

# Silver City Food Co-op Garbanzo Gazette

Volume 19

✦ Your Monthly Newsletter ✦ August 2019

## Co-op Hours:

Mon. - Sat.  
9 am - 7 pm

Sunday  
11 am - 5 pm

575•388•2343  
520 N. Bullard St.

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## Planning our New Store

By Mike Madigan

Co-op members Carol Young, Doug Smith, Evan Humphrey, and Mike Madigan sat down with Co-op Board Members Shanti Ceane and Julianna Albershardt, and Architect Steven Shelindich for a three-hour session to hammer out the preliminary floor plan for the new store. All the basic ideas have now been laid out on paper, giving our architect the information needed to develop a cost estimate for the new space. You can read a bit about some ideas about our new Bulk Department on page 13 inside.

## General Manager Search

- General Manager Search: The search for the next Silver City Food Co-op's General Manager is in full swing.
- A committee of two staff members, two member/ owners, and two board members will convene soon to begin screening, applicants, checking references, conducting interviews, and making recommendations to the SCFC Board of Directors, with expectations of having a selection made by September.

## Support Democracy VOTE!

A vote on proposed changes to Silver City Food Cooperative By-Laws will be held August 3rd through August 16th. Proposed changes have been included inside this issue and will be available at the Co-op's website beginning August 3rd. Ballots will be available on the Co-op's Website and at the store. Completed ballots may be mailed in or brought into the store and placed in the ballot box. Mailed in ballots must be received by August 21st.

## Milestone Moment

- A milestone moment for the Co-op has arrived as we've made the final mortgage payment on the warehouse that sits behind our main store. Many of you may know that at any given time the Co-op staff can only stock out about half of our total inventory due to our small sales floor. The rest gets stored in our warehouse, and now it's all paid for!

## Reducing Waste

- In this issue you'll also find a thoughtful article introducing a public education initiative from partner organizations the Gila River Information Project and the Lotus Center to reduce our waste here in Grant County. The Food Co-op stands as an example of how we can live a less resource intensive lifestyle and we've included a few tips inside to remind each of us how we can have a more sustainability-minded experience at the Co-op.

## Silver City Farmers' Market Relocating to 907 N. Pope St.

The Silver City Farmers' Market is partnering with the Silver City Food Co-op to temporarily relocate the Saturday market to the Co-op's future home at 907 N. Pope St. in downtown Silver City. With a looming construction project set to modernize the parking lot that serves as the Farmers' Market's current home, Farmers' Market Manager Andrea Warner, and Board Member Rick Bohart approached the Co-op to see if a temporary home could be found at 907 N. Pope St, and the Co-op is happy to oblige. This relocation is set for the first weekend of August and will continue through this year's Market season.

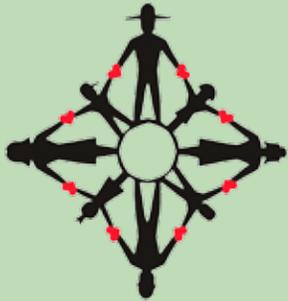


YOU  
ARE  
WHAT  
YOU  
EAT

2070 members/owners strong and counting . . .

# Silver City Food Co-op

established 1974



[www.silvercityfoodcoop.coop](http://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

## Mike Madigan

*acting General Manager*

## The Garbanzo Gazette

*Editor: Mike Madigan*

*Guest Writers:*

Evan Humphrey, Jane Papin, Jeff Goin

*Staff Writer: Judith Kenney*

*Layout & Design: Carol Ann Young*

*Proofreader: Jenny Morgan*

Submissions are welcomed!

Submit letters, articles, or items of interest to:

[judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)

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# Co-op & Community Events

## Glamour Shot Fundraiser, Friday, August 9, 1 pm to 4 pm

Vintage Fantasies, 412 N. Bullard St.

Come and dress up and get a professional photo by Goerge Austin for only \$20.

Proceeds go to downtown holiday decorations.

## Community Fellowship Dinner, Friday, August 9, 6:30 pm to 9:30 pm

First annual dinner! Celebrate and support the Lotus Center (non-profit community center in downtown Silver City offering classes in meditation, yoga, and other types of mindful movement).

To find out more visit <https://lotuscentersc.org/events>

## Shakespeare in the Park, Saturday, August 10, 4 pm to 6 pm

Gough Park - a free performance by Silver City Community Theater.

## Pilates in the Park, Saturday, August 10 and 11, 11 am

Gough Park - Join Crystal Netz-Arenivar for an hour of Pilates

## Full Moon Hike, Saturday, August 17

Cliff Dwellings - The program begins at night, taking visitors on a tour of the cliff dwellings under moonlight. Gila Cliff Dwellings, NM 15. Call the Gila Visitor Center (575-536-9461) for reservations.

## Silver City Food Co-op Board Meeting, Wednesday, August 21, 5:30 pm to 7:30 pm

Board meetings are held the third Wednesday of the month at 907 Pope Street.

Member/owners are welcome to attend.

## Taste of Downtown, Saturday, August 31, 11:30 am to 2:30 pm

It's the 19th annual culinary celebration of downtown Silver City eateries.

15 Tastes for \$20. Savory and sweet!

Pick up tickets that day at The Hub, 601 N. Bullard St. or online at [www.silvercitymainstreet.com](http://www.silvercitymainstreet.com)

## Sampling Wednesdays

At the Co-op!

Held on most Wednesdays of the month, great food will be sampled.

Come and find out how good organic is!

## Popcorn Fridays

Each Friday from 9 am to 3 pm the Co-op offers popcorn and other food samples.

Volunteers are needed to help make popcorn.

It's fun, you get to meet lots of people, and see what is happening at the Co-op!

If you are interested in helping with this ongoing event,

please contact Judith at [judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)

WOW!



15%  
OFF

# September MAD

Wed. Thurs. Fri.  
Sept. 25, 26, 27

*shop all three days  
as much as you want*

(excludes mark-down items, 25% maximum discount)

**\$ Become a member and save \$**

## Silver City Food Co-op Staff

*Judith Kenney*  
produce/outreach

*Dougan Hales*  
produce/bulk

*Kate Stansberger*  
supplement buyer

*Jake Sipko*  
produce manager

*Carol Ann Young*  
office/GG

*Jeanné Miller*  
herb buyer/produce

*Becky Carr*  
dairy buyer

*Jess DeMoss*  
POS manager

*Misha Engel*  
frozen buyer

*Jenny Morgan*  
office

*Marguerite Bellringer*  
finance manager

*Kim Barton*  
POS

*Michael Sauber*  
grocery

*Doug Smith*  
grocery buyer

*Evan Humphrey*  
bulk buyer

*Lee Ann Miller*  
cashier

*Brenna Brown*  
deli manager

*Tinisha Rodriguez*  
POS/HABA buyer

*Allie Iacocca*  
produce/HABA buyer

*Mike Madigan*  
acting gm

*Leah Chastain*  
merch. specialist/receiver

*Marchelle Smith*  
deli

*Joy Kilpatrick*  
produce

*Elysha Montoya*  
wherever needed

*Judy Kenneally*  
deli

*Christine Dalmedo*  
produce/grocery

*Hina Rainbowchild*  
wherever needed

*Annabella Gomez*  
wherever needed

*Gabbie Sturdivant*  
wherever needed

*Melissa Yarbrough*  
wherever needed

*Tuan Tran*  
wherever needed

*Clorissa Holguin*  
wherever needed

*Eric Brown*  
wherever needed



# Kitchen Meditations

Summer

## 5 Ingredient Peach Salad

Fresh peaches  
Honey (optional)  
Basil Leaves  
Feta cheese or other flavorful soft cheese  
Fresh lime juice

- Pit your peaches and cut into bite-sized pieces.
- Place peaches in a bowl, drizzle with honey and lime juice, to taste.
- Gently fold in basil and cheese and serve immediately.

## Talk about Herbs



### Frontier Organic Pickling Spice

Our bulk herbs department is now featuring Frontier Organic Pickling Spice. This flavorful blend produces a mild pickle with complex flavor and has just the right blend of spices for seasoning your bread and butter pickles and sweet pickles. You can also use it for pickling beets, carrots, and even your favorite fruits. Add this spice blend directly to the brine, or place in a tea ball or cheesecloth for easy removal. Enjoy the following recipe for a pickle that will add snap to your end-of-summer mealtimes. Choose fresh, crisp cucumbers for this recipe. Assemble in the morning and serve at your picnic lunch or dinner.

#### Ingredients:

1 teaspoon organic pickling spice  
2 teaspoons dried parsley flakes  
8 medium cucumbers, thinly sliced  
1 1/3 cups white vinegar  
8 teaspoons water  
1/2 cup honey  
2 teaspoons pickling salt

#### Directions:

- Place cucumbers in a bowl.
- In another bowl, combine vinegar, water, honey, salt, pickling spice and parsley. Pour this liquid over cucumbers and weight down with a plate.
- Refrigerate for three hours and serve.

**Pickling Spice is Members Only 20% OFF  
for the month of August**

## Heavy Metal Detox Smoothie

From Page 9

2 bananas  
2 cups wild blueberries  
1 cup cilantro  
1 tsp barley grass juice powder  
1 tsp spirulina  
1TBSP Atlantic dulse  
1 orange,- peeled  
water as needed

Combine all ingredients in your blender. Blend and enjoy! Save some for later if this makes more than one serving for you. This recipe is from Anthony William's book, *Thyroid Healing*, and is exactly as he suggests. Yes, you may make adjustments as needed. If you would rather have an ingredient at another meal, that's fine, just have all ingredients within twenty-four hours. Wild blueberries are available in the Co-op freezer or can be special ordered by the case.

Jane Papin will write about the wild blueberries in a future Gazette. They are ancient and considered to be a top food for our well-being!



## Pineapple Vanilla Oatmeal

Serves 1

#### Ingredients:

1 cup almond or dairy milk  
1/2 cup oats  
1 cup chopped pineapple  
1/2 tsp vanilla extract  
1/2 tsp coconut sugar or sweetener of your choice (you may find that the pineapple makes it sweet enough).

#### Instructions:

- In a small pot, bring the milk to a boil, add the oats and cook for about 10 minutes, until thick and creamy.
- Add the pineapple, vanilla and coconut sugar (if using) and mix to combine. Cook a little more to heat up the pineapple.
- Serve topped with berries, nut butter or any other topping that you fancy!

**Yum!**

# Jake's August Produce Picks

## Pineapple

The pineapple is not a pine or an apple and, although we associate it with the state of Hawaii, it is not native to the islands at all. Ananas comosus (the botanical name for the pineapple) is native to South America and was named for its resemblance to a pine cone. Christopher Columbus came upon the pineapple in 1493, on the island of Guadeloupe in the south Caribbean Sea. Captain James Cook later introduced the fruit to Hawaii around 1770 where it thrived, but commercial cultivation did not begin until the 1880s when steamships made transportation viable.

Peak season for fresh pineapples is from March to July. Once a pineapple is cut from the plant, it will not ripen any further. When selecting yours, look for one with yellow skin and green, fresh-looking leaves that are easy to remove. It will feel slightly soft when you squeeze it. The final test for ripeness is smell, which should be fruity, sweet and bright. The best way to eat the luscious flesh of a pineapple is freshly cut, but there are many ways to enjoy it, both sweet and savory. Try pineapple salsa with Thai coconut chicken. Broiled salmon and pineapple slices served over rice also complement each other beautifully. For a veggie main or side dish, try this mouthwatering fruit roasted with sweet potatoes.



*Produce Manager Jake, aka Tarzan, with a couple of the new arrivals.*

## Peaches

Peaches With only a few months of availability each year, peaches are one of summer's most loved fruits. Possessed of a sweet, tender flesh and slightly fuzzy skin, peaches can be prepared in any number of ways, including eating out of hand. Indeed, this may be the most delicious way to eat a peach, albeit a little messy if you're lucky enough to bite into an especially juicy one! Native to China, legendary peaches conferred immortality and were treasured by emperors of ancient days. They grow throughout the temperate zones of the world. Rich in minerals, dietary fiber and vitamins A and C, they can make a positive contribution to your health in appetizing ways. Enjoy peaches in smoothies, cobblers, preserves, sliced over your breakfast cereal and more! Peaches will lose their sheen as they ripen and the sweetest fruit of all has small white spots on the top half. This is a good sign, not an indication of fruit gone bad.



*These Sosi Dips are favorites of our customers. Joy can't decide which one she wants!*

# Becky's August Dairy Pick

## Sosi's Armenian Yogurt Dip

*Dip it! Spread it! Top it!*

Have you tried Sosi's Armenian Yogurt Dip in the Co-op's dairy cooler? We carry two flavors: Artichoke Dill (fresh and zesty) and Roasted Red Pepper (rich and creamy). Sosi's are more than just delicious dips. Armenian yogurt has a velvety texture and a tangy flavor which lends itself perfectly to their savory blends. Sosi's dips are high in protein and contain 6 probiotic strains, have no thickeners, fillers, rBST or added sugars. Completely gluten-free, Sosi's is quite versatile in the kitchen. Yes, it's a great dip, but don't stop there. Spread it on sandwiches, use as a marinade and in place of mayonnaise, sour cream or cream cheese. Spice up burritos, nachos and baked potatoes. It's a great way to add flavor, protein and probiotics to meals and snacks.

# CO-OP Community

## Co-op Community Donations

The Co-op donated to or collected donations on behalf of these organizations:

*Deming Refugee Shelter*

*We would like to thank the members who give generously each month with donations to the Food Pantry through the Food Co-op's "Chili" program.*



## Thank You Co-op Volunteers!

*Many thanks to these member volunteers for their service.*

catherine bialopiotrowicz • Kim Sweeney  
Ellen O'Bryan • Frances Trotta  
Sharon Bookwalter • Malika Crozier  
Bridget O'Leary • Jane Papin • Tim Garner  
Deb James • Carol Beth Elliott  
Logan Campbell • Lynda Aiman-Smith



## Taste Samplers Needed!

Isn't it fun to get free food?



It's even more fun to be the gracious person giving the food. Become a sampler and hand out food samples every other Wednesday from 9 am to 12 noon or 12 noon to 3 pm. It's fun and you get to see all of your friends.

Contact: [judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)

## 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!

## 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 August

## Virus Theater

The Virus Theater is an energetic community troupe based in Silver City, New Mexico. We are committed to creating original works of theater pertinent to our lives and the lives of our local audience. Through games, improvisation, exercise, and discussion, we collaboratively create our scripts. We have been working together for over a decade in this exciting process of play and growth. We bring elements of music, dance, and comedy to stories that delve into the deeper aspects of humanity, community, and philosophy.



## June Round Up \$1174.07!

## Guadalupe Montessori School

The staff, families and children of the Guadalupe Montessori School are extremely grateful to all of the Silver City Food Co-op members and customers who rounded up in June to support our school. The funds raised through this effort will support the purchase of classroom furniture and materials needed to open our second Primary classroom for the 2019-2020 school year.



## Round Up for September

## Lotus Center

The Lotus Center is a non-profit community center in downtown Silver City offering classes in meditation, yoga, and other types of mindful movement. Lotus welcomes people who seek to improve their health, relieve stress, and find inner-peace in a welcoming and serene place.

The Center is also a community service organization, bringing practices of growth and healing to the community through the following programs: Yoga in Public Schools ("YIPS"), Meditation for Recovery, Yoga for Veterans, and Trauma-sensitive Yoga (for victims of sexual assault). These community service programs are provided at no cost to students/clients.



# WILL

## Western Institute for Lifelong Learning

### Spreading the Word about Co-ops

On June 19th, the Silver City Food Co-op was pleased to partner with the Western Institute for Lifelong Learning for a taste of our Co-op's past, present, and future. The group learned about the structure and history of food co-ops, and a bit of the 45-year history of our own shop here in downtown Silver City.

Mike Madigan led a discussion about the state of food co-ops today, and specifically about the current state of the SCFC, as we make plans for the next 45 years. Participants learned about the values and principles that make co-ops thrive and had the opportunity to tour the new location and hear the exciting plans for our future storefront at 907 N. Pope St.



*Mike brings to light the Co-op's future plans.*



## Taste of Downtown



*A Taste of Downtown  
blast from the past!*



Join us on August 31st, 11:30-2:30, for the Taste of Downtown, an annual benefit for the Silver City Main Street Project (a downtown economic revitalization program). Fifteen local eateries offer samples, savory and sweet, including one locally crafted beer, for the delicious enjoyment of folks strolling the streets of our historic downtown district. **The Co-op will be joining the fun again this year with our own healthy bites of delectability.** "Taste tickets" can be purchased at [www.silvercitymainstreet.com](http://www.silvercitymainstreet.com) for \$20 per person. Ticket holders are eligible for free drawings for gift baskets and gift certificates. Relish and rejoice!

# MAD September

25th, 26th, 27th • All Three Days

receive **15% off your purchases!**  
(Excluding mark-down items  
25% maximum discount)

Be sure to tell the cashier **BEFORE** they start ringing up your purchases that you are using your MAD discount!

**Member Appreciation Days (MAD)** are offered 4 times each year, and are yet another way to save money at the Co-op.

Memberships are only \$10/year and you can recoup your membership by shopping just one MAD.

## 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](mailto:judith@silvercityfoodcoop.coop)

Three hours earns a 15% Volunteer Discount

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



# Cut Your Waste, Grant County!

By Jeff Goin

As the old saying goes, “One door closes, and another one opens.”

Such is the case with the Town of Silver City’s recent announcement of the discontinuance of curbside recycling.

The reasons for the termination of the town’s curbside recycling program are numerous and, in many respects, complicated. At the end of the day, however, it comes down to this: The global supply of recyclable materials – plastic, paper, and glass in particular – exceeds the global demand.

Enter **Cut Your Waste, Grant County!**, a campaign launched jointly by the Silver City-based, non-profit organizations, Gila Resources Information Project and The Lotus Center.

Lotus Center executive director Jeff Goin says that the end of Silver City’s curbside recycling program presents an opportunity for the community.

“It may sound like sacrilege, but I believe that the end of curbside recycling is a blessing in disguise,” Goin says. “I think that many of us have come to regard recycling as more beneficial than it actually is. The truth is that recycling is not a closed circle. Indeed, the recycling process itself necessarily requires consumption of resources and generates a lot of waste.”

Goin points to the fact that, for many years, a primary destination of Silver City’s, and the entire United States’, recyclables was China. This, he says, is the most compelling example of the latent inefficiency in the recycling process.

“We lost our ability to ship our recyclables to China,” says Goin. “It takes resources to get our recyclables to a shipping port in the U.S., Houston for example. And it takes more resources to ship those recyclables across the Pacific Ocean. Once they arrive in China, those recyclables must be reconstituted for use in other products/materials. All of this involves the expending of resources, and the generation of waste.”

**Cut Your Waste, Grant County!** is a public education initiative that provides citizens with suggestions for reducing their waste, thus preempting the need for recycling, and saving expensive space in our local landfill.

Gila Resources Information Project executive director Allyson Siwik says that we need to move beyond recycling and focus our attention on the other actions that will reduce the amount of waste that goes into our landfill, such as: refusing to purchase items we don’t need or that use excessive packaging; reducing our consumption, and reusing and repairing items.

“Reducing our waste not only helps our environment, but also saves us money by conserving landfill space and keeping money in our pockets by choosing not to purchase unneeded or wasteful products,” says Siwik.

The **Cut Your Waste, Grant County!** campaign will offer easy, common-sense ways to reduce the amount of waste you put into your trash bin by offering ideas and resources from community members and respected sources. Information will be available through social media, on-line, and through an advertising campaign.

“Many of the waste reduction ideas are painless and can even be fun. My personal goal is to reduce my family’s food waste and the amount of



Jeff refilling an Ecos bottle with dishwashing liquid.

packaging used in the food I buy. There are lots of resources available to help us, and our family, friends and neighbors have great ideas. Together as a community we can do this,” says Siwik.

Whether the motivation is economic, environmental, or civic responsibility, Lotus Center’s Goin says the need for swift action, at the individual level, is imperative. He cites a recent Surfrider report, a non-profit group working to stop plastic pollution in our oceans, that says 1,500 plastic bottles are consumed every second in the United States, and that bottled water alone accounts for up to 1.5 million tons of plastic waste every year.

“These figures blow my mind,” Goin says. “1,500 single-use plastic water bottles every second in the U.S.? It’s crazy and, at the same time, paradoxically, it’s encouraging, because there are many easy, money-saving alternatives to single-use plastic bottles for obtaining our drinking water. We as a society, just need to decide that it’s important enough to change our habits. I’m confident that we, of Grant County, can make those changes.”

To learn more about the latest on Silver City’s recycling program and how to cut your waste, tune in to the weekly radio program Earth Matters on Gila/Mimbres Community Radio. Program host and GRIP executive director Allyson Siwik interviews Dora Gonzales with the Southwest Solid Waste Authority, Jeff Goin of The Lotus Center and Izabela Chase with the youth climate change advocacy group Thinking On A Mountain. The show airs Thursday, June 13 at 10 am and 8 pm and Sunday, June 16 at 10 am on 89.1 FM and streaming live at [gmcr.org](http://gmcr.org).



# Bring Your Own!



*Repurpose a Mason jar!  
Monica says, "Yum, walnuts!"*



*Repurpose a Pyrex container!  
Some ground cashews for Carole.*



*Reuse a plastic bag!  
Catherine filling up on spices.*



*Reuse a yogurt container!  
Carolyn's getting pecans.*



*Reuse plastic!  
Paula says these are good for  
stocking up.*



*Reuse a mayo jar!  
Perfect for Suzanne's honey!!*



*Reuse a Bronner's Soap conta--iner!  
Bridget's at the bulk liquids.*



*Buy and reuse a glass bottle  
or use your own!  
Olive oil for Joanie.*



## PRECYCLING: What It Is & How to Do It

Choosing packaging-free options when you're shopping is called "pre-cycling", and it's the next big trend for people doing their best to live a sustainable life. In many ways, this is just a new term for something that environmentally-conscious people have been doing for decades, but by giving it an actual name we can, hopefully, spread awareness about how important our decisions as consumers are when it comes to reducing the amount of waste that we produce.

Silver City Food Co-op is deep in this transition with you. Our employees ask the same questions that you do when shopping for food, whether carefully selecting products for the store or as individuals purchasing groceries. Perhaps we can all

use the following questions as guidelines for making conscious choices that support our planet.

Take a closer look at the products that you use. Which ones have a lot of packaging associated with them? How could this be avoided or reduced? Could you buy some items, such as flour, rice, or rolled oats, in bulk? Could you buy fruits, vegetables grains and nuts in reusable produce bags? Consider whether some items are really necessary for you to buy at all. To sum it up, try to make the best decisions from the choices available to you, and encourage those around you to avoid taking our planet for granted. These changes may seem small and insignificant, but together we can make a huge impact.

# Supplement Department

NEWS

**BOGO SALE!**  
*buy one • get one*



*Supplement buyer Kate holding two of the products on Members Only sale during the month of August.*

Buy any product of these two brands  
• **Source Naturals or Planetary Herbals** •  
and get one product of equal or lesser value  
from those two brands, **FREE!**

**For Members Only!**  
**July 31st**  
**through**  
**September 3rd**

**Planetary Herbals** produces a high-quality line of herbal products, which have been developed by such well-known profession herbalists as Michael Tierra. Our Co-op carries some of their mainstay formulas, such as “Stone Free” and “Albizia Calm”.

**Source Naturals** was created in 1982, with a vision of producing products containing many herbs, nutrients, etc. in formulas to use to support various health situations (for example, Wellness Formula). The company maintains high standards for quality, including multiple testing from raw materials to finished product. Vitamin Angels, which helps to prevent childhood mortality worldwide, is supported by Source Naturals!

## CALM CAPSULES

It's a great way to try something new or stock up on an old favorite. Speaking of new products, check out the new “Calm” magnesium glycinate capsules by the makers of “Calm” powder. These also contain lavender and lemon balm, all to enhance the calming effects of the magnesium (and who can't use a bit of “chill” these days?)



# The Importance of Heavy Metal Detoxification

By Jane Papin

*Longtime Co-op member and volunteer, Jane Papin, has been practicing Anthony William's system of healing and has found it to be very beneficial to her health.*

Toxic heavy metals are virtually everywhere and are present in all kinds of things: aluminum cans and foil, batteries, metal cookware, old paint, pesticides and herbicides in our foods and in the air and waterways. Metals like mercury, lead, aluminum, nickel, copper and cadmium seem almost impossible to avoid. As a result, many of us are carrying around heavy metals that have been with us most of our lives and have burrowed deep inside tissues, sometimes organs, glands, connective tissues and even bones.

We could be carrying mercury from thousands of years ago. At one time people were digging it out of the earth and using it. The mercury in our bodies can go back fifty, sixty generations or more. This toxic mercury is passed along and stays in cells.

During the 1700s and 1800s our ancestors were given a big glass of water mixed with some mercury. It was mandatory for the doctor to give this elixir to patients upon getting an exam. Patients were considered quacked and went crazy for perhaps weeks. The term quack was much later dumped on alternative practitioners. They called this elixir Quick Silver and eventually lost all their patients until they advertised that they had halted the practice.

Most of us have toxic heavy metal in different areas of the brain. Expressions of depression, anxiety and countless other issues could be caused by these metals.

A viral component makes matters worse. It has been suggested that viruses feed on heavy metals. The excitement from the virus creates havoc in our bodies, interfering with our own methylation, the body's ability to receive, absorb and assimilate critical nutrients that we get from our food, water, sun exposure and clean air.

***We want to clean all this from our bodies, and we can! It is possible to regain our health and feel good again!***

From what I have learned from Anthony William, author of the five Medical Medium books and the source for all of what I'm sharing with you, the first thing to start with in regaining our wellness is dealing with this toxic metal issue.

A highly effective way to clean up is through our food: for example, a delicious and nutritious smoothie, like the Heavy Metal Detox Smoothie. There are five components that get into our cellular tissues and grab, hold on to, and are eliminated by our bodies. Spirulina removes metals from the brain, nervous system and liver. Barley grass juice powder cleans out the spleen, thyroid and reproductive system. Please note, this is not just barley grass powder but barley grass juice powder. Cilantro cleans the deep, hard to reach places and gets mercury from the past that is tormenting us now. Wild blueberries, the most powerful, pull metals out of the brain, go deep and repair tissue with the antioxidants they possess. Atlantic dulse continues to absorb more, holds on to, and takes out.

I wrote about the *Wonders of Celery Juice* last month. The cluster salts of this juice flush metals from the liver and are excellent to have before your smoothie or anytime on an empty stomach.

Some may be concerned about consuming sea vegetables due to the pollution of our oceans. Anthony addresses this: the nature of seaweed is to pick up. It does not let go of what it has picked up. So, it won't release anything it might have in it when we eat it, it just continues to pick up until it passes from our body.

Anthony also speaks on chlorella which many may associate with detoxing. Chlorella is highly nutritious but does not hold onto the metal. It's a bit clumsy and drops it back into the body. Spirulina holds on to the metal until passed out.

For me, heavy metal detoxification is another important part of my wellness lifestyle. The more I understand the complexities of our food and herbs the more aware I am of the importance of everything I eat and put on my body, my skin. I make every bite count because, within the grand process, I consider the foods that I choose to eat are either contributing to my health or taking away from it.

***All information in this article can be found in Anthony William's books and his blogs on the internet.***

**The recipe for the Heavy Metal Detox Smoothie is on Page 4**



# Co-op Kids'

## It is the last of the summer months.

- August in the Northern Hemisphere is similar to February in the Southern Hemisphere.
- Augustus renamed the month of Sextilis because many of his greatest triumphs occurred during this month.
- August is a month of summer vacation and holiday for many children around the world.
- Many cultures call this month the harvest month or the time of harvest.

## History:

In the original Roman calendar the month of August was called Sextilis. This was because it was the sixth month of the year and the Latin word for the number six is, interestingly for us English speakers, “sex.” Later, after January and February were added to the calendar, it became the eighth month of the year. At the time, the month had 29 days. When Julius Caesar created the Julian calendar in 45 BC, two days were added giving the month 31 days. The month was later renamed Augustus in honor of the first emperor of Rome, Caesar Augustus.



## Do you love your Co-op?

Do you want to get the word out about Co-op related topics and issues?

There is so much to discuss!

We would love your help writing articles for the Garbanzo Gazette!

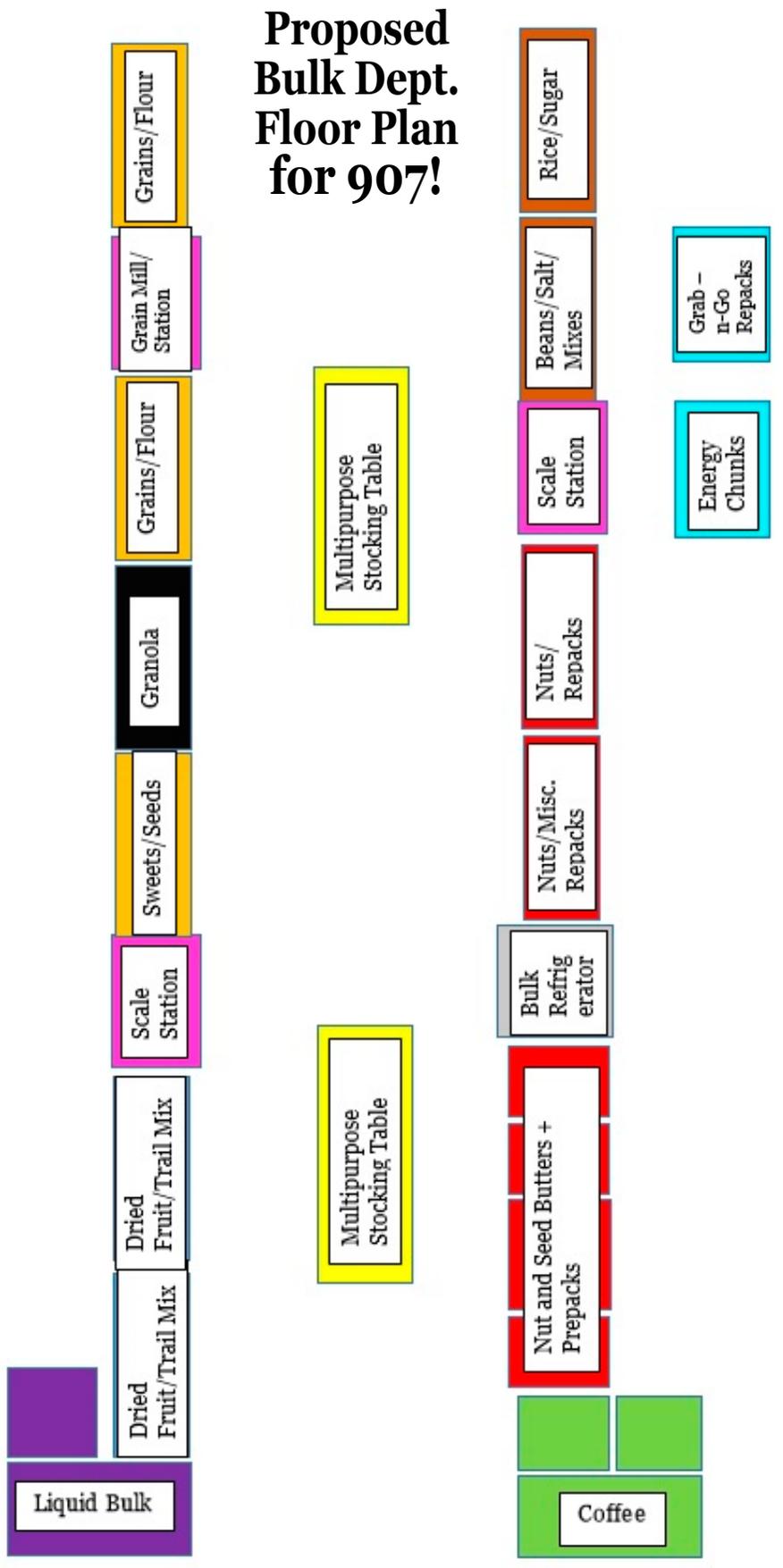
Members, if interested, please email [judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)

**Three hours earns a 15% Volunteer Discount**

# Wouldn't It Be Neat If . . .

By Evan Humphrey

## Proposed Bulk Dept. Floor Plan for 907!



If done judiciously, relocation is something that could tremendously benefit the Co-op and the bulk department. The floor plan to the left is something I've been putting together to give us a picture of what the bulk department could look like in the new building. This is a rough sketch and is subject to change. The total square footage is around 341, which is about double what we have now. Think cozy, but not cramped. What follows is an outline of some of the projected benefits of an upgraded and expanded bulk department:

**Lower prices more often.** Yup! There are several reasons for this, but the main one is that, in theory, I will have more storage space. This means I can stock up on things when they are on sale and get freight discounts. The "economy of scale" means that things become more efficient which ultimately translates to lower prices. I can put more products on our Basic program, offer more sales, and lower margins across the board.

**Enough space for at least three bulk bagging stations.** I know that the current setup with only one station can make for a congested shopping experience. Nobody wants to wait in line.

**Tables within the aisle.** This is something that I'm very excited about! Primarily, these tables eliminate the need to carry bins across the sales floor to fill them each time. They can also be used by customers, or to display information about bulk products. Bulk backstock can be efficiently stored underneath them. I plan to spend more time in the aisle so that I am available for customer service.

**Expanded selection.** In every category, I see some room for expansion. More flours, granolas, seeds, trail mixes, coffees, dried fruits, nuts, etc... There are many products that I know would sell well, but I simply don't have room for them in the current space.

**Better organization.** Currently, bulk products can be difficult to locate and are often scattered throughout the store. In the proposed floor plan, I have consolidated everything into the same aisle. Bulk will be its own little world! It will be more centralized and not tucked into a corner or a wall.

**Less packaging.** Half of the hours spent in the bulk department are for repackaging. With more space, and hopefully more movement, I can transfer items that I am currently repackaging into bulk bins. I am looking at you, Nutritional Yeast Flakes! This saves us a lot of time, money, and packaging. In some cases, I would still like to offer both options: prepackaged and bulk. Items that are perishable can go into the bulk refrigerator which would house several bulk bins and shelving.

**A dedicated liquid bulk display.** Vinegars, oils, sweeteners, etc. If the popularity of the olive oil (you have purchased well over 90 pounds so far!) is any indication, these products will do very well.

**Room for additional specialized infrastructure.** This includes a bulk refrigerator (many items should ideally be kept refrigerated), grain mill, and additional nut butter grinders (such as a sunflower seed grinder, mixed nut butter, or pecan butter).

**Reaching a wider audience.** I would love to introduce more people to the wonderful world of bulk. With the store being in a more accessible location with its own parking lot, we hope to be consistently appealing to more people. Buying in bulk is good for your wallet, your health, and your environment. With an upgraded department and amenities, I hope to make buying in bulk as easy and attractive as possible to as many people as possible!



BULK

Weigh-in

BULK

Weigh-in

BULK

Weigh-in

BULK

Weigh-in



# 2 U From Your Board . . .

## Please Vote • August 3rd - August 16th

### Bylaws Amendments SEE DETAILS BELOW

### Ballots available in-store or online. Print a copy from website and mail-in or deliver in person to the Co-op.

#### Silver City Food Co-op Bylaws as of 11/3/2014 Article XI. Interpretation and Amendment of Bylaws

<i>Bylaws</i>	<i>PROPOSED AMENDMENTS IN RED</i>	<i>Rationale</i>
<b>2.10 B Termination of Membership</b>	Membership may be terminated involuntarily <u>for cause by the board of directors, by a vote of the majority of members voting at a regular or special meeting.</u> provided the active or inactive member-owner is first accorded an adequate opportunity to respond to the charges in person or in writing.	To align with requirements specified in state statute 53-4-30.
<b>3.3 Notice of Meetings</b>	Notice of the time, place, and purpose of general and special membership meetings shall be sent to all active member-owners at their last known physical or email address at least <del>21</del> <b>14</b> days before the meeting. Inadvertent failure of active member-owners to receive such notice shall not affect the validity of the meeting. Notice shall also be posted at the Co-op. Any business conducted at a meeting other than that specified in the notice of the meeting shall be of an advisory nature only.	To align with requirements specified in state statute 53-4-11. Recommended change is to the number of days in the first sentence only.
<b>4.3 Composition</b>	The board of directors shall consist of a minimum of five <del>and a maximum of seven members</del> <u>and a maximum of nine members.</u> One director may be an employee of the Co-op provided the board of directors did not directly hire said employee.	To allow for additional board members. State statute 53-4-18 does not specify a maximum.
<b>4.5 Terms for Directors</b>	A. Except in situations where shorter terms are expressly permitted under 4.5.B, all elected directors shall serve a term of three years and shall serve staggered terms so that approximately one-third of the board is elected each year. B. The board of directors shall have the authority to designate terms of less than three years for particular elected directors to the extent it considers such shortened terms to be reasonably necessary to achieve or maintain the balance of staggered terms among the elected directors; however, no such action by the board of directors shall have the effect of shortening the term of any previously elected director without his or her consent. C. <u>Notwithstanding section B, the board of directors shall have the authority to extend a term of less than three years.</u> <del>C.</del> D. Directors may run for re-election as often as they desire.	To allow the board to extend the term of a board member who was elected for less than 3 years for the purpose of covering the term of a board member who resigns prior to the end of their term. No change to A & B. Change C to D. Add New Section C: Notwithstanding section B, the board of directors shall have the authority to extend a term of less than three years.
<b>7.3 Disposition of Property</b>	<b>NEW PROPOSED BY-LAW</b> <u>In accordance with New Mexico State Statute 53.4-21.1 and Articles of Incorporation of the Silver City Food Cooperative Article IV, item B; a substantial portion of Silver City Food Cooperative property shall be defined as greater than 75% of total fixed assets including current land or buildings at appraised value and capital equipment at current book value.</u>	Neither State Statute nor SCFC Articles of Incorporation define substantial portion of the property. Intent of the proposed bylaw is to define substantial portion to allow for the sale, lease, trade or other disposition of property that is not being used and to support the main purpose of the cooperative.

# General Manager Search Update

We want to keep you, the members of our Cooperative, informed and involved in our current hiring process! The board created an ad hoc GM Search Committee in June and is really getting things rolling. We decided that we want to create a democratic and inclusive selection process so we choose a candidate who represents our whole membership. The GM Selection Committee will be composed of two board members (Laurie Anderson and Scott Zager), two staff members (Evan Humphrey and Kate Stansberger), and two member owners (to be determined). Currently, we have several candidates for the member owner positions. We are awaiting responses to several questions pertaining to their relevant experience in hiring, business, and cooperative decision-making. The candidates will be selected by August 5.

The GM Selection Committee will work together to review, evaluate, and rank candidate applications based on the criteria in the GM job description. Once applicants are given a rank, members of the selection committee will meet to discuss candidates and determine group ranking of candidates. GM Selection Committee members may also be asked to make initial inquiries with the candidates' references. Once the candidates are evaluated and ranked, the list will be sent to the Board of Directors, who will consider the input of the Selection Committee and make a final decision. The process is designed to utilize participatory democracy and provide advice and input to the SCFC Board.

The deadline for GM applications is August 10th! We're looking forward to hiring the best candidate to be our future GM. Please encourage all who you know who are interested, able, and qualified for the position to apply.



## Member Connect Wants YOU!

### Member Connect Committee Recruiting Member-Owners and Staff

Many of us consider the Co-op a hub for community. It's hard to make it in and out without enjoying a conversation while choosing dinner ingredients. We envision the Co-op as a hub, not just for community conversation, but as an essential part of the network that grows a healthy relationship between food, community, and nature. The Member Connect Committee serves as a conduit for communication from member-owners to the board and from board to member-owners. In addition to communications, the committee can offer opportunities for community education and gatherings.

We believe that our strength comes from community input and we need your help! The committee would like to recruit several member-owners and staff members to create a more dynamic committee with a more holistic Co-op approach. The expected responsibilities for committee members are to attend a monthly meeting (determined by group availability), support communications to Co-op members via Garbanzo Gazette, social media, etc., and to help organize community events including the annual General Membership Meeting. This is an area our committee is hoping to grow! We want to host community film nights, potlucks, work parties in the garden at our new building, and more! We need folks with experience in community organizing and communications with a desire to grow our Co-op's community network. If you are interested in helping, contact Kristin at [klundgren2@gmail.com](mailto:klundgren2@gmail.com). We'd love to have your support.

## 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 third Wednesday of every month at the Pope Street building, from 5:30 to 7:30 pm).

**CONTACT:** Laurie Anderson  
[laurindaa713@gmail.com](mailto:laurindaa713@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 third 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.

**Jennifer Johnston/Vice-President**  
Board Term: 2018-2021  
[johnstonjenny40@gmail.com](mailto:johnstonjenny40@gmail.com)

**Kristin Lundgen**  
Board Term: 2019-2020  
[klundgren2@gmail.com](mailto:klundgren2@gmail.com)

**Laurie Anderson/President**  
Board Term: 2017-2020  
[laurindaa713@gmail.com](mailto:laurindaa713@gmail.com)

**Shanti Ceane/Secretary**  
Board Term: 2018-2021  
[shantifo@gmail.com](mailto:shantifo@gmail.com)

**Julianna Flynn**  
Board Term: 2019-2022  
[juliannaflynn8@gmail.com](mailto:juliannaflynn8@gmail.com)

**Scott Zager/Treasurer**  
Board Term: 2019-2022  
[sczager1959@gmail.com](mailto:sczager1959@gmail.com)

**Gwen Lacy**  
Board Term: 2019-2022  
[glacymail@gmail.com](mailto:glacymail@gmail.com)

Board of Directors

# August

## Members Only Specials July 31 - September 3

20% OFF! listed prices



**Tierra Farm**  
Dried Apple Rings  
reg \$12.69#



**Maple Hill**  
Drinkable Yogurt  
Strawberry  
12 oz  
reg \$2.99



**Saffron Road**  
Lentil Chips  
4 oz  
reg \$4.19



**Coconut Secret**  
Coconut Aminos  
8 oz  
reg \$6.69



**Swerve**  
Sugar  
Replacement  
12 oz  
reg \$8.49



**earth mama**  
Nipple Butter  
2 oz  
reg \$9.99



**Tierra Farm**  
Tamari Almonds  
reg \$14.49#



**Emerald Cove**  
Pacific Nori  
10 sheets  
reg \$7.69



**Berlin Bakery**  
Sourdough Spelt Bread  
24 oz  
reg \$5.49



**Frontier**  
Pickling Spice  
reg \$.87 oz



**MacroLife Naturals**  
Vegan  
Ultimate Superfood  
Chocolate, 1.6 oz  
reg \$3.09



**earth mama**  
Diaper Balm  
2 oz  
reg \$9.69



**Co-op Deals  
flyers  
available  
at the front of the store**

The Co-op flyer is also available on our website:  
[www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)

