



# Silver City Food Co-op

# GARBANZO GAZETTE

Our monthly newsletter • April 2016

Volume 16

## Co-op Hours:

Monday - Saturday  
9 am - 7 pm

Sunday

11 am - 5 pm

575•388•2343

520 N. Bullard St.

## • Earth Day • Silver City Style



**Earth Day is an annual event** created on April 22, 1970 to celebrate the planet's environment and raise public awareness about pollution. The day is now observed worldwide with rallies, conferences, outdoor activities and service projects.

Started as a grassroots movement, the first Earth Day got a lot of attention when more than 20 million people participated and by the end of 1970, Congress authorized the creation of the U.S. Environmental Protection Agency. Earth Day contributed to the passage of the Clean Air Act, the Water Quality Improvement Act, the Endangered Species Act and several other environmental laws. The idea for Earth Day was proposed by then-Sen. Gaylord Nelson of Wisconsin, after seeing the damage done by a 1969 massive oil spill in Santa Barbara, California.

Earth Day will be celebrated in Silver City on Saturday, April 23, from 10 am to 2 pm at Gough Park. The event is sponsored and organized by the Gila Resources Information Project and the Town of Silver City's Office of Sustainability. Terry Timme, Planner of Recycling and Special Projects with the Office of Sustainability, states, "the goal of the office is to make Silver City a more resilient place to live. We are preparing for the future with a plan through 2030 for the town to become more self-sufficient and to be able to adapt to climate change. The Earth Day event

is a way for our community to become more aware of sustainability and what they can do to make Silver City a better place to live."

The theme for Earth Day 2016 is Trees for the Earth. Timme is planning a tree planting in association with Earth Day. There will be a collection station for e-waste and all other recycling and free document shredding. Timme states, "last year more than 100 people took advantage of the free shredding and we expect more this year." The recycling and shredding will take place in the parking lot between the office and Gough Park.

At Gough Park there will be dozens of community organization booths offering fun activities and information. Entertainment with an Open Mic will be at the gazebo. If you are interested in being a vendor or performer, please call the Office of Sustainability at 597-8989 or email [terrytimme@gmail.com](mailto:terrytimme@gmail.com). Booth spaces are only \$5 to \$25.

On Friday, April 22, at 7 pm at Parotti Hall on the campus of WNMU, the Chautauqua, *The Wonder of Nature: Rachel Carson*, will be performed by Ms. Ann Beyke. Ms. Beyke has been acting for more than 25 years and enjoys bringing Rachel Carson to life. Rachel Carson was a marine biologist best known for her book, *Silent Spring*. For more information on this

performance please contact the Office of Sustainability.

The Office of Sustainability, located at 1106 N. Pope Street, is a park itself! With a grant from PNM, a parklet was created in front of the office, open to the public to enjoy. Mule Creek Adobe led the workshop that created the walls and 20 community members participated and learned how to build with adobe. Stop by the office Monday to Thursday from 8 am to 4 pm and learn about where to recycle electronics, or drop off burned out compact fluorescent bulbs, cellphones and household batteries.

The Silver City Food Co-op will participate at the Earth Day celebration with organic apples. Stop by our booth and have some fun!

Thank you, Co-op shoppers, for celebrating Earth Day every day by purchasing organic produce and groceries at your community market.



Terry Timme takes electronic recyclables from Martha Everett



Laurel Johnson & Sharon Bookwalter giving samples of organic apples

Silver City Food Co-op  
**Market Café**

**Café Hours:**

**◆ New Hours ◆**

Sunday

8:30 am - 5:00 pm

Monday,

Wed. - Sat.

8:30 am - 7 pm

Closed Tuesday

575•956•6487

614 N. Bullard St.

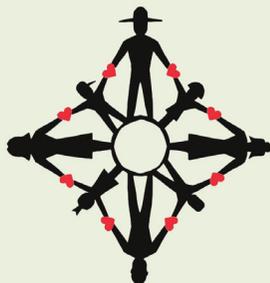


**YOU ARE WHAT YOU EAT**



# Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

## Store Hours

575-388-2343

Mon-Sat 9am-7pm

Sunday 11am-5pm

## Café Hours

575-956-6487

Mon., Wed. - Sat. 8:30am-7:00pm

Sunday 8:30 am - 5:00 pm

Closed Tuesday

## Ends Statement

Because of all that we do,

our member-owners,

our food co-op, and our extended

community will gain and maintain health.

## 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 Gang

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Submissions are welcomed!

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do not necessarily reflect the views of the board,

management, or staff of the Co-op.

# Cup o' Joe

by Joe Z



**Shhh. Listen.** If you pay attention, you can hear it. It's your body. It's talking to you. Trying to tell you something.

"Body! Can you hear me? What do you need?"

"Hey, thanks for checking in with me Joe. I'm really glad you asked and care about me. I need some dark chocolate gelato, a slurpy and some doughnuts."

"Wait. What? No. You're supposed to tell me how you are feeling – not your cravings. This is supposed to be a conversation about what you need to feel great."

"Well, I need that stuff. I can tell: If I don't get gelato soon – surely we will die."

"We're not gonna die if we don't get Gelato. Besides you always overindulge and feel awful afterward. Remember when we went to that big restaurant, The Cheese Cake Factory? Do you remember what happened?"

"Oooo, I sure do! I ate and ate and they had big portions and I had two deserts and it was awesome"

"Body, do you remember how you felt afterwards and what you said?"

"Ummm, no – not really. I prefer not to dwell in the past."

"You said, 'I will never do this again. I feel like crap. I'm all clogged up. I can't even get up. Never, never again'. Do you remember that? Isn't that what you said?"

"Well, maybe something like that. I don't believe I was that vehement."

"You were. Look, Body – I do care about you and I want us to feel good. So let's go somewhere to eat something that would nourish you more and not make you feel bad. Let's go to the Market Café (shameless plug)"

"Well, yeah, okay – I do like that place. It's cool."

"Great! We can eat, enjoy the weather a bit and then go for a mountain bike ride."

"Hang on there Joe! If you are really listening to me – I'm saying that mountain bike rides makes my legs and lungs burn. It's hard work and I eschew hard work in the guise of play."

"Oh it's not that bad, Body. And you feel great afterwards."

"It is that bad. And more pain. Do you remember the shattered pelvis, the torn ACL, the broken ribs, the sprained ... everything? Do you remember all those times?"

"Ummm - I prefer not to dwell in the past. So I get a little over ambitious at times but I've toned down and I'm sure there will never be another crash. The important thing is that it gives you more energy over all."

"You tell everyone that you listen to me but look at this – you're not listening to me at all. You're not giving me what I want."

"Well, you are wanting things that make you feel bad and avoiding the things that help you feel good. Where is the logic in that? You just are craving stuff. I have to listen to your more silent messages – not your "in-your-face" whining. You are a very argumentative body, you know."

"I wonder where I got THAT from. Look – let's make a deal. We will engage 70% to do things that are destructive fun – like hot fudge sundays and skateboarding in traffic – and the other 30% we can do healthy good stuff."

"That's a start but I think 80/20 are better percentages."

"That's great by me! Let's go get doughnuts and celebrate."

"I think you misunderstand, Body. That's 80% healthy and 20% .... well, I'll go with semi-destructive fun. And we are not skateboarding in traffic."

"Alright. 50/50."

"Nope. 90/10"

"Cripes! You are no fun!"

"Actually, I'm a lot of fun because of what I insist on. And if we need to exercise, we might as well find something that I enjoy and look forward to. Some people like to take hikes. We used to do that a lot but the mountain biking is more fun and it takes less time. I'm a very busy guy."

"Yeah - okay - fine. And I will admit that when I get sick or broken, I generally heal pretty quickly. So kudos for that."

"Look, Body, my friend, my buddy. We generally have had good health over all these decades. And it is due to us eating well and getting exercise. Many of our friends have serious illnesses and they really have to eat well to feel even mildly healthy. You should count your blessings."

"Whatever. I want dark chocolate gelato now."

So there you have it folks, if you are attentive, you can talk to your body. But if you have one like mine, you may be better off to ignore it and just do the right thing. Your body will reward you with feeling better despite its constant complaining. Feed it a doughnut every once in a while.





# Market Café Chitchat

## Menu Spotlight



## Babaganoush

How about something exotic tonight? Taste buds come alive at the Café as we strive to create food that you just don't find every day. And in this month's menu spotlight, we focus on another Mediterranean / Arabic staple: Babaganoush.

Our babaganoush starts with big hunks of house-roasted eggplant and garlic that we mix with fresh parsley, Roma tomatoes, and red onions (all organic!). Add in some lemon juice, tahini, and sesame oil to dress the veggies, and our own blend of spices, and voila!, Ba-

baganoush! Many of the staff members at the Café have brought in their own recipes to share; this one has been perfected by Sarah, and it is a cornerstone of our menu.

Babaganoush is great by itself or with a piece of pita bread on the side. In our kitchen it's also used as the main ingredient for the Alibaba. The Alibaba combines babaganoush, our homemade tahini sauce, brown rice, avocado and roasted red peppers in one of the most flavorful burritos you'll sink your teeth into. It's one more delicious offering from the Market Café. Whether you're buying a pint of babaganoush to take home to add to dinner, or sitting down in the Café for an Alibaba, our aim is for you to love what you get and enjoy your experience with us!

## Market Café Product Spotlight



*Maggie's Organic Socks & Leggings*

In addition to serving delicious organic breakfast, lunch and dinner, the Café also has a great selection of gifts! Eva is the retail buyer for the Market Café and is proud to carry locally made earrings and *Maggie's Organic Socks*.

The Market Café features locally made earrings by Blythe Whitely and Katy Brandes. Blythe's earrings feature glass lampwork beads and Katy makes creative earrings by recycling bicycle inner tubes. They are really fun! These are just a few of the great gifts you can buy at the Market Café. The next time you need a birthday or holiday gift - think local, think Market Café!

*Maggie's Organics* is just about one of the best companies to purchase organic cotton products from. "At *Maggie's Organics* we believe in Real Fair Trade, from Farm to Finish. We purchase our organic cotton directly from over 2000 cooperative farmers in Nicaragua, making \$400 prepayments each June for every 1000 lbs. of organic cotton we need for the following year. Our investments cover approximately half of the farmers' annual cultivation costs. In December when the crop is harvested, Maggie's pays the entire balance, at prices often higher than the established fair trade price. In this way we share our farmers' risks, and we guarantee our customers a steady supply of great quality organic cotton. We have worked with these growers for many years through our NGO Jubilee House Community, helping to develop a special variety of cottonseed which is revitalizing both soils and an industry. Sharing risks and staying the course with cooperative farmers is what we call real fair trade."

The Market Café has an entire rack of assorted socks, leggings, and even head gear. Feel good about purchasing these items!



*Eva in front of local earrings*

# KITCHEN MEDITATIONS

Spring

## Asparagus Orange Salad

*A refreshing spring salad.*

*If blood oranges are not available, use any other variety.*

Serves 6

### Ingredients:

#### Salad

2 bunches asparagus  
2 firm, ripe tomatoes, cored, quartered, and cut into bite-sized pieces  
3 blood oranges, peeled and sectioned  
1 large bunch romaine, shredded  
Strawberries for garnish

#### Dressing

½ c red wine vinegar  
½ c orange juice  
1 Tbsp fresh garlic, minced  
1 tsp paprika  
1 tsp freshly ground black pepper

### Directions:

For dressing, combine all dressing ingredients and whisk.

Remove tough asparagus ends, cut on the diagonal into 1-inch pieces, and blanch.

Put asparagus, tomatoes, oranges, and romaine in large bowl. Toss gently with dressing, and serve.

## Nutrition Nugget Asparagus

It's loaded with nutrients: Asparagus is a very good source of fiber, folate, vitamins A, C, E and K, as well as chromium, a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells.

This herbaceous plant—along with avocado, kale and Brussels sprouts—is a particularly rich source of glutathione, a detoxifying compound that helps break down carcinogens and other harmful compounds like free radicals.

Asparagus is packed with antioxidants, ranking among the top fruits and vegetables for its ability to neutralize cell-damaging free radicals.

*And best of all asparagus is delicious!*



## Rhubarb & Strawberry Crumble

*This is an easy and delicious cake.*

Serves 6

### Ingredients:

#### Filling

1 pound rhubarb, trimmed and cut into 1/2-inch pieces (4 cups)  
1 pint strawberries, hulled and quartered  
1/2 cup granulated sugar  
2 tablespoons all-purpose flour

#### Crumble Topping

1/2 cup rolled oats  
1/2 cup all-purpose flour  
1/2 cup packed light brown sugar  
1 tablespoon butter, softened  
1 tablespoon canola oil  
1 tablespoon cranberry or apple juice

### Preparation

To make filling: Preheat oven to 375°F. Toss together rhubarb, strawberries, granulated sugar and 2 tablespoons flour in a large bowl. Transfer the mixture to a shallow 1 1/2-quart baking dish or deep-dish 9-inch pie plate, pressing down on the fruit to form an even layer.

To make crumble topping: Combine oats, 1/2 cup flour, brown sugar, butter and oil in a bowl; work the ingredients together with a fork or your fingers until the mixture is crumbly. Stir in the cranberry (or apple) juice until the mixture is evenly moistened.

Distribute the topping mixture evenly over the fruit. Bake until the fruit is bubbling and the topping is golden, 35 to 40 minutes.

## The Frugal Co-op Chef



## Buttered Leeks and Radishes

*This is a great side dish for a spring meal.*

Serves 4

### Ingredients:

1 tablespoon olive oil  
1 tablespoon butter  
3 scallions or spring onions, cut into 2-inch pieces  
¼ pound radishes, quartered  
3 leeks, white and light green parts only,  
cleaned and thinly sliced crosswise  
½ cup vegetable broth  
¼ teaspoon salt  
1 teaspoon lemon juice  
2 tablespoons fresh parsley, chopped

### Directions

Heat the oil and butter in a large skillet over medium heat. Add the scallions and cook until golden, about 3 minutes. Add the radishes and cook another minute. Remove the scallions and radishes from the pan and set aside.

Add the leeks, vegetable broth, salt, and lemon juice and cook, stirring occasionally, until the leeks are softened, about 5 minutes. Add the parsley, scallions, and radishes and toss well.

# Jake's April Produce Picks

## Radishes, Rhubarb & Asparagus, Oh My!

Oh it is spring, you can tell by the fresh new produce Jake is bringing in. Check out fresh radishes, rhubarb and asparagus!

Radishes are a fast growing crop and grow from seed to eating plant in 25 days, making them the first field-grown salad vegetables to come into season in April. Some varieties of radish can grow up to 3ft long, weighing 100lbs. Needless to say, you're unlikely to see these at the Co-op!

Rhubarb is a sweet/tart vegetable commonly used to make pie. It has actually been referred to as the "pie plant". We can thank Benjamin Franklin for sending the seeds to America in the 1700s. Mmmm, rhubarb and strawberry pie!

Asparagus has been cultivated for more than 3,000 years! Being rich in folic acid, eating asparagus is very good for women. Research has shown that the minerals and amino acids in asparagus may not only protect the liver against toxins, but can also relieve some of the effects alcohol has on the body. It is believed that the vegetable helps certain enzymes break down the alcohol better thereby alleviating some of the hangover effects of alcohol consumption. Who knew!



Three of our produce staff:  
Jake, Judith & Jeanné

## Product Spotlight

### The Organic Candy Bar Ocho Caramel



OCHO Candy was created to provide candy lovers with a delicious, organic alternative to traditional candy bars. They use the finest ingredients and hand craft the bars so that you can taste the difference in every bite.

OCHO Minis are candy bites that pack all the deliciousness into smaller sized treats. OCHO Caramel Mini is the classic combination of creamy caramel and milk chocolate. They make the caramel from scratch using fresh organic butter and organic cane sugar and then cover it with the finest organic chocolate. Pick up a pouch and discover for yourself why one is never enough.

### We B' Jamin Farm

Barbara Carr uses her family recipes to make her jams, jellies, and pickles. Her products have been sold at Tucson Farmers Market for more than twelve years. We are so glad to feature her products at the Co-op.

Barbara makes prickly pear and mesquite jelly from plants on her property, along with fun jams like tequila sunrise, strawberry habanero and more! For a unique jam or jelly, made with wholesome ingredients such as pure cane sugar, fresh pesticide-free fruits, and natural pectin, check out We B' Jamin products found in the nut butter aisle.

#### We B' Jamin Farm Jams and Jellies half pint



**\$1.00 Off**



Silver City Food Co-op, 520 N. Bullard, good through - 4/30/16

# OUR CO-OP



## Earth Day Fair!

Come one and all to the Co-op's Earth Day booth  
and have fun peeling apples!  
Saturday, April 23, from 10 am to 2 pm, Gough Park



## April Forum

*Can We Grow & Produce  
More Food Locally?*

Addressing the needs of the community,  
markets, growers and food processors.

presented by  
Juan Velasco

Thursday, April 14th  
from Noon to 1 pm

Community Room @ the Market Café

614 N. Bullard St.

For more information call the Co-op at 388-2343

CO-OP  
KID



Corner

## Eating for a Healthy Heart



When it comes to reasons for eating well, heart health sits near the top of the list. It all starts with food shopping, of course—by filling your cart with heart-healthy foods at your co-op, you can help lower your risk of heart disease, including heart attack and stroke. Here's what to bring home.

### Bring home:

#### • "Good" fats

These are polyunsaturated and monounsaturated fats, including omega-3s. You'll find them in canola oil, olive oil, soybean oil, walnuts, ground flaxseed, and flaxseed oil. Fatty fish like mackerel, anchovies, sardines, herring, salmon, and trout also have high omega-3 counts.

#### • Smart protein sources

Low-fat proteins like skim or low-fat dairy products, legumes (like beans, peas, peanuts), skinless poultry, and lean meats will limit the amount of cholesterol you consume with your protein.

#### • High-fiber foods

Foods that are high in soluble fiber can help lower your LDL ("bad" cholesterol). Beans and whole grains like brown rice, oats, and whole-grain breads and pastas are good examples, but try others too, such as barley, amaranth, millet, and quinoa.

#### • Potassium picks

High-potassium foods like avocados, bananas, tomato products, raisins, and potatoes can help maintain healthy blood pressure.

#### Pass up or limit:

#### • "Bad" fats

Limit saturated fats, which are found in butter, fatty cuts of meat, whole-milk dairy products, and many sweets. And completely avoid trans fats, which are typically found in processed foods like packaged desserts, crackers, chips, and many stick margarines. (Here at the Co-op our buyers are on the look-out for trans fats, and avoid buying those products.)

#### • Sodium

Some sodium is necessary, but too much can contribute to elevated blood pressure.

#### • Sweets

Fruit is a great way to help satisfy a sweet tooth while gaining nutritional benefits at the same time. When fruit doesn't do it, look for low fat, high fiber, "good" fat options to eat in moderation.

#### • Liquor

Too much alcohol can raise your blood pressure and damage your heart. No need to abstain completely, though; a glass of red wine now and then can help prevent the buildup of plaque that contributes to heart disease.

It's never too early—or too late—to show some love for your heart. Start with your next shopping trip and head home from the co-op with heart-healthy choices in tow.

- See more at:

<http://strongertogether.coop/food-lifestyle/eating-for-a-healthy-heart/#sthash.iVNbrJl3.dpuf>

## Do you like shopping?

Want to help someone who cannot get to the Co-op?  
Here is the perfect volunteer opportunity!  
We need a shopper once a week for about 2 hours.

*Is that you?*

Contact [charmeine@silvercityfoodcoop.com](mailto:charmeine@silvercityfoodcoop.com)





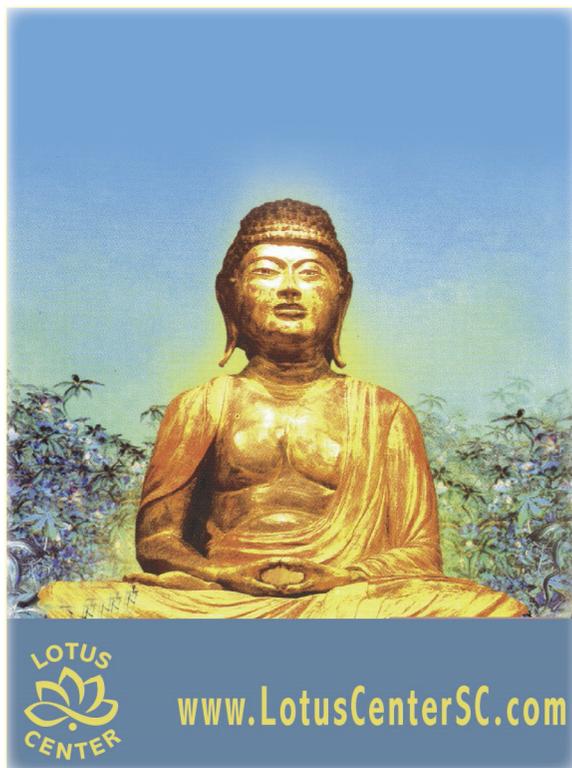
# Our Community

## B-e the Change by Shopping at the Co-op!

Many of the companies carried at the Co-op, such as Alter Eco, King Arthur Flour and Yogi Tea, are Certified B Corporations. Certified B Corporations are leaders of a global movement of people using business as a force for good™. They meet the highest standards of overall social and environmental performance, transparency and accountability and aspire to use the power of business to solve social and environmental problems. There are more than 1,500 Certified B Corporations in over 120 industries and 40 countries with one unifying goal – to redefine success in business.

When you choose to purchase products from these companies, you, too, can B the Change! You can support B Corporations by looking for the Certified B Corporation seal on products throughout the Co-op. Some of the B Corporation products we sell at the Co-op are: Bhakti Chai, Yerba Mate Guayaki, Lotus Foods, Numi Organic Tea, Traditional Medicinals, Nutiva, Madhava Sweeteners, Dang Foods, Garden of Life, and Tofurky.

Learn more at [www.bcorporation.net](http://www.bcorporation.net)



### 2016 Silver City Food Co-op Board Elections

**Attention:** All Co-op members will receive the 2016 Board Election Ballots with Candidates Statements mailed directly to your listed mailing address at the beginning of April. It will contain a ballot for you to mail in or submit at the Co-op. The voting period will occur during the month of April and end May 1, at the General Membership Meeting.

## April

**Saturday, April 9, 11 am to 6 pm**  
*Farmer's Market Home and Garden Expo*  
A fundraiser for the Silver City Farmer's Mkt  
WNMU Gymnasium

**Saturday, April 9, 10 am to 3 pm**  
*Artisan Market*  
Support local artisans!  
614 N. Bullard St.

**Sunday, April 10, 1 pm to 3 pm &  
Monday, April 11, 5 pm to 7 pm**  
*Forks over Knives*, a documentary  
about plant based diets  
614 N. Bullard St.

**Thursday, April 14, 12 noon to 1 pm**  
*Community Forum - Growing Locally*  
614 N. Bullard St.

**Wed., April 20, 4:30 pm to 7:30 pm**  
*Silver City Food Co-op Board Meeting*  
614 N. Bullard St.

**Saturday, April 23, 10 am to 2 pm**  
*Earth Day Fair*  
Gough Park

**Saturday, April 23, 9 am to 2 pm**  
*Community Flea Market*  
614 N. Bullard St.

**Fridays in April**  
*Popcorn Fridays*  
free popcorn and other food samples  
Silver City Food Co-op, 520 N. Bullard St.

## May

**Sunday, May 1, 1:30 pm to 4:30 pm**  
*Silver City Food Co-op*  
*General Membership Meeting*  
The Volunteer Center, 501 East 13th Street

**Thursday, May 12, 12 noon to 1 pm**  
*Community Forum*  
The Competitive Marketplace  
614 N. Bullard St.

**Saturday, May 14, 9 am to 2 pm**  
*Artisan Market*  
Support local artisans!  
614 N. Bullard St.

**Wednesday, May 18, 4:30 pm to 7:30 pm**  
*Silver City Food Co-op Board Meeting*  
614 N. Bullard St.

**Saturday, May 28, 9 am to 2 pm**  
*Community Flea Market*  
614 N. Bullard St.

**Fridays in May**  
*Popcorn Fridays*  
free popcorn and other food samples  
Silver City Food Co-op, 520 N. Bullard St.

# CO-OP Community



## Co-op Community Donations

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

Grant County Food Pantry  
Gila Mimbres Community Radio  
WNMU Music Department  
WNMU Expressive Arts Department  
Mimbres Region Arts Council

## Bag Refund Donation Program

Thank you for using your own shopping bags!  
For each shopping bag used, we will give you a chip valued at 5¢ to donate to one of two non-profit organizations. The non-profit organizations are currently changed every two months. The Co-op is proud to work with members and donate to these worthy organizations:

**End of the Road Ranch**  
\$95.35 February

**The Bikeworks**  
\$87.15 February



## Thank You Co-op Volunteers!

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

Sophia Brugman • Christine Dalmedo • Gail Fritz  
Athena Schumacher • Deb James • Ann Alexander  
Saguara Compton • Two Crow Schumacher • Miriam Richer  
Lois Fuller • Richard Mahler • Bridget O'Leary



## Green Thumbs Needed!

We need folks to help water our demonstration greenhouse.

It's planted with herbs for the Café and our Grab 'n Go.

It's fun and easy and only takes 15 minutes!

You can sign up for just one day per week or several.

Contact [charmeine@silvercityfoodcoop.com](mailto:charmeine@silvercityfoodcoop.com).



## Co-op and Community Events (Volunteers Needed for Co-op Events)

### Home and Garden Expo

Come to the Co-op's Seed Share booth and bring some seeds to share and pick up some new seeds too! Saturday, April 9, from 11 am to 6 pm at WNMU gymnasium. Small admission fee and all proceeds go to support the Silver City Farmers Market.

### "Forks Over Knives" Film

"Forks Over Knives" is a documentary in which Lee Fulkerson enacts a mirror image of the journey taken by Morgan Spurlock in "Supersize Me." Instead of eating only at McDonald's for a month and nearly killing himself, he eats a plant-based whole food diet for six months, gets off all of his cholesterol and blood pressure medications, drops a lot of weight, sleeps better and has more energy.

The documentary will be shown two days: Sunday, April 10 at 1 pm and Monday, April 11, at 5 pm in the community room at the Market Café.

### Earth Day Fair

Come to Gough Park Saturday, April 23, from 10 am to 2 pm and have fun peeling apples the old fashioned way at the Co-op's booth. It's a great day to celebrate Mother Earth with many fun activities.

### Artisan Markets

The next market will be April 9 at the Market Café from 10 am to 3 pm. Contact [charmeine@silvercityfoodcoop.com](mailto:charmeine@silvercityfoodcoop.com) if you are interested in selling your handmade art.

### Seed Library, Vegan Support Group and Permaculture Workshops

Did you know that on the third Saturday of every month the Seed Library has a workshop from 11 am to 12 noon? That is followed by a vegan/vegetarian support group at 12 noon, and a permaculture workshop from 1 pm to 2 pm.

All are free, open to the public and held in the community room at the Market Café.

### Community Flea Markets

The next flea market will be April 23 at the Market Café from 9 am to 2 pm. Contact [charmeine@silvercityfoodcoop.com](mailto:charmeine@silvercityfoodcoop.com) if you are interested in selling your handmade art.

### Community Forums

On the second Thursday of each month, community forums are held. If you are interested in presenting a forum on health, food, sustainable living or about how your local non-profit serves the community, please contact [charmeine@silvercityfoodcoop.com](mailto:charmeine@silvercityfoodcoop.com) to discuss your proposal.

### Popcorn Fridays

Each Friday from 9 am to 3 pm the Co-op offers popcorn and other food samples. Volunteers are needed to help make popcorn. It's fun, you get to meet lots of people, and see what is happening at the Co-op!

If you are interested in helping with this ongoing event, please contact us.

### Volunteer at the Co-op

When you volunteer to work for the Co-op, for every 3 hours of volunteer service, you receive a voucher good for 15% off for one day. It's a win-win! To volunteer, please contact Charmaine at 388-2343 or email [charmeine@silvercityfoodcoop.com](mailto:charmeine@silvercityfoodcoop.com).

# BODY CARE PRODUCTS MADE BY LOCAL HERBALISTS

## Our selection will AMAZE you!

by Susan Van Auken

*We probably all agree that what we put in our mouths to feed our bodies is important, but do we think about feeding our bodies by what we put on our skin? This is important too.*

*Have you considered that all skin care products are not the same?*

*Our little body care section at the co-op offers a large selection of nourishing products made from natural ingredients, and I am truly astonished by the number of items that the buyer, Patricia Walsh, has tastefully fit on the shelves. One of the extra-special features of this section, however, is the number of products made by local herbalists. These salves, lotions, soaps, lip balms, and such, lovingly made in small batches, heal and soothe with their beneficial herbs, many of which are locally wild-crafted or organically grown.*

## Skin Creams and Lotions

These products often contain many of the same infused herbs as the salves, thus making the creams or lotions good for different skin concerns. In making a cream or lotion, water or other liquid is added. The water and oil are emulsified to form a rich lustrous cream that will absorb quickly into the skin.

Most of the creams are quite potent and a little dab is all you need. The lotions contain more water or other liquid, to spread easily over larger areas of skin.

Some of the yummy-sounding creams and lotions we carry include Crème of Lemon Supreme, Mimosa Blossom Crème, Creamy Vanilla Lotion, Jasmine Lotion, Lavender Lotion, and Fab Foot Crème. They all sound delightful don't they?



*Willow likes Sun Salve for the summer.*

## Handmade Soap

Treat yourself to one of the locally made soaps, which come in a wonderful variety of sizes and shapes and textures. The different herbs and oils used create different qualities and scents, so browse the selection and enjoy discovering your favorites!

Beyond the array of salves, creams, lotions, and soaps, is an equally amazing array of other local offerings:

- Hair care treatments
- Baby care products
- Facial and body scrubs and toners
- Bugs-be-gone lotions and sprays
- Shaving soaps
- Antimicrobial spritz for flu season and air travel
- Gift packs

The Co-op's local suppliers for these products are:

- **Desert Woman Botanicals, in Gila**
- **Lizard Dreaming, in Mimbres**
- **Super Salve, in Mogollon**
- **Udder Delight, in Glenwood**
- **Desert Bloom Herbs**
- **My Skin Feast**
- **Silver City Soap Maker, in Silver City**
- **Taos Herbs, in Taos**

If you want to learn more about any of these, you can inquire at the Co-op, of course, or check the Internet, as most have a website.

## Salves

Salves are wonderfully potent herbal products used to treat a variety of skin conditions. As a base salves may contain one or more oils, such as olive oil or sweet almond oil, beeswax, and shea- or cocoa-butter. The diversity in salves and the healing benefits are derived from the herbs infused in the oils. The herbalists know what herbs to use singularly and together to create the healing benefits. Salves may contain: herbs with antimicrobial properties, soothing herbs, ones that reduce swelling and itching, or pain relief.

Depending on the herbs, salves are used for cuts and abrasions, muscle soreness, sprains and stiffness, dry cracked skin, diaper rash, insect bites, or topical pain relief, and other conditions. The co-op carries many salves including ones with descriptive names such as: Miracle Salve, Super Salve, Mama Bear's Calendula Salve, Gardener's Friend Salve, Muscle Warming Salve, Sun Salve, No-Itchy Salve, and Pain Salve.

All of these locally made products' creators are also shoppers at the co-op, so you might bump into them in the produce section! This is a wonderful part of buying local -- we support our neighbors and friends and keep the money circulating in our community.



*Joan from London was impressed with the number of locally made products.*



*Tinisha loves all of our local products.*

# Kids' Corner

## FREE FRUIT FUN

Kids, color the picture and bring it to the Co-op to receive a free piece of fruit.  
(Produce Staff Selection)

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

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



**Celebrate Earth Day by planting a tree!**

### PRODUCE COMPOST GUIDELINES

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

- First come, first served
- One bag per person, please
- Scraps are bagged as produce is processed
- Best days for compost are Tuesday & Thursday

### GROCERY SPECIAL ORDER POLICY

Members receive a 10% off shelf price discount on special orders of case quantity in ALL departments. HABA and Supplements will receive the 10% discount when the quantity ordered is at least six (of the same item). Cases of local meat must weigh 10 pounds or more to receive the discount.

### PRODUCE SPECIAL ORDER POLICY

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

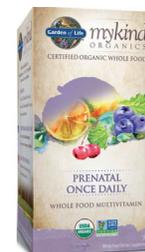
### 614 MEETING ROOM POLICY

Individuals, groups & organizations are welcome to meet at 614 N. Bullard, as long as one organizer is a Co-op member. The space can be rented for commercial uses or events. Meetings and events must be held during business hours. Contact Charmaine: [charmeine@silvercityfoodcoop.com](mailto:charmeine@silvercityfoodcoop.com) or the Co-op at 575-388-2343. Thank you!

# April HABA & Supplements Sales

March 30 - April 12 **coop deals**

April 13 - May 3 **coop deals**



**Aura Cacia**  
Vegetable Glycerin  
4 oz  
reg \$5.19  
**SALE \$3.99**

**Acure**  
Body Wash  
& Lotion  
Assorted, 8 oz  
reg \$9.99  
**SALE \$7.99**

**MegaFood**  
Dream Release  
30 ct  
reg \$21.49  
**SALE \$15.99**

**MegaFood**  
Men Over 40  
One Daily  
30 ct  
reg \$25.99  
**SALE \$17.99**

**Dr. Bronner's**  
Liquid Soap  
Assorted, 32 oz  
reg \$15.29  
**SALE \$10.99**

**Kiss My Face**  
Toothpaste  
Assorted, 4.5 oz  
reg \$4.99  
**SALE \$3.99**

**Garden of Life**  
mykind organics  
Prenatal Once Daily  
90 ct  
reg \$79.99  
**SALE \$64.99**

**Garden of Life**  
mykind organics  
Vegan D3 Spray  
2 oz  
reg \$19.99  
**SALE \$13.99**

# April Sales

To Our Co-op Members & Customers: Please note that sales run for a **two-week** period.  
 Each month 100s of items are on sale. To see a complete list, please visit our website.  
 The pictured items are just a sample of the great values you will find at the Co-op each month.

## March 30 - April 12

## coop deals



**Bulk Organic Lundberg White Jasmine Rice**  
 reg \$2.99#  
**SALE \$2.69#**

**Follow Your Heart**  
**Grapeseed Oil Vegenaise**  
 16 oz  
 reg \$6.99  
**SALE \$4.99**

**Udi's**  
**Gluten Free Muffins**  
 Assorted, 12 oz  
 reg \$6.29  
**SALE \$4.39**

**Back to Nature**  
**Shortbread Cookies**  
 4.5 oz  
 reg \$4.99  
**SALE 2/\$8.00**

**Bulk Organic Dark Red Kidney Beans**  
 reg \$3.69#  
**SALE \$3.39#**

**Wildwood**  
**Firm Tofu**  
 14 oz  
 reg \$2.99  
**SALE \$1.99**

**evol**  
**Egg & Green Chile Burrito**  
 6 oz  
 reg \$2.99  
**SALE \$1.99**

**Clif**  
**Trail Mix Bars**  
 Assorted, 1.41 oz  
 reg \$2.29  
**SALE 5/\$5.00**

## April 13 - May 3

## coop deals



**Bulk Organic Raw Walnut Halves**  
 reg \$16.99#  
**SALE \$13.99#**

**Bubbies**  
**Kosher Dill Pickles**  
 16 oz  
 reg \$5.69  
**SALE \$4.69**

**Cascadian Farm**  
**Frozen Juice**  
 Assorted, 12 oz  
 reg \$4.29 - 4.39  
**SALE 2/\$5.00**

**Bulk Instant Black Beans**  
 reg \$6.19#  
**SALE \$3.99#**

**Artisana**  
**Raw Walnut Butter**  
 8 oz  
 reg \$15.99  
**SALE \$10.99**

**Earth Balance**  
**Whipped Buttery Spread**  
 13 oz  
 reg \$4.99  
**SALE \$3.99**

**Straus**  
**Ice Cream Assorted, pint**  
 reg \$5.39  
**SALE \$3.99**

**Orgain**  
**vegan nutritional shake**  
 Chocolate, 11 oz  
 reg \$3.39  
**SALE \$2.69**

## Members Only Specials

## March 30 - May 3



**Lotus Foods**  
**Forbidden Rice Bowl**  
 Assorted, 7.4 oz  
 reg \$3.29  
**SALE \$2.99**

**Food for Life**  
**Sprouted Corn Tortillas**  
 10 oz  
 reg \$3.69  
**SALE \$3.39**

**Herb Pharm**  
**Milk Thistle**  
 60 capsules  
 reg \$21.99  
**SALE \$10.99**

**Woodstock**  
**Rice Bites w/ dark chocolate**  
 2.1 oz  
 reg \$3.99  
**SALE \$3.59**

**Uncle Matt's**  
**Orange Juice**  
 Pulp Free, 59 oz  
 reg \$8.49  
**SALE \$7.69**

**Food for Life**  
**Millet Bread**  
 24 oz  
 reg \$6.69  
**SALE \$5.99**

# From Your Board...



## General Membership Meeting

Sunday, May 1, 2016, from 1:30 pm to 4:30 pm  
at The Volunteer Center, located at 501 East 13th Street  
(see map)

### Agenda

Welcome with Interactive Carrot Game  
we promise no sticks!

It's just a lot of fun and you will learn more about your food.

Interactive Board Discussion

Break

Meet the Board Candidates (final day for voting)

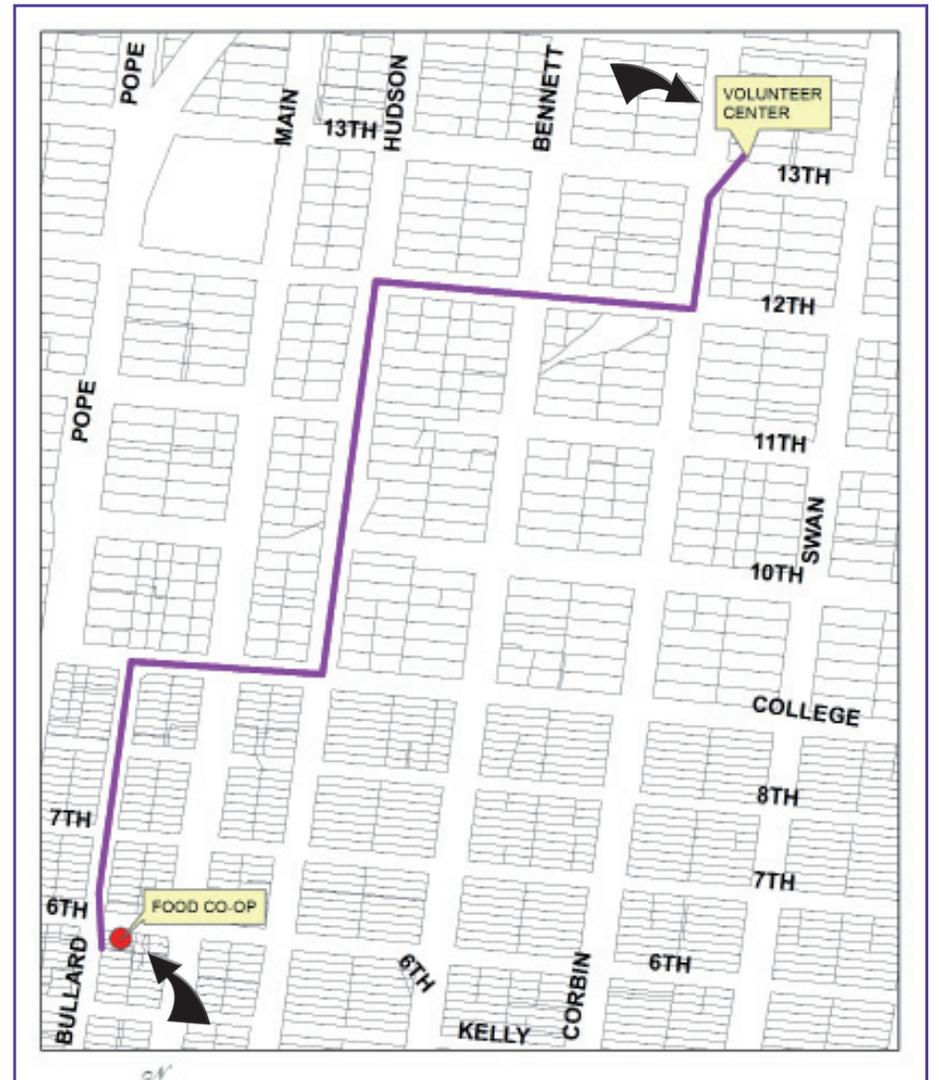
Manager's Report

Close with awarding door prizes of a gift bag and gift cards.

The meeting will feature a snack buffet with food from the  
Market Café and the Co-op!

**A surprise treat for everyone!**

*See you there!*



Gail Rein/President  
Board Term: 2014-2017  
rein.gail@gmail.com

Susan Van Auken/Vice President  
Board Term: 2013-2016  
susanvanauken@gilanet.com

Carmon Steven/Secretary  
Board Term: 2013-2016  
yankiecarmon@gmail.com

Karen Strelko/Treasurer  
Board Term: 2015-2018  
browserandlouie@yahoo.com

Jennifer Johnston  
Board Term: 2015-2018  
johnstonjenny40@gmail.com

Nancy Coates  
Board Term: 2015-2016  
coates@gilanet.com

Jerry Bartels  
Board Term: 2015-2016  
jerrybart@gmail.com

### Board of Directors

### Board Meeting Schedule

The SCFC Board of Directors meets the third Wednesday of each month at 614 N. Bullard Street, 4:30-7:30 pm.

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