovery Fund.

Silver City Food Co-op Staff

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



Kitchen Meditations

Spring

Ukrainian Dill Potatoes



Garlicky dill potatoes are a staple of Ukrainian cuisine, wildly delicious and easy to make (just four ingredients).

Ingredients:

About 2 lbs. small yellow potatoes, well-scrubbed
Fine sea salt, to taste
¼ cup unrefined sunflower oil (See Note)
3 medium garlic cloves, crushed with a garlic press or finely chopped
½ cup finely chopped fresh dill or 2 tablespoons dried

Instructions:

- If your potatoes are about an inch in diameter, leave them whole. If they're larger, cut them into 1 inch chunks, all roughly the same size.
- Place potatoes in a large pot and add enough water to cover by about 2 inches. Season with about 2 teaspoons of salt, cover tightly with a lid and bring to a boil. Reduce the heat to low and simmer with the lid ajar until potatoes can be pierced easily with a knife, 12-15 minutes, being careful not to overcook them.
- Meanwhile in a small bowl, stir together the oil and garlic.
- Drain potatoes and return to the pot. Add the garlic, oil and dill. Gently toss to combine. Taste and season with more salt, if needed. Transfer to a serving platter. Eat immediately!

Note: If you can't find sunflower oil, use a fruity, high-quality extra virgin olive oil instead.

Mediterranean Potato Salad

Ingredients:

2 pounds yellow or russet potatoes
1 tablespoon salt (optional)
¼ cup chopped red onions
¼ cup chopped Kalamata olives
¼ cup chopped fresh parsley
¼ cup chopped fresh cilantro
2-3 green onions thinly sliced

Dressing:

1/3 cup fresh lemon juice
¼ cup olive oil
2 teaspoons Dijon mustard
½ teaspoon salt (optional)
¼ teaspoon black pepper

Instructions:

- Cut potatoes into large pieces, place in a large pot and cover with water. Add salt and bring to a boil. Reduce to a simmer and cook until the potatoes are fork tender. Drain, then set aside to cool.
- When the potatoes are cooled, adjust the size of chunks to your liking and transfer to a large salad bowl.
- To make the dressing, whisk together the lemon juice, olive oil, Dijon mustard, salt and pepper. Pour on top of the potatoes and toss to combine. Add the onions, olives, parsley, cilantro and green onions and gently toss to combine.
- Serve warm or store in the fridge for a few hours before serving cold. If the potato salad seems dry, add a drizzle of olive oil before serving.



Seven Things to Do with Chives

- Top a baked potato. Chives pair beautifully with the classic sour cream and butter topping. If you want to steer clear of dairy products, there are plenty of vegan options to try.
- Use as a garnish for creamy soups. They add just the right amount of zing and a bit of color.
- Butter infused with chives is super special for guests... or just for you! It's a yummy way to add a gourmet touch to an everyday dinner. Simply soften your butter and roll in some snipped chives. Form a log and wrap in plastic wrap. Store in the fridge and spread on rolls or garlic bread. Cream cheese is a great substitute for butter and delicious on a bagel!
- Season fish fillets. Most of the time, a good piece of fish doesn't need much more than a simple dash of salt and

cracked black pepper. However, chives can raise the dish out of the ordinary into the realm of something really special.

- Eggs in all their forms also taste great with the addition of fresh chives. If you like frittatas or quiche, they can take them to an entirely new level without much effort.
- Use in a creamy pasta sauce. Much like cream soups, a white pasta sauce is the perfect backdrop for chives. Sprinkle them on just before serving for the most impact.
- If you've never had a salad with fresh herbs, chives are a great place to start. Snipped fresh chives add a bit of spice to your favorite tossed vegetable salad. Try mixing them with olive oil, red wine vinegar, garlic, salt and pepper for a tasty healthy dressing.

Jake's April Produce Picks



Potatoes

Lately, in some circles, potatoes have gotten a bad rap. You know the standard objections to this beloved (by many) starchy vegetable: high in carbs, fattening, and devoid of nutrients. It all seems so dismal to potato devotees everywhere. But take heart! It turns out that anti-spud sentiment is not as prevalent as it once was.

Potatoes actually have it going on in the nutrition department. Because they are a vegetable, they come with a lot of benefits. One large potato has nine grams of fiber, 1502 mg of potassium (three times as much as you'd get in a banana) and 34 mg of vitamin C. That's 45 percent of your daily intake. It also contains magnesium, vitamin B6, phosphorus, niacin, and folate. But wait! What about those carbs? Well, as with most dense and filling foods, it's advised to practice moderation. When you go to a restaurant (I know, that's not happening much these days) exercise a little self-discipline when served a baked potato the size of a cabbage or a plate towering with French fries. Keep in mind that how you prepare potatoes and what you serve them with matters, too. They're a great source of fiber, especially if you leave the skins on versus peeling them, in your favorite recipes. A lot of that fiber and good nutrition resides in the skin. Skip the cream and cheese as additions to your potato dishes or cut back as much as you can. Simply adding a spoonful of healthy fat, like butter, ghee, olive oil or avocado oil, allows for a slower release of the sugars naturally found in potatoes and will help vitamins to be better absorbed. Instead of eating fried potatoes or potato chips, opt for healthier ways to prepare potatoes to retain their healthier profile, like roasted, boiled, baked (sans the rich toppings), and grilled. Try adding steamed, chilled potatoes to a green salad or sliced up on a roasted veggie sandwich. Bon appetit!

Becky's April Dairy Pick



Archaeologists have found evidence that the residents of Switzerland have been producing cheese since the Iron Age, which began in that region of Europe around 8000 BC. In an Alpine valley surrounded by meadows with grazing cows, the Kaltbach Cave is an immense sandstone labyrinth that was formed some 22 million years ago from a prehistoric seabed. Its name means "cold river" and there is an actual river running through it, which helps create ideal conditions for ripening some of the world's finest cheese, including Kaltbach Le Crèmeux, our "dairy pick" for April. Serious cheese lovers can visit this peaceful place of azure lakes and green hills, to explore its rich history.

Hidden deep beneath this idyllic landscape is Kaltbach Cave that provides the mineral-rich air, consistent humidity, and cool



Lauren, stocking out oranges on truck day

What's Good About Chives?

Scientifically termed *Allium schoenoprasum*, chives belong to the same family as garlic, shallot, scallion (green onions) and Chinese onion. They are perennial plants found across several parts of Europe, Asia and North America. Chives are the only species of *Allium* native to both the New and Old Worlds. Chives are a commonly used herb and can be found in grocery stores or grown in home gardens. In culinary use, the green stalks and the unopened, immature flower buds are diced and used as an ingredient for omelettes, fish, potatoes, soups, and many other dishes. When open, these pretty purple flowers can be used to add a touch of color to salads.

Chives have insect-repelling properties that are quite useful in gardens to control pests. The plant provides a great deal of nectar for pollinators. Chives are easy to grow in the ground, pots or a window box. Let them flower and they will provide welcome nectar for bumblebees, honeybees, mason bees and leafcutter bees.

Emmi Kaltbach Le Crèmeux

temperatures perfect for aging cheese naturally. The porous sandstone walls of the cave actually help maintain humidity levels at 96%, emitting moisture when the air is too dry and absorbing it when it becomes too saturated. This specific cave's unique aging potential was discovered, by chance, in 1953, when cheesemakers were forced to store wheels of cheese there, due to a lack of space. Kaltbach Le Crèmeux is Emmi's newest cheese. It is made at the Emmi facility in Emmen, then cave-aged in Kaltbach Cave. Produced from cow's milk, Le Crèmeux is a firm, mountain cheese, yet with a custard-like consistency on the palate, buttercream flavor and notes of toasted nuts and sweet vegetal herbs. Serve it with sweet fruits like blackberries, pomegranate seeds, pineapple and raspberries, as well as nuts and olives.

March 30 - May 3 • 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 February service.

Sue Childers • Jane Papin • Tim Garner
Tammy Pittman • Trudy Balcom
Cassandra Leoncini



Renew your membership and reap the rewards!

MAD seven times a year!
Members Only Specials!
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You'll be supporting our local & regional food shed & you'll help to build a resilient local economy.
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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 April

Upper Gila Watershed Alliance



Upper Gila Watershed Alliance will offer a solutions-oriented eco-camp for youth focused on climate and biodiversity issues with a regional emphasis.

February Round Up \$1050.00

GMCR



Gila Mimbres Community Radio

is so grateful to the Silver City Food Co-op for their Round-Up program that supports local non-profits and to all the members and customers who rounded up in February for GMCR/KURU 89.1 FM! These Round Up funds will be used to support our work of providing **A Voice** for local non-profits and underserved community members to share and communicate their work, ideas, thoughts and perspectives And **A Choice** for local, national and world news, great music, and educational programs For Southwest New Mexico.
Thank you!!!

Round Up for May

Literacy Link Leamos



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

Customer Change for Community Change!

Silver City Recycles

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

Recycling drop-off times for April:

Two Saturdays, the 9th and the 30th, 12 - 2pm.

From Stuart Egnal: "Remove anything from glass that is not glass and is easily removed, and corks, lids, labels, if they peel right off. Lids can be recycled with steel cans. Corks and easily removed labels (no need to fight them if they don't) can be thrown away. Thanks!"

For more information:

<https://silvercityrecycles.org/>

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



The Tour of the Gila is happening this spring!!!
Our race dates are April 27 – May 1, 2022.

The race this year celebrates 35 years
of bicycle racing in Grant County!!!



The Tour of the Gila is the hardest bicycle road stage race in the US with over 10,000 feet of climbing and with very challenging descents. The race is known as a climber's race. It is the only 5-day stage race for professionals and amateurs in the US.

Our race schedule is:

Stage 1, Wednesday, April 27th: Silver City to Mogollon Road Race

Stage 2, Thursday, April 28th: The Inner Loop Road Race

Stage 3, Friday, April 29th: Tyrone Individual Time Trial

Stage 4, Saturday, April 30th: Downtown Silver City Criterium

Stage 5: Sunday, May 1st: The Gila Monster Road Race

We are always looking for more volunteers to help run this event.

Specifically, we are looking for racecourse marshals and drivers.

To learn more about volunteer opportunities, please call Jack at 575-590-2612



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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



Organics and Pollinators: Making Food Happen

by Claudia Broman

A simple lunchtime meal could look drastically different without bees. We can thank these pollinators for about one out of every three bites of food we eat, including many of our favorite fruits like blueberries, peaches, blackberries, grapefruit, raspberries, oranges, pears and plums.

As pollinators, bees flitting around apple orchards and cranberry bogs move pollen from the male parts of trees and plants to the female parts. This shift of pollen allows the flowers to produce fruit. Many crops, like almonds, avocados, cucumbers and even onions, wouldn't produce much, if anything, without the help of bees. In the U.S. alone, bee pollinators annually contribute to about \$20 billion of products people use every day.

Recent scientific studies show that bee pollination is directly connected to human health. People need to consume a variety of nutrients to stay healthy. Globally, the crops that provide these nutrients vary widely from place to place, with developing regions of the world being more dependent on particular fruits and vegetables than others. Were these crops to fail on account of a decline in pollinators, it could result in a global malnutrition problem.

Unfortunately, researchers have seen declines in the success of wild and commercial bee colonies over the past 50 years. This drop in bee numbers in the U.S. is attributed in part to an increase in private and commercial pesticide use. Other conditions contributing to the struggling numbers are habitat loss due to development, monoculture agriculture (growing just one crop, like corn, year after year), animal grazing and the introduction of non-native insect species. Cumulatively these conditions have crop farmers concerned about whether there will be enough honeybees to pollinate their fields, and beekeepers concerned about collapsing honeybee colonies.

Despite the challenges honeybees are facing, there is hope. Scientists confirm that the diverse ecosystems found on organic farms provide friendly places for bees to nest and roam. Organic farmers often grow more than one type of crop which provides bees with a varied and nutritious diet, and they don't use the types of synthetic pesticides that have

been connected with bee population declines. Organic farms are helping the bees that eaters rely upon for meals every day, whether a person chooses to eat organic food or not.

Though the plight of bees may seem overwhelming, there are steps people can take to protect these precious pollinators.

- Support organic farms. By choosing organic products over conventional counterparts you can limit the amount of pesticides being used for commercial crop production.
- Buy untreated seeds and seedlings. Neonicotinoids are insecticides applied to seeds and soil that can persist in the environment, rather than degrade. These chemicals are connected to bee colony declines. Instead, opt for organic seeds and seedlings when prepping for your coming gardening season.
- Support small, local farms. Small farms tend to be more diverse in their fruit and vegetable production, and that diversity is associated with the presence of more pollinators—like bees!
- Plant a garden for pollinators. Set aside space in your yard or garden specifically for native flowering plants that help provide food and shelter for bees, butterflies, and other pollinators. But be aware that even plants marketed as “bee-friendly” are often treated with neonicotinoids. Ask nursery staff or check the label to find out if plants have been treated.
- Start a hive. Provide bees with nesting options in your backyard. The University of Minnesota offers a tutorial for how to build different types of homes for bees.
- Learn more. Watch Queen of the Sun—a movie about the global bee crisis. Educate yourself and your friends with the help of The Xerces Society, a non-profit dedicated to the health of bees and other invertebrates.

Create a Bee Friendly Garden in SW New Mexico



Planting a garden of plants native to our region is an excellent way to help our bees get the food they need, and there are certain plants that they love!

Check out these native perennials and shrubs that grow well in our unique climate.

- Catmint
- Apache Plume
- Paper flower
- Three-leaf Sumac
- Common Yarrow
- Penstemon
- Maximillian Sunflower
- Desert Globemallow
- Desert Marigold



Apache Plume (Fallugia)

I've Got Worms

by *Trudy Balcom*

I've got worms, but I don't need ivermectin.

Thankfully, my worms live in a plastic bin in a kitchen cupboard, they are helping me out with the disposal of my green waste. It's a form of composting called vermicomposting, and I really like it because it's easy and even fun.

In the past I've tried outdoor composting in a compost pile, and it's not easy, so I decided to try vermicomposting instead. It's a convenient way to get rid of kitchen scraps in an eco-friendly manner.

To get started, I ordered a small vermicomposting container and a half-pound of red wiggler worms online. Red wigglers are a different species of worm from our common earthworms. Not only do the worms eat 1/2 their weight in kitchen scraps every day, they are easy to keep. The worm's poop, called castings, is an excellent fertilizer for houseplants or garden beds, so they provide double duty services.

I found that the small worm container I bought quickly became too small for the amount of kitchen scraps my husband and I produce, so we moved our worms into a larger container following the simple instructions on the U.S. Environmental Protection Agency's webpage on vermicomposting, (www.epa.gov/recycle/how-create-and-maintain-indoor-worm-composting-bin). It's a detailed and helpful guide to getting started. There are also tons of other vermicomposting resources on the web and sites selling bins and worms.

You can repurpose things you probably already have on hand to make your bin. To create a vermicomposting bin, all you need is a plastic tote or tub with a tight-fitting lid, something to act as a drip tray to set underneath it, and a space in a kitchen, basement or garage to store the bin that does not get too cold or too hot. The plastic tote needs be modified by drilling some drain holes in the bottom and a couple of holes near the top for ventilation. We also screwed a couple of wood scraps to the bottom of the bin to act as feet.

Next, you fill the bin part way with layers of shredded newspaper and some ordinary dirt, something that will have natural soil bacteria in it (I used some potting soil that was left over from a plant that died) and add the worms. We moistened everything until was about as wet as a damp sponge, but not too wet.



To feed the worms, I simply collect my green kitchen scraps—banana peels, sad-looking bits of lettuce, potato peels, etc., in a plastic container during the week. Then, once a week, I put the scraps in the bin, and cover them with a layer of damp, shredded newspaper. No meats, fats or oils should be added to your scraps.

When I do this, I can't help but dig down through previous layers to see what the worms are up to. It didn't take long for them to migrate into the layers of decomposing scraps and get to work.

Even though the bin is filling with decomposing food, there is only a mild smell when I open it for the weekly feeding, and no smell at all when the bin is closed. When the bin gets full, I can clean it out and get the fertilizer.

The other things I like about vermicomposting is that you can do it whether you are a single person in a tiny apartment or a big family in a large home, just by using smaller or larger containers (add plenty of worms if starting with a large container). It's also cheap and easy to get started on. The most expensive thing to buy is the worms (about \$40 for 500 which is about 1/2 pound), and if you know someone who is already vermicomposting, you may be able to get worms from them.

If your inner biologist gets curious about the worms, and you don't mind getting your hands a bit dirty, you will enjoy seeing the whole process at work.

And you can tell your friends you've got worms.

STAFF PICKS!

*Welcome
to Our Co-op Team!*

Meet Alice!



Our newest cashier, Alice, is a woman of many talents. In her own words, “I am a Brazilian Japanese who just became a U.S. Citizen. I also have a PhD in Food Science.” She had another wonderful surprise when asked what she enjoys doing most in her time off. “I love making flower arrangements. I am an Ikebana instructor, Japanese style of flower arrangement, and make them weekly at my house.”

Alice’s current favorite product in the store is the wildly popular local strawberries. “I try to buy them before they sell out. I eat them in breakfast and on my breaks with other fruits!” Our local strawberries are grown at Rock House Farms outside of Deming, NM. Their produce is delivered to us by the Southwest New Mexico Food Hub. The Food Hub works with local growers to connect their produce to markets and serves the food pantry system through the distribution of both locally grown food and healthy bulk items. By utilizing our Hub, food producers can spend more time growing food and less time marketing and distributing their product.



Meet Arthur!

Recently hired Arthur has hit the ground running! As a stocker and cashier, he’s also stepped into the shoes of Misha, our frozen buyer, while she’s away for a couple of weeks, helping her daughter with her one-year-old and a newborn baby. The freezer section looks great! While not at work, Arthur is gardening, cooking and doing carpentry work. Not many people know this interesting fact about him but it’s a good one. “I sing original songs that I make up for my wife almost every morning. I am not a good singer!”

Which is his personal selection for April? “Honestly, Uncle Eddie’s Peanut Butter Chocolate Chip Vegan Cookies are my favorite thing that the Co-op carries. Sometimes, I heat them in a cast iron skillet, then top them with a scoop of vanilla ice cream.” That sounds heavenly!

Uncle Eddie’s Vegan is a family owned and operated bakery in Los Angeles. They started out as a traditional bakery, making cookies that tasted home-baked, using the best ingredients available. Somewhere along the way, their cookie creator went from vegetarian to vegan. He devoted himself to finding a way to make their treats vegan, but just as yummy. Uncle Eddie’s continues to grow and improve, using organic and fairly-traded ingredients from vendors who are involved in sustainable agriculture.



The Therapeutic Value of Puttering

by *Monica Rude*

Are you feeling stressed out? Overwhelmed? Discouraged? Too busy? Maybe just worn out.

Just stop it! For a day or even a half day, stop your frantic activity and just putter.

Stop doing. Stop the constant activity of working on projects, trying to get things done. Doing. Going. A million things to do. When life is too full, every hour is booked with continuous activity and interactions, schedules, demands, places to be, places to go, people to see.

Give it up for a day. Give up your fear of missing out (FOMO) and chill.

One of the greatest threats to our health is BUSYNESS. Individuals can only work at ‘full steam’ without stopping for so long before they reach the point of overload. As stress levels rise, people become forgetful, less able to focus, and experience fatigue, headaches, ulcers and may even become physically ill. The result is reduced efficiency and productivity.

Just imagine: No to-do list. No pressure to get-er done. When you putter, it’s OK not to finish anything. It’s OK to start a project and be distracted to another. It’s not about “doing” or accomplishing anything. You don’t have to LOOK like you are being productive. Dabble. Dawdle. Float. Let yourself go. Be in the present. Stop and smell the flowers. Pet the dog/cat/fish. Breathe.

Just be at home with no place to go, no one is coming over, no schedule, no commitments. No time constraints. Empty of ambition. Back-burner all those responsibilities, problems to be solved, projects to start or finish. Set aside concerns of everyday life. Give your thoughts a rest. Vacate for a day of R&R. Relax into a meditative state. Open to whatever. Maybe nothing. Experience the sensation of a relaxed body and mind.

To putter, you must leave some time unbooked, unscheduled or cancel your plans for the day. It’s such a relief to cancel something! Then suddenly, there is an opening, an opportunity to do...maybe nothing or not much. Something not on your “list”. Take a short-term break from everything that “needs to be done.” Ground. Center. Be. You might have to leave home to create the conditions necessary to putter, to eliminate demands or distractions from others.

Taking time to putter can lead to more work-life balance, resulting in feeling more in control of and comfortable with

how your time is spent. Imagine it: Nothing to do, all day to do it. Puttering is not about thinking, worrying, producing or doing. It’s about wandering around aimlessly, doing little tasks or not. Let your mind meander. No goal. Doing this and that. Staring at the wall. Day dreaming.

Puttering is certainly NOT housekeeping. The comedienne, Joan Rivers said, “I hate housework. You make the beds, you wash the dishes. 6 mos later you have to do it all over again”. This is not puttering!

Avoid online time during puttering. Too many rabbit holes you might fall into; too much click bait. Minimize talking or interacting with others. This is YOUR time to putter. Banish negative self-talk. Let go of self-critique and judgment. There is no right or wrong way to do this. This is NOT being lazy. It’s about taking care of yourself so you can perform better tomorrow. It is known that a retreat can result in improved mental health, better performance and concentration, improved problem-solving skills when you return to your daily life.

Let go of the weight of the world. You don’t have to fix anything now. Walk, wander without a destination, without a goal except to enjoy your surroundings. Take some time to recharge. You will feel so much better when you don’t work all the time.

Don’t worry. Be happy. Putter.

Monica Rude grows herbs for Desert Woman Botanicals in Gila where she is puttering even as you read this.



GRAB'N'GO

The Choice Is Yours!

by Carolyn Smith

As we tune into our own bodies to discover which foods are nourishing and which foods are harmful and as we learn about the different forms of food production that can be sustainable or detrimental to the environment, our food purchases become more determined by conscious choice than cultural conditioning.

The Deli crew offers a wide variety of delicious prepared foods chosen to meet the dietary needs and preferences of as many people as possible. We provide nourishing options for vegetarian, vegan and omnivore diets. Many of our foods are both gluten free and vegan, maximizing food choices for more people. Look for orange dots on our shelf tags for gluten free and green dots for vegan.

Our ingredient choices and the equipment we use to prepare foods reflect our concern for the health of people and the environment.

- We use local and organic fruits and vegetables, organic nuts, spices, herbs, oils and vinegars, natural and organic meats and cheeses.
- We prepare food from scratch, juicing our own lemons and limes, grating, dicing and slicing our own vegetables, meats and cheeses (parmesan the exception), making our own sauces and spice mixtures etc.
- We use pressure cookers and a convection oven for most of our cooking. Electric pressure cookers can save as much as 70% of energy compared with boiling, steaming, oven cooking, or even slow cooking and convection ovens are more energy efficient than traditional ovens because they distribute heat more evenly, reducing cooking times.

Judy, Marchelle, Molly and I all enjoy preparing the Grab 'n' Go foods and we thank you for giving us the opportunity to feed you. Bon appetit y buen provecho!



Preparing for the Move: Produce Department Gets Support from National Cooperative Grocers

In March 2022, the Co-op was fortunate to have Jeffrey Owens, a representative from National Cooperative Grocers, visit us and help prepare the way to our new location at 907 Pope Street. Jeffrey's specialty is support for produce, so he spent most of the three days that he was here working in that department with the incredible group of folks who conscientiously care for our fresh fruits and veggies. Self-described as "the gate keeper and advocate for all things produce," he loves "meeting people and people meeting me! I'm here to support, teach and learn."

NCG is a business services cooperative, the sole function of which is to support retail food co-ops throughout the United States. NCG helps unify natural food co-ops to optimize operational and marketing resources, strengthen purchasing power and, ultimately, offer more value to co-op owners and shoppers everywhere. It advocates for issues that are important to food co-op owners, shoppers and communities. In Jeffrey's words, "NCG exists so that our Co-ops can thrive and be successful in their communities. It's an umbrella organization dedicated to evaluating, training and supporting co-ops and their workers."

Jeffrey's core principle is, "most important is people" and he stresses that the "team is the center of the department; working with and for each other, sharing ideas on how it's faring and how to make it better." To him, the "whole is greater than any one individual's contribution. Everyone is equally valued." Keeping the best interests of our customers as a top priority, "produce is the centerpiece of the Co-op." Just imagine our store without this department! It's unthinkable!

Jeffrey will continue to provide support for our produce team, now and in the months to come, as we begin the transition to 907 Pope Street. In his words, "I will be available in the future, solely to help produce continue to flourish in its new home."



*The produce team!
Jake, Lauren, Eva, Alice, Roxanne and Gini*

How to Attract Lady Bugs to Your Garden

An enemy of the aphid and other small, soft-bodied pests, lady bugs are one of the best forms of natural pest control. They are a valuable presence in any home garden due to their appetite for insects that wreak havoc on plants. A single lady bug can eat 50-60 aphids a day, and may eat up to 5,000 in their lifetime. They will even feed on powdery mildew fungus. There are over 200 species of ladybugs native to North America and 5,000 species worldwide.

If you're trying to attract native ladybugs to your garden, but finding it a struggle, you may decide to purchase mail-order ladybugs as an alternative. While this is an easy solution, it's not ideal, since foreign insects may be harmful to your local ecosystem. Instead, follow these helpful tips to attract native ladybugs to your garden.

- Provide a water source. Try leaving out shallow water bowls so passing ladybugs are tempted to make a pit stop amongst your plants for a drink. Fill the bowls with small stones up to the water surface so that these tiny predators don't drown as they hydrate.
- Provide shelter. Plant low groundcover plants like oregano and thyme to provide ladybugs with a protective hideout from larger hunters, such as birds and toads. Mulch and leaves make an effective refuge as well. You can also build a ladybug house! A simple wooden box with small holes, you place raisins or sugar water inside to entice these good bugs. An added bonus of a house is that it may draw in additional beneficial insects like bees and green lacewings.



- Avoid pesticides. These will kill ladybugs in addition to garden pests.
- Plant decoys for aphids. Aphids are a favorite food source for ladybugs and will attract them to your garden. You may be wondering if it's counterproductive to intentionally lure these harmful pests to your flowers, fruits and veggies just to provide a snack for the bugs that you're inviting to live there. While you don't want aphids attacking your main plants, a safe way to pull them in is to plant decoy plants nearby for them to eat instead. Effective decoys include nasturtiums, radishes, early cabbages and marigolds.

Your Handy Guide to Every Spring Vegetable



Spring is just around the corner, which means we have a lot of snappy, happy produce to look forward to. Below are the spring vegetables that will soon be available to us in our Co-op produce department. We'll cover good-to-know tips (like how to store) and entertaining facts about the vegetable kingdom.

Artichokes



Technically a thistle, an artichoke looks like a pine cone, prickly, jagged, and ready to ward off predators. Odd and a little intimidating to some, the artichoke is actually the bud of the flower. To get to the good stuff to eat (the petals and heart) hiding inside this prickly character, you have to put in a fair amount of work. Methods for getting to the good stuff is described by many "experts," but once you master your own technique, it's like riding a bike. What's more: After you cook an artichoke, you need little more than mayo for dunking to have a wonderful dish.

Arugula

Also known as Italian cress, rocket, and rucola, arugula is famous for its peppery flavor. If you aren't into bitter greens, proceed with a modicum of caution. Combining it with other, less bitter greens will offset the strong flavor. It's wonderful in salads, especially ones with rich, fatty components, like meat, nuts or cheese, but also holds up well when wilted. Stir into brothy-chunky soups at the very end. Toss with hot pasta or turn into a pesto.

Asparagus

In the 1st century, according to *The Food Encyclopedia*, "Romans tended to overindulge in asparagus. In fact many considered a dinner incomplete unless it featured both an asparagus appetizer and main dish." Nice! When you're buying asparagus, avoid stalks that are discolored or floppy. And after you bring them home, try this trick. Store in a vase of water in the refrigerator so the stalks will continue to wick up water. Some cooks like to snap off asparagus bottoms, to get rid of the fibrous, woody parts, but slicing them off with a knife is slightly less wasteful.

Carrots

Sure, you can get carrots all year, but new, bright-eyed, bushy-tailed carrots are a warm-weather specialty. (And yes, these are different than "baby carrots," those are actually carrot stubs.) Ideally, early carrot are best when about six inches long, delicate and sweet, but large enough to have developed some depth of flavor. They are quite tasty when raw (no peeling necessary), but also roasted and puréed. If you have the option to keep the tops, try turning them into pesto or salsa verde.

Fennel

Fennel borders the line between a late winter and early spring vegetable. It's just the thing to reach for when you're craving the light, fragrant notes of spring produce. Fennel is beloved for its anise-like flavor and aroma. You can cook with both the bulb and the



fronds (the leafy, herb-like tops that resemble dill). Cut the bulb into wedges and roast them until caramelized; they'll become super sweet, while still delivering some of the heartiness that you know and love from peak winter vegetables. As for the fronds, chop them finely and add to your favorite soup.

Lettuces

A good salad starts with good produce, which could be any of the ingredients in this guide. But if you're doing a simply lettuce salad, treat yourself to some super fresh spring greens. Avoid anything that's wilted or mushy. To perk up before serving, you can give them a quick soak in ice water. Just make sure you dry them very well, or the dressing won't be able to grab hold.

Radishes

Most radishes go from seeds to vegetables within a month. They are golf ball-sized or smaller, but mighty in personality with a juicy bite, and sharp and spicy enough to make your eyes water. Arguably the best way to enjoy radishes is also the simplest, raw. Once you graduate beyond that, start to have fun with their tops, which are as worthy as any other green, and should not necessarily be thrown out. That said, if you're storing radishes in the fridge for a couple days, separate the two, which will help them both survive longer.

Rhubarb

Even though rhubarb is usually paired with strawberries for pies and crisps, or compotes, rhubarb is actually a vegetable. Yes, a vegetable! It's a member of the buckwheat family, which also includes plants like Japanese knotweed and sorrel. Rhubarb in its raw form has an extremely tart flavor, which is why it's usually macerated with a sweetener and lemon juice and served with a juicy sweet berry. It's also one of the first vegetables to appear in spring, though it also has one of the shortest seasons. If you buy a few bundles (which you should), slice the stalks into one-inch pieces and freeze them in a single layer. This will allow you to preserve its pink color and tart flavor through early summer. Just use them within three months, otherwise, the vegetable will start to lose its spark.



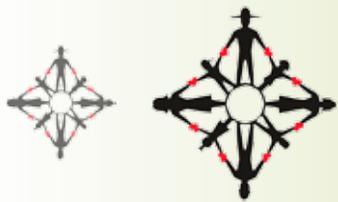
Scallions

Scallions, which also go by green onions, are an all-time favorite. Their flavor is spicy but not too spicy, and grassy but not too grassy. Plus, they're simple to prepare. Raw is first choice, but they are also excellent when charred whole in a cast-iron skillet or on the grill, then added to sauces or grain salads.

Sugar Snap Peas

Sugar snap peas are a cross between the English pea and snow pea. As their name implies, they're sweet, which makes them a cheery contrast in ultra-savory dishes. Pair with anything salty or fatty. You can thinly slice sugar snap peas on a bias and put them toward a salad-y situation. Or give them a quick sauté. Delicious browned in a skillet, then deglazed with some soy sauce and piled atop warm rice.

by Judith Kenney



From Your Board . . .

Board Policy Bingo - B4 Membership Rights and Responsibilities

How does our General Manager make sure our members are informed of their rights and responsibilities? There is outreach from the board itself in the form of our Concern Coordinator and Members Connect Committee, but the bulk of communication and information about the co-op centers around our store. It's the first stop for members who have questions or need information.

At the April Board Meeting, our General Manager will report to the board on his efforts to make sure:

- That Member-Owners meet the eligibility requirements according to our bylaws and current equity payments.
- That we have an equity system that is transparent and managed in ways that don't put the co-op or members at risk.
- That any equity or dividend systems support the long term health of the co-op, the current conditions in the co-op, and follow all applicable laws and bylaws.
- That education about our co-op, nutrition, health, and our cooperative principles is available through established channels such as our website, emails, and the Garbanzo Gazette.
- That members have an opportunity to participate in our cooperative.

Unlike some of the other policies, members can easily see much of the educational outreach currently available. From the color coding of price signs, (like the purple tags on those specially priced "Co-op Basics"), to signs on the door and over the registers, to the member's suggestion box in the front of the store, to the continually updated website, to the monthly

Garbanzo Gazette that is available both online and in the store each month, management strives to get the word out to members about the co-op.

Covid has cut down on some volunteer opportunities, but there's still room for members to volunteer a skill, write an article, or join a committee. The Gazette is a great place to see what the current participation opportunities are. Participation can also include the General Membership Meeting in May where the annual report is served along with some fine food and good memories. We encourage and welcome members to join the Members Connect Committee and help plan the party! Contact Tuan Tran at Memberconnect.scfc@gmail.com for more information.

The B reports are the board's due diligence involving the co-op operations. They give both the board and the general manager a chance to systematically view the current state of each area of store performance, a chance to correct course if necessary, and a chance to celebrate things that are going well. During the B4 report this month we'll see how our members' responsibilities and rights are being handled. We'll learn what's been done, what's changed, and what's new.

If you want to read the actual policy form, it's on the website along with all of our policies. Go to silvercityfoodcoop.coop/board where all the policies A through D can be found. Don't let the "shall not" language put you off. It's more comprehensive and simpler to state that the General Manager shall not allow certain unacceptable things to happen than to list everything he has to do.



*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*

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



April

Members Only Specials

March 30 - May 3

20% OFF! listed prices



daiya
Chocolate Cheesecake
14.1 oz
reg \$7.99



South of France
Lemon Liquid Soap
8 oz
reg \$5.59



Mamma Chia
Wild Raspberry Squeeze
4/3.5 oz
reg \$6.59



Go Veggie
Classic Plain
8 oz
reg \$3.99



Primal Kitchen
Tarter Sauce
7.5 oz
reg \$6.99



Solaray
Bromelain & Vit C
120 Caps
reg \$29.99



Emmi Kaltbach
Le Crèmeux
5 oz
reg \$7.29



Beyond Good
Vanilla Extract
2 oz
reg \$13.19



Chatfield's
Carob Powder
16 oz
reg \$7.69



Kate's Real Food
Grizzly Bar
2.2 oz
reg \$2.89



Yellowbird
Serrano Sauce
9.8 oz
reg \$8.39



South of France
Orange Liquid Soap
8 oz
reg \$5.59

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