Silver City Food Co-op

Garbanzo Gazette

It's MAD!

Volume 20 — *Your* Monthly Newsletter — February 2020

Co-op Hours:

Mon. - Sat.
9 am - 7 pm
Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE!

• highlights •

YOU ARE WHAT YOU EAT

Welcome Kevin Waters • Our New GM •

The Silver City Food Cooperative Board of Directors is pleased to announce the hiring of our new General Manager. Kevin Waters has extensive management experience in retail grocery that includes a long standing food cooperative in northern California. His experience includes various management positions in a corporate grocery chain. In addition, together, he and his wife, Nicole, started an independent store from the ground. Kevin will be joining us February 3rd, 2020. During these last seven months, the Board has been dedicated to finding a seasoned professional, and believe that Kevin and his family will be a good fit for our Co-op and our Community. Leadership transitions are always stressful, and the Board appreciates the patience and understanding given to us from the Staff and general membership. The Board would like to express our sincere gratitude to Mike Madigan, Assistant General Manager, Garland McQueen, Contract Interim Manager, and the entire Co-op Staff for their dedicated, hard work during this time of transition.

Kevin on the North Coast

Here are a few words from Kevin:

My career in the grocery business started as a high school job, but much earlier than that, I got my first exposure to it, as a "co-op kid". My mother Maureen was a bookkeeper in the early days of the North Coast Co-op in Arcata, CA back in the late 70's. Hanging out at the store with mom after school was no big deal back then. I have great memories of working in the cheese department, grocery, and getting covered in flour making bread in the bakery, and probably violating a number of labor laws. I still find it inspiring when I think about hanging out with the talented group of people that built that Co-op. After graduation, I worked for a local independent natural store, moving from clerk to department, to assistant manager. Eventually I moved into store management at the Arcata Safeway, and ultimately promoted to manage one of their busiest stores in Fort Bragg, CA. The position of store manager at the North Coast Co-op in Arcata became available, and I scaled the wall from corporate grocery to come full circle and manage the Arcata Co-op. The last three years my wife Nicole and I owned a small independent grocery store.

We have four children, aged 26 to 14, and our youngest Patrick, is as excited as we are to be making the move with us to call Silver City home. We look forward to joining the wonderful community, and I am especially excited to go back to my natural food and co-op roots. We are avid sports fans, and I am especially devoted to Wolves in the English Premier League. We are also excited to experience what looks to be an abundance of natural beauty in the area.

I would like to thank the Board of Directors, the membership, and the employees for making us feel so welcome already. I look forward to meeting all of you, and bringing the best organic and wholesome food choices, and great customer service. I will work my hardest to maintain and help grow your cooperative organization.

-Kevin Waters

2136 member/owners strong and counting . . .

Silver City Food Co-op

established 1974

www.silvercityfoodcoop.coop
575.388.2343

Store Hours

Mon-Sat 9am-7pm
Sunday 11am-5pm

Vision Statement

Promoting the inherently healthy relationship between food, community, and nature.

Seven Cooperative Principles

- Voluntary and open membership
- Democratic member control
- Member economic participation
- Autonomy and independence
- Education, training and information
- Cooperation among co-ops
- Concern for community

Garland McQueen
General Manager

The Garbanzo Gazette

Editor: Mike Madigan

Guest Writers:
Jim Druffel & Tatiana Kurakin
Rick Stansberger

Staff Writers: Judith Kenney
Evan Humphrey

Layout & Design: Carol Ann Young
Prooofreaders: Jenny Morgan
Eric Brown

Submissions are welcomed!
Submit letters, articles, or items of interest to:
judith@silvercityfoodcoop.coop

All Good Things Must Come to an End

Garland and wife Marla in York, England

My wife (Marla) and I have recently returned from two weeks traveling through Ireland, Scotland, and England, which is only the second time in my career that I have taken 2 weeks off. It was a very enjoyable trip, but it is always good to return to your routine.

This will be the last article I submit as the General Manager of your Co-op. Although I came in as an Interim GM, I feel like I have become part of the Silver City family. It is hard to believe that I have been here 6 months.

During this time your Co-op has done well. Our sales are up, there has been great support for our local producers, and we had a great holiday season.

In addition, we have made progress toward accumulating the necessary information for the expansion of the Co-op to 907 Pope Street. We have also secured a short-term lease for the Quonset hut situated on the same property. We also have other parties interested in longer options.

Along with the best sales year ever, the employee turnover remains very low, which is an indication that your Co-op is a preferred place to work.

As much as I enjoyed working in this great town, all good things must come to an end. In this case it is a bittersweet ending. I knew I would be leaving when I arrived, but when you work with people over time, you make a lot of friends that you may remain in contact with the remainder of your career. This makes it difficult to leave, but that is my job.

The good part is that the Board has hired Kevin Waters as permanent General Manager to lead your Co-op into the future. There is more about Kevin on page xx. I feel the Co-op will be in good hands.

My last scheduled day at the Co-op will be Friday, February 28th. At that time, I will leap into another adventure in the Co-op world.

Thank you,
Garland

GET OUT from under those covers!

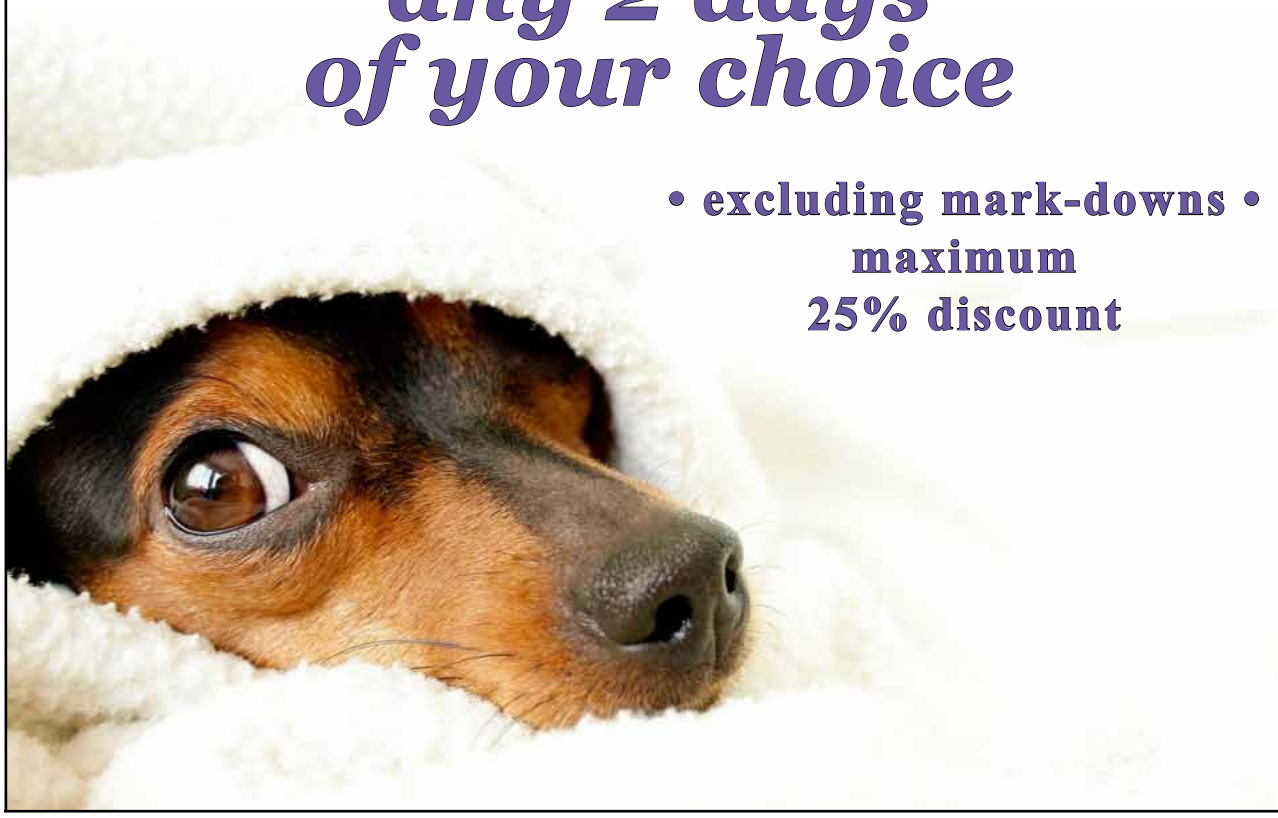
it's MAD again!!

February/March

10% OFF

any 2 days of your choice

• excluding mark-downs •
maximum
25% discount



Silver City Food Co-op Staff

Judith Kenney
outreach/GG/produce
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
HABA buyer/POS

Mike Madigan
am
Leah Chastain
merch. specialist
Marchelle Smith
deli
Joy Kilpatrick
receiver
Elysha Montoya
wherever needed
Judy Kenneally
deli
Christine Dalmedo
produce/grocery
Hina Rainbowchild
wherever needed
Annabella Gomez
wherever needed
Melissa Yarbrough
wherever needed
Tuan Tran
wherever needed
Clorissa Holguin
wherever needed
Eric Brown
wherever needed
Ajalaa Claussen
wherever needed
Garland McQueen
gm
Vynce Bourné
wherever needed
Kevin Waters
gm

Kitchen Meditations

Winter

Kiwi Salsa

Great with chips
or on top of a main dish of your choice!

Ingredients:

6 kiwis, peeled and diced
1 small onion, diced
1 jalapeno, diced
2 tablespoons lime juice
1 tablespoon olive oil
1 teaspoon honey
½ teaspoon ground cumin
½ teaspoon curry powder

Directions:

Mix all ingredients together in a bowl. Cover and allow to rest for one hour at room temperature. Refrigerate until ready to serve.

The Frugal Co-op Chef

Simple & Colorful Kidney Bean Salad

About 4 servings

This fresh and easy salad is a stress-free, nutritious and appetizing recipe that can be eaten as a side or main dish.

Ingredients:

2 cups kidney beans (cook your own ahead of time or use canned*)
¾ cup red onion, diced
Fresh parsley, chopped
¼ cup (or to taste) lemon juice, fresh squeezed
Olive oil (approx. 1/8 cup or an amount that suits your taste)
Salt, to taste
Black pepper, to taste
*Rinse canned beans. It will improve both their taste and appearance

Instructions:

- Rinse beans (if using canned) and place in a large bowl.
- Dice onion and chop parsley. Add onions to the bowl of beans and set aside parsley for garnish.
- Add lemon juice, olive oil, salt, and pepper to the bowl and mix all together.
- Top with parsley and serve.

Talk About Herbs

Carob

Carob is an ingredient that you only seem to find at health oriented food stores or in the "healthy foods" aisle of regular grocery stores. Over the years, it's been touted as a substitute for chocolate and, in its chip and powdered forms, can certainly be used that way. However, let's be clear. It does not taste like chocolate. Many eager eaters who, for any number of reasons, would like to cut back on their chocolate intake are disappointed, at first bite, to find that carob has a different flavor and texture profile from the bold, evocative character that the finest chocolate can provide. However, if you withhold judgement on carob's very different taste, you may come to realize that carob has its own flavorsome experience to offer.

Carob is a legume that comes from the carob tree (Ceratonia siliqua), an evergreen native to the Mediterranean region. Today it is also grown in many warm climates throughout the world. It is also called "honey locust" or St. John's Bread as it was consumed by John the Baptist while he was in the wilderness and by the Prodigal Son in Jesus' parable. Carob is very nutritious and can be used to make muffins, cookies, smoothies, brownies and more. It is naturally sweet and can, depending on your taste, often be used without the addition of the sweetener* that chocolate needs to be palatable for many folks. It's high in Vitamin B1, niacin, Vitamin A, and a range of important minerals. Carob is caffeine-free, three times richer in calcium than chocolate, has fewer calories and less fat.

The Co-op offers carob in our oh-so-terrific bulk herbs department in both medium and lightly roasted powder. You can purchase as little or as much as you need to give it a try and experience its rich, somewhat earthy, sweet and nutty flavor.

**If you are using carob as a substitute for chocolate in a recipe, please remember to reduce the amount of sugar, honey, etc. to allow for its natural sweetness.*

Carob Raspberry Shake

Ingredients:

1 cup of milk of your choice
½ cup raspberries, fresh or frozen
2 Tbsp carob powder
1 tsp honey*
½ tsp vanilla extract
¼ avocado
3 ice cubes (optional, if you prefer a room temperature smoothie)
*Stevia

Instructions:

Blend everything together until smooth. Enjoy!
*Add sweeteners to taste, after other ingredients are blended

Jake's February Produce Picks

The Pomelo is heart healthy!

What is a Pomelo?

The pomelo, shaddock, or in scientific terms Citrus maxima or Citrus grandis, is the largest citrus fruit from the family Rutaceae. The pomelo is a citrus fruit native to South and Southeast Asia. It is one of the original citrus species and has been hybridized to create many of our favorite citrus fruits (like the mandarin orange and the kumquat). Pomelos are similar to grapefruit, but typically much larger, with a thicker rind. Some pomelos are even as big as a basketball! When ripe, the fruit is a pale green to yellow color on the outside. The inside is typically white, but sometimes pink or red. Pomelos are eaten on Chinese New Year because they are said to bring continuous prosperity. The more pomelos eaten means more wealth in the new year.

Pomelos are exported in large quantities from the Philippines and Australia, but are also grown in the United States from November through June. They thrive in a dry, semi-tropical climate and the trees can grow to 50 feet tall! Pomelos taste like a sweet, mild grapefruit and are full of Vitamin C, potassium, dietary fiber, magnesium and Vitamin B6. Wondering how to eat this mammoth citrus fruit? After removing the thick rind and peeling the membrane from around the segments, pomelos can be eaten out of hand, tossed into salads or salsa, used in a marinade, or made into jam. Enjoy them any way you eat all other citrus.

Kiwifruit

Originally grown in the Chang Kiang Valley of China, kiwifruit was considered a delicacy by the great Khans who relished its emerald green color and refreshing flavor. By the mid-1880s, kiwis had found their way into other countries which named it the Chinese gooseberry and it wasn't long before New Zealand growers were exporting the exotic fruit to specialized markets around the world. Then, in 1962, a California produce dealer began importing the hairy fruits from New Zealand to satisfy the request of a lone shopper. The dealer renamed them "kiwifruit" because of their resemblance to the fuzzy brown kiwi, New Zealand's unique national bird. Of course, in no time at all, California began growing its own kiwifruit and now shoppers across the U.S. can buy this green-fleshed treat which has even more potassium per serving than a banana, an important mineral that controls heart activity and works with sodium to maintain fluid balance in the body. Available during the winter months, enjoy your kiwis by slicing them in half lengthwise and using a spoon to scoop out its sweet-tart insides. The skin is edible, too!

Love that cheese!

Becky's February Dairy Pick

Queso Quesadilla from Cacique

Queso Quesadilla originated in the state of Sinaloa in Northwestern Mexico and areas of what is now known as Texas. This rich, melting cheese is said to have made traditional tortilla turnovers famous and inspired their name "quesadillas." Its mild flavor and creamy mouth-feel is similar to that of Monterey Jack. Think beyond quesadillas, as this versatile, semi-soft cheese converges beautifully into many cuisines. Top a warming bowl of kidney bean chili with a generous shredding of Queso Quesadilla and be content! Find the recipe on Page 13.

Members Only 20 % OFF February 5 - March 3

CO-OP Community

Co-op Community Donations

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

The Food Pantry

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 December service.

Rebecca Summer • Ellen O'Bryan • Rosemary Dupray
Frances Trotta • Sharon Bookwalter • Lynda Schuh
Bridget O'Leary • Malika Crozier • Kim Sweeney
Tim Garner • Jane Papin • David Burr
Susan Van Auken • Tasha Marshe • Carol Beth Elliot

Calling for Guest Writers!

Do you love your Co-op?
Do you want to help get the word out about the issues facing the Co-op?
We would love your help writing articles for the Garbanzo Gazette!
Members, if interested please email ***judith@silvercityfoodcoop.coop***
Three hours earns a 15% Volunteer Discount

RAIN CHECK

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 February

The Bike Works

The Bike Works is a community-supported nonprofit that promotes creative, active and healthy lifestyles, self reliance and sustainability in southwest New Mexico. Besides the healthy food offered during bike rides, funds from the Round Up program will be used to get kids outside on bikes that they work for and earn and off their devices. Funds will be used to support the Earn-A-Bike program by allowing The Bike Works to purchase the items needed to bring bikes back to life: tires, thorn-resistant inner tubes, chains, and saddles eaten by backyard dogs and the desert sun.

December Round Up $1279.73

Expanding Your Horizons

Expanding Your Horizons is a program encouraging girls in grades 5-8 to pursue education and careers in STEM (Science, Technology, Engineering and Mathematics). This year's 27th annual conference will be held on February 22 on the WNMU campus, with hundreds of girls from the region attending for free and participating in hands-on workshops led by role-model women in STEM careers. The donations received through Round Up will be focused on the cost of food and t-shirts to help keep the conference fee-free for participants. Many thanks to all who donated through the Round Up program, and special thanks to the Silver City Food Co-op for the opportunity to participate!

Round Up for March

Literary Link - Leamos

The mission of *Literacy Link - Leamos* is to raise literacy levels in Grant County through free tutoring and outreach. Education for all is an important component of creating a healthy, sustainable community. They help individuals with everything from learning how to read medication labels and recipes to learning to speak English. These skills can lead to healthier lives, better jobs, more family resources and a stronger community.

Cupid Carnival!
Chocolate Fantasia
Saturday, February 9th

The Co-op is participating again this year in Chocolate Fantasia and we are pleased to have our outstanding chocolatier, Mark Johannes, back for the third year in a row. It's a happy, festive event that comes around every year and people love it!

Chocolate Fantasia, a project of the Mimbres Regional Arts Council, is a wonderful mid-winter activity for lovers and for families. Over 30 downtown merchants and galleries will participate in distributing chocolates and offering hospitality. Many shops will decorate in keeping with a "Cupid Carnaval" theme, opening the event to a wide variety of possibilities.

Mark with two of the ingredients for his maple-walnut truffles.

Proceeds from Chocolate Fantasia will be used to fund several youth outreach programs such as the Youth Mural Program and Arte Para Todos. MRAC provides these programs free of charge to children and believes everyone, including our youth, should have access and opportunity to participate in meaningful arts experiences. Your purchases at Chocolate Fantasia will help ensure MRAC can continue to reach the children of the Mimbres region.

This year's event will start at 11:00 am and will last until 4:00 pm. Maps and empty candy boxes ($3 each for collecting your chocolates so you can save some for later!) will be available at Chocolate Fantasia Headquarters, The Family Karate Center, at 416 N. Bullard St. Headquarters, which will open at 11 am.

Tasting tickets are $25 and available online at chocolatefantasia.org, or by calling the MRAC office at 575-538-2505. There are only a limited number of tickets!

A Thank You from January Round Up
Gila/Mimbres Community Radio

GMCR/KURU 89.1 FM is our local, independent, 501c3 non-profit, 100% community supported, volunteer run, 24/7 radio station!

Celebrating 6 years in operation, GMCR/KURU is broadcasting at 10,500 watts to 45,000 people across Grant County, down to Deming, and parts of Arizona and streaming worldwide online at GMCR.org GMCR/KURU is guided by values of peace, justice, equality, inclusiveness, free- speech, and democracy and offers programming and media access to those in our community who are underserved by commercial media.

GMCR/KURU provides great locally produced programs of music, culture, environmental issues, and public affairs, national and international news, culture and music programs in both English and Español, a wide range of music from our own music library: rock, pop, folk, jazz, blues, world, gospel, classical and more and supports other non-profits and community organizations through appearances on Local Flavor, our on-air community calendar, public service announcements, and underwriting.

The GMCR Board offers its gratitude to the Silver City Food Co-op Board, Management, Staff, and Owners/Customers for its generous support of our organization and all others gifted by the Co-op Round-Up Program!!!

Bayou Seco entertaining us on a rainy afternoon. With Jeanie McLerie, Ken Keppeler and Carolyn Smith

MAD Feb & Mar

Two Days of Your Choice

receive 10% 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 $20/year and you can recoup your membership by shopping just one **MAD**.

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

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 most Wednesdays & Fridays 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

The Apple Cider Vinegar Story

• organic and unpasteurized •

A Tale of Mineral Wealth and Health

By Tatiana Kurakin
&
Jim Druffel

Background and History

Knowledge of the curative powers of Apple Cider Vinegar dates back to, at least, the time of Hippocrates (460-370 BC), but for our story we'll fast forward to the late 1950's and to a Vermont physician and "country doctor" by the name of Deforest Clinton Jarvis (1881 to 1966).

Dr. D.C. Jarvis graduated from Vermont Medical College in 1904 and by 1909 began his medical practice in Barre, Vermont where he became intrigued with the "Folk Medicine" practiced by those farmers, dairymen, mothers, wives and others that he considered "close to the soil". A renaissance man that could play any instrument he picked up, creator of intricate jewelry and gifted with a simple, honest and engaging writing style, Doctor Jarvis was probably a great guy to party with.

He became interested in the practices of those "close to the soil" Vermonters,who for generations had been correcting health problems with practices outside of the "Organized Medicine" he had been taught in medical school. Concerned that these health practices (and the science behind them) were likely to be lost forever in the onslaught of the 1950's post war era, he set about recording them for his daughter and her future family. He was not interested in the "Garlic-around-the-neck" cures often associated with "Folk Medicine" medicine, but in the practical and effective use of kelp, honey, maple syrup, castor oil, corn oil, a long list of edible leafs, herbs and yes - Apple Cider Vinegar (ACV).

Most likely with the encouragement of family and friends, Dr. Jarvis turned his private collection of notes and observations into a book titled:

FOLK MEDICINE: A Vermont Doctors Guide to Good Health.

Imagine his surprise when this modest collection of personal observations, experiments, theories and scientific rationale became a New York Times best-seller for two years and was reprinted 12 times between February of 1958 and July of 1959, with over four million copies sold to date.

The use of Apple Cider Vinegar was prominently featured in his book and because of its effectiveness in mitigating (or eliminating) a wide variety of maladies, along with its low cost and simple and safe formula for usage, the interest in Apple Cider Vinegar went viral.

We can only imagine the good doctor's shock and surprise when in March of 1964, the Sterling Cider Company, selling a Honey & Apple Cider mixture described in his book, had $60,000 of inventory confiscated by the FDA for "promoting the product as a medicine". So much for Mr. Hippocrates and his admonition: "let your food be your medicine and your medicine be your food"!!!

Dr. Jarvis was not charged with any wrong-doing, but it must have delighted the nay-sayers of the Apple Cider Vinegar "movement" and certainly put a cloud over its popularity, but only for a while.

Mineral Depletion - The Slow-Motion Health Crisis (10)

In 1936, Dr. Charles Northern warned the US Senate (Document #264) that our soils were minerally depleted. Based upon research from Yale, Rutgers, Johns Hopkins and Columbia in conjunction with the USDA, he stated it this way:

"…Countless human ills stem from the fact that the impoverished soil of America no longer provides plant foods with the mineral elements essential to human nourishment and health ..." He goes on to say: "It is not commonly realized, however, that the vitamins control the body's appropriation of minerals, and in the absence of minerals they have no function to perform. Lacking vitamins, the system can make use of some minerals, but lacking minerals, vitamins are useless". Weighing in on the subject, years later, two-time Nobel prize-winner Linus Pauling (of vitamin C fame) comments, "You can trace every sickness, every disease and every ailment to a mineral deficiency". Both of these quotes are from Dr. Robert Thompsons' book *The Calcium Lie #2*.(1)

Going back to Dr. Jarvis for a moment, he states that the mineral and trace element content of human blood is very similar to sea water.(2)

So, it's hard to imagine that we'll get the full array of minerals from our plant friends if their mineral "diet" is limited to a few synthetically produced "fertilizers" containing only Potassium, Phosphate and Nitrogen and grown in increasingly sterile soils, as Dr. Northern warned.

The Science Behind Minerals

So, minerals and trace elements, in the opinion of Dr. Northern, Linus Pauling and many others, are critical building blocks of life and essential to vitamin formation, growth, repair, general metabolic health, nerve function and well being. Now let's bring on Hermann Aihara, the pioneer of macrobiotics in the USA, to add his perspective, and his further categorization of the major minerals contained in food as "Acid Forming" and "Alkaline Forming."

This distinction is a "big deal" in appreciating the Apple Cider Vinegar story, so bear with us as we dig a little deeper into the science:

The minerals of Sulfur, Phosphorous, Chlorine and Iodine in foods are actually ACID- FORMING when metabolized in the body.

Conversely, the minerals of Sodium, Potassium, Calcium, Magnesium and Iron in foods (which are prevalent in Apple Cider Vinegar) are actually ALKALINE-FORMING when metabolized in the body.(3)

This explains nicely how a lemon, which is very acid to the taste (or open wound) can actually be highly alkalinizing when metabolized. Why? Because it contains a powerful stash of alkalinizing minerals (potassium, calcium, magnesium and iron) in a citric acidic solution. It seems that these alkalinizing minerals are "preserved" in an acidic fluid. Nice trick on the part of Mother Nature to provide a balance of alkalinizing and acidifying influences.(4) This also explains how Apple Cider Vinegar works to mineralize and alkalinize the body and why, like Lemon, it counteracts the acidity (acidosis) prevalent in our "Standard American Diet".

This is not to say that Alkaline forming minerals in food are "good" and that acid forming ones are "bad". We need all of them and both of them so the body can adjust its Acid/Alkaline balance as needed to our ever-changing metabolism.

Now we come to the big unexploded nutritional bombshell that virtually no one is talking about regarding our mineral and Apple Cider Vinegar story, and here it is:

Only minerals in their ionic and water soluble state can pass through our cell membranes and be utilized.(5) Ionic minerals, by definition, are not clumped together with other stuff and are small enough to be admitted through the outer membrane of our cells. Furthermore, these ionic minerals have an electrical charge (positive) that draws them to our negatively charged cell membranes, where they get the red carpet welcome.

continued

So let's complete our scientific review by following the "mineral trail" and how bio-available minerals (ionic and water soluble) get into a teaspoon of Apple Cider Vinegar and finally, into you:

1.The mineral trail starts with the soil and its cast of characters, the micro-organisms. If they haven't been poisoned or fried by synthetic chemicals, these countless little "Soil-Alchemists" we call micro-organisms are attracted to the sugars that the plant roots exude for their little friends.(6)

2. In a timeless barter system, the roots feed their sugars to the micro-organisms, and in return the micro-organisms "feed" the roots with usable, dissolved minerals (think ionic, water soluble).

3. If the roots happen to be of an apple tree, then these "pre-digested" minerals travel from the roots to the leaves and branches for growth, repair, metabolism, and in the fall of the year, they are concentrated in the seeds and flesh for the next generation - *the apple*.

4. Next, we harvest and ferment the apples, converting their sugars first to alcohol and then to acetic acid. The acetic acid is not only anti-bacterial, but preserves the concentrated bio-available minerals (and enzymes).

5. Now we dilute the Apple Cider Vinegar with water and maybe add a little raw honey. When we drink this mixture, our own "gut biome" is now awash in the usable "building blocks of life". With minimal digestive effort, the minerals can be rushed out to our cells, the ultimate mineral "audience".

On a final note: While an argument can be made that there are other fruits and vegetables high in Potassium as well as other alkalinizing minerals, Apple Cider Vinegar seems to provide the highest concentration of bio-available minerals without the baggage of sugar and starches that accompany other sources. And while it can be argued that ACV does not supply minerals in great quantities, it is our suspicion that bioavailability may be more important than quantity. Most likely, the variety and proportion of ionic minerals and trace elements present in ACV would reflect those naturally occurring in Apples.(9)

These minerals and trace elements are also suspended in a positively charged acetic acid solution (versus a solid food) and may be a greater health benefit than the raw number of minerals listed on food labels!

Uses of, and How to Use Apple Cider Vinegar

If you were to ask Dr. D.C. Jarvis what Apple Cider Vinegar "cures", he probably would be at a loss to tell you what it doesn't "cure" (or help). Following is a short list of maladies addressed in his book and alleviated by Apple Cider Vinegar :

Overweight (obesity), Chronic Fatigue, High Blood Pressure, Sore Throat, Skin Problems, Poison Ivy, Shingles, Night Sweats, Shrinking Varicose veins, Impetigo and Ring Worm, for starters. His success with ACV in curing persistent Mastitis, an infection of the udder in dairy cows (and a sure "death sentence" for them) must have made him a local hero. Besides cows and people, he also had great success with race horses, hunting dogs, minks, turkeys and chickens!

Current Medical Wisdom cautiously supports Apple Cider Vinegar for the following health benefits: (7)

1. The anti-bacterial effect of Acetic Acid 2. Lowers Blood Sugar Levels and fights diabetes 3. Helps reduce weight and belly fat 4. Lowers Cholesterol and improves Heart Health 5. May have protective effects against Cancer.

As far as the dosage of ACV, nothing could be easier, or less dogmatic. Simply add one to two teaspoons (or more) of ACV to about 8 ounces of water, and if you wish, add two or so teaspoons of raw honey. You'll get all the minerals and good things in raw honey, namely: More potassium, plus iron, copper, manganese, silica, chlorine, sodium, phosphorous, aluminum, and calcium.[8] It makes a delicious drink using warm water on a cold morning and a great evening drink for the bedside table. How often should it be taken? About 2 to 3 times a day, more when you're stressed, less when you're not.

Suggestion: Use different brands of organic ACV and Raw Honey, they all have differing mineral profiles based on the local soils and flowers in bloom.

So that's it. Taking Apple Cider Vinegar kind of reminds us of the joke about playing a country music song backwards; you get your girlfriend back, your dog back and your truck back. Only with Apple Cider Vinegar, you'll have a good start at getting your health back and staying healthy, even if you already are !!!

References:

Note: Some of these sources may be out of print but should be available (used) at Abebooks.com. We recommend reading them all. They're packed with great info.

(1) ***The Calcium Lie #2*** by Dr. Robert Thompson. The quotes by Dr. Northern and Linus Pauling are from Chapter one, "Minerally Bankrupt". Pg. 12 and further supported on pg. 13 mentioning a 1999 Rutgers University study on the lack of vitamins and minerals in commercial fruits and vegetables (other studies by David Thomas and Donald Davis of U of Texas generally confirm this trend. Also see McCance and Widdowson's:"The Composition of Foods") Reference (5) on ionic minerals is on pg. 186

(2) ***Folk Medicine: A Vermont Doctors Guide to Good Health*** by Dr. D.C. Jarvis. The reference to seawater and human blood is on pg.133 of the hardbound book and appears in the chapter on Kelp. Reference (8) on the nutrients in honey also comes from pg. 97. Our only caution with the recommendations of Dr. Jarvis is with his use of Iodine from "Lugols" solution. We have not researched this.

(3) ***Acid & Alkaline*** by Herman Aihara. The Acid and Alkaline forming elements are listed on pg. 24 in a chapter titled "Acid and Alkaline - The Western Approach". Mr. Aihara leans heavily to the all vegetarian macrobiotic approach. This is a great book with lots of easy to digest science. However, we don't agree completely with his strict dietary approach.

(4) ***The Acid Alkaline Food Guide*** by Dr. Susan E. Brown. This easy-to-read book is a gold mine of current Acid/Alkaline findings and food listings. The lemon example comes from Pg. 53 and is backed up by a section titled "A Brief History of ph Food Analysis" pg. 66-69.

(5) See reference (1)

(6) ***Drawdown*** edited by Paul Hawken. In the section titled "Coming Attractions - Microbial Farming" pg. 200-201, the relation between plant root and soil micro-organisms is described.

(7) The website healthline.com carries the article titled "6 Health Benefits of Apple Cider Vinegar Backed by Science" by Kris Gunnars, BSc

(8) See reference (2)_

(9) ***The Journal of Food and Nutritional Research*** lists the mineral & trace elements in Apples, titled: "Monitoring the Element Contents of Three Different Apple Varieties in an Apple Tree" by Richard Horsley (and others)

(10) For the most comprehensive and long term evaluation of mineral depletion in foods, see David Thomas's summary of the McCance & Widdowson's voluminous study: "The Composition of Foods". Thomas's summary of the McCance & Widdowson study is titled "The Mineral Depletion of Foods Available to Us as a Nation (1940-2002)."

Vynce stocking the apple cider vinegars

See page 16 for Members Only 20% OFF Specials on Apple Cider Vinegars

Kids' Korner

Interesting February Facts

♥ The violet is February's flower.

♥ Amethyst is the birthstone for the month of February.

♥ Valentine's Day is celebrated on February 14th by people who are in love. Children also celebrate the day with cards of friendship and treats. Millions of people even buy their pets gifts on Valentine's Day!

♥ February is Black History Month in the U.S. and Canada, serving as a remembrance of important people and events in African American history.

♥ On February 10, 1962, Astronaut John Glenn Jr. became the first American to orbit the earth.

♥ Rosa Parks, civil rights activist, was born on February 4, 1913.

♥ Abraham Lincoln was born on February 12, 1809.

♥ George Washington was born on February 22, 1732.

Sharp Swiss

by Rick Stansberger

Saturdays sometimes
dad and I
would drive out
to Sugar Creek down the narrow farm roads
for cheese.

There, a bunch of families
made their own,
and we would visit one house
one week, another the next.

We were at Jakie's
in his basement shop that smelled clean
of milk and water
when he disappeared in the back
hauled out a huge wheel,
whomped it on the block,
and with a double-handed knife
cut two thin slices
dark as old parchment for us to taste.

"This is weeping cheese,"
he said. "The tears
are lactic acid. I age this one
a long time."

Sharp! Sharp!
It brought tears to our eyes—
smooth, nutty, creamy, harsh
oak leaves and butter,
cows moaning before milking,
horses snuffling in the fog.

"Five pounds,"
said Dad, and Jakie wrapped it.

"I want some
of what they bought,"
said a woman from the tour bus
that must have followed us in.

"Not for sale,"
said Jakie, hauling it back
out of sight.

I am Swiss like Jakie,
heavy, blunt headed,
fair complected.

The poems I make
are sharp,
and likewise not for sale.

Staff Picks

Christine Dalmedo

El Tablao Manchego Cheese

El Tablao has a“full-bodied, captivating flavor…a little goes a long way. I enjoy it as an addition to salads (green and grain), as an appetizer on crackers with Zoe’s Absinthe and Hatch Green Chile Salami, sliced cherry tomatoes and a touch of mustard, grated on fresh pasta or on its own!” Christine has worked here for nearly three years in produce, as well as grocery, making sure that our offerings are of the highest quality and fully stocked and, of course, assisting customers as they navigate the aisles of the SCFC. Her favorite way to spend time away from work is “forest walking and being with all things of the natural world.”

Garland McQueen

Alden’s Organic Orange Fruit Cream Bars

“Great taste, great treat. Reminds me of the ice cream treats my parents bought for my siblings and me as a child in South Carolina. Take one out of the box, unwrap and eat. Repeat, if desired.” Garland is our general manager, a position that he says, “doesn’t involve much.” Okay, sure, Garland! He’s been with us for six months, or a little more, as this issue goes to press. He’s a voracious reader, likes to travel when possible, and has visited all 50 states and worked in 21. Cooking is therapy for him. In fact, you can sample some of his culinary creations in the Co-op Deli’s Grab ‘n’ Go cooler.

Eric Brown

Boiron Arnicare Gel

Having worked here for one year in April, Eric considers himself to be a “wherever needed” employee who views “each day as a gift” and is “excited about learning everything.” He’s found Boiron Arnicare Gel to be a helpful aid that is useful for many conditions: Swelling of any kind, muscle soreness (“important in such an active community”), sunburn and bruising. “Just rub it on! It absorbs into the skin immediately and feels good. The only place to not use it is on broken skin and near your eyes.” Next time you see Eric in the Co-op, stop and say “hi.” He’s very approachable and “appreciates a good story.”

Grocery Department

Thirst Quenching Refreshments from Grocery Buyer Doug

Kombucha Town

Established in 2011, Kombucha Town is the first brewery to package their products in 16 oz. aluminum cans. This makes them infinitely recyclable because the cans are recycled back into more cans and they have a BPA-free lining, which means the contents never come into contact with metal. Kombucha Town's drink is perfect for all of your adventures, big and small. Because of their light weight, cans are easy to pack in and pack out when consumed, without risk of breakage. Enjoy all the refreshing benefits of kombucha while supporting a company with a commitment to helping society and the environment. Their drinks are brewed with caffeinated teas, so you'll get an energizing lift, but without the negative effects of a caffeine crash. Kombucha Town is a community conscious company that's committed to sustaining and improving society and the environment.

Take me to Kombucha Town!

RISE Nitro Cold Brew Coffee

Have you tried it? Think super light, refreshing stout beer meets iced coffee with a frothy head! RISE infused their coffee with nitrogen, giving it a creamy, sweet and refreshingly smooth taste. When you cold brew, you don't heat the beans so they don't release acidity, making them naturally sweet. RISE is organic, non-GMO and non-dairy. All packed in aluminum cans and all good!

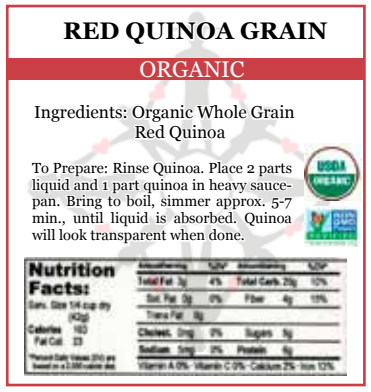
Ablis CBD Infusions

Ablis makes a focused line of all natural CBD infused, lightly carbonated beverages in Sparkling Lemon Water, Cranberry Blood Orange, and Lemon Ginger flavors. Hand crafted in Bend, Oregon, using GMO-free ingredients, all drinks are infused with 99.9% pure CBD hemp. Ablis offers a clean sustainable product, locally sourcing ingredients whenever possible. This company, established in 2011, holds the health and well-being of their customers at the heart of the business.

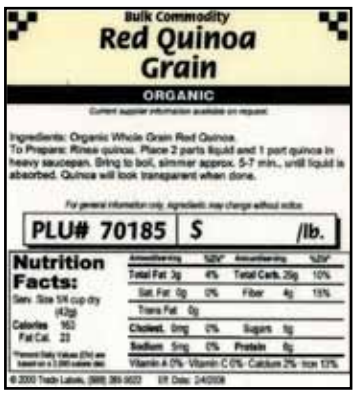
All available in the front drink cooler

By Evan Humphrey

New UNFI Bulk Bin Labels!



New Label!



Old Label

Bin labels are an important component of the bulk department. They communicate crucial information such as ingredients, organic certification, and sourcing. Our UNFI (United Natural Foods) bin labels were over 10 years old. A lot can change in 10 years, so I felt it was prudent to update all of these labels. Out of the 270 different products in the bulk department, about 60 are sourced through UNFI.

Rather than provide the labels free of charge like most of my independent distributors do, we must purchase them from a third party called Trade Labels. The one advantage to this is that we can customize these labels to look however we want!

You can see what the new UNFI bin labels look like here. When you come across these new labels, please be aware that these are still the same products you are accustomed to purchasing. The labels have simply been updated.

These Bags Have Many Uses . . .

Help us to recycle our empty paper bulk bags! These can be re-purposed as trash bags, mulch, papier-mâché, packing material and much more! See a staff member if you are interested in taking some home with you.

Hummingbird Bulk Red Kidney Beans

Cacique Quesadilla Cheese

Red Kidney Bean Chili

Serves: 4

1 tablespoon vegetable oil
1 small onion, diced (approximately ¾ cup)
½ green pepper, seeded, cored & diced (approximately ½ cup)
2 celery stalks, diced (approximately ½ cup)
3 tablespoons chili powder
1 teaspoon ground cumin
¾ teaspoon kosher salt
½ teaspoon ground pepper
1 can (28 ounces) crushed tomatoes
3 cups cooked kidney beans
2 tablespoons tomato paste

Steps:

• Heat the oil in a large saucepan over medium-high heat.
• Add the onion, green pepper and celery; sauté until tender, about 8 minutes.
• Add the chili powder, cumin, salt and pepper; sauté 1 minute.
• Stir in crushed tomatoes, red kidney beans and tomato paste.
• Bring to a boil, then reduce the heat to low and simmer uncovered, stirring occasionally, 15 minutes. Can be made up to 3 days ahead and freezes well up to 3 months.
• Serve hot with toppings such as ***Cacique Quesadilla Cheese***, diced onion, avocado, sour cream and scallions.

BULK Weigh-in

2 U From Your Board . . .

Consider Service to Silver City Food Co-op as a Board Member

Our true destiny...is a world built from the bottom up by competent citizens living in solid communities, engaged in and by their places. ***David W. Orr***

By: Kristin Lundgren with contributions from Jennifer Johnston and Gwen Lacy

It's that time of year again! Board elections will be coming up in no time, so we are getting our recruitment hats on. We'll have up to 5 board position openings (after a change in the bylaws that supports having up to 9 board members!) and we want to fill them with a diverse group of folks with diverse skills that will support our Co-op's sustaining presence.

What do we need from Board Members?

The board recently had a conversation about what we are looking for in oncoming board members and compiled a list of qualities and skills that would support our work. The first and most important thing is an ability to work collaboratively with others. This means being able to work in committees together, practice policy governance cooperatively, and use respectful communication through decision making processes. Here's a list of some other qualities that could help our board grow:

- Ability to work collaboratively with others is the most essential quality.
- Board Development, Training and Recruitment
- Conflict Resolution/Mediation
- Real Estate- local knowledge
- Development- fundraising, grants, funding source contacts
- Finance and Lending- for advice and relocation loans
- Local business owners
- Young people- next generation vision
- Education- community outreach- events coordinator
- Willingness to understand and follow policy governance

What workload can you expect as a board member?

- **Monthly board meetings:** The official business of the board is conducted in monthly meetings which last about two hours. The board uses consensus decision making.
- **Board committees:** Each director is expected to participate in two of the four standing board committees, which typically meet monthly. Committees are: Board and Manager Evaluation; Finance; Member Connect; Recruitment, Orientation, and Development
- **Special meetings and trainings:** Each director is expected to participate in special meetings, which include: Evaluation sessions, member forums, the co-op's annual membership meeting, and trainings as set by the board.
- Spring and/or fall retreats: One or two retreats are held each year to build teamwork or work on a specific task related to the strategic plan.
- **Regular preparation, attendance, and active participation:** Time spent on board work by individual directors varies, but most directors spend about three hours each week, which includes board and committee meetings, task completion, email discussions, and reading of relevant materials.

What is required to become a board member?

- Be at least 18 years of age.
- Be a Silver City Food Co-op member-owner, in good standing, for at least 90 days prior to the end of the voting period. NOTE: Household members who are not the member-owner who signed the share certificate are ineligible.

What are the perks of board service?

- Board members are compensated with either a 20% discount, or a $70 monthly gift card to the Co-op. Officers receive a $75 gift card and the president receives a $90 gift card. Also, some ordinary and extraordinary expenses incurred by board members are reimbursable, such as mileage beyond 75 miles per month, about $10/month for internet/phone/computer costs, about $75/year for paper and toner costs (printing), and up to $200/year for dependent costs. Also, out of town board trainings are reimbursed for travel, food, and lodging costs.
- To support younger board members with families, we've also set aside funds for childcare.

If you are interested in running for the board, we strongly suggest that you attend a board meeting so you can gain familiarity with the work we do. In addition, we strongly encourage you to have a conversation with current (and alumni) board members. All of the board members are available by e-mail. If, after those two steps, you'd still like to run for the board, submit your candidate statement to ***johnstonjenny40@gmail***.com by March 4!

Important Election Dates to Remember:

Candidate statement deadline	*03/04/20*
Candidate orientation session	*03/16-20/20*
Printing deadline for ballots	*04/01/20*
Voting begins	*04/10/20*
Meet the candidates in the store	*04/10-24/20*
Voting ends	*04/24/20*
Last mail-in ballots counted	*04/30/20*
Election results and term lengths for new board members announced	*05/01/20*
General Membership Meeting (introduce new board members)	*05/10/20*
New board member orientation	*05/06-13/20*
New board seated at May meeting	*05/20/20*

Now, for context, here are some blurbs from our two newest board members to share about their first year of board service!

Gwen Lacy

The main reason I decided to run for the Co-op Board this time last year was the fact that for me and my family, the Co-op is the keystone of our community. It is where we gather our sustenance both organically and communally as members. It just made sense to want to give back. In preparation, slowly but surely, I first became a Board Member in Training. This was very enlightening and helped me to envision ways that I could contribute via my prior co-op, board, professional, and overall life experiences.

Laurie Anderson
President

Kristin Lundgren

Scott Zager
Treasurer

Shanti Ceane
Secretary

Jennifer Johnston
Vice - President

Julianna Flynn

Gwen Lacy

In the past year I am grateful to report a major successful undertaking by this Co-op Board that I was able to be a part of. Collectively, with board committee members and input from the Co-op staff and membership, we effectively amended the Co-op By-laws. The amendments passed with flying colors and have allowed us, among other things, to lease the Quonset hut on the Pope Street property.

I look forward to these continued collaborations as we inch closer to major decisions and milestones for the Co-op in the coming year. These are certainly exciting evolutionary times for our Co-op. I encourage anyone contemplating a run for the Board to do so and embrace the myriad of challenges and triumphs inherent in board service.

Take the leap for your community, there will never be a better time.

Kristin Lundgren

One of the things that drew me to Silver City was that the sustaining presence of a member-owned food co-operative in a rural community seemed a sign of the community's care and commitment to ecologically and socially ethical food. It is truly incredible that the Silver City Food Co-op is such an important presence in our community.

I have grown increasingly interested in the last years with the importance of member and worker-owned cooperative businesses as a transformative way to reimagine and regrow rural economies. Last year, when I decided to apply for the board, I did so with hopes that I could be of service to this business that nourishes my family and that it would be an experiential learning opportunity for me within the cooperative world, (After working with Aldo Leopold Charter School the last 4 years, I strongly believe in experiential education as having the strongest learning potential.) It has, most definitely, been a deep and worthy learning experience. From communication strategies to the collective overseeing of our business to collaborative growth and support, this board term has brought lots of insight and opportunity for growth and expansion.

I strongly encourage folks who care about our co-op and are interested in learning and being part of the cooperative process to inquire about becoming a board member. I jumped on board late in the election process last year and didn't participate in the Board Member in Training program, but, if you are curious about the board and want to give it a go, I encourage using this program to get a good feel for our board's work before you dive in.

If you feel called to this work, we would love to have you. Cooperative businesses are the way of a resilient rural future!

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
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.

Board of Directors

Laurie Anderson/President
Board Term: 2017-2020
laurindaa713@gmail.com

Jennifer Johnston/Vice-President
Board Term: 2018-2021
johnstonjenny40@gmail.com

Shanti Ceane/Secretary
Board Term: 2018-2021
shantifo@gmail.com

Scott Zager/Treasurer
Board Term: 2019-2022
sczager1959@gmail.com

Julianna Flynn
Board Term: 2019-2022
juliannaflynn8@gmail.com

Gwen Lacy
Board Term: 2019-2022
glacymail@gmail.com

Kristin Lundgren
Board Term: 2019-2020
klundgren2@gmail.com

February

Members Only Specials

February 5 - March 3

20% OFF! listed prices

Hummingbird Bulk
Apple Cider Vinegar
reg $2.49#

Newman's Own
Mints
Assorted, 1.76 oz
reg $2.39

Emperor's Kitchen
Chopped Garlic
4.5 oz
reg $3.59

Home Health
Rose Skin Lotion
8 oz
reg $8.69

Bragg's
Apple Cider Vinegar
reg 16 oz $3.99
reg 32 oz $6.99

Solana Gold
Apple Cider Vinegar
32 oz
reg $6.19

Hummingbird
Bulk
Red Kidney Beans
reg $2.69#

Emperor's Kitchen
Chopped Ginger
4.5 oz
reg $3.99

Cacique
Quesadilla Cheese
10 oz
reg $5.49

Home Health
Wool Flannel
18 x 24 in.
reg $13.99 each

daiya
Dairy-Free
Chocolate Cheezecake
14.1 oz
reg $7.99

Olbas
Pastilles
27 drops
reg $6.99

Co-op Deals

flyers available on our website www.silvercityfoodcoop.coop and at the front of the store

Now!