

# YOU ARE INVITED

## SILVER CITY FOOD CO-OP'S 2012 GENERAL MEMBERSHIP MEETING

### AN INTERACTIVE DISCUSSION ON THE CO-OP AND LOCALIZATION

Tuesday, April 24, 2012

5:30-8:00 pm at the Silco Theatre

5:30-6:00 Munchies & Mingling

6:00-6:20 Business & Financial Reports

6:20-8:00 Interactive Discussion

## HOPE TO SEE YOU THERE!

Please join us on April 24th for an informative and exciting discussion about the current and future state of local products available at the Co-op. We welcome your suggestions and ideas concerning how the Co-op can help nurture the local economy that serves the Co-op, what additional local products you want us to carry, how to overcome obstacles to this growth, and other concrete suggestions you might have.

During this discussion, we will strive to generate or formulate specific ideas and pathways towards a future with an increased number of local products available at the Co-op. We need your help!

We have invited three local producers to bring "reality" to our discussion, people who have been actively involved with the local economy and providing local products for years.

*Doug Smith of Townside Farm, grows and provides local produce to the Co-op and the farmer's market.*

*J.J. Dabbs, owner of Pastured Poultry, provides chickens and eggs at the farmer's market.*

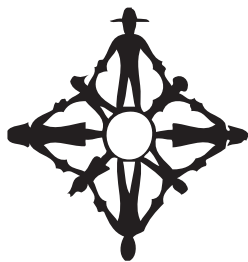
*Monica Rude, owner of Desert Woman Botanicals, provides a variety of herbal products to the greater Silver City area, including the Co-op and the farmer's market.*

*Paul "Pablo" Wright will moderate the interactive discussion and will provide a little levity and laughter with a Cooperative Trivia Contest on "What Do You Know About Local Foods at the Co-op?" Prizes will be awarded.*



# Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

## Store Hours

Mon-Sat 9am-7pm

## Mission

The mission of the Silver City Food Co-op is to cultivate personal, community and environmental health by sustaining a cooperatively owned market.

## Cooperative Principles

1. Voluntary and open membership.
2. Democratic member control.
3. Member economic participation.
4. Autonomy and independence.
5. Education, training and information.
6. Cooperation among cooperatives.
7. Concern for community.

## General Manager

Doug Zilm

## Staff

Joseph Patrick  
Judith Kenney  
Bob Lee  
Tyrone Wright  
Carolyn Smith  
Janet Goodrich  
Tracey Franco  
Dougan Hales  
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Laney Osmer  
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Misha Engel  
Alexandria Gray  
Tonya Butts  
Eric Lynch  
Kevin Fast  
Angie Carr  
Elena Taylor  
Keegan Colter  
Jessie Gauthier  
Chlöe Mydlowski  
Raymond Murdock

## Annual Co-op Membership Dues

\$10.00 (plus tax)

Kids under 18 and living at home FREE

## The Garbanzo Gazette Gang

Margarita Courney, editor, Judith Kenney, Carolyn Smith, Vicki Gadberry, Meggie Dexter & Carol Young. Submissions are Welcomed! Submit letters, articles, or items of interest to:

gg@silvercityfoodcoop.com

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# Greetings from the General Manager

Here we are with the last two Cooperative Principles – the 4th Principle (Autonomy and Independence) and the 6th Principle (Cooperation among Cooperatives). Some people find these contradictory but I do not. I actually feel they work very nicely together as we strive for a more cooperative society.

Cooperatives are designed to be controlled by the members and exist for the benefit of their members. We start or join a Co-op because it fills a need we have. We get something out of being a member of the Co-op whether it's access to nutritious food, a sense of goodness supporting Co-op's, or being part of a community group. But we also give back. We vote for (and run for) the Board of Directors to provide direction and oversight to the Co-op. We offer product suggestions, ideas of what we can do in the community, and ways to make the Co-op better. In general, we all have a voice.

Cooperation among cooperatives is just a way we can support the Cooperative movement. It can take shape in many different forms. It can be through purchasing goods from other Co-ops (such as the products we buy from the Cooperative Distribution Center or Pachamama Coffee), giving purchasing preference to Co-ops when we look at what prod-

ucts we bring in, or working together with other Co-ops to strengthen our place in the marketplace (such as our membership in the National Cooperative Business Association or the National Cooperative Grocers Association).

The conflict for some arises in our membership in those other cooperative organizations. As you know, being a member of a Co-op requires you to agree to certain conditions. For our members, those conditions are right on the membership form you sign when you join. When we join these other organizations (or use their programs) we agree to conditions as well that we are aware of before we join. These organizations and programs help us provide goods and services that benefit our members. That is part of the criteria we use when looking at these cooperatives. We look at the benefit our members get for us being a part of another cooperative. It is a unique situation where we support the Co-op Movement, a cooperative, our cooperative and our members. It is a win all the way around.

Happy International Year of the Co-op and I look forward to seeing lots of you at the General Membership Meeting later this month.

– DOUG ZILM

## DID YOU KNOW?...

### JICAMA. Mexican Yam, or Mexican Turnip, is



the name of a native Mexican vine, although the name most commonly refers to the plant's edible tuberous root. Jicama is one species in the genus *Pachyrhizus*. Plants in this

genus are commonly referred to as yam bean, although the term "yam bean" can be another name for jicama. The other major species of yam beans are indigenous within the Americas.

The root's exterior is yellow and papery, while its inside is creamy white with a crisp texture that resembles raw potato or pear. The flavor is sweet and starchy, reminiscent of some apples or raw green beans, and it is usually eaten raw, sometimes with salt, lemon, or lime juice and chili powder. It is also cooked in soups and stir-fried dishes.

Jicama is often paired with chili powder, cilantro, ginger, lemon, lime, oranges, red onion, salsa, sesame oil, grilled fish and soy sauce. It can be cut into thin wedges and dipped in salsa. In Mexico, it is popular in salads, fresh fruit combos, fruit bars, soups, and other cooked dishes. In contrast to the root, the remainder of the jicama plant is very poisonous; the seeds contain the toxin rotenone, which is used to poison insects and fish.

Jicama is high in carbohydrates in the form of dietary fiber. It is composed of 86-90% water; it contains only trace amounts of protein and lipids. Its sweet flavor comes from the oligofructose inulin (also called fructo-oligosaccharide) which is a prebiotic. Jicama is high in vitamins C, A and B, along with calcium and phosphorus.

Jicama should be stored dry, between 53°F and 60°F. Colder temperatures will damage the root; do not refrigerate. A fresh root stored at an appropriate temperature will keep for a month or two.

## 11 FOODS THAT CAN END BAD MOODS.

1. **MUSSELS.** Loaded with the highest naturally occurring levels of vitamin B-12, a nutrient most of us are lacking. B-12 helps insulate brain cells, keeping your brain sharp as you age. They also contain trace nutrients zinc, iodine and selenium, which help mood-regulating thyroid stay on track.
2. **SWISS CHARD.** Packed with magnesium, essential for the biochemical reactions in the brain that increase energy levels. Spinach, soybeans and halibut also contain healthy doses of magnesium.
3. **BLUE POTATOES.** Get their color from anthocyanin, powerful antioxidants providing neuro-protective benefits like bolstering short-term memory and reducing mood-killing inflammation. The skins are loaded with iodine, essential to help regulate the thyroid. Berries, eggplant and black beans are also good antioxidants.
4. **GRASS-FED BEEF.** Contain higher levels of healthy conjugated linoleic acid, a happy fat that combats stress hormones and blasts belly fat.

5. **DARK CHOCOLATE.** Cocoa gives you an instant boost in mood and concentration, and improves blood flow to the brain, helping you feel more vibrant and energized.
6. **GREEK YOGURT.** Greek yogurt contains more protein than regular yogurt. Calcium gives your body the "Go!" command, releasing feel-good neurotransmitters.
7. **ASPARAGUS.** One of the top plant-based sources of tryptophan, hic serves as a basis for the creation of serotonin—one of the brain's primary mood-regulating neurotransmitters. It also has high levels of folate, which may fight depression. Other sources of tryptophan are turkey, tuna and eggs.
8. **HONEY.** Packed with beneficial compounds like quercetin and kaempferol which reduce inflammation, keeping your brain healthy and warding off depression.
9. **CHERRY TOMATOES.** A great source of lycopene, an antioxidant that protects your brain and fights depression-causing inflammation. Organic tomatoes have higher levels of lycopene.
10. **EGGS.** Loaded with mood-promoting Omega-3 fatty acids, zinc, vitamins, iodide and protein.
11. **COCONUT.** Chock-full of medium-chain triglycerides, fats that keep your brain healthy and fuel better moods.

## 10 WAYS MONSANTO AND BIG AG ARE TRYING TO KILL OUR MOTHER EARTH.

1. Generating massive greenhouse gas pollution (CO2, Methane, Nitrous Oxide) and global warming; while promoting false solutions such as industrial biofuels, so-called drought-resistant crops, and genetically engineered trees.
2. Polluting the environment and the soil-food web with pesticides, chemical fertilizers, and persistent toxins, including dioxin
3. Turning farmland into desert, draining aquifers and wetlands.
4. Poisoning drinking water, acidifying the oceans.
5. Chopping down the rainforests for monoculture GMO crops, biofuels and cattle grazing.
6. Increasing the cost of food, while reducing nutrition and biodiversity.
7. Spawning pesticide-resistant "super" bugs and weeds, and antibiotic resistant bacteria.
8. Generating new and more virulent plant, animal and human diseases.
9. Utilizing wasteful fossil fuel-intensive practices and encouraging the expansion of natural gas fracking and tar sands extraction (which destroy forests, aquifers, and farmland).
10. Stealing money from the 99% to give huge subsidies to the 1% wealthiest, mo most chemical and energy-intensive farms and food producers.

# Odes to Spring

Licking a bamboo leaf  
Spring rain...  
mouse.

-Issa



## THE PASTURE

I'm going out to clean the pasture spring;  
I'll only stop to rake the leaves away  
(and wait to watch the water clear, I may):  
I sha'n't be gone long. You come too.

I'm going out to fetch the little calf  
that's standing by the mother. It's so young,  
It totters when she licks it with her tongue.  
I sha'n't be gone long. You come too.

-Robert Frost



Behold, my brothers, the spring has come,  
The earth has received the embraces of the sun  
And we shall soon see the results of that love!

Every seed is awakened and so has all animal life.  
It is through this mysterious power that we too  
have our being  
And we therefore yield to our neighbors,  
Even our animal neighbors,  
The same right as ourselves to inhabit this land.

-Sitting Bull



"Arise, my love, my fair one,  
And come away;  
For lo, the winter is past,  
The rain is over and gone.  
The flowers appear on the earth,  
The time of singing of birds has come,  
And the voice of the turtledove is heard in our land.  
The fig tree puts forth her green figs,  
And the vines are in blossom;  
They give forth fragrance.  
Arise, my love, my fair one,  
And come away"

-from Solomon's Song of Songs

## THE YEAR'S AT THE SPRING

The year's at the spring,  
And day's at the morn;  
Morning's at seven;  
The hill-side's dew-pearled;  
The lark's on the wing;  
The snail's on the thorn;  
God's in his Heaven—  
All's right with the world!

-Robert Browning



## SPRING

Oh spring came to my garden  
And caught it unaware,  
Wearing just a few old leaves  
And a dejected air.

But when spring left my garden,  
Its work so deftly done,  
Many many daffodils  
Were dancing in the sun

-Velma Bates

Knowest thou thyself?  
So little knowest of thyself!  
While dawn gives place to dawn,  
And spring is upon the village.  
Unaya-Unaya.

-Orpingalik (Inuit)

## SPRING



Somewhere  
a black bear  
has just risen from sleep  
and is staring

down the mountain.  
All night  
in the brisk and shallow restlessness  
of early spring

I think of her,  
her four black fists  
flicking the gravel,  
her tongue

like a red fire  
touching the grass,  
the cold water.  
There is only one question:

how to love this world.  
I think of her  
rising  
like a black and leafy ledge

to sharpen her claws against  
the silence  
of the trees.  
Whatever else

my life is  
with its poems  
and its music  
and its cities,

it is also this dazzling darkness  
coming  
down the mountain,  
breathing and tasting;

all day I think of her—  
her white teeth,  
her wordlessness,  
her perfect love.

-Mary Oliver



## APRIL RAIN SONG

Let the rain kiss you  
Let the rain beat upon your head with silver  
liquid drops  
Let the rain sing you a lullaby

The rain makes still pools on the sidewalk  
The rain makes running pools in the gutter  
The rain plays a little sleep song on our roof  
at night  
And I love the rain.

-Langston Hughes



"Sitting quietly, doing nothing,  
Spring comes, and the grass grows by itself."

-The Gospel According To Zen

Coming from the woods,  
a bull has a lilac sprig  
dangling from a horn.

-Richard Wright



## APRIL

An altered look about the hills;  
A Tyrian light the village fills;  
A wider sunrise in the dawn;  
A deeper twilight on the lawn;  
A print of a vermilion foot;

A purple finger on the slope;  
A flippant fly upon the pane;  
A spider at his trade again;  
An added strut in chanticleer;  
A flower expected everywhere.

-Emily Dickinson



My grief has come to an end. Now is the season of joy. The flowers of Spring are like jewels in my green garden. Let us walk together through its paths. Go! Tell the nightingale that Spring is here.

And tell the poet to come with his lute. Let him sing us a song of the flowers of Spring. I only pray that you do not listen to the parrot whispering to the rose that Autumn will soon arrive.

With Spring my love you have returned to me,  
and again I gaze on the moon of my great delight. Let us leave it to others to have their festivals. Our only festival is when, in Spring, I can see my love's footsteps through the garden like twin flowers on their toes. And I will be in love's soft arms.

-Afghan Love Song



## THE SPRING

Now that the winter's gone, the earth hath lost  
Her snow-white robes, now no more the frost  
Candies the grass, or casts an icy cream  
Upon the silver lake or crystal stream;  
But the warm sun thaws the benumbed earth,  
And makes it tender; gives a sacred birth  
To the dead swallow; wakes in hollow tree  
The drowsy cuckoo and the humble-bee.  
Now do a choir of chirping minstrels bring  
In triumph to the world the youthful spring.

-Thomas Carew



All beings are flowers  
Blossoming  
In a blossoming universe.

-Nakagawa Soen Roshi



"In April, we cannot see sunflowers in France, so we might say the sunflowers do not exist. But the local farmers have already planted thousands of seeds, and when they look at the bare hills, they may be able to see the sunflowers already. The sunflowers are there. They lack only the conditions of sun, heat, rain, and July. Just because we cannot see them does not mean that they do not exist."

-Thich Nhat Hanh





## KITCHEN MEDITATIONS

### MAPLE MUSTARD GLAZED CARROTS

- 1 pound baby carrots
- Sea salt
- 2 TB maple syrup
- 1 TB whole-grain mustard
- 1 tsp tahini
- 1 tsp lemon juice

Fill skillet with 1 inch of water and bring to a boil. Stir in a generous pinch of salt and place washed carrots in water. Cook until just soft, about 6 minutes. Remove from heat, drain and set aside.

In a pan over medium heat, whisk together syrup, mustard, tahini and lemon juice. Season with salt and remove from heat. Return carrots in skillet to medium heat and add dressing. Sauté 2 minutes to coat carrots (dressing will thicken). Remove from heat and serve.

### SPLIT PEA SOUP W/LIME & THYME

- 1 large onion, diced
- 3 stalks celery, diced
- 1 TB olive oil
- 3 TB fresh thyme leaves
- 3 TB mirin
- Sea salt & white pepper
- 3 cups green or yellow split peas
- 10 cups vegetable stock
- 1 Meyer lemon (zest & juice)

Sauté onion and celery in oil until soft, 4 minutes in a soup pot or Dutch oven. Add thyme and mirin, season generously with salt and white pepper and sauté 2 minutes.

Rinse peas and add to pot. Add stock and bring to a boil. Reduce heat to simmer, cover and cook until peas are soft and soup is thick, 2-3 hours. Optional: puree peas with hand blender until smooth.

Remove from heat, stir in lemon juice and season to taste with salt and white pepper. Top with lemon zest before serving.

### BABY BOK CHOY SESAME OILS & LIME

- 4-5 heads baby bok choy
- 1 TB grapeseed oil
- 1 tsp hot sesame oil
- 1 tsp toasted sesame oil
- 1 TB lime juice
- ¼ tsp ume plum vinegar
- 1 tsp toasted black sesame seeds
- 1 tsp toasted ivory sesame seeds

Leave small bok choy heads whole and slice large ones in half the long way. Wash well and trim off dried root ends. Place steaming rack in pot over 2 inches of water, bring to boil, add bok choy and steam 3 minutes or until bright green. Remove bok choy from heat, drain and place on platter.

In a bowl, whisk together all three oils, lime juice and plum vinegar. Pour over bok choy, top with sesame seeds and serve.

## MANY MANSIONS — The Ladybugs of Grave Creek

by Rick Bass

On a summer hike to the disturbingly named Grave Creek in western Montana, the nearer I draw toward the summit, the steeper and slower the going gets. The boulders are immense—room-sized—and an intriguing verse in the Bible comes to mind: “In my Father’s house are many mansions.”

Maybe it’s just the translation, but I’ve never thought that sentence was meant to convey “My old man is an opulent dude, he lives in a big house, you should join his religion, it comes with lots of schwag.” A common interpretation holds that the statement suggests there are different ways to inhabit that mansion and that there is no shortage of availability. But like all great metaphors, it surely encompasses other layers, meanings, and discoveries.

The room-sized boulders here, too, are lichen-encrusted; they haven’t burned off in a while. There’s an old, boarded-up fire lookout on the very top, a place that exudes an extreme loneliness when I reach it.

The wind is fierce today. I look down at all the lesser ridges—their seemingly endless ocean-waves scrolling back to the east, rolling toward the jagged peaks of the back side of the Bitterroots—and as the wind increases, I see an amazing thing.

Plumes of yellow pollen, behaving exactly like



smoke, are racing north in serpentine rivers, rising from the bouncing limbs of every pine tree. It looks

exactly as if every north-south-running ridge has burst into flame, and even though I know it’s pollen—that the forests that cling to the thick skin of the mountains are being reborn—the visual registry of it stirs the archetypal neural paths of fear that were once upon a time etched so deeply within us. Maybe I’m actually in the safest place there is, looking down on everything else, but it still arouses a prickle of discomfort. It looks as if I’m looking down upon a sea of fire.

It’s the one day of the year where the pollen, heat-driven, is most ready to be windswept.

How many other precision-point moments are there in this ecosystem that appear year after year, cycle after cycle? Are there such points, such swings and shifts and turns, in our own lives?

It’s a breathless kind of energy, the way the wind hurries the pollen-smoke straight up some ridges, while it curls in more leisurely eddies around others. It looks as if the pace of the world has quickened today, and for some reason, mesmerized though I am, I want to look away: it’s too fast.

It’s so *big*, this display of the vast garden of these western pine forests, so robustly fertilizing themselves—bypassing the subtleties and intricacies of the more considered insect pollinators. Some of these forests will succumb to mortality, courtesy of the drilling of bark beetles, whose wind-aided flights are likely following the same golden paths of the rushing rivers of pollen I’m watching below.

There’s not much room for lounging on top of Grave Creek: squat lookout cabin occupies all of the limited flat space; I have to catwalk my way around it to keep from falling off the top of the mountain in order to reach the talus up which I climbed. The view of the mountain, and from the mountain, would be better, in my opinion, without this boarded-up old house here.

*In my Father’s mansion are many rooms.* It could mean just about anything.

As I had suspected, the north slope is steep and still sheeted with snow and ice; not even on skis would I attempt such a descent—my hoped-for shortcut—yet neither do I wish to backtrack over country I’ve just already passed through. So I start back down the south slope, picking a random angle to follow, not really paying close attention to the terrain beyond, but instead just putting one step in front of the next, and trusting that the descent will take care of itself.

Carefully, I pick my way down through the massive rocks, each fractured and ragged and coated with crunchy black lichens. After only a few steps I see an orange ladybug crawling across one of the boulders. I stop, as charmed by the sight now as I was as a child. And as I am watching it, I spy another, seemingly following the first ladybug’s trail, and, changing my focus slightly, I realize that there are ladybugs every-

where, that they’re coming out from beneath the rocks, that they are about to take flight, as the day warms; that I’m sitting in the midst of a phenomenon, a miracle.

I sit there for a long time, watching them as if viewing traffic on some mountain interstate from forty thousand feet above. Who made the ladybugs of the world, and why are they orange, and why do they have those black dots? I can’t remember, I assume it’s a protective mechanism, a kind of pollination-day’s camouflage, but they are colorful all year long. Maybe they spend their resources, their species’ plan, protecting themselves on the one day when they most need to be protected, and when the world of pollen and pollination—the waiting green breath of plants or forests—most needs them.



I watch the little universe below me for quite a while, but I am made a little nervous, wondering the whole time. *How am I going to get off these rocks without crushing them all?* I imagine that as the day warms, more and more of the bugs will emerge from the cracks and fissures—it seems to me that the blossoming is just beginning and that there will only be more, an effusive outpouring of bounty—and that with each step I will be at risk of destroying entire legions of the miracle.

Studying my route carefully, choosing each step one at a time, trying to avoid touching a single ladybug, I wander carefully through the black rocks, a giant playing a ridiculous game of Twister, until finally I am out of their territory, and with all souls intact, not a single one harmed.

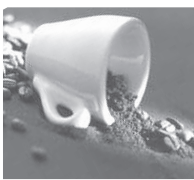
Do other things pass through a fragile world with this same curious mix of caution and consideration for the lesser things, and yet also sometimes with reckless zeal? It seems hard to imagine that such a mix exists only within us, in such a large and interconnected world. It came from somewhere, and it is hard to imagine it ever going away.



# APRIL 2012 SPECIALS

To Our Co-op Members & Customers: Please note that sales run for a 2-week period, a few sale items are listed below. Please stop by the Co-op for more values and take advantage of all the great offerings each month.

## Co+op Deals, April 4- 17, 2012:



Bulk  
Equal Exchange  
Coffees  
reg \$12.69#  
Sale \$9.99#



Brown Cow, 32oz  
Yogurt  
reg \$3.49  
Sale \$2.79



Cascadian Farms  
Frozen Potatoes,  
assorted  
reg \$3.49  
Sale \$2.49



Bionaturae  
Fruit Nectar, assorted  
reg \$4.49  
Sale \$2.79



Imagine  
Broth, assorted  
reg \$4.39  
Sale \$2.79



Dr. Bronner, 32oz  
Soap, assorted  
reg \$14.79  
Sale \$10.99

## Co+op Deals, April 18 – May 1, 2012:



Bulk  
Shelled Walnut  
Halves  
reg \$9.79#  
Sale \$7.99#



Daiya, 8oz  
Vegan Cheese  
Shreds  
reg \$4.69  
Sale \$3.49



Rising Moon  
Frozen Ravioli,  
assorted  
reg \$4.29  
Sale \$2.99



Dr. Kracker  
Flatbread,  
assorted  
reg \$4.29  
Sale \$2.79



Nature's Path  
Cereal, assorted  
reg \$7.89-8.49  
Sale \$5.99



Boiron  
Arnicare, assorted  
reg \$14.49  
Sale \$9.99

# Kids' Corner

## FREE FRUIT FUN

KIDS, Color this picture and bring it to the Co-op, for a FREE piece of fruit (Produce Staff Selection).



NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

## Member Only Specials

April 4 – May 1, 2012:



Bulk  
Golden Flax Seeds  
reg \$1.99#/Sale \$1.79#



Follow Your Heart  
Veganaise  
reg \$6.39/Sale \$5.75



Food for Life  
Bread, assorted  
reg \$5.89-6.49  
Sale \$5.30-5.84



Guayaki  
Mate Tea, assorted  
reg \$2.49  
Sale \$2.24



Mori-Nu  
Tofu, assorted  
reg \$2.19/Sale \$1.97



Garden of Life  
Perfect Food – Green Label  
reg \$47.39  
Sale \$42.65

### Produce Compost Guidelines

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

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

### GROCERY SPECIAL ORDER POLICY

Members receive a 10% off shelf price discount on special orders of case quantity in ALL departments. HABA and Supplements will receive the 10% discount when the quantity ordered is at least six (of the same item). Cases of local meat must weigh 10 pounds or more to receive the discount. All CAP and Essentials Program items will no longer be excluded from receiving the discount; however, a case MUST be ordered to receive the special order 10% discount. Membership Matters items sold in cases on the shelves will now receive a 10% discount (instead of 20% discount).

### PRODUCE SPECIAL ORDER POLICY

Produce special order deadline is Thursday at 7 pm. The pickup date is conveyed to the customer by the buyer. The only exception of this deadline is when the Co-op is closed on Thursday due to a holiday. Check with the produce managers if this occurs.

### CO-OP COMMUNITY ROOM POLICY

Individuals, groups & organizations are welcome to use the community room, as long as one organizer is a co-op member. Seating capacity is 24. Room is not intended for commercial use or events where a fee is charged. Contact Margarita: margarita@silvercityfoodcoop.com or call the Co-op at (575) 388-2343. Please allow 7 days to receive confirmation of your request. **Thank you!**

### Co-op Kids:

*Sweet Friendship*





# WHAT EVERY CO-OP PATRON SHOULD KNOW ABOUT PATRONAGE REFUNDS

In January 2011, we began operation under a new set of bylaws (approved by membership in September of 2010), which provides for patronage refunds at the Silver City Food Co-op. Therefore 2011 is the first year for which patronage refunds are possible. This article will explain what a patronage refund is and why it matters to you!

Patronage refunds are required in New Mexico state statutes for cooperative associations. The basic concept is simple. You as a member and shopper spend money each year at the Co-op buying groceries and other necessities. If the Co-op has made a sufficient profit, a percentage of that profit, proportionate to how much you spent in that year, may be given back to you as a patronage refund.

For example, the amount you spend is most likely a small percentage of all of the sales made at the Co-op that year, perhaps about \$100 a week, which equals about \$5,000 for the year. If the Co-op has sales of \$2 million, your sales account for 0.25% of the sales (\$5,000 divided by \$2 million). If patronage refunds were paid, your portion would be 0.25%.

Currently, when you, or others in your household, use your membership card or number the Co-op tracks your purchases and stores this information. The Co-op will know at the end of the year the exact amount purchased by you and every other Co-op member. This provides the data needed to figure the patronage refunds for each member. Shoppers who are not members may apply for patronage refunds also, but is up to them to keep their receipts in order to qualify. (See more about this below.)

It is important to remember that patronage refunds are not guaranteed every year. The board must determine that the Co-op's profit is sufficient to offer the refunds. Also per federal tax law, the Co-op may choose to retain some of your refunds. When refunds are distributed, the IRS requires that a minimum of twenty

percent (20%) of the refunds be distributed as cash and the remainder may be retained by the Co-op to meet future financial obligations. The Co-op's board of directors is responsible for determining whether patronage refunds will be distributed, and how much will be distributed. These decisions are made based on audited financial figures, which are usually available by late April for the previous year. So, hopefully, at the May board meeting in 2012, decisions will be made concerning patronage refunds for the year 2011.

Continuing with our example, suppose the profit is \$20,000 and the board decides to distribute patronage refunds. The calculation for your share of the patronage refunds would be 0.25% of \$20,000, which is \$50. Now suppose the board decides to distribute the minimum 20% as cash, then your cash portion would be 20% of \$50, which is \$10. In this hypothetical example, you would receive \$10 of your patronage refunds in cash and the Co-op would retain your remaining \$40.

To reiterate, here are the specifics of the patronage refund system:

- In late April, the board receives the audited financials for the previous year and determines whether there is sufficient profit to distribute patronage refunds.
- If there is sufficient profit, the board decides how much will be distributed and determines whether the minimum required 20%, or a greater amount, is distributed in cash. The balance of the refunds, if any, will be retained. These decisions will most likely be made at the May board meeting.
- The board's decisions will be posted in the store in late May and announced in the July Garbanzo Gazette.
- If patronage refunds are distributed, all members will receive a notice in the mail in

May or June with the details of their refund and how to obtain it.

It's a great system! In the end, the more you shop at the Co-op, the more you will receive when patronage refunds are distributed. Not only do you personally benefit by shopping more at the Co-op, the Co-op also benefits. Patronage refunds that are retained by the Co-op will be tucked away to meet future financial obligations. In other words, retained patronage refunds make it easy for you to support the Co-op just by shopping at the Co-op!

**For Those of You Who Are Not Co-op Members.** If you are not a member, or have not tracked your purchases by using your member account, you must submit your saved receipts from the previous calendar year (January 1st through December 31st) to the Co-op General Manager within 90 days of the mailing of the patronage refund notices. Co-op finance staff will then determine the amount of refund to which you are entitled. However, please note that according to NM law, if you are not a current member, the cost of joining the Co-op will be deducted from your refund. NM law requires that you become a member of the Co-op to collect the patronage refund. If you do not wish to become a Co-op member, your claim to the patronage refund is forfeited, and the money returns to the Co-op's general fund. Again, this is what is required by NM law, not a decision of Co-op leadership!

## Board Meeting Schedule

The SCFC Board of Directors meets the second Wednesday of each month in the Co-op Community Room, 4:30-7:30 pm, the agenda for the meeting is posted in the store at least one week prior to the meeting.

Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among those member 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.

Members: If you would like information regarding documents reviewed at the Board meeting please ask a staff person to assist with your request

## Member Linkage Committee Report

After the culmination of many months' efforts to educate our Co-op staff and members (and ourselves! . . . smile) about the equity membership system that was brought for a membership vote in March, the Member Linkage Committee turned its attention to planning for our General Membership Meeting which takes place on April 24. Elsewhere in this issue, you will find

the details of what is planned for that evening gathering. We are excited to be building on the results of last year's GMM meeting and the DOT survey that followed it, and we encourage you to join us for an interactive discussion of learning, sharing ideas, and just plain fun related to local food issues!

— LITA FURBY

## THE NON-GMO PROJECT

**MISSION** -- The Non-GMO Project, a non-profit 501(c)(3) organization, offers North America's only third-party verification and labeling for non-GMO food and products.

**VISION** – Our shared belief is that everyone deserves an informed choice about whether or not to consume generically modified organisms.

**WHAT WE DO** – The Non-GMO Project works in several different capacities to ensure the availability of non-GMO products and to help support informed choice. We offer North America's only third-party verification and labeling for non-GMO food and products. We also work to educate consumers and the food industry to help build awareness about GMOs and their impact on our health and food systems. One of the inherent risks of generically modified

crops and food items is that they contaminate non-GMO crops and foods through cross-pollination and/or contamination; so we also work with food manufacturers, distributors, growers, and seed suppliers to develop a standard for detection of GMOs and for the reduction of contamination risk of the non-GMO food supply with GMOs.

### VOLUNTEER DISCOUNT POLICY

Members who volunteer for 3 hours of work receive a 15% discount on all purchases for one week. Discounts must be used within 12 months. If you are interested in volunteer opportunities at the Co-op, email or call Carolyn: [carolyn@silvercityfoodcoop.com](mailto:carolyn@silvercityfoodcoop.com) (575) 388-2343.

## Silver City Food Co-op Board of Directors

**Susan Van Auken, President**  
Board Term: 2010-2013  
[susanvanauken@gilinet.com](mailto:susanvanauken@gilinet.com)

**Gail Rein, Vice President**  
Board Term: 2011-2014  
[rein.gail@gmail.com](mailto:rein.gail@gmail.com)

**Meadow Clark, Secretary**  
Board Term: 2009-2012  
[meadow@conflictmediation.net](mailto:meadow@conflictmediation.net)

**Derek Markham, Treasurer**  
Board Term: 2010-2013  
[dman413@gmail.com](mailto:dman413@gmail.com)

**Lynno Aldin**  
Board Term: 2009-2012  
[lynno@peacemealcoop.com](mailto:lynno@peacemealcoop.com)

**Tyrone Wright**  
Board Term: 2009-2012  
[digablerroots@yahoo.com](mailto:digablerroots@yahoo.com)

**Lita Furby**  
Board Term: 2011-2012  
[luddite555furby@montana.com](mailto:luddite555furby@montana.com)



# Community Outreach Report

The Silver City Food Co-op has long been committed to supporting local and organic agriculture. This commitment is written in our board policies and is practiced daily through our purchases, education of co-op employees and members and community outreach. At this year's NM Organic Farming Conference in Albuquerque, the Silver City Food Co-op was honored with the 2012 Friend of Organic Agriculture Award in recognition of our continued commitment. Here's what Joannie Quinn, the outreach and education coordinator for the Organic Program of the NM Dept. of Agriculture, shared with the 700 attendees of this year's conference before presenting this award:

"The Friend of Organic Agriculture Award is presented every year to a person or organization who has, over many years, provided leadership, inspiration and just plain help to organic producers in New Mexico. Back in the days before the National Organic Program, the Silver City Food Co-op started harassing the Organic

Commodity Commission to establish standards for the certification of retail stores because they wanted to do it right as a handler of



was about 25 pages long. At that time our commissioners were certified organic farmers and when we proudly showed them the application, one of them remarked, "You guys need to

organic produce and groceries. We were pretty overwhelmed and not as responsive as I wish we could have been, but they kept after us and finally we drew up some standards and an application that if I remember correctly

get out of the office more."We fixed it up, I went down to do a training where we went through the whole store and looked for possible contamination points. We bogged down at bit discussing how to make sure bulk scoops weren't used for both organic and conventional products until someone finally had a brainstorm—get rid of the scoops! and the Silver City Food Co-op became the first New Mexico certified organic retailer. The co-op went on to help local producers with the cost of getting certified organic, has provided a growing market for local organic producers, has relentlessly educated its members about the benefits of organic production and, of course has been a steadfast friend and supporter of this conference every year. It's pretty easy to drift off your mission when you are in such a difficult and competitive business as food, but the Silver City Food Co-op has stayed true to its ideals and has been an example, inspiration, and true friend to us all."

— CAROLYN SMITH

## COOPERATIVES OVER CORPORATIONS

—by Jim Hightower

We're being told by today's High Priests of Conventional Wisdom that everyone and everything in our economic cosmos necessarily revolves around one dazzling star: the corporation. This heavenly institution, the HPCW explain, has such financial and political mass that it is the optimal force for organizing and directing our society's economic affairs, including the terms of employment and production. While other forces are in play (workers, consumers, the environment, communities and so forth), they are subordinate to the superior gravitational pull of the corporate order. Profits, executive equanimity and a healthy Wall Street pulse rate are naturally the economy's foremost concerns.

How nice. For the wealthy few. Not nice for the rest of us, though. We're presently seeing the effect of this enthronement of self-serving corporate elites. Millions of Americans are out of work, underemployed and tumbling from the middle class down toward poverty. Yet excessively paid and pampered CEOs (recently rebranded as "job creators" by fawning GOP politicians) are idly sitting on some \$2 trillion in cash, refusing to put that enormous pile of money to work on job creation.

The Powers That Be keep us tethered to this unjust system of plutocratic rule only by constantly ballyhooing it as a divine perpetual wealth machine that showers manna on America. Any tampering with the hierarchical control of the finely tuned machinery of trickle-down corporate capitalism, they warn, will cause a collapse and crush American prosperity.

Ha! Prosperity for whom? The corporate order itself has come crashing down on the prosperity of America's workaday majority — and the people are no longer fooled about the system's "divinity." From the Wisconsin rebellion to the outing of the Koch brothers' efforts to impose their plutocratic regime on us, from the Occupy movement to the spreading grassroots campaign to get corporate cash out of our elections, we commoners have finally peeked behind the curtain to see the fraud being perpetrated by the wizards of wealth inequality. Yet, tightly clutching their wealth, the wizards retort that the only alternative is the hellish horror of government control, screeching "socialist" at all critics to scare off any real change.

But wait. The choices for our country's rising forces of economic and political democracy are not limited to corporate or government control. There's another, much better way of organizing America's economic strength: The Cooperative Way. Cooperatives can (and do) provide a deeply democratic, locally controlled, highly productive, efficient percolate up capitalism. Co-ops are wholly in step with the values, character, spirit and history of the American people.

While socialism has been cast by the corporatists as a destroyer of our sainted free-enterprise system, the cooperative approach is not an -ism at all, but a democratic structure that literally frees the enterprise of the great majority of Americans — which is why the co-op movement is fast spreading throughout our country. While it's rarely mentioned by the conventional media, completely missing in the political discourse, not considered by economic planners and chambers of commerce and not known by most of the public, there are 30,000 cooperatives in America (with 73,000 places of business). A 2009 survey by the University of Wisconsin's Center for Cooperatives ([www.uwcc.wisc.edu](http://www.uwcc.wisc.edu)) found that these energetic enterprises have 130 million members, registering \$653 billion in sales and employing more than 2 million people.

There are several types of co-ops, including those owned by workers (there are 11,000 of these, with 13 million worker-owners). Also, there are cooperatives owned by consumers, producers, local businesses, artists and communities, as well as hybrids of those categories. They function in every sector of our economy — manufacturing, health care, transportation, banking, farming and food, media, massage, child care, funeral services, interpreting and translating services, advertising, home building, high tech, engineering, energy ... and even a strip club in San Francisco.

Co-op businesses do everything that a corporation can do, but with a democratic structure, an equitable sharing of income and a commitment to the common good of the community and future generations. You might be surprised to learn that such national brand names as ACE Hardware, Best Western Hotels, Organic Valley, REI and True Value Hardware are organized as co-ops, rather than as corporations. The strength of the movement, however, is in the limitless number of local cooperatives flowering all across the country. From Union Cab of Madison (<http://www.unioncab.com/>) to KOOP Radio in Austin (<http://www.koop.org/>), from Evergreen Co-

operatives in Cleveland ([www.evergreencoop.com](http://www.evergreencoop.com)) to Circle Pines Center in Michigan ([www.circlepinescenter.org](http://www.circlepinescenter.org)), citizen co-ops are highly prized for their unique personalities, human scale, democratic values and community focus. Cooperatives are a big, structural reform that ordinary Americans can implement right where they live, giving small groups a pragmatic and effective way to push back against the arrogance and avarice of the centralized, hierarchical corporate model. Not only do co-ops work economically, they also make people important again, offering real democratic participation and putting some "unity" back in "community."

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### RHODIOLA FOR MIND & BODY

Increasing evidence supports rhodiola (*Rhodiola rosea*), a ground cover that thrives in the hostile conditions of far northern Scandinavia and Russia, for use as an adaptogen. Though it's not as well-known as the ever-popular adaptogen ginseng, the herb seems to offer similar improvements in a wide array of physical and mental functions.

The latest studies found that rhodiola increases blood oxygenation—thereby reducing fatigue and boosting physical strength and stamina. It also improves short-term memory, reaction time, and concentration. What's more, it has mood-elevating effects. Western medicine has been slow to embrace rhodiola and other adaptogens—among them, ginseng, eleuthero-coccus, and astragalus—because it often believes in "one pill for each ill." Mainstream medicine has a hard time giving credence to adaptogens, because these herbs offer a holistic approach, enhancing general well-being—not just improving one symptom.

The substantial scientific literature on rhodiola's many benefits has come to public attention only since the collapse of the Soviet Union. Soviet army scientists had discovered the herb's adaptogenic action, but kept the information secret. With the break-up of the USSR, some Russian rhodiola researchers began publishing their findings, and in the past decade, herb researchers around the world have confirmed the herb's adaptogenic power.



# APRIL



APRIL is the fourth month of the year in the Julian and Gregorian calendars, and one of four months with a length of 30 days. April is commonly associated with the season of spring in the Northern hemisphere and autumn in the Southern hemisphere, where it is the seasonal equivalent to October in the Northern hemisphere and vice versa. April starts on the same day of the week as July in all years, and January in leap years. April ends on the same day of the week as December every year.

April was originally the second month of the Roman calendar, before January and February were added by King Numa Pompilius about 700 BC. It became the fourth month of the calendar year (the year when twelve months are displayed in order) during the time of the decemvirs about 450 BC, when it also was given 29 days. The derivation of the name (Latin *Aprilis*) is uncertain. The traditional etymology is from the Latin *aperire*, "to open," in allusion to its being the season when trees and flowers begin to "open," which is supported by comparison with the modern Greek use of *νοιξίς* (anoixis) (opening) for spring. Since some of the Roman months were named in honor of divinities, and as April was sacred to the goddess Venus, the *Festum Veneris et Fortunae Virilis* being held on the first day, it has been suggested that Aprilis was originally her month Aphrilis, from her equivalent Greek goddess name Aphrodite (*Aphros*), or from the Etruscan name *Apru*. Jacob Grimm suggests the name of a hypothetical god or hero, *Aper* or *Aprus*. The Anglo-Saxons called April *Oster-monath* or *Eostur-monath*. In China the symbolic ploughing of the earth by the emperor and princes of the blood took place in their third month, which frequently corresponds to our April.

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## APRIL 2012

Full Moon 4/6/2012 at 1:20:26 pm (MST)  
New Moon 4/21/2012 at 1:20:17 am (MST)

### STAFF CELEBRATIONS

#### Anniversaries:

April 15 Misha Engel  
April 19 Gary Benavidez  
April 26 Alexandria Gray  
April 27 Tonya Butts  
April 27 Eric Lynch  
April 30 Laney Osmer

#### Birthdays:

April 2 Chloe Mydlowski  
April 7 Doug Zilm  
April 7 Raymond Murdock  
April 27 Kate Stansberger

### A SIGHTING

by Connie Wanek



The gray owl had seen us and had fled  
but not far. We followed noiselessly,  
driving him from pine to pine:  
I will not let thee go except thou bless me.

He flew as though it gave him no pleasure,  
forcing himself from the bough,  
falling until his wings caught him:  
they had to stroke hard, like heavy oars.

He must have just eaten  
something that had, itself, just eaten.  
Finally he crossed the swamp and vanished  
as into a new day, hours before us,

and we stood near the chest-high reeds,  
our feet sinking, and felt  
we'd been dropped suddenly from midair  
back into our lives.

### Co-op Events

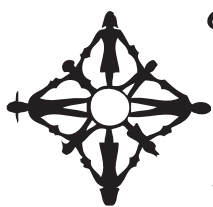
#### April 2012

**4** Election Results posted  
**4** Member Linkage Committee Meeting,  
11:30 am-12:30 pm  
**10 & 12** Community Forum, "Quinoa:  
An Intro to History, Culture, Politics, Nutri-  
tion, & Taste!" with Samaya Jones, Noon-1:00  
pm both days  
**18** Monthly Board Meeting /New Board  
Seated, 4:30-7:30 pm  
**21** Earth Day Celebration at Gough Park,  
10am-3pm

#### May 2012

**2** Member Linkage Committee Meeting,  
11:30 am-12:30 pm  
**15** Cinco de Mayo  
**8 & 10** Community Forum, topic tba,  
Noon-1 pm both days  
**9** Monthly Board Meeting, 4:30-7:30 pm  
**13** Mother's Day  
**17** Member Appreciation Day  
**24** Employee Appreciation Day  
**28** Memorial Day – Co-op CLOSED

Silver City



Food Co-op

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