



Silver City Food Co-op Garbanzo Gazette

MAD!

Volume 21

✧ Your Monthly Newsletter ✧ November 2021

Co-op Hours:

**Mon. - Sat.
9 am - 7 pm**

**Sunday
11 am - 5 pm**

**575•388•2343
520 N. Bullard St.**

LOOK INSIDE!

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**YOU
ARE
WHAT
YOU
EAT**

Co-op Protests Don't Tell the Whole Story

by Scott Zager
Board Treasurer

The board for the Silver City Food Cooperative sees the co-op as a three-legged stool, each leg is vital to keep upright: 1) good fiscal management to protect co-op assets and capital, 2) fulfill member-owner desires for products, services, and other objectives (environmental protections, service to community, and other cooperative principles), and 3) provide staff with living wages, benefits, and a good work environment.

Our store is a strong, healthy business. As we relocate and expand, existing debt is paid off. We pay staff at levels that are above average for New Mexico and have given many bonuses to employees.

Our new business plan is solid. Market studies show expansion is affordable. Prospective business loans are within our budget. A larger store will offer more affordable products, provide a better work environment, pay at a living wage, and offer benefits.

We owe a great debt to our staff, who are essential employees during the pandemic and courageously show up to work at great personal risk. They were on the front lines when the store complied with controversial health and safety procedures. Communication has suffered because normal human interactions are difficult. Staff weathered uncertainty during a year when we had four different managers. The supply chain was seriously strained, and many shelves were empty.

Yet, sales increased substantially. Our customers made fewer visits to the store, but their basket sizes were larger. The store only allowed 8 customers to shop at one time, so at times the outside lines were long.

The staff offered curbside pickup and other services to our customers. Our staff worked hard and gained efficiency. These stresses affected staff morale and were exhausting.

Success can be attributed to Kevin Water's professionalism. The board chose Kevin as general manager after a national search for the best candidates. The selection committee was comprised of board members, member owners and two elected staff. We interviewed local candidates and others outside of our community.

Kevin was offered the job because of his merit, his professional experience, and his understanding of cooperative principles. He moved his family to Silver City and started work just as the pandemic hit retail businesses hard. During that time, he navigated pandemic regulations, prepared a new business pro forma, obtained market studies, hired store designers, consulted with grocery experts, improved the store's credit ratings with suppliers, negotiated favorable business loans, paid off existing debt, and saved funds for capital improvements.

He did these and countless other duties, quietly and largely behind the scenes. Furthermore, he completely rewrote the employee handbook (which is awaiting staff input and suggestions for additions). He has improved grievance reporting procedures that involve a review committee composed of managers and employees. He has hired an independent Human Resources (HR) consulting group and has followed their recommendations on several occasions.

In a recent, anonymous survey, staff cited several concerns about improving general communication, grievance procedures and employee evaluations. As required by board policies, the general manager presented a plan that addressed these concerns.

These included more meetings with department heads, frequent one-on-one meetings with all individual staff, job descriptions, more clear expectations, employee evaluations, and improved grievance reporting procedures. Kevin Waters has conducted his duties professionally, ethically, and with compassion. He is a good manager and a good man.

During this time of unprecedented stress, staff turn-over was about 40% (typical for the grocery industry, and well below grocery industry average in 2020).

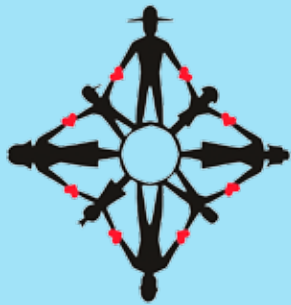
A few former employees have been loudly unfair in voicing their complaints. Many of their claims have no basis in truth. Claims of corrupt management are false. The coops books are reviewed by two independent accounting firms. Sexual harassment is not tolerated by management or the board of directors, who must respond to any illegal activity. Any such claims would be investigated thoroughly and appropriately addressed. Claims of racial discrimination are untrue. The coop's staff are representative of the community's demographics. The Board has an Asian-American employee as a board director. There are several staff of Mexican American and Euro-American descent. The general manager's wife is Native American. There is a balance of male and female employees. At least three staff members are over 70 years old. Claims of discrimination, unfair labor practices, corruptions have no basis in fact and the protestors who make these accusations are wrong.

Our patrons trust the coop. They appreciate staff efforts to maintain a safe and healthy store. They love the friendly faces and comradery in the aisles and at the check-out lines. The future relocation and expansion of the store is promising. What problems we do have are being addressed appropriately. We on the all-volunteer board are working diligently to ensure that our food cooperative is an even more awesome place to shop and work. Thank you for supporting the Silver City Food Cooperative.

1836 member/owners strong and counting . . .

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop
575.388.2343

Store Hours

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

Vision Statement

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

Seven Cooperative Principles

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

Kevin Waters

General Manager

The Garbanzo Gazette

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Submissions are welcomed!

Submit letters, articles, or items of interest to:

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Unfiltered Waters

by Kevin Waters
General Manager

After much effort and diligence, the financing that we have pursued from NMFA is now at the tail end of a rigorous closing process. All that remains is document review and sign. I want to give a re-cap and some details about how we got here.

It was roughly one year ago, that the board of directors approved the revised approach to the store design and build process, based on an updated market study, pro-forma and competitive analysis. Integrated into the design would be intentional choices made by professionals to capture the sales that the market study and analysis predict are possible. Also in the design would be any number of priorities that Co-op membership, and employees expressed during prior store visioning. The store design process is far from over, and soon these things will come together. All of our priorities will come with different price tags, so over the course of the design/build, we will make decisions to honor the vision, as well as get the vision done on time and on budget!

Once the decision was made to move forward, I began to seriously investigate options for financing, some I was already in discussion with. Over the last year, conversations with various entities including cooperative banks, local hometown banks, credit unions, the Small Business Administration, have not yielded results. Without going into detail, suffice to say, cooperatives are at a disadvantage in securing large loans, and the prior financial results of our Co-op were not helpful. Grant possibilities, other government programs have been investigated to little potential result. After a statewide zoom call promoting various financial entities and their lending and grant programs, I followed up with multiple organizations. When I connected with NMFA, I realized this was the outlier that would allow us as a co-op to pursue the amount of financing we need, at below market interest rates and flexible qualifications. The board of director's re-affirmed seeking financing in February, membership was notified, and I have pursued the NMFA New Market Tax Credit Small Loan Pool Financing option with intensity ever since. Eight months later we are now at the signing stage of this pursuit. Believe it or not, that is fast. First there was a rigorous application process, and our project had to be reviewed and meet guidelines to even be considered by committees of NMFA. We had to pass muster with a financial merit committee, a community benefit committee, and then the entire NMFA board of directors. A critical piece of the merit of our project was having a General Manager with 25 years grocery management experience, including two remodels/grand openings, and our improving financial picture. As well, our board president is a structural engineer and certified project manager. Once approved for the next phase, we completed a series of hurdles, including multiple appraisals, environmental reviews, structural toxic material studies, title and deed research, financial certifications, and multiple surveys, just to name a few. Additionally we researched and selected a qualified contractor with a demonstrated history of completing projects as complex as a grocery store, who also had design/build capability, and would agree to a Guaranteed Maximum Price on a design/build contract. All this stuff was mostly handled myself, to allow other management team members and employees to maintain focus on their core store responsibilities. The decision was made earlier this year, that to grab on to this opportunity, I would have to commit significant time to it. Once we started it was going to move fast. But I have maintained a focus, that the new facility is what most benefits employees and members, and that this source of funds was clearly the most advantageous. We weren't promoting every

cleared hurdle, because at any point, the whole endeavor could go sideways, and we would be back to square one. A better square one than two years ago to be sure, but still, I was wary of getting hopes up when I knew it could all fall apart at any time. All the way up to five weeks ago, when we got the news that contrary to conventional wisdom, there HAD been a dry cleaner on the Pope street property in the 1940's and just as any bank would require, a Phase II environmental study was now obligatory. That meant digging holes on the property and looking for potential contamination. The Phase II results could have stopped the project completely two weeks ago. But it didn't! We were 100% in the clear and moving forward. And since it is now really, really, real, let's talk about it!

What makes the NMFA loan so good? NMFA was created by the New Mexico legislature initially to fund infrastructure projects. It has since broadened to include other public and private projects that have to meet community benefit standards. The particular funding we are receiving is New Market Tax Credits. This funding is available only in designated low income census tracts. The funding is only for projects that can prove their benefit to the community, as mentioned before. The funds come from large institutional investors, who receive tax benefits for investing in low income community projects. NMFA has to meet a minimum of fiscal benefits to the borrower, relative to traditional bank loan. For our loan, the benefits are:

- Lower than market interest rates
- Longer than standard period of interest only payments
- Higher than standard loan to value ratio
- Longer than standard amortization

There are also no fees or points on our NMFA loan. Just this fact alone essentially paid for most of our other closing costs. Our loan amount is \$2,000,000. Projected interest rate is 3.75%

The advantage of a longer than standard interest only payments, is that for 7 years, our monthly payback will be at or below 1% of estimated store sales. I have seen recent comparable Co-op loans with monthly paybacks at a rate of 2.5% of store sales. There is a huge benefit to be able to have the flexibility to make adjustments to our business if projections are way off. It will also allow us the cash flow to relatively comfortably provide employee health and retirement benefits, even in a scenario with less than expected earnings.

What is next?

Design completion will begin very soon and in conjunction with that, the interior demolition of Pope street building will begin as soon as December. Actual construction will begin sometime later in the first quarter of 2022. My idea for a 4th of July grand opening accompanied by fireworks is probably a bit too aggressive, but we will update as able.

Now that the project is financed, the details on the stages of the project, from design status to new employee hiring, will be communicated more frequently than in the past. Cause there is no going back now! We intend to have a clear communication platform for employees and members alike to be updated. There will also be communication and collaboration on aspects of the project that impact employees directly. From inventory choices, to product signage and labeling, to marketing, to some equipment choices, communicating on these items will be a necessity, and we will need help and input from many. It is a bit early, but you will see this taking form in the next few months.

MAD

Member Appreciation Days

November - December

Any two Trips of your choice to save **10%**

25% Maximum Discount

(excludes mark-down items & Mary's turkeys)

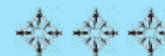


Become a member and save!



Silver City Food Co-op Staff

Judith Kenney outreach/GG	Joy Kilpatrick receiver
Dougan Hales produce/bulk	Judy Kenneally deli
Kate Stansberger supplement buyer	Clorissa Holguin cashier/stocker
Jake Sipko produce manager	Vynce Bourné bulk buyer
Carolyn Smith deli manager	Kevin Waters gm
Carol Ann Young GG/office	Lauren Christensen cashier/stocker
Becky Carr dairy buyer	Andrea Sandoval cashier/stocker
Jess DeMoss POS manager	Eva Ortega cashier/stocker
Misha Engel frozen buyer	Isabella Mata cashier/stocker
Marguerite Bellringer finance manager	Elizabeth Gonzales cashier/stocker
Kim Barton POS	Taylor Preusch cashier/stocker
Doug Smith grocery buyer	Molly Gibson cashier/stocker/deli
Tinisha Rodriguez HABA buyer/POS	Roxanne Gutierrez cashier/stocker
Mike Madigan am	Gini Loch cashier/stocker
Marchelle Smith deli	



Round Up Application Process has Closed

Thanks to all the organizations who submitted applications for the 2022 Round Up Program. Our Member Connect Committee is convening this month to make selections. Selectees will be notified by the end of November.



Kitchen Meditations

Navel Orange Salad with Avocado

Ingredients:

3 cups mixed baby greens
4 navel oranges, peeled
6 oz. avocados, from 1 large or 2 small, sliced
¼ cup sliced red onion
Kosher salt and pepper
For the Citrus Vinaigrette:
3 tablespoons fresh-squeezed orange juice, plus 1 teaspoon orange zest
2½ tablespoons red wine vinegar
¼ cup olive oil
1 teaspoon Dijon mustard
1 teaspoon honey
Kosher salt and freshly ground black pepper to taste

Instructions:

- Arrange the lettuce on a large platter or bowl, or divide between 4 large plates.
- Cut the oranges into ¼ inch thick round slices
- Arrange oranges, avocados and red onion in and around the lettuce and season with salt and pepper.
- Whisk together the ingredients for the vinaigrette, taste and adjust salt and pepper as needed.
- Serve vinaigrette on the side or drizzled on top of the salad.

Gomen Ethiopian-Style Collard Greens

These collards can be served as a vegan main dish or as a hearty side.

Serve with a flatbread of some type

(possibly Injera, a traditional crepe-like bread common in Ethiopia.

A recipe for Injera (Ethiopian Sour Flatbread) can be found online at thespruceeats.com

Ingredients:

2 bunches collard greens (1 1/2-1 3/4 pounds), stemmed and finely chopped
1 cup minced red onion
2 tablespoons water
¼ cup extra-virgin olive oil
2 tablespoons minced fresh garlic
1 medium tomato, very finely chopped (almost pureed)
1 medium jalapeño pepper, sliced
1 teaspoon each ground cardamom and cumin
¾ teaspoon sea salt

Directions:

Step 1

Bring a large pot of water to a boil over high heat. Add chopped collards and cook until soft, about 15 minutes. Drain well in a colander.

Step 2

Add onion and 2 tablespoons water to the pot and cook over medium heat, stirring often, until the onion is translucent, 4 to 5 minutes. Add oil and garlic and cook, stirring, for 1 minute. Add tomato and jalapeño; cook, stirring a few times, for 5 minutes. Add collards and stir, cover and cook, stirring once or twice, for 10 minutes.

Step 3

Reduce heat to medium-low. Stir in cardamom and cumin, cover and cook for 3 minutes. Remove from heat. Stir in salt.

painting by Jean Bohlender *Arranging the Bounty* Oil, 30 in x 24 in

We were all recently graced with this wonderful capture of a day in the life at the Co-op. Longtime Co-op member Jean Bohlender painted *Arranging the Bounty* over a period of eight months. This got us thinking that as we prepare for a new era for the Silver City Food Co-op it would be nice to collect other expressions of our current home. It's one way, of many, to bring the heart and soul of our Co-op with us, when we travel down to the new location.

Interested?

Contact mike@silvercityfoodcoop.coop for more information.



Jake's November Produce Picks

Collard Greens

Collard greens have earned a long-held reputation as a diet staple of the American South. In fact, this leafy, nutritious food from the broccoli and cabbage family is the official state vegetable of South Carolina. In a study on vegetable intake in the southeastern United States, collard greens ranked fourth behind sweet potatoes, mustard greens, and kale. Considered a superfood, there are records of people eating collard greens dating back to the time of the Greeks and Romans. However, enslaved Africans in America are credited with creating cooking methods and African-inspired dishes that have lasted over generations. In addition to being tasty, there are many health benefits of collard greens.

People often don't consider how their environments and daily habits can damage their bodies. However, processed foods, pharmaceuticals, and pollutants can place undo stress on the body over time. Collard greens can help counter some of this damage by reversing the effects on your internal systems. They contain natural sulfur compounds called glucosinolates, which clean the liver, eliminating toxins from the cells and eventually from the body. Additionally, collard greens protect your DNA from harmful chemicals and free radicals. They activate detoxifying enzymes already present in the body. In addition to being less expensive than most other cruciferous vegetables, including kale, collards have proven to be one of the most effective antioxidant foods.



A Collards bouquet!

Navel Oranges

The Navel Orange originated from a single tree that was planted in Brazil in 1820. This tree had a mutation, causing two oranges to be produced within one single piece of fruit. The second orange, developing at the bottom of the fruit, opposite the stem, is where the navel orange gets its name, as that second orange vaguely resembles a human navel. The secondary orange is of vast importance, because it causes the orange to be seedless. Since these fruits lack seeds, farmers had to use techniques like cutting and grafting to continue producing the tree. As a result, every navel orange can be considered a product of that single tree planted over 200 years ago! The Navel Orange stands alone as the ultimate orange for eating out of hand. They are easy to peel and deliciously juicy, bursting with fresh citrusy flavor. Neither overly tart, nor sweet, Navel Oranges produce outstanding juice and are easily segmented to share with friends - that is, if you're willing to share.



Becky's November Dairy Pick

Summerhill Farm Goat Milk



Among the first domesticated animals, goats were adapted from the wild bezoar ibex in western Asia. Wild bezoars still inhabit their ancestral home in the steep, forest-covered hills that stretch across the regions of the eastern Mediterranean, Turkey, and Asia Minor. Beginning between 10,000 and 11,000 years ago, Neolithic farmers began keeping small herds of ibexes for their milk and meat; dung for fuel; and hair, skin and sinew for clothing and building materials.

Personable, gentle animals, goats thrive, as we all do, with plenty of healthy food, clean air and love. This is exactly what they get at Summerhill Goat Dairy in Hanford, California where 1,000 goats live on 100+ acres of land, having access to indoor facilities as well as outdoor areas at all times. In the United States, goat milk is largely considered a specialty item, but almost everywhere else in the world, it's a different story as more than 65 percent of the world's people drink goat milk. Did you know that goat milk contains more calcium and protein than cow milk? Also, some people with sensitivities to cow milk may not be allergic to goat milk. All natural milks contain lactose, a milk sugar that consists of glucose and galactose, and because goat milk has less lactose than cow milk, many people find that they can digest goat milk more easily. It's a wholesome, delicious alternative to traditional dairy or plant-based milks.

Summerhill Farm Goat Dairy has been family-owned and operated for more than 20 years. Their goats live just a short walk from the state of the art milking parlor and creamery. It's surely a team effort. Goats produce the milk and people bottle it, all under one roof. Simple.

November 3 - November 30 • Members Only • 20 % OFF • In the back dairy cooler

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their September service.

Jane Papin • Tim Garner
Tammy Pittman • Sue Ann Childers
Monica Rude



Renew
your membership
and reap
the rewards!

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

Silver City
Food Co-op
Gift Card



Give a
gift card
to a friend!

Give the gift of health,
nourishment and taste.



Round Up Donation Program

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

Round Up for November

The Commons

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



September Round Up \$1150.00

GMCR

*Gila Mimbres
Community Radio*



is so grateful to the Silver City Food Co-op for their Round-Up program that supports our local community and to all the members and customers who rounded up in September for GMCR/KURU 89.1 FM! These Round Up funds will be used to support our work of providing a platform for community building by offering a venue for local non-profits, community organizations, students, and underserved members of our community to share and communicate their work, ideas, thoughts and perspectives to improve the quality of life in Grant County and beyond.
Thank you!!!

Round Up for December

Virus Theater

Virus Theater creates relevant, original live theater that is accessible to our diverse community and provides educational opportunities for adults and children in the performing arts. The Round Up funding will be used to support youth theater programs.





Update: Recycling at the Co-op and the Community at Large New Winter Hours for Recycling Drop off at 305 S. Bullard Street And Can You Provide a Home.....?

by Sue Ann Childers

Saturday November recycling dates are November 13 and November 27, 12noon - 2pm

Volunteers are there to unload your items. Please do not leave recyclables any other day or time as volunteers would not be available and items would have to be thrown away.

Please refer for more detailed information:

e-mail: silvercitynmrecycles@gmail.com to become a volunteer and/or receive updates

Facebook group: Silver City Recycles

e-mail: info@t2t.green

Website: T2T.green

Can You Provide a Home and Help Us Repurpose Packing Materials?

We are on a mission at the Co-op to find "homes" for the packing materials that are received in the weekly grocery shipments.

Pictured are two products that need homes: TempGuard and Polar Tech
Refrigerant Packs

TempGuard is craft paper stuffed with pulverized paper fibers, measures approximately 13 to 16 inches x 36 inches and is used as an alternative to Styrofoam, polystyrene foam boxes and metal-ized/foil lined bubble wrap. The Co-op receives 3-6 TempGuard packs a week.

Websites describe Tempguard as "recyclable curb side packaging solution for cold chain transport" and when used with gel ice packs, products maintain temperature for 12-24 hours.

Not all communities recycle paper products, so.....

At our house we use TempGuard around the edges of our compost to help retain moisture and provide a boundary. My husband and I recently used it to insulate the disturbed soil and concert work around a support footer we were patching.

It seems TempGuard would be an excellent yard and garden weed control. What are your ideas? Polar Tech's Moisture Safe Cold Packs are made of durable non woven polypropylene fibers that wick away moisture and reduce condensation. They are filled with gel refrigerant made with non-toxic ingredients listed as FDA GRAS (generally recognized as safe).

Additional info can be found at info@polar-tech.com

**Contact: judith@silvercityfoodcoop.com
575-388-2343**



**DOUBLE UP
FOOD BUCKS™**
2 for 1 on
Local Produce
everyday
with your EBT card

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!**

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



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

"We tend to misunderstand the link
between joy and gratefulness. We notice that
joyful people are grateful and suppose that
they are grateful for their joy. But the reverse
is true: Joy springs from gratefulness."

BRENE' BROWN



LOTUSCENTERSC.ORG

Our Co-op Roots, 1974

The Silver City Food Co-op started as a buying club in 1974. All food was pre-ordered from People's Warehouse in Tucson. There were various trucking collectives from Tuscon that delivered to Silver City at different times. The "Snowflake Family" and the "Bear Family" were trucking collectives at this time. The buying club operated out of Beth Menczer's checkbook. The food order was divided on David and Susan Berry's back porch.

Important players included Beth Menczer, Bill Carlis, Gail Stanford, Herbie Marsden, Cindy Ruth Soucy, and David and Susan Berry. At some point, Gail Stanford suggested a Board of Directors be formed and, then, the constitution was written by Bill Carlis. By the end of 1974, the members agreed to have a storefront and Beth's studio, located in what is now David and Susan's kitchen became the first storefront open to the public in early 1975. All labor was volunteer.



Mitzi Perkins at the original store site.
Don Perkins hand carved the sign.



L to R: Elaine Roybal, Jackie Staigers and ??



L to R: Bob Langsenkamp, Susan Berry,
Susan Nelson Perkins and Travis.



General Membership Meeting,
May 4, 1975

From Nancy Brennan:

Jack and I met through the Co-op! I was one week new in the area and Jack was working his second summer here. He got my name and address from the bulletin board at the Co-op in 1977 when it was located in David and Susan Berry's basement. I was advertising for a backpacking/hiking friend. We tentatively planned a backpack trip with his cousins, Bob Langsenkamp and Sally Strong. I told Jack that I was coming to Silver City to work at the Co-op soon and we could meet each other afterward and take a hike in order to see if we were compatible. We've been married 41 years! And we're founding members!

- Nancy and Jack Brennan

FROM THE PAST

Changing, Growing, Learning

• The Move to Broadway, 1977.

In 1977 the buying club moved to a more visible location at 108 East Broadway and opened the store to non-members. Jim Goodkind was the manager, food deliveries came once a month, and sales were close to \$26,000 that year. A few years later the buying club took a big step and incorporated as a non-profit corporation under New Mexico state law and became the Silver City Food Co-op.



108 East Broadway



Faith Ward offering free samples
1984



Sonja Montoya and her baby
perusing the herb section at the
Broadway store, 1981



Cashier: Mary Touton-Namack
Customers: Anna Stites & baby Rohan
1981



Don't become a basket case this season! Own the basket! Members Only Raffle

Throughout the month of November, all Co-op members are eligible to enter a raffle for a gift basket featuring products that can help ease the pressures that frequently arise for people during the holiday season. Sign-up slips are available to fill out at the front of the store. The last day to enter is November 28th.



The winner will be announced on December 1st!

Autumn's Bounty

As we advance through Autumn in the northern hemisphere, there is a sense of contraction and everything moves toward the earth. Leaves are falling, the last fruits are ripening and earth's creatures prepare for the stillness of winter. In October we were still able to partake of summer's green bounty, but as November comes on, winter squash, brussels sprouts, and all root vegetables come into their own, along with apples, cranberries, pears, kumquats, pomegranates and oranges (to name some). Stock your spice cabinet with fall's abundance of fennel, thyme and rosemary, and warming spices such as cinnamon, nutmeg, cardamom and clove. There is much to choose from! How do we prepare these enticing, health-supportive foods? Baking and roasting are cooking methods well-suited for the cooler seasons as they result in dishes that are deeply warming and sustaining.



Shared Poems from Staff

Buffalo Bar, Silver City NM 2002 by Dougan

Autumn afternoon golden
under seamless sky.
Walking past the Buff
a current of stale beer,
cigarette smoke and cleaning fluids
wafts from open door.
Jukebox is cranking Highway to Hell.
Full throttle choir of whiskey voices
bellows off-key chorus.
Someone in the dank depths is howling.

Autumn by Jake

Zephyr winds bring seasons of change
Leaves blow like winds of rage
Days to respect the dead
Foliage turns yellow and red
Chilly breeze creeps to the bone
Walk through fields stumped with stone
The dead rise from most hallowed ground
Cemetery screams an awful sound
Rise to perdition the realm of dead
While you sleep sound in your bed
Harvest, celebrate those whom have passed
Autumn is here at last!

The Rocks by Tuan

I wish I could make things better
I wish I could be more solid with you

But maybe it's okay to be fluid sometimes

Sliding
 down
 the fall
 together

Gallup, New Mexico by Dougan

Cruising dark, submerged
in Gallup City Limits.
Rain melds mainstreet neon.
Hamms and Ya Teh Hey, fuse
in the sweep of feeble wipers.
Del Rio Jesus shouter on the radio.
Prayer rugs, freewill offerings.
His wailing drawl losing
to crackling atmospherics.
We have come two hundred miles
through a rolling thunder storm.
Thieves in the night, bone weary,
trailing a wake of bad attitudes,
bad checks and cheap beer.
Decision is behind us.
Regret has been postponed
due to circumstances
beyond our control.
This is not so much a destination
as it is the end of a bad road.

Get Your Kicks on Route Sixty-Styx by Jake

The cool whispered breeze
Changing the color of leaves
Luna is ready for harvest
As the dead lay to rest
Shorter days and longer nights
It's time for Samhain, a terrifying sight!
Charron ferries across the styx
Life begins new baby chicks
Winter's death fast approaches
Encouraging dark forces
Let us enjoy this time of many
When Charron comes you will need your pennies.

Paquime Nightclub, Palomas, Mexico 1969 by Dougan

Inside.
He ate ten burritos
drowning them in as many Tecate.
Chile fired perspiration
runs down his flushed face.
Breath billows imaginary steam clouds.
Smiling like the butcher's cat,
he sighs heavily, settling into the barstool.

Outside.
Lounging in the shade of a station wagon,
a small boy hums a prosperous tune.
His enamel pail is much lighter
and his pocket much heavier.
He lifts the lid and savors
the heady aroma of garlic and green chile.

GRAB'N'GO

The Overlooked Underappreciated Mushroom



by Carolyn Smith

Mushrooms have been eaten and used as medicine for their healing and cleansing properties for thousands of years. There are more than 10,000 varieties of mushrooms found around the world with 2,189 confirmed edible species. Archaeologists have identified edible mushroom species at sites in Chile dating back 13,000 years, and there are reports of mushroom consumption in Spain 18,700 years ago!

All mushrooms are low in calories and fat, but high in many important nutrients, especially B vitamins. Three and a half ounces of uncooked common white mushrooms contain these RDA amounts: Riboflavin (B2) 33%, Niacin (B3) 24%, Pantothenic acid (B5) 30% Thiamine (B1) 7%, Vitamin B6 8%, Folate (B9) 4%. Mushrooms are also a good source of Phosphorous 12%, Selenium 13%, Copper 6%, Potassium 7%, and Zinc 5%, and produce Vitamin D2, when exposed to UV rays, before or after harvest, in much the same way as humans produce Vitamin D3 with exposure to sunlight.

Mushrooms are also valued for their non-nutritive plant substances-polysaccharides, indoles, polyphenols, and carotenoids. Cell and animal studies have shown these substances to have antioxidant, anti-inflammatory, and anticancer effects.

Mushrooms contain the amino acid glutamate, also found in meats, fish, and cheeses, which imparts the rich savory taste to foods known as umami. Sautéing mushrooms quickly over high heat or simmering over low heat in soups are the best ways to cook mushrooms to preserve their nutrients.

Look for many varieties of mushrooms in the produce cooler including cremini, portabella, shiitake and white button, as well as locally cultivated and harvested mushrooms. Mushrooms are an ingredient in many Grab 'n' Go offerings, including lasagna, soups, and stews and are featured in our delicious Mushroom Stroganoff. Here's our simple recipe for you to try at home.



*Molly (middle) is a recent addition to the deli crew!
Judy is on the left and Marchelle on the right.*

Mushroom Vegetable Stroganoff (Serves Two)

1 onion diced
2-3 cloves garlic minced
1 Tbsp olive oil
1 lb mushrooms sliced (cremini or white button)
1 red bell pepper diced
1 bag of frozen peas or 1 head steamed broccoli (or other green vegetable of your choice)
1 Tbsp tamari or soy sauce
¾ cup vegetable broth
1 can of coconut milk
2 Tbsp of cornstarch
1 tsp smoked paprika
1 tsp thyme
A pinch of crushed red pepper flakes
Salt to taste
Black pepper to taste
Cook 8oz of your choice of pasta or serve over brown rice or mashed potatoes.

- Heat oil in a large pot and sauté until soft, add garlic and cook for another minute, add red peppers and sauté until soft.
- Add mushrooms and cook over medium heat until tender.
- Pour in vegetable broth, tamari (or soy sauce), and the spice mixture and bring to a boil.
- Add cornstarch to a little water and dissolve and pour into pot along with the coconut milk and cook on low-medium heat for about 10 minutes until sauce thickens.
- Stir in frozen peas or steamed broccoli or other green vegetable.

Merchandise Department



Cool Gifts They Won't Expect!

Terra Jewelry

Terra Natural Designs: Jewels from the Amazon makes accessories that not only look beautiful, but are sustainably produced by indigenous women who live in the Amazon region. All materials used in their natural jewelry are ethically sourced and renewable. Terra is committed to future generations to keep our planet healthy and alive and helping to preserve the rainforest and the cultural heritage of its people.



We'Moon

We'Moon is an iconic astrology planner, moon phase calendar, and visionary collection of art and writing by creative women from around the world. The Food Co-op has been offering these artful and inspiring spiral-bound books and wall calendars every fall for many years. The perfect gift for those in your life who are tuned in to the mystical turning of the seasons and love the creative experience.



Mrs. Meyer's Candles

Mrs. Meyers makes cruelty-free candles and, like all their products, none are tested on animals. They are made with only essential oils and plant-derived products. The non-metal lead-free candle wick burns for 35 hours for a long lasting natural scent.



The glass jar is reusable, so here is a handy method for removing leftover wax. Place your jar in the freezer once the candle is done burning. After it's frozen, very carefully take a knife and crack the wax out of the jar. Now it's ready to reuse.

Kleen Kanteen

Kleen Kanteen is the family and employee-owned company that started the stainless steel bottle movement in 2004. Born from the love of conserving wild places and the love of replacing single-use plastic, these durable and exceptionally functional containers are wonderful! If you're looking for the perfect container for hot beverages, then the insulated 12 and 16 ounce mugs with Café Caps are ready and waiting for you at the Co-op.



Our HABA and general Merchandise buyer, Tinisha, with Kleen Kanteen containers; so handy and reusable. Find them at the back of the store next to the dairy section.



Debbie Guerra Cards

Don't miss these lovely cards by local watercolorist, Debbie Guerra!



Meet Gini!

When choosing someone for our “Staff Picks” column, we always like to feature our newest employees and their current favorite food obsessions. Gini now works as part of our heroic front end team, cashiering and stocking the store. Away from work, she enjoys spending time with her husband and friends, “but if I can carve out a good chunk of my time to paint cards for friends and family, it puts me in my happy place. Like many others, the isolation of 2020 gave me the opportunity to learn something new. I watched a few videos on how to paint with watercolor, but mostly I’ve experimented on my own.”

When asked to share something surprising about herself Gini said, “This is a tough question because I’m pretty much an open book, but if I have to pick one thing, maybe that I’ve been sky diving. My husband surprised me on my fortieth birthday. For my fiftieth, we traveled to Europe. I told him I didn’t want anything elaborate for my sixtieth. We live far from our children and grandchildren now, so the best gift for me would be spending time with them.” “I fell in love with the local feta cheese when we moved here nearly two years ago. It’s way beyond any other feta that I’ve ever tasted. We add it to soups and eggs, but this cheese is so good I’ll sometimes slice a chunk off to eat it right out of the container! Yum! Can I mention the bulk local chili pistachios too?”



Gini’s favorite feta comes from Tucumcari Mountain Cheese Factory in Tucumcari, New Mexico. Folks at this local/regional company work hard to create that authentic tangy Mediterranean flavor characteristic of feta cheese, which has its origins in Greece. They know exactly where the milk for their cheese comes from by growing crops to feed their own cows and, then, taking the milk directly to their cheese plant. The Co-op carries a good selection of their cheeses which are located in the main dairy cooler at the back of the store. Tucumcari Mountain Feta can be found with others of its variety in the cheese fridge at the front when you first come in.

Gini’s other favorite is our bulk local red chili pistachios that come from Heart of the Desert/Eagle Ranch located near Alamogordo, New Mexico. We carry their Salted & Roasted Pistachios and the Red Chile flavor, too, if you’re ready for a real taste of the Southwest.



Let's Talk Turkey!

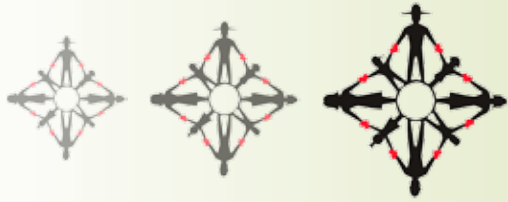


Mary's Certified Organic Turkey

First come, first serve.
**No reservations taken
for turkeys this year.**

- Small: 8-12 lbs •
- Medium: 12-16 lbs •
- Large: 16-20 lbs •
- X-Large: 20 + lbs •

**Turkey sales begin
Thursday, November 18th.**
(no discounts apply)



From Your Board . . .

Vision Becoming Reality for the Co-op

In a recent email to the membership, we shared an update on the progress towards relocating to 907 Pope Street, and a general update of things happening at the store. In that email, we asked the membership for support of the Board, General Manager, and staff, and a vote of confidence for the Pope Street project moving forward. In our email to members, we shared that at the time of the membership survey completed in 2018, over 90% of membership was supportive of the move. We received and heard your responses to our request, and we are incredibly grateful for the resounding voice of support. The vast number of responses were in support of this expansion and of the staff, Board, and GM.

We were deeply touched by your quick response to our call for your support. We were blown away by your resounding vote of confidence and the number of members who took the time to send personal notes. It truly made our hearts sing and helped to fortify our commitment to the evolution of the Co-op.

As we near the closing date for the project financing, we'd like to provide a few more updates. In a recent article in the Garbanzo Gazette, Kevin mentioned that there had been several fits and starts in the financing process. One of those delays was a requirement by the lender that we complete a Phase 2 Environmental Site Assessment of 907 Pope Street. This was required due to a historic dry cleaner that was shown on a 1948 Sanborn Fire Map. The Site Assessment was completed by Envirotech in October with a result of no findings. This was one of a few last hurdles in the closing process, which should now take place this month. Another piece of good news that we recently received, were the results of lead and asbestos testing for existing materials within the buildings. This was also returned with no findings, which is great news! The more construction stage surprises we can avoid, the better this project will be.

A question you may be now asking is, what comes next? First, we close on the loan that will fund the project. Once financing is secured, hopefully by the end of this month, we'll begin the final design phase. We've previously talked about, and shared, the preliminary design and layout. This next step will be finishing the details of the design. In order to expedite the

design and construction process, we've hired a Contractor under a design/build contract. This means that the Contractor will be involved in the project design, along with store designers, which will allow not only for an expedited project, but a chance to involve the Contractor in potential cost saving measures and efforts toward green energy, now and in the future.

Once we are close to starting construction, the Pope Street lot will be closed off for public use. This will keep the site safe and allow the Contractor the room needed for equipment and materials. Coordination has begun, and will continue, with the Farmers' Market. We'll also begin using the onsite Quonset Hut during the construction process. It provides the perfect location and space for material storage, possible office space, and equipment storage for equipment we'll buy ahead of the store opening.

We're all glad to be making strides towards our new location and thrilled that you are as well! It's been a long process, starting with acquisition of the building going through all the preliminary due diligence, to this final step to bring our shared dream into reality. Along the way we've talked to dozens of community members, architects, contractors, builders, owner/remodelers of other large buildings, project managers, entrepreneurs, non-profit managers, designers, and other interested stakeholders. The input has always been encouraging and positive. The community is behind us and wants us to succeed.

Thanks to our members for being ready and willing to step up with their steady support over this long process. Your vision of our new home sustained us as we worked on making that vision happen.

It is sometimes difficult to hold on to our enthusiasm when faced with the mound of realities needed to turn an exciting idea into an exciting reality. Years go by and people begin to doubt it will ever come to be. It's with great pleasure we get to finally answer the question "when is this going to happen?" It's happening now, we're just one step away. The preliminary work is finally finished, questions answered, diligence done. The way is clear. Get ready for our next adventure together!





Shanti Ceane
President



Julianna Flynn



Scott Zager
Treasurer



Kristin Lundgren
Member



Tuan Tran
Secretary



Gwen Lacy
Vice President



Susan Golightly
Member

SCFC 2021 Board Election Information:

Voting begins December 1 and ends December 14.

Members should keep their eyes open for an email and pick up your December Garbanzo Gazette for Candidate statements and photos, a review of the new election process, and much more!



Board Meeting

The SCFC Board of Directors will meet the fourth Wednesday at 907 Pope Street. Please email the Board for more information.

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

Shanti Ceane/President
Board Term: 2018-2021

Julianna Flynn/Member
Board Term: 2019-2022

Scott Zager/Treasurer
Board Term: 2019-2022

Kristin Lundgren/Member
Board Term: 2019-2021

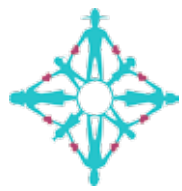
Gwen Lacy/Vice President
Board Term: 2019-2022

Tuan Tran/Secretary
Board Term: 2020-2023

Susan Golightly/Member
Board Term: 2020-2021

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

Board of Directors



November

Members Only Specials November 3 - November 30 20% OFF! listed prices



Catham Village
Caesar Croutons
5 oz
reg \$2.69



Daiya
Chocolate Cheezecake
14.1 oz
reg \$7.99



Olipop
Classic Root Beer
12 oz
reg \$2.49



Rise Brewing Co.
Original Oat Milk
32 oz
reg \$3.99



Go Veggie
Cream Cheese
Alternative
8 oz
reg \$4.19



Now
Air Defense
90 tabs
reg \$19.99



teeccino
Dandelion
Caramel Nut Tea
10 bags
reg \$5.99



Rise Brewing Co.
Black Cold Brew
7 oz
reg \$2.99



Frontier
Vanilla Extract
4 oz
reg \$23.99



PicNik
Keto Creamer
25.36 oz
reg \$5.89



Undercover
Chocolate Quinoa Crisps
2 oz
reg \$3.39



Trace
Zinc & Vit C
Chewables, 60 wafers
reg \$15.99



Summerhill
Goat's Milk
1 qt
reg \$5.59



Tillamook
Smoked Black Pepper
White Cheddar
7 oz
reg \$5.69

Co-op Deals
flyers
available
on our website

www.silvercityfoodcoop.coop
and at the front of the store

