

Silver City Food Co-op Garbanzo Gazette

Volume 19

❖ Your Monthly Newsletter ❖ February 2019

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

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YOU
ARE
WHAT
YOU
EAT

Hurry Up and Wait!

Since the beginning of our Pope Street Project (the relocation), getting things done on tight deadlines have been the order of the day. Yet no matter how fast we can work – we achieve our deadlines and then need to wait for the next step to begin.



Currently, through January, this is highly evident in our pursuit of a grant that can possibly be a great game changer if we are able to obtain it. Much of the Pope Street Committee's time is spent on this with a February 14th deadline looming before us (we are on target at press-time). But then it's a wait until May to find out if we will receive it.

Designing the space is another area that is *go, stop and wait*. At this stage of the game, we've had preliminary plans, but went back to the drawing board to get further input from the Staff. That is done.

What we have found is that if we do what we want to do, we do not have enough space in the new place. So where can we cut back? To work this equation further, we need an architect and possibly a floor designer. That is scheduled to be done by the end of February.

We could not hire them before because our funds are limited. But now we have over \$27,000 raised from our donation program, and we can get moving on that!

We need the construction estimates, but that can't get done until we have architectural and mechanical plans.

We need to finalize our pro forma, but that can't get done until we have the construction estimates.

A lot will happen in April when our time-line states that we will be able to determine our budget for phase one and determine the acceptable loan amounts for the renovation and complete the pro forma.

And, of course, there is the Member Loan program which we are planning to start in the Spring through early June, but even with all the info we have on this front – there is still a lot more to be done.

We plan to have final plans by early July, secure our financing by the end of July, award a construction contract through August and start construction at the beginning of September.

According to our current schedule, we hope to open in the new place in March of 2020.

Of course, there may be unavoidable delays, but right now we are on target. Hopefully, even with delays, we will be able to move in the Summer of 2020. It may seem a long way off but it will be here before we know it, and our Co-op will be starting the next great adventure in our new home.

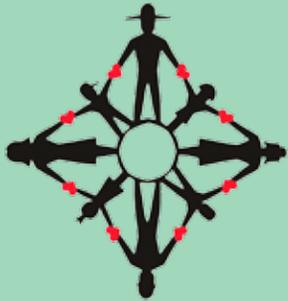
Joe Z ❖



2006 members/owners strong and counting . . .

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop

Store Hours
575-388-2343
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

Joe Z

general manager

Mike Madigan

assistant manager

The Garbanzo Gazette

Editor: Joe Z

Staff Writer: Judith Kenney

Guest Writers: M.A. Pantha Huff,

Susan Van Auken, Evan Humphrey

Layout & Design: Carol Ann Young

Submissions are welcomed!

Submit letters, articles, or items of interest to:

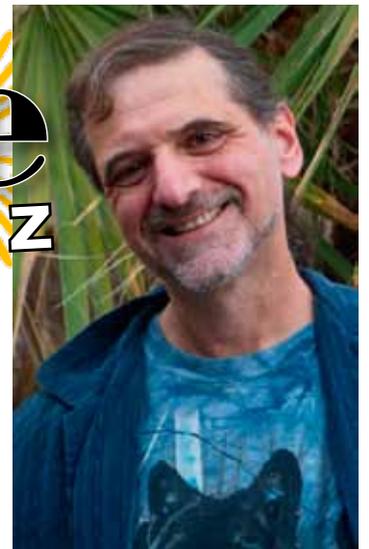
judith@silvercityfoodcoop.coop

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Cup o' Joe

by Joe Z



How fantastic is it? I mean the relocation and all. It's certainly a new era filled with wild imaginings of what the possibilities are for us and our community.

For those of us tasked with making this happen, we recognize all our wants and ideas may be scaled down a bit as we figure out how to make everything fit in balance.

Our physical reality is that the new location isn't as big as we need to fulfill our current dreams. That's okay as there is space to add on down the line. Of course if we had an extra five hundred thousand right now, we could add on what we want so it is all in place when we move. But we don't have that extra, so hard decisions need to be made.

But the other non-physical aspects are exciting as well. I've talked about this before in these columns so forgive me if I repeat myself. Our need to find more fulfilling ways to connect and communicate with one another reigns supreme. We have a great opportunity with this relocation to explore new thoughts as to how we can achieve this and how to use our technology to help with this endeavor.

The best way to connect with all of us is when we are actually at the Co-op. That is one thing we all have in common. Many of our Members do not have email and even those that do don't want to be bombarded with messages from our Co-op. Our Newsletter is no longer mailed to our Members because of the expense. We do some social media and we get a lot of likes, which is good and is certainly part of the puzzle.

In the store we can have signs and messages, but I'll tell you there are an awful lot of folks, when asked if they saw the signs, give a negative reply. Folks are looking at the products and where other shoppers are to avoid collisions.

What? Mimes? Flashing lights? Info tables and personnel through the store? Announcements over the sound system? How do we connect with Members (and customers) when they are in the store?

Well, you know what? We have found that the little pieces of paper we put at the registers announcing various things at various times to be the most effective way to get a message across! The most old tech means that what was probably effective in 1919 is as effective as it is in 2019.

But technology-wise, we also have our website. My feeling is that it is vastly underutilized right now, but we are making steps to really enable it.

Our first real test of connecting the internal messaging at the store with our website is our Bulk Survey. Our big Member survey was fantastic, and we reached over half our Membership! We do not expect those types of results in the Bulk Survey, but it will be very interesting to see how many people we do connect with. Down the line, I can see some kiosks in the store with little mini-questionnaires so that Members can

give their input on the website while shopping – or not – just multiple ways for Members to have a voice.

And this brings us to our Democracy issues. Co-ops across the country are grappling with what exactly does democracy mean to a business. Democratic control with one member, one vote is our second Co-op Principle and a backbone of Co-operatives. But how does it apply to a vibrant business in a competitive market? And what exactly are we voting on? Well, the Board of course, but that brings up a curious question: We had around 250 Members vote for our Board where we had 1100 Members take part in our Survey? Which is more democratic? Probably both on different levels.

Should everything come down to referendums? But how do you engage the Membership to make informed decisions rather than just giving opinions?

And how do we insure that folks we elect to Boards are following what the Members want? It is recognized that one of the problems with Co-op democracies is that there are no checks and balances.

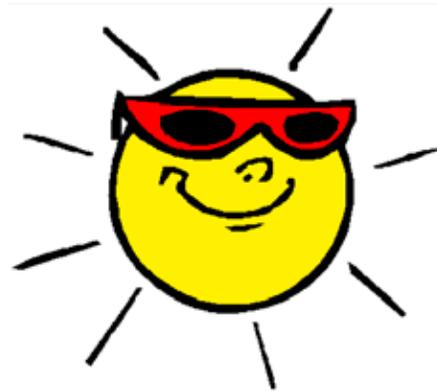
I've had personal experience with this when the Board of the Co-op I had been working at collapsed the Co-op with one bad decision after another and, finally, closed it although there were a myriad of other options available.

In today's world, many are upset that the Billing's Co-op closed on a Board decision when, again, there were many options available. The Members at the Co-op in Boston fought the Board in their decision to close that Co-op but lost. Sometimes closing is the only option no matter what members want. This is being faced at the Durango Co-op and possibly the Las Cruces Co-op.

Now, I do not have answers to this, nor any suggestions. Other than experiment, I mean. We see our Board doing that now by going to a more open Member oriented format every other month. It's only been done a few times so far, and it is improving each meeting as we learn what is important to our Members.

Please understand – our Co-op is NOT facing questions about our stability or existence. Our issues are more future based. We are in a very good position right now, and as we develop our future plans, how do we capture Members' ideas and thoughts more so than we do now?

The most exciting news for us is that we have the strength, resiliency and resources to tackle some of these opportunities that are limited only by our imaginations. Our future is quite bright!



SURPRISE!



it's **MAD** again!!

February/March

10% OFF

excluding mark-downs

any 2 days
of your choice

Silver City Food Co-op Staff

Judith Kenney
produce/outreach

Dougan Hales
produce/bulk

Kate Stansberger
supplement buyer

Jake Sipko
produce manager

Carol Ann Young
office

Jeanné Miller
herb buyer/produce

Becky Carr
dairy buyer

Jess DeMoss
POS manager

Misha Engel
frozen buyer

Jenny Morgan
office

Joe Z
gm

Marguerite Bellringer
finance manager

Kim Barton
POS

Michael Sauber
grocery

Doug Smith
grocery buyer

Paul Slattery
produce

Jody Andrews
cashier/grocery

Evan Humphrey
bulk buyer

Lee Ann Miller
cashier

Brenna Brown
deli manager

Tinisha Rodriguez
POS/HABA buyer

Allie Iacocca
produce/HABA buyer

Mike Madigan
am

Leah Chastain
merch. specialist/receiver

Marchelle Smith
deli

Joy Kilpatrick
produce

Jo Lutz
wherever needed

Elysha Montoya
wherever needed

Judy Kenneally
deli

Christine Dalmedo
produce/grocery

Abel Lazzell
receiver

Hina Rainbowchild
wherever needed

Annabella Gomez
wherever needed

Matthew Varela
wherever needed

Gabbie Sturdivant
wherever needed

Melissa Yarbrough
wherever needed



Kitchen Meditations



Winter



Meyer
Lemon - Thyme
Spaghetti

This pasta dish is light, delicious and perfect as an entrée or a side dish. It's so quick and easy to make a lovely Meyer lemon pasta sauce, you might just make it your go-to-recipe.

Ingredients:

8 ounces dry spaghetti
4 tablespoons unsalted butter
2 tablespoons extra virgin olive oil
1 tablespoon Meyer lemon zest (from about 1 to 2 lemons)
2 tablespoons Meyer lemon juice (from about 1 lemon)
2 teaspoons fresh thyme, finely chopped (or about 3/4 teaspoon dried thyme)
4 tablespoons Parmesan cheese, grated
Salt and freshly ground black pepper

Instructions:

1. Cook the pasta in a large pot of boiling, salted water until it's al dente. (Al dente means "to the tooth." The pasta should be tender, but with a bite to it.)
2. As soon as you put the pasta in the water, add the butter, oil, lemon zest, lemon juice and thyme to a large sauce or sauté pan. Melt the butter over low to medium heat. Then mix and let it gently simmer until the pasta is done.
3. Drain the pasta and add it to the pan with the sauce.
4. Season generously to taste with salt and pepper.
5. Sprinkle with Parmesan and serve.

*You can use gluten-free spaghetti if you'd like.

Golden Milk

(2-4 servings)

Golden Milk (also called turmeric tea) is a great way to reap the benefits of turmeric every day. You can use delicious A2 milk from the Co-op's dairy cooler or any other milk of your choice. The following recipe shows how to make this ancient health-boosting drink in less than 5 minutes!

Ingredients:

2 cups milk
1 tsp. turmeric
½ tsp. cinnamon powder
Pinch of ground black pepper
Tiny piece of fresh peeled ginger root or ¼ tsp. ginger powder
Pinch of cayenne pepper, optional
1 tsp. honey or maple syrup (or to taste), optional

Instructions:

- Blend all ingredients in a blender until smooth or whisk together in saucepan. If you are using fresh ginger, you'll want to blend.
- Heat in a pan for 3-5 minutes over medium heat until hot, but not boiling
- Drink immediately!

Health Nuggets

Six Helpful Herb Teas for Winter

- Try chamomile tea for relaxation.
- Lemon balm tea has been used to treat anxiety, sleep problems and restlessness.
- Ginger tea can enhance circulation, speed up digestion and boost immunity.
- Peppermint tea helps many folks with tummy trouble.
- Licorice root tea may soothe a sore throat and ease coughs and congestion.
- Thyme tea is an indispensable part of many people's winter apothecary, especially for a cough or sore throat. You can make it with the fresh herb, but it's just as easy to put 1 rounded teaspoon of dried thyme into a cloth bag and steep it in a cup of water for a few minutes.

The Frugal
Co-op Chef



Simple

Chicken Noodle Soup



(6 to 8 generous servings)

Maybe it will warm up a tiny bit in February or a lot. After all, this is New Mexico, but it's still not time to move away from soups. This soup is simple and inexpensive to make and oh so yummy! And don't forget, if you've got the sniffles or a nasty cough, this may be just the right thing for it. If you're not in a hurry, you can sauté the veggies in a little oil for extra flavor before adding the chicken and water. Feel free to toss in any other veggies that strike your fancy.

1 1/2-2 pounds of chicken drumsticks or legs
4 carrots, peeled, stemmed, cut in half lengthwise, and cut into 1 inch pieces
4 celery sticks, washed, ends trimmed, cut in half lengthwise,
and cut into 1 inch pieces
1 onion, peeled and diced
1-3 garlic cloves, peeled and put through the garlic press, optional
1 bay leaf, optional

Place all of the above ingredients in a large pot and cover well with water (about 8-12 cups). Give a generous sprinkle of unrefined salt, bring to a boil, lower heat, and keep at a very low simmer for around 2 hours.

Near the end of the cooking time, in a separate pot, cook two cups of spiral shaped brown rice noodles (or noodles of your choice) according to package directions.

Remove the drumsticks or legs, allow to cool, and pull off the meat. You can save the bones to use again in a pot of chicken broth as there is still a lot of nutrition left in them. Add the meat and noodles to the pot of soup, and salt and pepper to taste. Take out the bay leaf and serve with buttered toast and lots of love.

Jake's February Produce Picks

Meyer Lemons

When Meyer lemons appear in our fresh fruit cooler during the winter months, people (at least some of us) get excited. They are the darling of produce departments and farmer's markets everywhere and treasured by chefs and home cooks alike. What's all the fuss about? They're special, but why? Let me tell you!

For many years, this native of China, where it was primarily a houseplant, was known mostly for its looks. There it might still be, languishing as just another pretty face, were it not for one agricultural explorer, Frank N. Meyer, who was sent by the U.S. Dept. of Agriculture in the early 1900s on several trips to Asia, with the mission of collecting new plant species. Among the more than 2500 plants that he introduced to the U.S., the Meyer lemon was named in his honor. A cross between a regular lemon and a mandarin orange, these fair, yellow orbs have a sweeter juice, thinner peel, lower acid content and a more fragrant aroma than your ordinary lemon. The peels are thin, without a thick layer of bitter, white pith so you can use them in cooking. The zest is divine! Try grating the zest over risotto or steamed veggies or enjoy their juicy tang in a fruit compote of your devising. Use them anywhere you'd like a lemon flavor without the average lemon's characteristic biting, sharp acidity: in drinks, dressings, pastas, braises and desserts. Cut thin slices, remove the seeds and roast them with root vegetables, chicken or fish. It seems that there is no end to the delicious ways that we can use Meyer lemons to amplify mealtimes, but remember, their season is a short one, late winter into early spring. Enjoy them while you can!



Dairy buyer Becky has expanded her cow's milk selection to include Alexandre A2 milk, which may be more easily digested by some folks.



Opal apples are Annabella's favorite. She says, "They're so sweet and remind me of pears."



Blood Oranges

With their unique, deep red color, it's not hard to guess how Blood Oranges were named. This delicious fruit gets its signature color from a pigment called anthocyanin, which, while not typical in citrus fruits, is found in everything from cherries, blueberries, black rice and other red, blue, purple and black foods. Blood Oranges also have a dash of deep red coloration to their peel, giving it the appearance of being soaked in red juice. Currently thought to have been developed from a natural mutation in Sicily in the 20th century, today Blood Oranges are grown in abundance in California. These oranges are relatively small compared to the more popular Navel varieties, but are blessed with a thin skin that covers segmented flesh with very few seeds. They are often used for their juice or as an interesting garnish to various salads or savory dishes. Like Navels, Blood Oranges are at their peak from winter to spring.

Becky's February Dairy Pick Alexandre A2 Milk

Cow's milk contains protein. The main group of milk proteins are the caseins. A1 and A2 are the two primary types of beta-casein present in milk. They are simply genetic variants of one another that differ in structure by one amino acid. Prior to a genetic mutation in Europe, 5,000 to 8,000 years ago, cows' milk contained only A2 protein, but today the majority of cows produce a combination of A1 and A2 proteins, resulting in a type of milk that is relatively new to the human body and may be more difficult to digest. Some people, who experience stomach discomfort after consuming milk products might find that they digest A2 milk more easily. Folks who are lactose intolerant, however, will still not be able to ingest it without ill effects.

Our co-op is now carrying A2 milk and yogurt from Alexandre Family Farm. Their cows graze freely on rich pastureland and carry only the A2/A2 gene which, interestingly, is also the primary protein in human milk. The Alexandres are committed to an organic approach, with a strong foundation of soil stewardship being their first priority. If you decide to try this high quality milk and yogurt you may find that it agrees with you and will also be supporting a company dedicated to running a business through holistic farming practices, animal welfare and environmental stewardship.

CO-OP Community

Co-op Community Donations

The Co-op donated to or collected donations on behalf of these organizations:
Grant County Senior Olympics
Food Pantry
Beginning Years Holiday Party

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



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service.

Ellen O'Bryan • Pantha Huff • Alexa Davis
Jane Papin • Deb James • Jennifer Lamborn
Tim Garner • Logan Campbell • Malika Crozier
catherine bialopiotrowicz • Frances Trotta
Miriam Richer • Althea Athenian • Sharon Bookwalter



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!

Taste Samplers Needed!

Isn't it fun to get free food?



It's even more fun to be the gracious person giving the food.

Become a sampler and hand out food samples every other Wednesday from 9 am to 12 noon or 12 noon to 3 pm.

It's fun and you get to see all of your friends.

Contact: judith@silvercityfoodcoop.coop

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

Southwest Center for Health Innovation



The Southwest Center for Health Innovation (CHI) is a nonprofit organization focusing on community health and is designated the New Mexico Public Health Institute by the National Network of Public Health Institutes.

Our mission is to work with communities to advance health and social justice through innovative and effective policies and programs. We envision thriving communities with healthy people.

December Round Up \$1413.50!

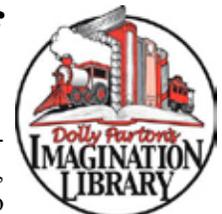
Silver Regional Sexual Assault Support Services



Silver Regional SASS is very grateful for everyone who participated in the Round Up Program. We would especially like to thank the Silver City Food Coop. Upon receiving the Round Up Program scholarship, we plan on using these additional funds to help better service our clients. We will put the funds towards our counseling, advocacy, and outreach programs that are available to all members of the community. All contributions to the Round Up Program are greatly appreciated.

Round Up for March

Imagination Library of Grant County



As a local chapter of Dolly Parton's Imagination Library our two primary tasks are to (1) register babies, infants and toddlers who are under the age of five to receive a free, age-appropriate book mailed to their homes, and (2) raise the funds to pay for the books and their mailing costs. Our mission is to promote literacy for all Grant County preschool children by delivering books to their homes monthly and support the expansion of Dolly Parton's Imagination Library throughout the state of New Mexico. It is our vision that all children in Grant County will arrive at kindergarten's door ready and able to succeed.

• Chocolate Fantasia

• February 9th



The Co-op is participating again this year in Chocolate Fantasia and we are pleased to have our excellent chocolatier,

Mark Johannes, back for the second time in a row.

What is this annual event that makes people so happy?

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 “Children’s Storybook Fantasia” theme, opening the event to a wide variety of possibilities.

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.

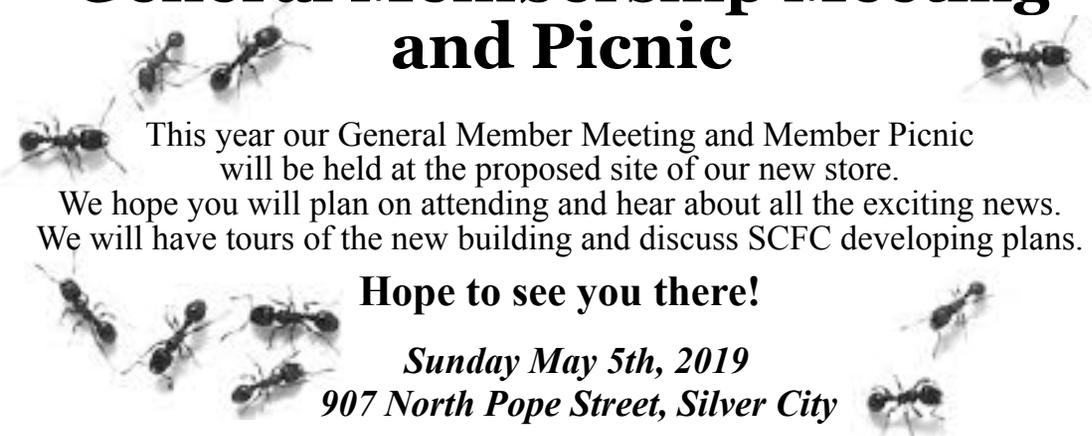
This year’s event will start at 11:00 am and will last until 4:00 pm. Maps and empty candy boxes (\$2.00 each for collecting your chocolates so you can save some for later!) will be available at Chocolate Fantasia Headquarters, The Family Karate Center, at 416 N. Bullard Street. Headquarters will open at 11 am.

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!

*Sharon Bookwalter
and Miriam Richer
were our volunteers for
Chocolate Fantasia 2015*



General Membership Meeting and Picnic



This year our General Member Meeting and Member Picnic will be held at the proposed site of our new store.

We hope you will plan on attending and hear about all the exciting news. We will have tours of the new building and discuss SCFC developing plans.

Hope to see you there!

*Sunday May 5th, 2019
907 North Pope Street, Silver City*

MAD Feb. Mar.

Chose your own two days

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

Calling for Guest Writers!

Do you love your Co-op?
Do you want to help get
the word out
about the issues
facing the Co-op?



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

Members, if interested please email
judith@silvercityfoodcoop.coop

Three hours earns a 15% Volunteer Discount

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



Why Eat Organic

By Susan Van Auken

The full spectrum of organically grown food offered in our co-op – a key commitment in its mission statement – is of vital importance to me and many other co-op members and the reason I share the following thoughts.

I am fully committed to organic food and its importance, both for me personally and for the whole planet, because I know that many of the chemicals used in conventional agriculture have been shown to cause cancer and other health problems. I also know that some countries have banned a variety of these chemicals because of their danger.

Although synthetic pesticides, herbicides, and fertilizers were created about a hundred years ago, they were not available for general use until the mid 1940s. Up until that time, all food was organically grown. But farming has changed dramatically since then and along with it our food supply, in which many more chemicals are now found.

Organic farming requires attention to the health of the soil, one of Mother Earth's gifts, because soil, along with sun and water, provides the nutrients necessary for plant life. Animal life depends on plants, even when a step or two removed – a grasshopper eats a little green plant, a chicken eats the grasshopper, and we eat the chicken or the chicken's egg. So our health goes back to the health of that little green plant.

Synthetic chemicals quickly gained acceptance because farmers no longer needed to care for the soil by the work-intensive traditional means. They could instead simply apply synthetic fertilizers, which allowed for the development of larger, industrial farms, often with fields of the same crop. With mono-crops, when bugs became a problem, chemical pesticides easily solved that – until they did not work anymore, or were banned, requiring new pesticide creation. Fields of a thousand acres are hard to weed manually, so herbicides were designed to kill off all plants and green matter other than the designated crop. Then, Monsanto led the way with its genetically engineered crops resistant to the company's own herbicide glyphosate. Called Round-Up Ready these crops can withstand large doses of glyphosate and still grow.

The USDA has defined the term organic as it stands for specific practices in food production, whereas the word natural does not refer to any specific methods or materials used. Certified-organic regulations prohibit the use of any synthetic chemicals (pesticides, herbicides, and fertilizers), genetically modified organisms (GMOs), irradiation, and sewage sludge. There are many other regulations for organic standards, some of which determine how livestock must be treated.



Organic guidelines encourage stewardship of the land using practices that promote a self-sustaining cycle of resources on farms through the use of crop rotation, cover crops, plant waste, and compost. In other words, they encourage farming the way it was done before the 1940s.

I am thankful to have organically grown foods to buy, and I am not just talking about produce, but everything, including grains, beans, dairy products, spaghetti sauce, meat, and coconut milk.

I am thankful that I can eat foods without residue from chemicals such as atrazine glyphosate (Round-Up), dichloropropene, dicamba, paraquat, neonicotinoids, and chloropyrifos, to name but a few.

I am also thankful that when I choose organically grown products, I promote the health of many others, particularly the farm workers laboring in the fields and picking the crops. Consider the little critters – birds, bees, mice, hawks, and ladybugs – and the run-off from rain or irrigation that washes the synthetic chemicals into watersheds, impacting the fish who live there. Consider the land and the thousands of organisms that we cannot see, the ones who live beneath the surface and promote soil health and balance. Consider the possibility that with the use of all these synthetic chemicals that we are really poisoning ourselves and the entire web of life.

How organically grown food affects my own health is only one small part of why I eat organically grown foods. I have so much else to consider!

Let's Make America ORGANIC Again!

February Bulk Survey

3 CHANCES TO WIN A \$50 GIFT CARD!

by *Evan Humphrey*

These surveys are potentially a great way for me to communicate with our membership and customers about the products we carry and potential changes that I am looking at or haven't yet thought of! I am interested in EVERYONE'S opinion, regardless of how much you buy in bulk or whether or not you are a member. **The deadline to complete the survey is February 28th. There will be a link to the bulk survey on the front page of the Co-op website.** (This survey DOES NOT include herbs and spices.)

It is especially important to me to continue this dialogue as we move forward with the relocation as we will likely be able to expand our bulk department substantially! I want to make educated decisions and the more feedback I can get the better choices I can make. It is important to have this information now so that we purchase the correct fixtures and bins, find the right products and suppliers, as well as make some immediate changes if possible.

After this bulk survey is concluded, I will be picking three winners by way of a random drawing to receive a \$50 co-op gift card! Please be as thorough and specific with your answers as you are able. Thank you for taking the time to complete this survey, it shouldn't take more than 10-20 minutes. **Your feedback matters!** I have already made many changes based on the feedback I received in last year's survey.



Evan in his well-stocked cooler.

NEW PRODUCTS
in bulk



Swiss muesli • 6.29 lb.



raw macadamia nuts • 27.99 lb.
organic chocolate-covered almonds • 14.99 lb.
organic roasted/salted mixed nuts • 16.29 lb.



7-grain hot cereal mix • 2.19 lb.
white corn masa • 1.89 lb.
Members Only Special
honey dates • 7.69 lb.
barhi dates • 7.69 lb.
orca beans • 2.79 lb.
black lentils • 3.19 lb.
Members Only Special

Black Lentils



Black Lentils from Hummingbird Wholesale: New in bulk and 20% off for members through February!

If you haven't had them before, black lentils are wonderful: tiny, pretty and they stay perfectly intact when you cook them. They are rich in flavor and make an impressive addition to any meal. Lentils, of all kinds have been a staple of Middle Eastern and Indian cuisine for thousands of years, all the way back to Neolithic times. They are rich in dietary fiber, folate, magnesium and complex carbohydrates. Our co-op is now carrying these tiny beauties that are perfect cooked up as a side dish, in pilafs or as a bed for fish.

Punjabi-style Black Lentils

2 tablespoons oil, butter or ghee	1 cup finely chopped or pureed tomatoes, fresh or canned
1 medium onion, finely chopped	Salt, to taste
½ teaspoon cumin seeds	1 cup dried black lentils
1-inch piece of ginger, finely chopped	1 ½ cups water, plus more if needed
2 garlic cloves, finely chopped	
1 teaspoon ground coriander	<i>To finish (optional, but delicious)</i>
¼ teaspoon ground turmeric	4 teaspoons butter
½ teaspoon garam masala	2 tablespoons heavy cream
Ground chile powder (start with ½ teaspoon and increase to your taste)	Handful chopped fresh cilantro

Heat oil (or oil and butter) over medium. Once hot, add onion and cumin seeds and cook, stirring occasionally, until onion is browned in spots. Add garlic and ginger. Cook for 1 minute more, then add the rest of the spices and tomato and cook for 3 minutes, scraping up any stuck bits. Add water and salt, then lentils. Bring to simmer, then reduce to low and cover and cook until lentils are tender, between 35 and 45 minutes, stirring occasionally. For a looser dal, you can add more water. Adjust spices and seasonings to taste.

To finish: Ladle into four bowls. Place a 1-teaspoon pat of butter in the center of each, letting it begin to melt before swirling in 1 1/2 teaspoons cream and finishing with cilantro.

Staff Picks

from three of our newest staff

★ Matthew

Stocker, cashier and assistant bulk buyer, Matthew has been at the Co-op for 10 months and is partial to organic **Kettle Sea Salt and Vinegar Potato Chips**. He says that they're crunchy, easy on the inside of the mouth and have just the right amount of vinegar taste, a perfect balance of salty and sour. When Matthew isn't at work, he's involved in beginning music production. You might also find him hiking or at one of our local hot springs.

Kettle Brand chips are known for great crunch and appealing flavors. Born in 1982 in Salem, Oregon, Kettle took the chip aisle by storm when it introduced their Salt and Freshly Ground Pepper flavor to the chip-loving public. (Isn't that everybody?) It was the first ever Non-GMO Project verified chip in 2012 and even after 37 years the brand shows no signs of slowing down.



★ Melissa

Santa Cruz Organic 100% Lemon Juice contains just one ingredient, organic lemons! Melissa loves it enough to buy it by the case and likes to "mix it with sparkling water every morning for a zingy first-of-the-day drink." She also uses a splash of it in soups at the very end of cooking. It has a clean crisp taste and can be used any way that you might use fresh lemon juice. Mix it with water to take to the gym or on a hike. Add it to hot water with honey for a cozy cup. It's also a versatile addition to all sorts of foods, like salsas, sauces, dressings, avocado dishes, on fish and to brighten up a pot of beans. Santa Cruz was the first company to use all organic fruit and currently offers customers organic products ranging from juices to chocolate syrup to peanut butters and fruit spreads.

Melissa, who has been at SCFC for 4 months, cashiers, works in the grocery department and is looking forward to "whatever is next to learn." She loves plein air painting, vegetarian cooking and riding her "beautiful" Bianchi bicycle.



★ Gabbie

The dark chocolate chip peanut butter **Perfect Bar** is Gabbie's selection for February. As the busy mother of a toddler, she's found that the Perfect Bar is the "perfect breakfast bar for me. It is sweet, salty and perfectly satisfying. It is also packed with 20-plus super foods and is low-glycemic." It's a great solution to her morning time crunch because she can eat one when she gets to work. Gabbie has currently been at the Co-op for seven months and works as a cashier and in the deli and grocery departments. Her number one activity outside of work is spending time with her son.

Perfect Bar is committed to offering customers a bar containing fresh, whole-food ingredients and the philosophy that eating healthy on-the-go should be as delicious as it is nutritious. It's the original refrigerated protein bar created by a family devoted to the love of family and whole food nutrition.



Grocery Department

NEWS

Celebrate with Chocolate!



Chocolate comes from cocoa (a.k.a. cacao) beans, which grew on trees in Central and South America, starting around 100 million years ago, possibly originating on the lower slopes of the Andes Mountains. Cocoa trees need a hot and rainy place to thrive. They bear large, orange fruit about the size of small pumpkins which, when opened, are full of many small beans, like peas in a pod. Raw cocoa beans are full of vitamin C and magnesium and also contain a fair amount of caffeine, like coffee and tea.

Once the beans have been removed from their pods, they are fermented to stop them from germinating and to start developing flavor. Then they are dried, roasted and winnowed to remove the shells, leaving only the roasted cocoa nib, the key ingredient for making chocolate.

The Co-op has great chocolate and would like to share a few enticing selections with you.

Sjaak's

Sjaak's Organic Chocolates aims to create the highest quality gourmet organic chocolates possible while supporting a positive work environment, fair trade practices and encouraging sustainable agriculture through the use of organic, non-GMO ingredients. Sjaak's was started by Jacques Holten and his daughter Jessica in 2003 and it is their goal to build a socially responsible, profitable business that can be carried on for generations to come. All of Sjaak's chocolate is vegan.



Grocery Buyer Doug ordering chocolates!

Alter Eco Chocolate



Alter Eco is a San Francisco-based company that sells divinely delicious chocolate that's fair trade, organic, GMO-free and carbon neutral. Their top priority is supporting small-scale farmers, each of whom works approximately 2 acres of land, resulting in higher quality ingredients. Alter Eco has also worked to create highly compostable packaging, something that's largely overlooked in the food industry.

Taza

Taza's chocolate is stone ground on traditional Mexican stone mills and minimally processed to preserve the bright, fruity flavor of the cacao beans. The result is a unique chocolate that's bold, rustic and satisfyingly gritty. Taza is a pioneer in ethical cacao sourcing and was first in the U.S. to establish a third-party certified Direct Trade Cacao Certification program.

They maintain direct relationships with farmers and pay a premium, above Fair Trade price for their cacao.



Madécasse

Madécasse is a socially-minded, Brooklyn-based chocolate company established in 2006 by two Peace Corps volunteers who served in Madagascar. The company sells a range of chocolate bars, all sourced from the island of Madagascar. All of their cocoa is certified Direct Trade and is produced by Malagasy cocoa farmers. For several years, Madécasse worked with a local chocolate producer based in Antananarivo, capital of Madagascar, and is currently producing chocolate in Europe while working to move production back to its home country.



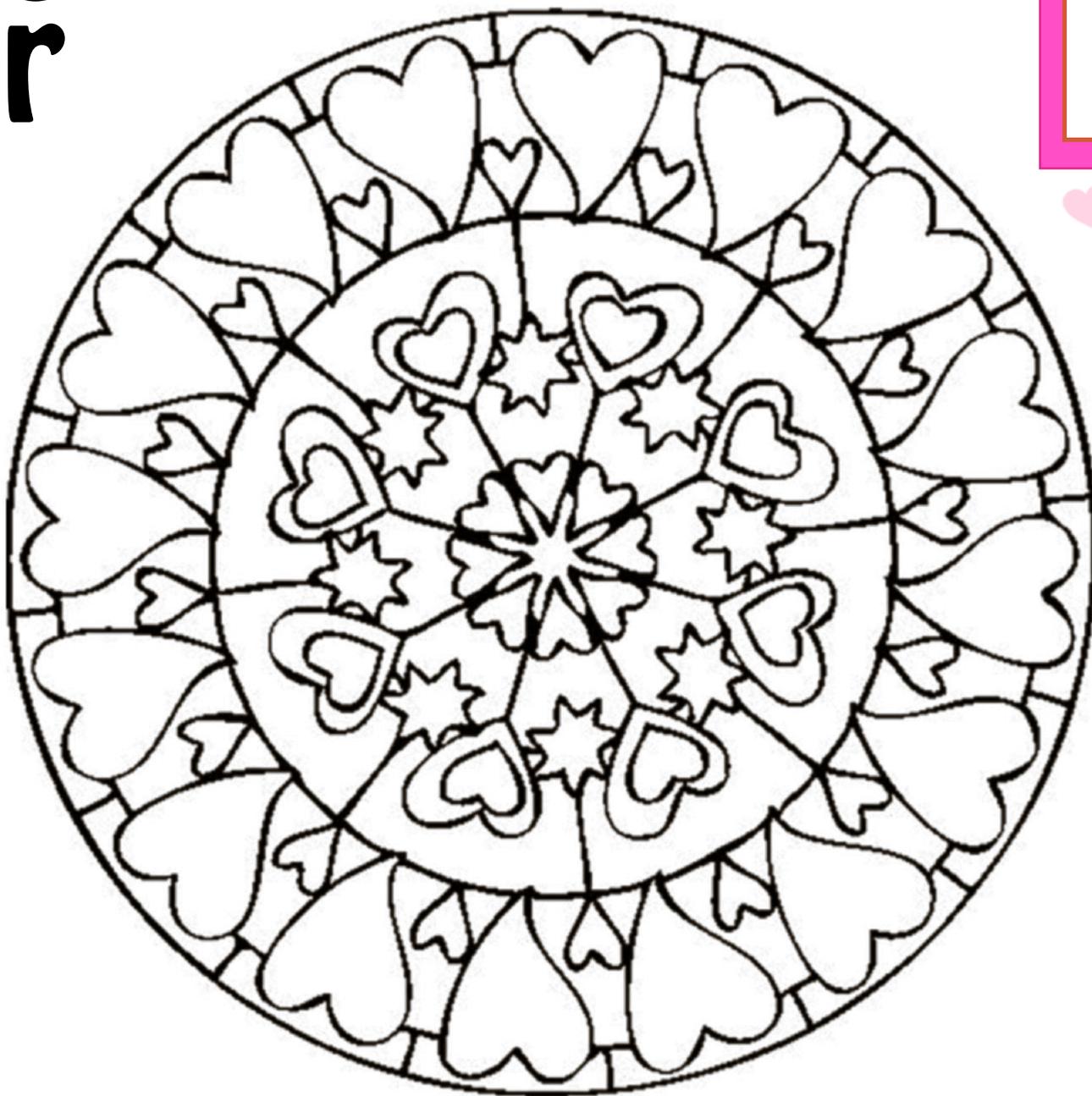
Kids' Corner

FREE FRUIT FUN

Now Kids, color in this here picture,
bring it on down to the Co-op and get your free piece of fruit.
(Produce Staff Selection)



NAME: _____ AGE: _____



Co-op
KID



Korner

Fun Facts about Chocolate

- The word “chocolate” comes from the Aztec word “xocolatl,” which referred to the bitter, spicy drink that the Aztecs made from cacao beans.
- The Mayans used cacao beans as a form of currency.
- Chocolate was consumed as a liquid, not a solid, for 90% of its history.
- In the 1700s, many Quakers adopted drinking chocolate as a healthier alternative to alcohol.
- The first chocolate bar was invented in 1847 by Joseph Fry.
- M & Ms were created in 1941 as a means for soldiers to enjoy chocolate without it melting.
- More than two-thirds of the world’s cocoa is grown in Africa.
- The smell of chocolate increases theta brain waves, which triggers relaxation.

Deep Breathing for Health and Quality of Life

by M.A. Pantha Huff

Are you aware of your breathing? Do you have shallow breathing into your chest? Or do you breathe deeply and fully into your abdomen? Air is the most fundamental element for sustaining life. “Every person and situation is different, though the ‘rule of threes’ gets at the desperate nature of what our bodies need: 3 minutes without oxygen, 3 days without water, 3 weeks without food.” Sean Kane, “How Long Can You Live Without Air, Water, Food,” businessinsider.com

“Breathing is a bridge between mind and body, the connection between consciousness and unconsciousness, the movement of spirit in matter. Breath is the key to health and wellness, a function we can learn to regulate and develop in order to improve our physical, mental and spiritual well-being.” Dr. Andrew Weil, “Why You Should Practice Conscious Breathing,” drweil.com

“18 Benefits of Deep Breathing and How to Breathe Deeply,” are given on the website, onepowerfulword.com.

Deep breathing: detoxifies and releases toxins, relaxes the mind/body, releases emotional problems, relieves pain, massages your organs, increases muscle, strengthens the immune system, improves posture, improves the quality of blood, increases digestion and assimilation of food, improves the central nervous system, strengthens the lungs, makes the heart stronger, assists in weight control, boosts energy levels and improves stamina, improves cellular regeneration, releases tension, elevates moods (further explanation for each benefit may be found on the website).

A powerful deep breathing technique is given by Marci Shimoff and Dr. Sue Morter, “The Power of Prana,” youryearofmiracles.com.

Put one hand on your belly and take a nice deep breath in through your nose. As you do that, feel your belly expanding and your hand moving out with your inhale. Then as you exhale through your nose, feel your belly emptying and your hand moving in. That's proper breathing.

Secondly, to lock your consciousness down low in your body, so you don't live up in your head, contract the muscles in the base of your pelvic bowl, your perineum—it's as though you're going to the bathroom and you have to stop

the stream all at once. If you contract those muscles while you're also breathing in the belly, you begin to build more prana, or life energy. This assists your energy center at the base of the body, called the 'root chakra,' which helps with being grounded and having a sense of belonging.

Third, exhale and exhale and exhale without even worrying about the inhale. That rapid exhaling, called breath of fire, is going to build your life force energy even faster. Try it for a minute or two and see what happens. It assists with bringing in negative ions, the invisible molecules from water at the beach, waterfalls, or even in the shower.

Another form of breath work, Coherent Breathing (trademarked), was developed after years of study of ancient breathing practices of indigenous people around the world—from yoga and qi gong to African, Hawaiian, and Native American traditions. Patricia Garbarg and husband, Richard Brown, involved in psychiatry in New York City are the creators; they wanted something simple, easy, and effective. The technique involves taking regular deep breaths in and out the nose, at a pace of five (5) breaths per minute—breathing gently and slowly. This breathing can be done anytime and anywhere, as it is private. A timekeeping app, called “two bells” can be downloaded from coherence.com to alert you every 6 seconds to inhale or exhale. Coherent Breathing has proven so effective, it is being used for the mental health of survivors of genocides, earthquakes, tsunamis and other global disasters; also, some VA Hospitals in the US (Landau, tonicvice.com).

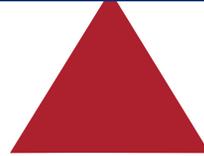
You and I can choose to give greater awareness to our breathing habits and patterns if we are not reaping the full benefits—physically, mentally, emotionally, spiritually-- of a strong supply of oxygen to our body system. Research shows that most people breath only 10-20 percent of full capacity, having shallow chest breathing. “According to experts, most people breathe at 10-20 percent of lung capacity,” (Lawrence, Gaiam.com) Taking a few moments to breath deeply and fully at bedtime and upon arising in the morning is helpful to begin the day and can assist with breath awareness throughout the day. May all our lives be enriched in 2019, and forever, by giving ourselves the precious gift of a rich, abundant supply of oxygen. IT DOES A BODY GOOD!

An Old Chinese proverb says: “If you know the art of breathing, then you'll have the strength, wisdom, and courage of ten tigers.”



2 U From Your Board . . .

It's about Balance . . .



The controversy flows like a torrent on internet blogs and in print journalism. One must shop local to support one's neighbors and keep the dollars in the community. Others retort that internet shopping is convenient, less costly and saves time. My partner recounted a tale to me about an art teacher needing a specific supply for class. The teacher went to the local "Big Box" store in town where they didn't have precisely what she needed. Faced with another hour or two of physically shopping among various brick & mortar stores to find what she wanted, she simply went on line, clicked, and her needs were satisfied by the next day's delivery to her home.

Our co-op is not immune to such economic decisions because of the perishable nature of our products. Our recent survey dramatically illustrates this situation. Consider that 44% of the respondents live outside Silver City and 25% of those travel more than 10 miles to shop at the co-op. Working ranchers and farmers, even writers, craft women, or retirees travel to town only periodically to pick up supplies. They may have a long list of needs to fill for the next week or even the month to come. Ideally, that list must be filled with as few stops possible. Efficiently satisfying their grocery needs is a high priority. Perhaps they need to get home for daily chores; perhaps they want to linger downtown for a little fun. If they can't get what they need in one less stop, possibly they may skip our little co-op and finish their list elsewhere. Perhaps there is no parking when they drive by. Or worse, they walk into the food cooperative and the needed products are not on the shelves because they haven't been restocked yet or were sold out because there isn't adequate storage to keep more product on hand.

Our managers Joe and Mike, tell more to the tale and forecast the advantages of a larger store, which will prevent the dilemma described above. Expanding the food co-op into the new Pope Street building will effectively triple our retail and storage space. Mike recounted how purchasing bulk products by the pallet – instead of by the case as we do now – will literally save the store thousands of dollars once additional storage is on hand (\$7,000 /year for one distributor alone was mentioned). Joe told the Board that switching to deeper shelves will hold more product in retail space. He said it would reduce the occasions when shelves are empty and product unavailable for sale...plus restocking labor will be reduced over all. It is difficult to tally the savings from the avoidance of lost sales plus the reduced labor costs of repeatedly filling small shelves; but Joe believes those savings are

substantial. Consider how often our little produce-display must be filled to keep up with demand. It is not that we may be able to reduce employees because they no longer need to restock, it is that in a bigger store, staff efforts can be more efficiently used on a less rigorous time schedule. This frees our staff to work elsewhere on other duties including customer service or researching new and expanded product lines.

So expanding the store makes sense to me, but only if it is affordable. Recently the SCFC board and management met with Mario and Jane at the Small Business Development Center (SBDC). SBDC worked the store's financial numbers with JoeZ, Board President Jennifer Johnston, and Co-op Financial Consultant Betty Mishuk. They developed four scenarios – detailed on an accountant's spreadsheet – showing how much more sales are required to finance remodeling and relocation. Figuratively, four scenarios were developed which ranged from modest to elaborate (adobe to Taj Mahal). While all these scenarios are potentially do-able under the right circumstances and business environment; what struck me was how easily the lower-priced, A and B options could be achieved with better parking, a good delicatessen and an expanded dairy, meat and bread departments. Furthermore, during my tenure on the expansion committee, PSPC has brain-stormed with several local construction contractors, tradesmen and architects. The numbers for the spreadsheet's basic two options were brandied about in the guesstimates that some (notably conservative people) would throw out for construction costs. Mario with SBDC (a former high-level loan officer with a billion dollar company) enthusiastically hinted (which are strong words for a conservative banker) that these sales could easily be obtained in our Silver City market and thus financing was realistic for our new cooperative store.

One final thought: When SCFC finally decides to secure financing and progress forward, we plan to use donated money to keep loan costs to a minimum. Money donated now will be used to fund planning and designs. Payments spent early by SCFC to get such things as architectural work finished will count toward a future loan down payment. That's huge in the financing world view and in our cash flow. Better yet, as soon as the final designs are available, the sooner we can select the best affordable scenario for expansion. Your board members and managerial staff are working diligently to make these dreams an affordable reality in the very near future. Thanks for your support!

 *Scott Zager*



*Jennifer Johnston
President*



*Jean-Robert Béffort
Vice-President*



*Shanti Ceane
Secretary*



*Laurie Anderson
Treasurer*



Julianna Flynn



Scott Zager



Co-op Election Dates To Remember

Hey Co-op Members...

Consider Running for the Board of Directors.

The SCFC Board of Directors is vital part of our member-owned food cooperative. Our co-op needs dedicated, thoughtful, collaborative candidates to run for the board.

If you are interested, please keep the following 2019 dates in mind:

February 1 – Candidate Information Packets available from Board Members

March 3 – Deadline for submitting Candidate Statements

April 1 – Candidate Statements posted in store and on-line

April 6-19 – Open Voting for SCFC Members

May 5 – New Board Members introduced at General Membership Meeting.

Remember Candidates must be members for 90 days before election ends (January 18th)

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 4:30 to 7:30 pm).

Identify a board "buddy" to act as your mentor and answer any questions you have.

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.

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

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

Jean-Robert Béffort/Vice President
Board Term: 2016-2019
aspace.studiogallery@gmail.com

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

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

Julianna Flynn
Board Term: 2018-2019
juliannaflynn8@gmail.com

Scott Zager
Board Term: 2018-2019
scott.zager@wildlands.biz

Board of Directors



February

Members Only Specials

January 30 - February 26

20% OFF! listed prices



Bulk White Corn Masa
reg \$1.89 lb.



Crown Prince Smoked Oysters
3 oz
reg \$3.99



Straus Whole Yogurt Plain, 32 oz
reg \$8.19



Kuli Kuli Pure Moringa Vegetable Powder
.4 oz
reg \$1.99



Skout Chocolate Peanut Bar
1.45 oz
reg \$2.29



Acure Correcting Balm
1 oz
reg \$15.99



Bulk Black Lentils
reg \$3.19 lb.



Miyoko's Vegan Cream Cheese Sensational Scallion
8 oz
reg \$5.29



Crown Prince Kipper Snacks
3.25 oz
reg \$3.69



Ka-Me Bean Threads
3.75 oz
reg \$1.99



Indianlife Naan Plain Flatbread
17.6 oz
reg \$5.79



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



Larabar Assorted Bars
1.6-1.7 oz
reg \$1.99



Luna Bars Assorted, 1.7 oz
reg \$1.25



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

The Co-op flyer is also available on our website:
www.silvercityfoodcoop.coop