



Silver City Food Co-op

GARBANZO GAZETTE

Our monthly newsletter • September 2016

Volume 16

Co-op Hours:

**Monday - Saturday
9 am - 7 pm**

**Sunday
11 am - 5 pm**

**575•388•2343
520 N. Bullard St.**

Silver City Food Co-op
Market Café

Café 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.**



4 Common Questions about the GMO Labeling Law

People have long called for foods which have been produced using genetic engineering to be labeled, so that they can have the information they need to decide for themselves whether or not to purchase foods that may contain genetically modified organisms (GMOs). On July 14, 2016, the U.S. Congress passed a bill which establishes a national system of mandatory GMO labeling.

How will foods containing GMOs be labeled?

Known after the bill's authors as the Roberts-Stabenow GMO labeling bill, this new law gives the U.S. Department of Agriculture (USDA) two years to set up a federal system to regulate how foods containing GMOs will be labeled, and stipulates that product labels will be required to have one of the following three designations:

1. On-package written disclosure

Clear, simple language such as "produced with genetic engineering" will appear near the ingredient panel.

2. On-package digital quick response (QR) code

Packaging can contain a QR code that shoppers can scan with a smartphone and be directed to a website to learn whether or not the product contains genetically engineered ingredients. Very small companies will be allowed to use a 1-800 number or web address in lieu of a QR code.

3. On-package symbol

Manufacturers can opt to display a symbol that is yet to be developed by USDA.



Kenya Leahy likes Nutiva organic coconut oil with the non-GMO label.

What kinds of genetic engineering must be disclosed?

USDA will have to determine which foods will be required to be labeled. New genetic engineering techniques are being developed all the time and many of them will be approved for use in food. Some examples of existing and emerging genetic engineering techniques include transgenic, RNA interference and CRISPR-CAS9. As passed, the law does not explicitly state which techniques will require disclosure.



Steve Cinti is holding Nature's Path Organic cereal with the non-GMO label in color.

How does the law differ from previous GMO labeling bills?

While this law is not perfect, it appears to be more consumer friendly than previous incarnations of the DARK Act, which did not require manufacturers to label GMO foods and could have defined GMOs as "natural." These earlier versions of the GMO labeling bill were narrowly defeated thanks to the many concerned citizens, farmers and industry leaders who joined forces with key lawmakers to ensure that Congress heard consumers' call for the right to know what they are eating and feeding their families.

What's next? National Co-op Grocers advocates for a simple written label

GMO labeling advocates, including National Co-op Grocers (NCG) and many food co-ops, made every effort to inform lawmakers about the many reasons why QR codes (option 2, above) are often impractical, inconvenient or inaccessible for shoppers to use. NCG will continue to encourage manufacturers to print a clear disclosure on the package so that all people, whether they have access to a smartphone or not, can know at a glance whether a product contains genetically engineered ingredients.

Throughout USDA's two-year rulemaking process, consumer organizations will have opportunities to weigh in on which techniques will qualify foods as "genetically engineered" and precisely how USDA will administer each of the three labeling options.

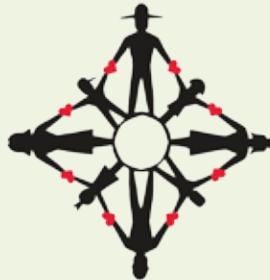
People who wish to avoid GMO foods can look for the USDA Organic label. By law, certified organic foods are not permitted to be produced or include ingredients produced using genetic engineering.



Pearl Means is pointing out the non-GMO label on a bag of Skinny Pop popcorn.

Silver City Food Co-op

established 1974



www.silverycityfoodcoop.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

Vision 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

Editor: Charmaine Wait

Contributors: Karen Strelko, Bret Sarnquist,
Susan Van Auken & Carla Rivers

Layout & Design: Carol Ann Young
& Meggie Dexter, Consultant

Submissions are welcomed!

Submit letters, articles, or items of interest to:

gg@silverycityfoodcoop.com

©2016 Garbanzo Gazette

All Rights Reserved. Articles published in this newsletter
do not necessarily reflect the views of the board,
management, or staff of the Co-op.

Cup o' Joe

by JOE Z



I discovered not only a world of foods that I liked but also foods that I did not like. But now, I had at least tried them instead of dismissing them out of hand.

I mean – I was locked down on what I would eat. Veggies? Well, corn was good and I would also eat an occasional raw carrot (if there was absolutely nothing else). Fruits? Apples and bananas. Period (chocolate covered raisins don't count). I mostly lived on peanut butter, eggs, milk, spaghetti and "junk food". I was more than a picky eater. Sure – meat and potatoes but since my Mom was not a cook but a food torturer, that was a daily ordeal as I would attempt to consume at least half of it before I left the table.

I wouldn't even eat cheese which meant as a kid – I never had pizza and wouldn't partake in pizza parties (plus I wouldn't eat any of the things they put on top of the pizza). The list of things that I would not eat – that I never even tried – was enormous.

So what changed? I don't really know nor do I remember exactly what made me try to eat different foods. I was actually proud of my dislikes. But somewhere I discovered that there might be things I would enjoy but automatically discount. And I know pizza was one of my first discoveries when I was around 14 or 15 (plain cheese pizza only – still would not eat any of the stuff they dumped on top).

It was a long process though and one I may still be going through – I won't, for example, even try the little bag of roasted crickets or the bar made of cricket flour. Maybe I'm not alone on that one (thought about bringing them into the Co-op though). Olives were a breakthrough a few years back and I had to really work on that one.

Was it the Co-op I joined in 1976 that broke me of my food prejudices? Not really. I was already on that path before I joined but it surely was a catalyst in my development. There were so many foods there that I not only never tried but also never heard of.

It was probably girlfriends – who always had a disproportionate amount of influence over me – that moved me forward with foods. But it wasn't long before I was off on my own trying one new taste after another.

In my 20's, my desire to try any new food or flavor blossomed. I became a pretty good cook.



I read stuff about health and nutrition and probably know a lot about it. Yet I don't think about it that much and eat what makes my body feel good and my taste buds tingle. Sometimes I purse tingly taste buds at the expense of feeling good and sometimes I eat foods that are good for me but I'm not too crazy about the taste sensations. Everything in balance.

Food-wise, I find everything I need at our Co-op. I think that's because we have such a wide array of different foods and we are always experimenting with different foods.

For example, have you tried Tepary beans from our bulk department? While few folks have heard of them, not only are they quite good but they are native to the southwest deserts and are drought resistant so they are environmentally and ecologically sound too.

I'm not a "purist" by any means. But I am conscious of my food choices. All the Co-ops I've been in have helped me refine that consciousness. Our Co-op is still dedicated to healthy exciting foods from all over including, as much as we can, local foods. We are a celebration of the food diversity and the exciting flavors that exist and can be combined.

At the same time, while Tofu is great, you will not be seeing fried insects on a stick (tarantulas, scorpions, centipedes, etc) that can be found in Asia, in our Co-op. I guess I do have my limits still.



Silver City Food Co-op & Market Café Staff

Judith Kenney

produce

Bob Lee

bulk manager

Carolyn Smith

café

Dougan Hales

produce

Kate Stansberger

supplement buyer

Jake Sipko

produce manager

Carol Ann Young

office

Jeanné Miller

herb buyer

Becky Carr

dairy buyer

Vicki Gadberry

office

Jess DeMoss

POS manager

Meggie Dexter

offsite website

Misha Engel

frozen buyer

Jenny Morgan

office/cashier

Joe Z

gm

Marguerite Bellringer

finance manager

Kim Barton

POS

Michael Sauber

grocery

Doug Smith

grocery buyer

Paul Slattery

produce

Patricia Walsh

HABA buyer

Jody Andrews

cashier

Evan Humphrey

cashier/bulk

Lee Ann Miller

cashier

Brenna Brown

deli manager

Sarah Hardisty

deli

Tinisha Rodriguez

POS/grocery/HABA

Charmeine Wait

emo

Allie Iacocca

wherever needed

Mike Madigan

am

Lynne Featheringill

café

Leah Chastain

merchandising specialist

Amanda McGinnis

café

Sarah Horton

café supervisor

Ben Williams

café kitchen coordinator

Marchelle Smith

cashier/grocery/deli

Stephen Persaud

café

Charlie DeMars-Conoly

grocery

Hallie Richwine

café

Robin Austin

wherever needed

Kenyon McNeill

grocery

Joy Kilpatrick

wherever needed

Kitty Stolzenbach

wherever needed



Market Café Product Spotlight

We have so many unique foods and gifts at the Market Café! Have you been there recently? It's fun to hear people state, "Oh, this is a great gift shop", or "I didn't know they had this".



Do you know that we have a variety of votive candles and holders? We have a great selection of incense too.



Or local potter, Judy Menefee's beautiful interpretations of Mimbres bowls? They are food and dish washer safe.



These are just a few of the items we carry at the Café along with great organic food.



If you haven't been in for a while, come on in and check out the new items.

What IS the Difference??

Organic VS. Non-GMO

What's the Difference?

	Organic	Non-GMO
• No GMOs used	✓	✓
• No Synthetic Pesticides , linked to lymphoma & leukemia	✓	✗
• No Roundup Herbicides , linked to kidney disease, breast cancer & birth defects	✓	✗
• No ingredients laced with residues from the neurotoxin Hexane	✓	✗
• No Sewage Sludge , human waste contaminated with endocrine disruptors & heavy metals	✓	✗
• No Growth-Promoting Antibiotics , contributing to weight gain & antibiotic resistance	✓	✗
• No Ractopamine drug residues, banned in dozens of countries	✓	✗

More Info at FOODBABE.COM

KITCHEN MEDITATIONS

Fall



Nutrition Nugget

Cremini Mushrooms

Cremini mushrooms are a great way to add depth of flavor, good nutrition, and an additional serving of vegetables to your meals without adding many calories. Mushrooms can add umami to your meals without adding meat; umami is known as the “fifth taste” and is often described as meaty, savory, and rich.

While many people think of mushrooms having minimal nutritional value, cooked mushrooms are actually a surprisingly good source of niacin, folate, potassium, and copper, with a cup of whole creminis providing about 20% of the RDA for niacin, 48% of the RDA for copper, and 390 mg of potassium, almost as much as a small banana. In addition, given that a cup of whole cremini mushrooms has only 19 calories, they provide 2 grams of protein, a valuable addition to any diet but especially for the vegetarians and vegans out there.

Don't worry too much about cooking your mushrooms: as long as you don't char them to a crisp or boil them for hours, most mushrooms retain about 80-95% of their nutritional value even after cooking. Finally, mushrooms are non-seasonal, so they're a good choice to enjoy year-round as an addition to pastas, stir-fries, burgers, and on kebabs.

-- Bret Sarnquist RD LD

Cheese Whiz Vegan Sauce

By Co-op Member Carla Rivers

The taste of this reminds me of an old processed favorite called Cheese Whiz.

Ingredients:

4 oz pimentos
1 c raw cashews
2 T roasted sesame seeds
2 T nutritional yeast (flake)
1 t onion powder
1 ½ t salt
¼ c scant lemon juice
1 c water

Blend these ingredients until smooth.

Add slowly:

½ c olive oil

Good on nachos, pasta, or as a dip or spread.

More Bulk Spices at Great Prices!

Our favorite price-comparing Co-op shopper gave us more price comparisons between the big store and the Co-op. Again, the Co-op's organic spices are at the best prices in town, hands down!

Spice	Co-op	Other Store
Bay Leaf	\$1.46 / oz.	\$26.47 / oz.
Chili	\$42 / oz.	\$1.99 / oz.
Coriander	\$88 / oz.	\$2.65 / oz.

Perfect Hash Browns are Within Reach

By Co-op Member Carla Rivers

Have you, like me, savored perfectly prepared, golden-crusted hash browns at a restaurant, only to try making them at home and ending up with blue gummies or some other aberration of your desired outcome? Perhaps you've sought help from disappointing recipes or settled for frozen potato shreds.

Take heart. Like so many things in life, “it ain’t so hard once you know how.” Here’s the process I’ve figured out through lots of trial and error:

Hash Browns

Serves 1 or 2

Have ready:

10 inch cast iron skillet, large plastic spatula, rubber spatula, grater or food processor, 6 inch strainer, potato peeler, large russet (don’t substitute) potato, olive oil, salt. Optional: rosemary.

Peel potato, rinse and dry. Put 2 ½ T. olive oil in skillet on very low heat. Shred potato. Raise heat to medium high. Put potatoes in strainer and quickly rinse to remove most but not all of the surface starch. Squeeze out moisture with hand.

When oil is hot, just before smoking, tilt skillet to distribute oil evenly, then drop potato into middle of the pan and spread to edges of pan quickly. Level them lightly with spatula. Salt.

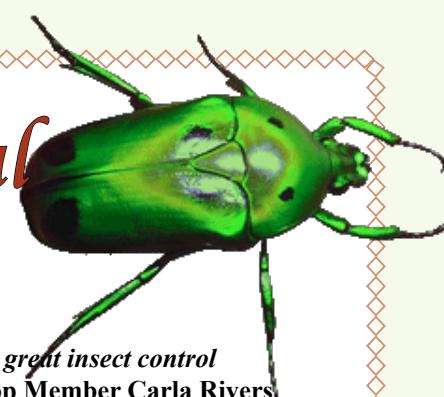
In about 4 minutes, when edges show browning, gently loosen potato circle with spatula and flip. If it looks as though it won’t hold together, cut in half and flip each side separately. Cook about 3 ½ to 4 minutes more.

If you like, sprinkle crushed rosemary, a powerful antioxidant, on top of the hash browns to (I like to think) offset any potential ill effects from the frying.

Good Luck!

Carla Rivers eats hash browns to fuel her explorations in the fields of music, art and journalism.

The Frugal Co-op Chef



This is not a food recipe this month but a great insect control that is natural and economical. By Co-op Member Carla Rivers.

Stop getting bugged – Naturally!

Save money on pest control bills and keep your home free of pesticides. Since I've been using this natural spray I haven't seen a bug in my home!

Fill a 20 ounce spray bottle with water, then add at least 6 drops each of oil of peppermint and oil of rosemary. Spray it around windows, vents, entrances, corners, and wherever every few days. A side benefit is that it smells very refreshing and the scents have many medicinal properties.

Jake's September Produce Picks

The kids are back to school, the new routine is getting into place, and Jake has some wonderful produce to include in your fall meals. Apples, pears and crimini mushrooms are organic and are delicious in desserts and entrees.



Jake Sipko
Produce Manager



Awesome Apples

Health Benefits by Tim Sharp, Reference Editor, LiveScience

Apples may help reduce the risk of cancer, cardiovascular disease and diabetes.

Apples are one of the healthiest foods a person can eat. They are high in fiber and vitamin C, and they are also low in calories, have only a trace of sodium, and no fat or cholesterol.

"Apples are high in polyphenols, which function as antioxidants," said Laura Flores, a nutritionist based in San Diego. "These polyphenols are found in both the skin of the apples as well as in the meat, so to get the greatest amount of benefits, eat the skin of the apple."

All of these benefits mean that apples may mitigate the effects of asthma and Alzheimer's disease, while assisting with weight management, bone health, pulmonary function and gastrointestinal protection.

Often called a "miracle food" and "nutritional powerhouse," an apple a day really may keep the doctor away!

Pleasing Pears

Sweet, delicious and rich flavored pears offer the crunchiness of apples yet are as juicy as peaches and nectarines. They are widely popular, particularly in the whole of the northern hemisphere, for their unique nutrient qualities.

Pears are packed with health benefiting nutrients such as dietary fiber, anti-oxidants, minerals and vitamins, which are necessary for optimum health. Eat them while they are fresh to get maximum nutrient benefits. Otherwise, keep them inside the refrigerator where they will remain fresh for a few days.

Although not well documented, pears are among the least allergenic of all the fruits. For the same reason, they often recommended by health practitioners as a safe alternative in the preparation of food products in allergic persons. Pears have been suggested in various traditional medicines in the treatment of colitis, chronic gallbladder disorders, arthritis, and gout.

Pears are a perfect partner for wholesome, simple snacks.

Think outside the cracker box.

- Slice pears atop whole-grain toast
- Wrap pear slices in prosciutto
- Pair pears with blue cheese, parmesan, or aged white cheddar
- Dip pears into yogurt
- Pack a pear with a small portion of nuts
- Smear slices with almond or cashew butter
- Sprinkle diced pears onto chia pudding



Captivating Crimini

Please note the Nutrition Nugget for information on Crimini mushrooms.
Did you know that Crimini mushrooms grow up to be Portobella mushrooms?



Orange Tapioca

What is an organic, refreshing and super delicious treat found only in the Grab 'n Go? Orange Tapioca! The tapioca is made with organic tapioca, organic orange juice, organic coconut milk and organic mandarin oranges all found in the Co-op! Brenna and the deli crew use these ingredients to make a delicious, gluten free, vegan dessert.

The Grab 'n Go cooler is found in the front of the Co-op and always has something wonderful to eat. Check it out next time you are in the Co-op!



make your own!



On the Baking Aisle

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

September **MAD**

Wed. 14th, Thurs. 15th, Fri. 16th

Pick your own day
to receive **15% off** your purchases!
(Excluding mark-downs & deli items)

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**.

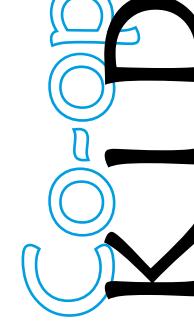


September
Forum
Join us!
to learn about
Stress Management
with Pamala Morgan

Thursday, September 8th
from Noon to 1 pm

Community Room @ the Market Café
614 N. Bullard St.

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



Corner

September

Introducing the Coop Explorers!

Starting this September, kids ages 12 and under are invited to become a Silver City Food Co+op Explorer and be eligible to receive one free piece of fruit per visit! To become a card-carrying Co+op Explorer, kids simply need to bring a parent or supervising adult to a cash register and ask to become a Co+op Explorer. Each child will be issued their very own super official Co+op Explorers card!

Then, once kids are signed up, here's how it works:

Kids and parents stop by the produce department. Receive a sticker and put it on your child's shirt or jacket (that's so staff will know your child or children are Co+op Explorers, and they are eating their free fruit.) Produce staff will give your child a free banana or other fruit selected by staff.

That's all there is to it! If you have any questions, please ask any produce staff member.



We want you!

For the Member Linkage Committee

What's that you ask?

The Member Linkage committee - is a Co-op Board committee that acts as a conduit of information from member-owners to the board and to operations and assists communication from the board to member-owners.

If you are a member-owner, and this is of interest, please attend the next Member Linkage meeting on

Wednesday, September 7, at 11 am at the Market Café.

Saturday, Sept. 3, 12 noon to 3 pm

Taste of Downtown
a fundraiser for Silver City Mainstreet
614 N. Bullard St.

Thursday, Sept. 8, 12 noon to 1 pm

Community Forum
Stress Management
with Pamela Morgan
614 N. Bullard St.

Saturday, Sept. 10, 11 am

Co-op Tour: Eating Gluten-Free
with Bret Sarnquist
520 N. Bullard St.

Saturday, Sept. 10, 9 am to 2 pm

Artisan Market
Support local artisans!
614 N. Bullard St.

Saturday, Sept. 17, 10 am to 2 pm

Red Hot Children's Fiesta
Penny Park

Wed., Sept. 21, 4:30 pm to 7:30 pm

Silver City Food Co-op Board Meeting
614 N. Bullard St.

Saturday, Sept. 24, 9 am to 2 pm

Artisan Market
Support local artisans!
614 N. Bullard St.

Fridays in September

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

October

Saturday, October 8, 9 am to 2 pm

Artisan Market
Support local artisans!
614 N. Bullard St.

Thursday, October 13, 12 noon to 1 pm

Community Forum
614 N. Bullard St.

Saturday, October 15, 11 am to 1 pm

Recycled Bottle Cap Art in collaboration
with the Red Dot Art Fest
614 N. Bullard St.

Wednesday, Oct. 19, 4:30 pm to 7:30 pm

Silver City Food Co-op Board Meeting
614 N. Bullard St.

Saturday, October 22, 9 am to 2 pm

Artisan Market
Support local artisans!
614 N. Bullard St.

Fridays in October

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
Town of Silver City, Adopt a Median
Silver City Community Theater

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:

Puppy Dog Ranch
\$121.10 July

Lotus Center
\$90.05 July



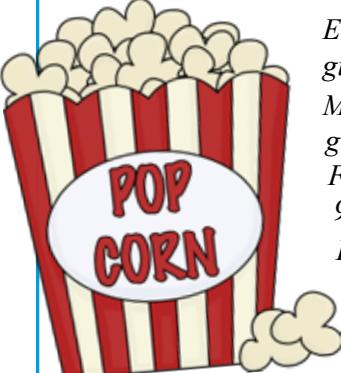
Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service.

Christine Dalmedo • Saguara Compton
Dana Baskett • Deb James • Rebecca Margolis
Edward Norman • James Oden • John Tank
Patricia Erickson • Setta Roberts



Popcorn Poppers Needed!



Ever notice how happy people are when you give them something?

Make lots of people happy making and giving out popcorn and food samples on Fridays at the Co-op! Shifts are: 9am to 12noon and 12noon to 3pm.

It's fun and you get to visit with your friends and meet new friends.

Contact: charmeine@silvercityfoodcoop.com

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

Taste of Downtown

Get your tickets for this Silver City Mainstreet fundraising event, and get down to the Market Café for a taste of something delightful! Saturday, September 3rd, 12 noon to 3 pm, downtown Silver City.

Red Hot Children's Fiesta

Make a recycle bottle cap magnet to take home at the Co-op's booth and become a Co-op Explorer! Saturday, September 17th, 10 am to 2 pm at Penny Park.

Grant County Fair

Become a Co-op Explorer, learn about New Mexico-made foods, and make a recycled bottle cap magnet at the Grant County Fair. September 21st to 25th, at the fairgrounds in Cliff, NM.

Artisan Markets

Artisan Markets are held the second and fourth Saturdays of the month, May through October, 9 am to 2 pm, and November through April, 10 am to 3 pm.

Open to member artisans with handmade arts and crafts. Contact charmeine@silverfoodcoop.com if you are interested in selling your handmade art.

Seed Library, 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 permaculture workshop from 1 pm to 2 pm. Both are free, open to the public and held in the community room at the Market Café.

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 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, and 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.



October is Co-op Month!

Be sure to come on in during Co-op month for special deals, drawings, and the Membership Drive on Saturday, October 8, from 9 am to 3 pm.

“Eat food, Mostly plants, Not too much.”



By Susan Van Auken

Michael Pollan’s book *Omnivore’s Dilemma* opens with the above words. For health-conscious folks this is a wonderful sentence to ponder. I find much food for thought in these seven words, so I decided to write about their content and the questions they pose for me. Let’s take a journey together and explore what these words might convey.

The directive “eat food” might seem obvious at first glance. It becomes more complex when I think about what the word food really means in this context and what food actually is (and is not). So I want to start with a definition of food from Merriam-Webster’s online: Material consisting essentially of protein, carbohydrate, and fat used in the body of an organism to sustain growth, repair, and vital processes and to furnish energy.

As I consider this definition I realize that not everything I put in my mouth to eat may actually be food at all. Food is the substances I eat that contribute to what my body needs for its fuel, its growth, its repair, and its vital processes; but how do I really know what falls into that category? Do I believe the puffery written by the manufacturer on the back of the package? Do I believe what the USDA says is food and what is healthy? Do I read labels—do I know what the ingredients on the label actually are? Who is responsible for determining whether all the products lining the shelves in grocery stores are food? With all the choices today, maybe it is each one of us who needs to take the time to learn how to make this determination for him- or herself. Have you ever considered which products in your pantry are “real” foods and which might be called “foodlike products” instead? Shouldn’t all food really be “health food” if it is called “food” at all?

Bread made from freshly milled whole wheat flour seems to meet the requirements of the definition of food since it has calories as well as macro- and micronutrients. Does bread made from white flour (which is the starch of the wheat berry after the bran, germ, and several other layers of natural goodies are removed) meet the requirements to be

called food? And to go another step away from the original wheat berry, is the highly refined “wheat gluten” (the part of wheat that is necessary for bread to rise—and also an ingredient added to many processed foods) a food? How far can a food be processed into smaller and smaller parts of the original food and still remain “food”? Somehow I think much of the food processing done in large factories bears no resemblance to the chopping, mixing, and cooking I do in my own kitchen.

So these questions take me back to the first line in Pollan’s quote. What does he mean by “Eat food”? I would tend to think that he uses these two words in a restrictive meaning. Perhaps he means, “Eat real whole food instead of eating foodlike products.”

The second directive, “mostly plants,” is a little easier for me to understand. Pollan and others refer to humans as omnivores, since our bodies can utilize many different foods. We can choose foods from the plant kingdom and we can choose foods from the animal kingdom. What I understand with this two-word phrase is just as he implies: eat mostly plant foods and with a little animal food as an addition.

The last statement, “not too much,” also presents a conflict for me. How do I know what is too much? When I attend a potluck I quickly and easily know that I have eaten too much because I feel stuffed and sluggish. But on normal days do I abide by the “not too much” directive? Have I with all my abundance of food increased my portions to an amount that is not healthy for me? Many health guidelines include encouragement to stop eating before you are full, which I guess is similar to what Pollan might mean by “not too much.” So this statement is also one I like to ponder. What do you think it means for you?

These seven words, when strung together, I believe to be quite profound and, if taken to heart, could have lasting health benefits. I like to remember them. Eat food, mostly plants, not too much.

Reprinted from the April 2011 Garbanzo Gazette.

September **MAD**
Wednesday - 14th, Thursday - 15th, Friday - 16th
Pick your own day
to receive 15% off your purchases!
(excluding mark-downs)

**Members can save
an additional 10%
on Special Orders
that are picked up on MAD!**

- cases & full bulk bags
- 6 or more of any special-ordered supplement or HABA products

**Special Orders need to be placed by
Tuesday,
September 6th, 7:00 pm**

Organic Food Fights Back Against 'Non-GMO' Rival

August 3, 2016 4:30 PM ET
Heard on *All Things Considered*

By Dan Charles



I did a little experiment the other day. I stood outside a Whole Foods Market in Washington, D.C., with two cartons of large brown eggs. One carton had the words "Non-GMO Project Verified" on it, with a little orange butterfly. It also said cage-free. The other carton had a different label; a green and white circle with the words "USDA Organic." One other crucial difference: the organic carton cost 50 cents more.

I asked shoppers which carton they would buy.

"They both sound good," says Anna Hansen, sounding indecisive. "If it's non-GMO, great. If it's USDA organic, great. I don't know!" Then she pointed at the non-GMO carton. "This one's a little cheaper, I guess I'd go with this one."

Most of the shoppers I met made the same choice, and they're joined by millions of shoppers across the country. "We've seen exponential growth since our label first launched in 2010," says Megan Westgate, Executive Director of the Non-GMO Project, which is responsible for that label on the eggs. "We're currently at about \$16 billion in annual sales of products that have the butterfly on them. Just two years ago, we were at \$7 billion."

Organic food sales are growing, too, but not as rapidly. And it's creating some soul-searching among organic companies, some of which actually launched the Non-GMO Project because they wanted to have their products tested for the presence of GMOs. The official organic rules, while they prohibit the use of genetic engineering, do not require organic food companies to test their ingredients for the presence of GMOs.

"There's a concern, for sure, that consumers are getting ripped off, or that they're not getting what they think they're getting," says Dag Falck, the organic program manager at Nature's Path Organic Foods.

The non-GMO label has always had its critics. Some people say it's misleading because it implies that non-GMO foods are better for you. Scientists and the U.S. Food and Drug Administration have said repeatedly that this is not true.

Now, organic food companies are starting — cautiously — to voice concerns about the non-GMO label, too. They're worried that shoppers have become so fixated on GMOs that they don't realize how little it actually means, compared to organic.

"It's a little frustrating, to be honest," says Jesse LaFlamme, CEO and owner of Pete and Gerry's Organic Eggs. "OK, it's great that there's a non-GMO symbol on there. But do you understand that that product might have been produced with pesticides, antibiotics, and with no regard for animal welfare?"

Laura Batcha, executive director of the Organic Trade Association, puts it this way: "Non-GMO is agriculture before GMOs were introduced, which is still chemical agriculture."

A good place to see what this means, in practice, is the farm near Cerro Gordo, Ill., where Allen Williams grows corn, soybeans and a variety of other crops. It's an unusual farm, because Williams grows crops three different ways: Some are organic, some are "verified non-GMO" and some are genetically modified.

But the way Williams sees it, there are basically two kinds of agriculture here: certified organic and conventional. He considers both the non-GMO and the GMO crops to be conventional, because when it comes to farming practices, both are very similar.

For both of those groups of crops, he uses factory-supplied fertilizers and chemical weedkillers. The only real difference is, he can use a cheaper weedkiller — glyphosate — on the genetically modified soybeans, and spray it right on top of the crops.

Then Williams shows me his organic farming. That's a whole different system. His organic soybeans are also non-GMO, but that's only a tiny part of what makes them organic.

He points out a huge pile of chicken manure, which he will use as fertilizer. To control the weeds, he doesn't spray chemicals. Instead, he brings in local high school students who walk the rows and clear out the weeds by hand.

A lot of farmers don't want to make the effort to grow crops this way, and as a result, there's a shortage of organic soybeans and corn, which are needed to feed organic animals. It's driven the price of organic crops sky-high. That's great for farmers like Allen Williams. He earned more than twice as much money for a bushel of his organic soybeans, compared to his non-GMO beans.

Expensive organic soybeans means expensive organic eggs.

Which brings us back to Hansen, the shopper who preferred the cheaper non-GMO eggs. When I tell her why the non-GMO eggs were cheaper, she changes her mind. "Now that I know that, I'd definitely pick the USDA Organic," she says.

Organic food companies are trying to get that message out, but Falck says it's a tough fight. The big problem, he says, is that "organic" means "literally hundreds of things." The organic rules cover everything from food additives to animal welfare to soil fertility. Consumers respond better, he says, to a message that focuses on just one thing — like a ban on GMOs.

"We need to get better at talking about what organic means, and simplify that message," says Falck.

Megan Westgate, from the Non-GMO Project, says that her organization doesn't want to undermine the organic program, which she says "covers a lot of important things that the Non-GMO project doesn't."

"This is something that we are very sensitive to, and we talk about it a lot, how to protect that [organic] label," she says. "We're trying not to step on anybody's toes. But at the same time, it's really important to test for GMOs."

©National Public Radio, Inc. NPR news report titled "Organic Food Fights Back Against 'Non-GMO' Rival" by Dan Charles was originally published on npr.org on August 3, 2016, and is used with the permission of NPR. Any unauthorized duplication is strictly prohibited.

From Your Board...

Tasty Tidbits from the President's Table



L to R: Carmon Steven • Karen Strelko • Nancy Coates
Jennifer Johnston • Jean Béffort
Gail Rein • Bill Blakemore

By Karen Strelko

Most of us know that our co-op celebrated 40 years in business two years ago. And many of us have memorized the co-op's history either by actually living it or by reading about it on our web page. But here are a few more fun facts and interesting figures about our favorite little place to shop and gather.

The History of 520

In the late 1800's, when the 520 building was constructed, it was located on Main Street, and the front door was on the east side of the building. The flood of the 1900s, which created the Big Ditch behind our store, completely destroyed Main Street. Then the address became located on Bullard Street.

Working at the Co-op

Our first paid coordinator, hired in 1976, was paid \$2.36/hour for a 16 hour week. The Federal minimum wage back then was \$2.30/hour, putting us way ahead of our time in providing living wages.

Our Members

Currently, we have approximately 2,200 members, which represents about 80% of our shoppers. It's our members and their desires for quality food products that have kept us going over the years. Furthermore, we have a cadre of tremendous member volunteers that help with everything from Popcorn Fridays to the annual picnic. Always remember that you can volunteer your time and skills at the co-op!

Our Board of Directors

Our original board of directors consisted of seven members, with Beth Menczer as the first President of the co-op.

From 1976 through 1983, our boards of directors were huge! Our largest board was in 1981, with 19 directors.

Mark Johns served the most years on the board: 16 years, 1988 through 2004, skipping just one year (1991). Betty Mishuk served 14 years on the board, 11 consecutively. She was president of the co-op for 10 consecutive years (1991 – 2000). John-Robert Beffert, is currently serving his second term on the board – after an eight year hiatus. This time around he is also the Co-op Vice President.

Our Products – Then and Now

The co-op has always prided itself on its buying guidelines – doing the best we can to bring high quality, nutritious, beneficial foods to our shoppers. If you want to read them, you can ask any staff member for a copy of our current product buying guidelines. The Silver City Food Co-op receives a 4+ rating on Yelp, one of the toughest rating system on-line.

Back in the '70s, our products focused on bulk purchases of whole grains, organic produce and sweeteners like honey. Today, we have over 180 bulk selections, not including coffee and tea or household products.

Unlike our predecessors, we don't seem to limit our sweet teeth to honey anymore. Some of our most popular vices seem to be chocolate, ice cream, and chocolate-covered almonds. For our members with sensitive eating habits, food the co-op has clearly marked all *Gluten Free*, *Vegan*, and *Locally Grown* foods. In the co-op, shopping for these types of items is a breeze compared to the other local grocers.

Shopping Bargains at the Co-op

Yes, you read correctly. We have hundreds of shopping deals within our store walls.

- Our bulk spices are the hidden secret in Silver City. We have a selection of 85 herbs and spices, and our prices are unbeatable. Ounce per ounce almost every one of our selections is less expensive than other stores. Furthermore, at the co-op you get to buy only the quantity you need - no stale spice jars in the pantry!

- Sprouted wheat bread is less costly at the Co-op than it is at other stores.
- Our member in-store discounts and *Co-op Basics* can really make a difference in your shopping expenditures:
- Member-Owners can save up to 20% if they order by the case and shop on MAD dates.
- When member-owners claim their MAD discount, they receive a 10% coupon for the Market Cafe.

You can learn about all of our co-op deals in the store, published in *The Garbanzo Gazette*, and on our website, www.silvercityfoodcoop.com.

Here is what's for sure-regardless of these facts, Silver City Food Co-op and the Market Cafe offer healthy food and products, and we're open almost every day of the year!



Board of Directors

Karen Strelko/President

Board Term: 2015-2018
browserandlouie@yahoo.com

Jean-Robert Béffort/Vice President

Board Term: 2016-2018
aspace.studiogallery@gmail.com

Jennifer Johnston/Secretary

Board Term: 2015-2018
johnstonjenny40@gmail.com

Gail Rein/Treasurer

Board Term: 2014-2017
rein.gail@gmail.com

Bill Blakemore

Board Term: 2016-2019
blakemore1936@gmail.com

Nancy Coates

Board Term: 2016-2019
coates@gilanet.com

Carmon Steven

Board Term: 2016-2017
yankiecarmon@gmail.com

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.

September 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.

August 31 - September 20 **coop deals**



Bulk
Golden Temple
Granola
Super Nutty Crunchy
reg \$4.39#
SALE \$2.69#



Amy's
No Cheese Pizza
Roasted Vegetable
12 oz
reg \$8.99
SALE \$6.99



Greek Gods
Yogurt
Assorted, 24 oz
reg \$4.19
SALE \$2.99



Lotus Foods
Rice Bowls
Assorted, 7.4 oz
reg \$3.29
SALE \$2.39



Acure
Shampoo & Conditioner
Assorted, 8 oz
reg \$9.99
SALE \$7.99



Herb Pharm
Brain & Memory
Tonic, 1 oz
reg \$12.99
SALE \$9.99

September 21 - October 4 **coop deals**



Bulk
Raw Pecan Halves
reg \$11.99#
SALE \$10.99#



Hope
Hummus
Assorted, 8 oz
reg \$4.39
SALE \$2.99



Beyond Meat
Beyond Beef Crumbles
11 oz
reg \$5.19
SALE \$3.69



Back to Nature
Garden Herb Cracker
(at the Café)
6 oz
reg \$4.19
SALE \$2.50



Derma E
Pycnogenol Cleanser
Fragrance Free
6 oz
reg \$13.19
SALE \$10.99



Garden of Life
Raw Fit Protein
451 g
reg \$39.99
SALE \$29.99

Members Only Specials

August 31 - October 4



SoDelicious
Frozen Dessert
Assorted, Quart
reg \$6.99
SALE \$5.59



Equal Exchange
Assorted Teas
20 ct
reg \$4.69
SALE \$3.79



Koyo
Ramen Noodles
Assorted, 2.1 oz
reg \$1.59
SALE \$1.29



Napa Valley
Toasted
Sesame Oil
12.7 oz
reg \$6.99
SALE \$5.59



One with Nature
Soap
Assorted, 7 oz
reg \$4.29
SALE \$3.49



Host Defense
Lion's Mane
30 ct
reg \$19.99
SALE \$15.99