



Silver City Food Co-op Garbanzo Gazette

Volume 21

✧ Your Monthly Newsletter ✧ January 2021

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

What's to Love About Food Co-ops?

So much! Co-ops have a cool way of doing things differently. They're people working together for better food, stronger communities and a healthier world. And cooperative grocers are making a big impact. The study, *Healthy Foods Healthy Communities: The Social and Economic Impacts of Food Co-ops*,* quantifies the impact food co-ops have as compared to conventional grocery stores. The study's compelling results demonstrate the many ways that food co-ops do well while doing good.

Unlike their conventional counterparts, co-ops are owned and governed by members and rooted in principles like community, voluntary and open membership, economic participation and cooperation. Because of these principles and practices, food co-ops inherently serve and benefit the communities where they are located. For example, the study finds that for every dollar spent at a food co-op, \$0.38 is reinvested in the local economy compared to \$0.24 at conventional grocers.

Supporting Local Food Systems and Sustainable Foods

Though "local" has popped up in conventional grocery stores in recent years, retail food co-ops are leaps and bounds ahead of the pack. Where conventional grocers work with an average of 65 local farmers and food producers, food co-ops work with an average of 157. Likewise, locally sourced products make up an average of 20 percent of co-op sales compared to 6 percent at conventional stores.

Years after creating the market for organic foods, co-ops are still the place to find them. Of produce sales at food co-ops, 82 percent are organic, compared to 12 percent for conventional grocers. And, organics make up 48 percent of grocery sales in food co-ops, compared to just 2 percent in conventional grocers.

Local Economic Impact

The economic impact that a grocery store has on its local economy is greater than just the sum of its local spending, because a portion of money spent locally recirculates. For example, food co-ops purchase from local farmers who, in turn, buy supplies from local sources, hire local technicians to repair equipment, and purchase goods and services from local retailers. To some extent, conventional grocers do too, but the gap is still significant. For every \$1,000 a shopper spends at their local food co-op, \$1,604 in economic activity is generated in their local economy—\$239 more than if they had spent that same \$1,000 at a conventional grocer.

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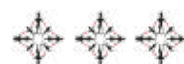
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YOU
ARE
WHAT
YOU
EAT

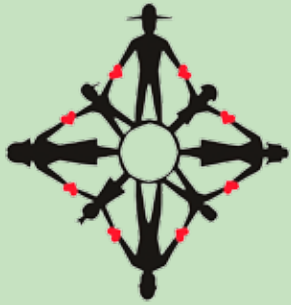


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1791 member/owners strong and counting . . .

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

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Unfiltered Waters



by Kevin Waters



There is a saying, “There are people who watch things happen, and people who make things happen”. And then there are people who look around and wonder “what the hell happened”? 2020 has me looking around wondering “what the hell happened”?

As to how this singular year impacted the Silver City Co-op, like everywhere, it has been a year of change and disruption. The synchronicity of a new general manager, at the start of the most disruptive societal event in nearly a century, is either really good, or really bad timing. My refrain has been, “Let’s just get through this time safely”, and focus on maintaining the Co-op’s core mission. Providing wholesome, organic, local, and specialty food to the community of Grant County. Musing about how this year would have transpired under “normal” circumstances is a diversion, but we’ll never know. Maybe 2021 will give us an idea (I hope!).

The havoc that 2020 wrought on our daily routines, also brought big shifts in the daily business of the Co-op. On trend with other grocery retailers, a massive reduction in customer counts, and a huge boost in the average purchase has resulted in the Co-ops maintaining strong sales growth over the prior year. A strong trend in organic food sales growth has benefited the Co-op as well. SPINS retail data collection service estimates that the growth rate for organic food sales is more than double that of conventional in 2020, as consumers focus more on health, and quality, during the pandemic. The considerable rise in EBT (food stamp) dollars in the market has been a boon as well, with EBT dollars representing a significant portion of our sales increase. These beneficial trends help counterbalance supply chain challenges that are the worst encountered. Suppliers order fulfillment rates of

75-80% have become the norm, when 97% was the target pre-pandemic.

While this is a sizeable amount of change, the general trend of fewer customers spending more per trip, is highly favorable to operating the store, and for the employees. While the total hours worked in the store has not changed significantly, because there are far fewer customers, the labor hours devoted to each customer is actually HIGHER than it was pre-pandemic.

This has also helped the Co-ops profitability, with this year expected to be the most profitable in the history of the Co-op. At the same time, two separate “resiliency payouts” have been made to Co-op employees that reflect in the neighborhood of a \$1.50-\$2.00 hourly pay boost over six months. The value of these employee payouts alone, represent TWO times the Co-ops entire net profit last year. Along with an employee solstice bonus that was two thirds higher than last year, the employees have shared in the gains of this unique year.

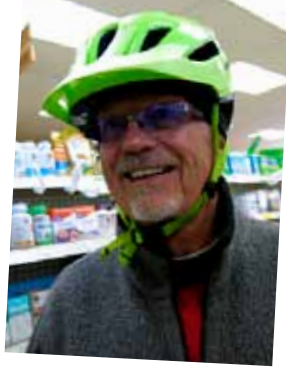
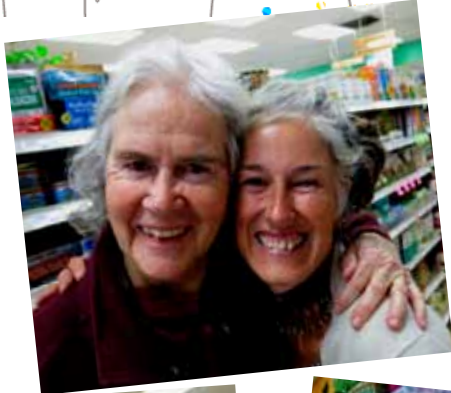
Showing strong financial results will certainly assist in the project that the majority of members want to know about, the move to the Pope Street location. Recent break evens, and losses in previous years will have impacted the viability of this undertaking. Managing the Co-op in a fiscally responsible manner, with the assets of all the members, should allow us the opportunity to build the Co-op that will see us into a future. We are very close to critical mass in the life of the project, with real “news” about progress coming very soon. No one will soon forget 2020, but hopefully we will remember it as the year that broke the “lockdown” on our move to a physical space that realizes the potential of the Co-op.



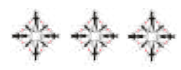


2021

A Healthful
New Year
to You!



*Photos from
January 2019
and
January 2020*



Kitchen Meditations

Winter

Garlic Parmesan Roasted Carrots

Ingredients:

2 lbs. carrots, cut into the shape of your choice, not too small
¼ cup olive oil
1 tablespoon minced garlic
¼ cup grated parmesan
2 tablespoons breadcrumbs (optional)
Salt and pepper, to taste
Fresh chopped parsley, optional

Instructions:

- Preheat oven to 400°F. Lightly grease or oil a baking sheet.
- Arrange carrots on baking sheet. Add the olive oil, garlic, parmesan, bread crumbs, salt and pepper. Toss all ingredients together to completely coat the carrots. Spread out and bake for 20-30 minutes, or until tender. Toss with a spatula halfway through.
- Serve immediately. Top with parsley, if desired.

Blue Stilton, Pear & Pecan Salad

Ingredients:

2 pears, peeled & thinly sliced
2/3 cup Stilton Blue Cheese, crumbled
1 bag (or equivalent) of mixed salad greens or one type of lettuce
¼ cup chopped pecans
3 tablespoons walnut oil
1 tablespoon balsamic vinegar

Instructions:

- Arrange the lettuce onto a large platter.
- Place the pear slices on top of the leaves and top with crumbled blue cheese and pecan nuts.
- Whisk together the walnut oil and balsamic vinegar and drizzle over the top of all, or individual servings.



The Frugal
Co-op Chef

Yogi Tea

Treasured for its wellness-supporting properties, this aromatic and warming tea was inspired by the ancient holistic philosophy of Ayurveda.

Make at least 4 cups of Yogi Tea at a time.

This recipe is for just one cup, but we've found that one is never enough! Feel free to adjust the ingredients to your personal taste.

10 oz. water
3 whole cloves
4 green cardamom pods
4 whole black peppercorns
½ stick cinnamon
1 slice ginger root
¼ tsp. mild black tea (Assam is suggested)
½ cup milk (dairy and alternative milks are all fine)

Boil spices for 10-15 minutes. Add black tea and steep for 2 minutes (longer is okay, too). Add milk, then reheat to the boiling point, remove from the stove and strain. Add honey or other sweetener, if you like, or drink straight.

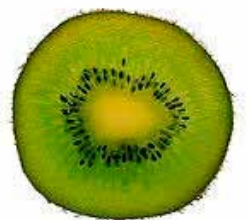
If you'd like to make a quart, simply quadruple the recipe. To make more than a quart, you can use less spices per cup. For 2 quarts, use 20 cardamom pods, 20 black peppercorns, 15 cloves, 3 cinnamon sticks and 1 tbsp. black tea. Boil at least 30 minutes. Add one quart milk. If you prefer, add milk to each serving, just before drinking.

Ayurvedic medicine suggests that each of the ingredients in Yogi Tea has healing properties. According to this tradition, the black pepper is a blood purifier and aids in digestion. Cardamom is good for the colon and can help relieve depression. Cloves strengthen the immune and nervous systems. Cinnamon is antibacterial, loaded with antioxidants and is good for the bones. Ginger root is great for the nervous system and is energizing.

Increasingly, people are choosing to cut caffeine from their diets. A wise decision for a number of reasons, but the black tea in Yogi Tea helps the ingredients amalgamate. In other words, the black tea has the potential to make Yogi Tea more potent as a healing agent.

Kiwifruit

Ripening & Storage



Kiwis are ready to eat when soft to the touch, similar to an avocado. To quickly ripen, place kiwis in a bowl or paper bag with 2 to 3 apples or bananas. Why apples and bananas? The additional fruit creates natural ethylene gas which expedites the ripening process. You can increase the concentration of ethylene gas by placing the fruit in the ripening container 3 days before adding the kiwis. Firm kiwi ripen after a few days to a week when stored at room temperature and should not be kept in direct sunlight. Kiwifruit stores quite well in comparison to other fruit. For optimal storage, keep kiwis in the fruit drawer of your refrigerator. If firm, kiwi may store there for as long as a few months.

Jake's January Produce Picks

Carrots

The carrot is a root vegetable, usually orange in color, though purple, red, yellow and white carrots do exist. It was first cultivated in present day Afghanistan, about 1,100 years ago. Long before it was domesticated, the wild carrot had become widespread. In fact, its seeds were found in Europe, dating back 5,000 years. Almost certainly, the ancient cultures of those regions used wild and early cultivated varieties medicinally, prior to being used as a food. Agriculturalists of ancient times transformed this spindly, bitter, herbaceous plant into the large, tasty root that we enjoy today.

Carrots are proclaimed, by some, to be the perfect health food. Crunchy and highly nutritious, they are a particularly good source of beta carotene, fiber, vitamin K1 and antioxidants. They're also weight-loss friendly and have been linked to lower cholesterol levels and improved eye health.

Kiwifruit

Fun fact: Known as the #2 most nutrient-rich fruit in the world (#1 is the Guava), kiwifruit has been dubbed nature's vitamin capsule, packed with an abundance of vitamins and antioxidants. Originally named "Chinese Gooseberry," the kiwifruit (also known as just plain "kiwi") was born along the banks of the Yangtze River Valley in northern China. Cultivation of green kiwi spread in the early 20th century from China to New Zealand where the first commercial vineyards were planted. Eat your kiwi when it's soft to the touch, similar to an avocado.



Cheese goddess, Becky, holding two wedges of Stilton Blue Cheese.



Jake and a Kiwifruit, nature's vitamin capsule

Lemons

Lemon is used in cuisines around the world. Whether served as the finishing touch for vegetables, grains, and meat dishes, it lends a brightness and depth to all foods, from beverages to desserts. The origin of the lemon has not yet been determined, although science suggests that its birthplace may be northwestern India where it has been cultivated for over 2,500 years. Arab traders brought lemons to the Middle East and Africa sometime during the first century C.E. and, soon, this flavorful citrus was being cultivated in Egypt and southern Europe. Good taste travels fast! As with many fruits and vegetables, lemons were first grown in Europe as an ornamental plant. It didn't take long though, for those glorious cooks, the Italians, to begin growing it as the culinary treasure that it is. Now, of course, lemons thrive in mild climates the world over, complimenting delicious dishes everywhere. As with all citrus, they are a powerhouse of vitamin C, also providing potassium and vitamin B6.

Becky's January Dairy Pick

Clawson Stilton Blue Cheese

Stilton is an award-winning cheese with bold, expressive flavor. It is matured longer than most blues, becoming milder and mellower with age. The hard rind is usually grayish brown and slightly wrinkled with whitish powdery patches, while the interior of the cheese is soft, rich and creamy, possessing that distinctive blue cheese tang. Imported from England, Stilton is a classic that has long been known as "the King of Cheeses," usually by the English cheese lovers, amongst whom it is a cultural icon. This is a strong cheese that's wonderful served at room temperature with a sweet wine or port to balance out its bite. Here's a really interesting idea for how to consume Stilton Blue. Place the cheese on a plate, pour honey over it, sprinkle with chopped pecans or walnuts and devour! Have some crackers with it so that there as a vehicle for getting this exquisite concoction into your mouth.

December 30 - February 2 • Members Only • 20 % OFF • In the front cooler

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their November service.

Jane Papin • David Burr • Tim Garner
Tammy Pittman • Sue Ann Childers
Tasha Marshe



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



Give a
gift card
to a friend!

*Give the gift of health,
nourishment and taste.*



Round Up Donation Program

The Silver City Food Co-op invites you to "Round Up." This means as a customer you can round up the balance of your total purchase to the nearest dollar, thereby donating that amount to a local non-profit. Donation recipients change every month. Information can be obtained at the cash registers when you check out. Many thanks to our cashiers who make this program work so that we can all give to our community.

Round Up for January

Gila Recources Information Project (GRIP)

The project will use Round Up funding to continue daily updates of the grantcounty-coronavirusupdate.org website, daily Grant County Coronavirus Update radio programming, and dissemination of health and economic relief information through social media, radio advertising and community organizations.



November Round Up \$901.78

Southwest Adolescent Group

We want to thank the Silver City Food Co-Op for having us be a part of their Round Up Program. The SouthWest Adolescent Group (SWAG) has recently rented a new building that will be used as a youth center. The money that the Co-Op collected for us will go toward getting that building ready. More specifically, it will allow us to build an office and a room for more personal programs.



It will also go toward getting items in there that will turn it into a great space for recreation (both inside and outside) and for programming (both fun and practical). We are so grateful to the community for rounding up at the register and helping us help the youth of Grant County.

Round Up for February

Mimbres Valley Health Action League (MVHAL)

The donations from Round Up will support the Mimbres Valley mobile food pantry. Each year, they distribute about 40,000 pounds to local families in need.



2021

Member Appreciation Days!

February/March

10 %
2 trips

June/July

10%
2 trips

September

10%
1 trip

November/December

10%
2 trips

\$ Become a member and save \$



**DOUBLE UP
FOOD BUCKS™**

2 for 1 on
Local Produce
everyday
with your EBT card



Renew
your membership
and reap
the rewards!

MAD four times a year!
Members Only Specials!
Discounts on Special Orders!
You'll be supporting our local
& regional food shed &
you'll help to build a resilient local economy.
You Own It!

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



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!

Honey Hunters

by Judith Kenney

The honey bee has been a part of human culture for thousands of years. Bas-relief sculptures in the Egyptian temple to the sun god Re, at Abu Jirab, illustrate that these busy pollinators were already thriving under the care of people 4,500 years ago. In fact, archaeological evidence now suggests that we've been keeping bees since Neolithic times. Beeswax was detected in cooking pots from an archaeological site in Turkey, dating to the seventh millennium BCE, the oldest findings yet for the use of bee products by early farmers. Honeybees would have been important to them for both their honey and beeswax, which, at first, probably had mainly technological, cosmetic and medicinal applications.

However, before humans were keepers of bees, we were bee hunters or, specifically, honey hunters. The earliest documented use of honey dates to, at least, the Upper Paleolithic, some 25,000 years ago and some scholars believe that honey collecting was happening even before that.

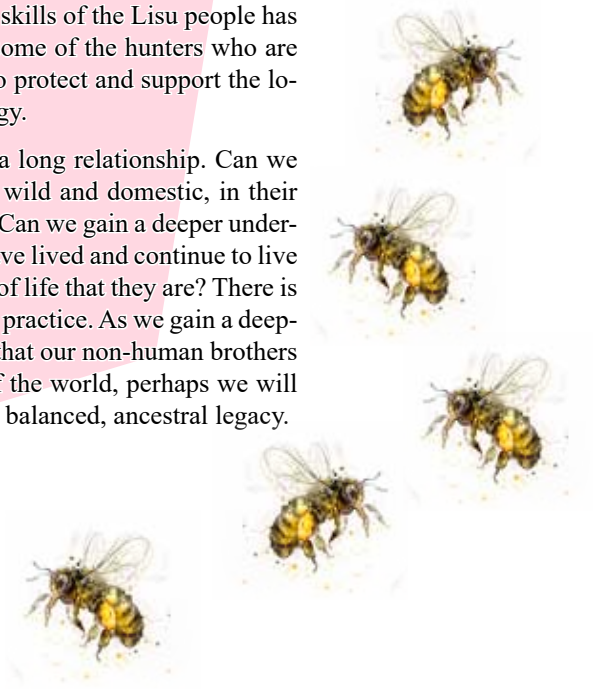
Nutritionally, honey from wild bees was a boon to the diets of ancient peoples. It is one of the most energy-dense foods in nature, containing relatively higher levels of protein because it contains more bee larva and larva parts than the honey of kept bees. Honey and bee larva together are an excellent source of energy, fat, protein, vitamins and minerals.

Colonies of wild honey bees like a dark and secure space with a small defensible entrance. They nest in the cavities of trees and rocks, on termite mounds and underground. In some areas, their hives hang from a branch in a brush thicket or out in the open. Like modern-day beekeepers, the ancients foraged for the golden nectar of wild bees by using smoke to stun the bees so that they can approach the hive more safely. Methods of the actual collection of the honey vary according to where the bees have set up housekeeping. Of course, it's not without a certain level of risk to the collector, be it human or any of our fellow earth creatures who love the taste of this "super food." Primates, raccoons and bears everywhere share our affinity for it and Honey Badgers, fierce members of the weasel family that live in Southwest Asia and northern Africa, will brave all odds to obtain a taste of its beloved ambrosia.

Today, wild honey remains a crucial part of the diet and economic survival of some communities of people who live as their ancestors have for millennia. The Hadza, is a modern hunter-gatherer tribe living in Tanzania. Of the 1300 that remain in this group, 400 rely completely upon foraging for survival. Their diet consists entirely of food they find in the forest, including wild berries, fiber-rich tubers, wild meat and honey. The honey that they eat is consumed along with the comb and contains bee larvae, providing an essential high protein nutritional component to the Hadza's nourishment. It is estimated that 20% percent of their diet is this energy-dense honey.

The courageous honey hunters, of the ethnic Lisu people in China's mountainous Yunnan Province, put their lives at risk, climbing makeshift ladders to reach huge hives situated high upon the stone faces of cliffs. The "cliff honey" that they harvest is much coveted in China. Swinging on their ladders 100 meters above ground, hunters surrounded by hundreds of irritated bees, exhibit extraordinary skill to reach the nectar of two types of the *apis dorsata*, known as "rock bees" and "dark giant bees," a species of the world's largest. Severe ecological crises pose a threat to the honey gatherers' way of life. Some of them have observed that there are fewer hives than in the past, because bee populations are profoundly affected by heavy pesticide use among local farmers and by global warming. Protecting *apis dorsata* and retaining the cliff honey gathering skills of the Lisu people has become a driving force for some of the hunters who are now working with farmers to protect and support the local rural economy and ecology.

Bees and humans have had a long relationship. Can we learn to acknowledge them, wild and domestic, in their essential role here on Earth? Can we gain a deeper understanding from people who have lived and continue to live with them as the co-creators of life that they are? There is so much to learn and put into practice. As we gain a deeper understanding of the role that our non-human brothers and sisters play in the life of the world, perhaps we will begin to understand our own balanced, ancestral legacy.



Raw Honey

By Jane Papin

When Judith asked me if I would like to write for the January Gazette I responded with, "Yes, thank you for asking!" I knew the next article would be on the value of raw honey. I find it timely that here we are, January 2021, entering the Age of Aquarius, a new cosmic cycle of time, lasting 2160 years. I see this as entering a golden age, so how appropriate to write of this golden gift from the bees, the flowers, the sun and our Creator.

Humans have been enamored with honey for thousands of years. An 8,000 year old rock drawing in Spain depicts a honey seeker gathering from a wild hive. Honey has been found buried with Pharaohs in Egypt, still edible after thousands of years. All over the world honey was, and continues to be, used to treat wounds and skin issues, as nutritive medicine and, of course, enjoyed as a sweet treat.

One component in honey, glucose oxidase, is an enzyme that produces hydrogen peroxide. Research shows that this is one of the main reasons why honey has such powerful antibacterial and wound-healing capabilities. The production of hydrogen peroxide is one of the ways that honey helps to kill harmful bacteria and wounds to heal.

Where all raw honey can be used topically as an antiseptic, Manuka honey, gathered from a flower related to the tea tree bush of New Zealand, is the most widely studied honey for medicinal purposes. Methylglyoxal is the anti-bacterial component of Manuka honey. Common strengths of 5+ through 25+ or higher is considered medical grade or "wound honey", used to fight external infections like MERSA or stubborn ulcers. It is also used internally for preventive measures if you feel that you may be vulnerable to infection.

A quote from Jeff Primack in *Conquering any Disease*, "No bacteria has been shown to be resistant to high levels of Methylglyoxal, even super bugs that have become antibiotic resistant. The medicine of the future is in the hive!"

Manuka honey has been tested 100x higher in Methylglyoxal than conventional raw honey. It has also been used to treat H. Pylori eradication.

Anthony William, Medical Medium, states, "Our immune systems are constantly adapting to whatever microorganisms we encounter — which is why raw honey, one of the most adaptogenic foods on the planet, produced by bees, one of the most adaptogenic beings on the planet is so important for supporting immunity." Honey in its raw form is a secret weapon against infectious illness. It is also considered anti-inflammatory because it inhibits pathogens from procreating and releasing toxins that would elevate inflammation."

More from Anthony, "Raw honey is an excellent replenishing fuel to feed and revitalize the thyroid. The glucose and other nutrients go directly to feed this gland. Raw honey contains a combination of sugar that our livers need along with vitamins, minerals and other nutrients. When it goes to the liver in its broken-down, assimilated state it is giving the liver everything it needs at once and the liver's immune system strengthens instantly. Hundreds of phytochemicals from the flowers that bees harvested for pollen intoxicate the liver in a euphoric and healthy way."

To make one pound of honey, it takes 60,000 bees, collectively traveling over 55,000 miles and visiting more than 2 million flowers. This amazing process of making honey, combined with its medicinal value, make it one of nature's most treasured gifts.

We are fortunate to have many bee keepers in our area providing us with this health-bestowing gift from the bees. Blessings to all throughout the New Year!



GRAB'N'GO

Oven Magic

By Carolyn Smith

Winter has arrived and tis the season for cooking in the oven, when the added heat is finally welcome.

The Deli crew uses the oven more often than not for roasting vegetables: tomatoes, beets, garlic, squash, eggplant, peppers, potatoes and more. Roasting brings out the sweetness and heightens the flavor of vegetables and can rescue ripe produce from ending up in the compost bin when you have more vegetables on hand than you can reasonably eat in a given time.

The mouthwatering sun ripened tomatoes of summer are just a memory but the flavor of winter tomatoes, cherry, slicing, or roma, can all be greatly enhanced by oven roasting. Roast cherry tomatoes whole for salads or sauces, and slicing tomatoes and roma tomatoes for sauces, soups and stews. Roasted tomatoes store in the refrigerator for up to a week and in the freezer for 6 months. Having prepared roasted tomatoes on hand is a real time saver.

Here's a simple recipe for roasting roma tomatoes:

- *Preheat the oven to 400°F.*
- *Slice tomatoes in half lengthwise, toss with olive oil and lay the tomatoes, cut side up in a single layer on a rimmed baking sheet or in a roasting pan and sprinkle with salt.*
- *Roast the tomatoes for 40 minutes or until the skin softens and begins to burst.*

That's it!

To store in the fridge or freezer, let the tomatoes cool and put into airtight jars, storage containers or zip lock bags.



Judy with the latest batch of roasted tomatoes. The deli uses them in lasagne, chile enchiladas, soups and stews.

Tuesday, at the River

by Elise Stuart



You step down from the truck,
take a few steps,
and already there is water,
water wedded to mud.
Up a short incline of earth
there is a trail that is dry and sun-baked,
weeds and cactus along the edges.
A green gate.
Limbo through the middle
while your dog slips under the bar easily
and your friend climbs over the top.
You keep walking,
the sun heats up everything.

A small pile of stones, a marker,
means - turn left.
A tiny path becomes visible.
First you smell it, then see it
the Gila river,
a long-moving stream,
shallow, with a few deep pools.
Your dog follows his nose
exploring wild, untold stories.
He keeps the secrets to himself.
You wade into the cool water,
sun hot on your shoulders.
All silent, except the water.

On the way back you walk slowly,
tired from the heat blaring,
looking for rocks, feeling their edges,
then coming to a place where the water rose up once.
Surprised how high the swath of the river can be,
leaving large pieces of wood sculpted by sun and water.
You feel you are deep in another world,
that makes you want to be kind to everyone . . .
The ground becomes too hot for small dog feet.
Take turns carrying him until you
arrive at the mud,
at the beginning,
where the truck waits
to take you back
to that other world.

Supplement Department

NEWS

The “Fun Guys”

by Kate Stansberger



Supplement buyer, Kate, with mushroom based protein powder from Four Sigmatic.

The Co-op has brought a little bit of Finland here, in the form of Four Sigmatic products. These products are mushroom-based, so they fit into that crucial category of immune support. We've been carrying their mushroom-and-coffee (also cacao) combinations in the Grocery Department, and now we've added their protein powders, infused with mushrooms, in our Supplement Department.

If you want a fun (and informative) read, go to Four Sigmatic's website to get the scoop on the story behind their company name. You'll also encounter gnomes and a (very brief) interview with one of their founders.

Look for some Four Sigmatic products on a special promotion on an endcap this month (January), with some fun give-aways to boot.



Four Sigmatic and the Chaga Mushroom



Finland, original home of Four Sigmatic, is a country of nature lovers who also adore coffee. During WWII, Finnish people used chaga mushroom, native to their country, as a coffee substitute. Coffee, along with sugar, was unavailable during the war, in Finland, and though a good number of alternatives were based on rye, chaga was the most popular. It is an alkaline-forming fungus that resembles molten tree bark, with a blackened exterior and flesh the color of lava. Making a beverage from it involved steeping the mushroom overnight in water and pressing it the next morning. Tero Isokauppila, founder of Four Sigmatic (now based in Los Angeles) grew up in Finland on a family farm that's been around for 13 generations. He's passionate about sharing his feel-good Finnish traditions with the world.

There is an obvious difference between chaga-derived coffee made out of necessity and Four Sigmatic's products, which uses chaga as an addition rather than a base. Their unique beverages have all the ease of instant coffee. To make, simply tear open a bag, pour its earth-colored contents into a cup, add hot water and stir.

Four Sigmatic offers more than 30 mushroom products, including coffee replacement beverages, wellness elixirs, protein supplements and beauty products. Want to try their mushroom-based coffees and cocoa? They're on the shelf in the tea and alternative coffee section of the Co-op.





You Can't Always Get What You Need

by RJ Jones

Well, we made it. The specialty foods have all been consumed, the lights are about to be taken down, and the holiday music has gone into mothballs till next December. A lot of us believe that the trials and tribulations of 2020 will be winding down in 2021. But for many, tomorrow seems like yesterday and the daily struggle to get food continues.

The Feeding America network is the nation's largest domestic hunger-relief organization. Statistics gleaned from their website tell a tragic and unacceptable tale: In New Mexico, 1 in 7 people, and 1 in 4 children, struggle with hunger. New Mexico's Aging and Long-Term Services Department [ALTSD] estimates there are approximately 104,000 seniors in New Mexico who live at or below the poverty level. Our friends and neighbors are the food insecure.

But what does food insecure mean? The Oxford Dictionary defines it as, "the state of not having reliable access to enough healthy food that you can afford." This can mean not having any money to buy food, or not having the money needed to put nutritious food on the table. After working a minimum wage job all day, a quick trip to a junk food joint with cheap meals might fill a child's hungry belly, but it will most likely be filling that child's belly with sugar, fat, and salt. Like adults, children and seniors need fruits, vegetables, grains, nuts, and beans. It's sad to see people getting obese from eating unhealthy food. A 12-ounce can of Coke may stop the crying of a hungry kid, but it won't give that child anything but 65 grams of added sugar. And all of us know the calories in sugar have no nutritional value.

In April of last year, a story by Mary Alice Murphy in the Grant County Beat reported on the first delivery by Silver City's The Commons: Center for Food Security and Sustainability of food boxes to homebound seniors. "It's all about getting food to people. It started out making sure we got food to homebound seniors," said Alicia Edwards, interim director of The Commons. As many of you know, The Commons, working in conjunction with Roadrunner Food Bank in Albuquerque, helps provide food for the food insecure in our community. The following is a list of food distribution times and locations:

Silver City (for residents in 88061, 88065, 88022, 88053)

Where: The Commons 501 E. 13th Street, Silver City.

You must choose one day or the other each month:

When: First Saturday of the month from 10 AM-noon;

Last Wednesday of the month from 4-6 PM.

Mining District Mobile Pantry (for residents in 88023, 88026, 88041, 88043)

Where: Bataan Memorial Park, Santa Clara.

When: Third Tuesday of the month from noon-2 PM.

Cliff/Gila (for residents in 88028, 88038, 88025, 88051, 88055)

Where: Cliff Fairgrounds Building.

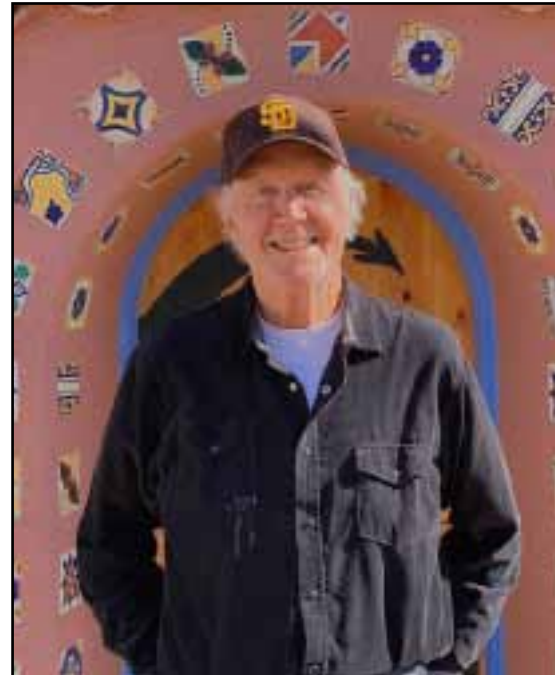
When: Third Tuesday of the month from noon-2 PM.

Hachita (for residents of 88040 and vicinity)

Where: Hachita Food Pantry, Hachita Community Center, Highway 9.

When: Third Monday of the month from 3-5 PM.

Please note: All pantries are now drive-thru. Please have your pantry card available or bring a picture ID and separate proof of physical address.

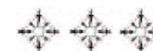


Twice a month, the Silver City Food Coop provides staples for The Commons at bulk prices. The Coop also donates cases of various other food items with every order from The Commons. How can those of us who have enough in our pantries help those whose cupboards are bare? The best way is to give The Commons cash. The Co-op accepts monetary donations on The Commons' behalf at the cash registers, or through a donation box by the front door. In other places I've lived, I've donated to food banks by taking them cases of canned organic black beans. It was my way of ensuring that the money I spent went for nutritious food. But here in Silver City, The Commons strives to put healthy food into the mouths of our food insecure neighbors. Leigh Jenkins, board chair at The Commons reminds us that canned food donations shouldn't be made up of stuff from the shelf that you never use. Recently dated cans of vegetables, beans, soups, and fruit are very welcome. Obviously, products full of sugar or high fructose corn syrup are not healthy and are not needed.

You will see and hear much about the topic of food insecurity in the coming days. With so many disaster stories in the news, it's hard not to become immune to the needs of our neighbors. But giving is a way of expressing gratitude for what you have.

2021 is a year of healing and restoring community.

On our hometown streets
Getting by is getting rough.
We all lean on each other
And somehow there's enough.
No, it ain't a mystery.
We're here to give and to receive
All this love.



COOP BULK DEPT



**Golden Temple
Hemp
Strawberry Vanilla
Granola**



December 30 - February 2



December 30 - February 2



Dean's Beans Organic Coffee

by Vynce Bourné

We know that New Year's resolutions can be difficult to get started when your energy is nearly depleted from the busy holiday season, so the SCFC is pleased to announce a larger selection of *Dean's Beans Organic Coffee* during the month of January!

Dean's Beans aims to prove that a for-profit business can create meaningful change through ethical business practices rooted in respect for the earth, the farmer, their co-workers and the consumer.

Each individual roast helps support a specific cause ranging from programs that provide education and social support for girls, Fruit Tree Reforestation (a carbon neutral company), Medicine for Rural Clinics, and protection and restoration of critical endangered species habitat.

We are offering each bag of coffee at a 20% discount for everyone. So please, let's show our support for a business trying to make a difference in communities around the world while simultaneously supporting our morning wake-up routine.

Cheers to a happy and wide-eyed approach to the New Year!



The Silver City Food Co-op is Given the Strong Award

Silver City MainStreet is acknowledging downtown businesses that have persevered during the COVID pandemic with Downtown Silver City Strong awards. The awards are a way to say thank you to businesses that have worked hard to stay open and find new and creative ways to operate. Silver City MainStreet is grateful that they are located downtown.



L to R: Doug, Judith, Kim, Joy, Tinisha, Jake, Mike and Misha



From Your Board . . .

2021 Round Up Recipients!

The Member Connect Committee of the Co-op's board was very impressed with the applicants for this year's Round Up program. It was very difficult to decide who the recipients would be for 2021, but we've made our selections. We are grateful to all applicants and wish we could fund you all. Here's the lineup for this year's Round Up:

January: *Gila Resources Information Project (GRIP)* will use Round Up funding to continue daily updates of the grantcountycoronavirusupdate.org website, daily Grant County Coronavirus Update radio programming, and dissemination of health and economic relief information through social media, radio advertising and community organizations.

February: *Mimbres Valley Health Action League (MVHAL)* will support the Mimbres Valley mobile food pantry. Each year, they distribute about 40,000 pounds of food to local families in need.

March: *Upper Gila Watershed Alliance (UGWA)* will use Round Up funding to support UGWA's Thinking On a Mountain program. The program will offer a climate club for all middle and high school students in our area to teach the science of climate change, advocate for climate change legislation so climate change will be taught in all of New Mexico's schools, and will engage our community in a wide range of activities, discussions, and presentations this year that will foster ecological and societal resilience.

April: *Silver City Farmers' Market* will help the Farmers' Market supplement our costs to pay a manager to administrate the Double Up Food Bucks program, allowing folks on EBT to purchase two dollars of fresh, local fruits and veggies for every dollar.

May: *Youth Mural Program* will create more murals in our community with the goals of teaching students about history and culture through the arts, connecting students with their peers, local artists, and community members, and teaching students that public art can enrich and enhance the quality of life in their community.

June: *PFLAG* will provide educational programs for local medical professionals, teaching them about the unique needs of LGBTQ persons in our community and those who visit here.

July: *Expanding Your Horizons*, an organization committed to motivating girls to pursue education and careers in Science, Technology, Engineering and Math ("STEM"), will conduct EYH remotely (for CO-VID precaution), creating take-home boxes for several hundred 5th-8th grade girls with materials and instructions for three science activities. Round Up funds will be used to purchase the materials for the boxed activities.





Shanti Ceane
President



Julianna Flynn
Vice President



Scott Zager
Treasurer



Emma McKinley
Secretary



Kristin Lundgren
Member



Gwen Lacy
Member



Tuan Tran
Member



Susan Golightly
Member

August: *Literacy Link-Leamos* will use funds to support their Let's Read program. Their goal is to provide books for Grant County elementary children to have in their homes in order to influence children to become lifetime readers. Funds will be used to pay for shipping and handling for books.

September: *Gila Mimbres Community Radio* will use Round Up funds to maintain and replace technical equipment to continue to offer radio platform for other local non-profits and community organizations, students, and other under-served members of our community to share and communicate their work, ideas, thoughts and perspectives to improve the quality of life in Grant County and beyond.

October: *Single Socks* is dedicated to fighting hunger in Grant County and will distribute all funds to anti-hunger organizations in our community.

November: *The Commons: Center for Food Security and Sustainability* will use funding to purchase food for community food pantries in Silver City, Bayard, and Gila.

December: *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.



Recruiting Board Members in Training

THREE MONTH TERM: If you would like a little taste of board work before buying the whole hog, becoming a B.I.T. is probably a good idea.

DESCRIPTION: Commit to attend 3 consecutive board meetings. (They are held the fourth Wednesday of every month at the Pope Street building, from 5:30 to 7:30 pm).

CONTACT: Julianna Flynn
board.scfc@gmail.com
Recruitment, Orientation, and Development Chair
Or, any board member

WE LOOK FORWARD TO HEARING FROM YOU!

Board Meeting Schedule

The SCFC Board of Directors meets the fourth Wednesday of each month at our new building, 907 N. Pope St. 5:30 pm.

Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among those members who would like to speak. If ten minutes is insufficient, a special meeting may be called on another day. If a member wants more time, they can contact the president and ask to be added to the agenda. Please make this request at least one week before the meeting.

Shanti Ceane/President
Board Term: 2018-2021

Julianna Flynn/Vice President
Board Term: 2019-2022

Scott Zager/Treasurer
Board Term: 2019-2022

Emma McKinley/Secretary
Board Term: 2020-2023

Kristin Lundgren/Member
Board Term: 2019-2021

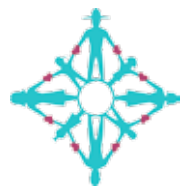
Gwen Lacy/Member
Board Term: 2019-2022

Tuan Tran/Member
Board Term: 2020-2023

Susan Golightly/Member
Board Term: 2020-2021

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

Board of Directors



January

Members Only Specials December 30 - February 2

20% OFF! listed prices



Clawson
Blue Stilton Cheese
5.29 oz
reg \$5.99



Base Culture
Almond Butter
Brownie
2 oz
reg \$2.49



Earth Mama
Nipple Butter
2 oz
reg \$9.99



Lulikuli
Moringa
Vegetable Powder
.4 oz
reg \$1.99



Boiron
Chestal Honey
6.7 oz
reg \$12.99



Go Veggie
Dairy Free
Cream Cheese
8 oz
reg \$4.19



Patak's
Masala
Simmer Sauce
15 oz
reg \$4.39



Berlin
Sourdough Spelt Bread
24 oz
reg \$5.49



Earth Mama
Perineal Balm
2 oz
reg 9.79



Co-op Deals
flyers
available
on our website
www.silvercityfoodcoop.coop
and at the front of the store

