

Silver City Food Co-op Garbanzo Gazette

Volume 21

❖ Your Monthly Newsletter ❖ October 2021

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE!

• highlights •

- Page 2 - *Common Myths About Co-ops*
- Page 4 - *Kitchen Meditations*
- Page 5 - *Produce & Dairy Picks*
- Page 6 & 7- *Co-op Community*
- Page 8 & 9 - *Cooperative Principles*
- Page 9 & 10 - *What the SCFC Means to Me*
- Page 11 - *Grab 'n' Go*
- Page 12 - *Frozen News*
- Page 13 - *Staff Picks, New Notecards*
- Page 14 & 15 - *Board Pages*
- Page 16 - *Members Only Sales*



YOU
ARE
WHAT
YOU
EAT

Answers to Frequently Asked Questions About the Move

We are now just weeks away from closing the loan with NMFA for the Pope Street Project. Two questions come my way with the most frequency.

by *Kevin Waters*
General Manager

The first question – When is construction going to start?

Based on our current estimates, and all things moving forward without disruption, we expect to begin construction in the first quarter of 2022. Next month we hope to communicate a whole lot of information about timelines, details, and possibilities. Membership has been kept apprised of the project stages and status, and a ton of work is going on behind the scenes. Most of it is quite uninteresting. Jumping through hoops, crossing t's, dotting i's, whatever you call it, it has to be done. The last hurdle we have to clear before getting seven figures dropped in our account is taking place over the next two weeks. It is an environmental study required by the bank. Beyond that, everything is complete with our closing process. We are soooooo close. Once the loan is actually closed, the fun stuff begins! This project has such a history of false starts, and dashed hopes, that we have been cautious to share what we know to be true, and limit speculation or grandiose projections.



The application deadline for candidate statements for the Silver City Food Co-op

See page 14 for more important details.

Applications

are being accepted until October 31
for the Co-op's 2022 Round Up recipients.

Submit your application online at:

<https://www.silvercityfoodcoop.coop/roundup-application>

See page 15 for more information.

The second question – What will happen with the Farmers' Market?

The short answer is that it's more or less up to the Farmers' Market. After the Market temporarily re-located while their space off Bullard was renovated, they unexpectedly requested to stay at the Co-op's Pope Street location for the next season. It was an easy decision to continue to allow the Market to use the space free of any charge.

At the same time that the Co-op's renovation project is becoming a reality, the Farmers' Market is digging their new free digs more than ever. Would something have to give? Not so much. Multiple conversations took place with myself and manager Andrea Warner to allay any concern that the Co-op might want the Market to beat it. (you see what I did there?) Again, the decision was a simple one. The question isn't about logistics or sales or profit or convenience. The question is, "how can the Co-op best support local growers and food producers?". Having a beautiful new store featuring local produce and products is one way. Allowing the Farmers' Market to stay at the Pope Street site if they wish to, is another. Working together and supporting each other, we can help strengthen the local food production capability. I am excited about ways that we may even modify our design, to allow the best collaboration with the Market and the Co-op. The fun stuff starts soon!

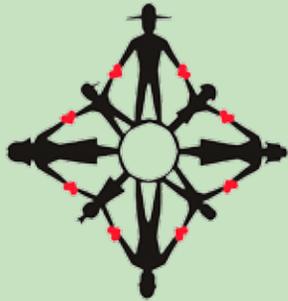
October is Co-op Month!

For two in-depth articles in observation of National Co-op Month, please see page 2 for a look at some common myths and-not-so common facts about Co-ops, and on page 8 "Cooperative Principles, What Do They Really Mean?" by long-time Co-op member and former board president, Susan Van Auken.

1810 member/owners strong and counting . . .

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop

575.388.2343

Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

Vision Statement

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

Seven Cooperative Principles

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

Kevin Waters

General Manager

The Garbanzo Gazette

Editor: Mike Madigan

Guest Writers:

Susan Van Auken, Sue Ann Childers
Annette Rubino-Buckley, Carolyn Smith

Staff Writer: Judith Kenney

Layout & Design: Carol Ann Young

Proofreader: Mike Madigan

Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

©2021 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.

Common Myths About Food Co-ops

by Co+op, Stronger Together

For food lovers on the hunt for fresh local produce and healthy, sustainable products, the local food co-op may be a hidden gem. Why hidden, you ask? Many people, including co-op shoppers, are not entirely sure how co-ops work—or how to get involved. Luckily, the most common misconceptions can be cleared up in a snap. Read on to get the real answers to frequently asked questions about food co-ops. You may be surprised by what you find!

Myth #1 I have to be a member to shop at the food co-op.

Fact: Everyone is welcome at the co-op. Just do your shopping like you would anywhere else. Once you've discovered the benefits of co-op shopping, you might want to find out more about the benefits of membership, too.

Myth #2 I have to be a hippie/liberal/vegetarian/etc. to shop at the co-op.

Fact: Same answer: everyone's welcome. Liberal or conservative, hippie or yuppie, veggie lover or bacon lover—anyone can shop co-op (that means you!).

Myth #3 Being a co-op member means I have to join the board (or work part-time at the co-op, or do something else I'm not really sure I want to do).

Fact: All you really have to do is enjoy shopping at the co-op! Sure, you can run for the board or participate in co-op events if you like, but your level of participation is always entirely up to you.

Myth #4 I have to pay an annual fee to be a member of the co-op.

Fact: To become a member of most co-ops, you invest a small amount of money in the form of shares. Most co-ops allow you to buy them all at once or over time (but most member benefits start at once). Your shares make you a co-owner of the co-op along with the other members. If for any reason you decide to leave the co-op, there is a process to get your investment refunded.

Myth #5 There's no reason to become a member.

Fact: While co-ops welcome everyone, there are definite benefits to becoming a member. For instance, members can vote in co-op issues, so they get a say in how the co-op works and where it spends its money. And speaking of money, when the co-op turns a profit, members may be eligible for a patronage refund in proportion to their purchases. There's also a host of other member benefits that are specific to each co-op

(just talk to the staff to find out more). So even if you only shop at the co-op once a month, the benefits are likely to exceed your investment, and you'll get to play a part in a vibrant community resource.

What is a Cooperative?

A member-owned and member-controlled business that operates for the mutual benefit of all members. Examples include your local food co-op, a local housing or child care co-op, Group Health Cooperative, and any credit union. The cooperative form of business is one that brings the owners, controllers, and users of a business together into one group.

Facts

- There are more than 29,000 co-ops in the United States with Americans holding 350 million co-op memberships.
- U.S. co-ops provide over 850 thousand jobs and create more than \$74 billion in annual wages with revenue of nearly \$500 billion.
- The majority of our country's 2 million farmers are members of the nearly 3,000 farmer-owned cooperatives. They provide over 250 thousand jobs and annual wages of over \$8 billion.
- Over 8,300 credit unions provide financial services to nearly 100 million members.
- More than 900 rural electric co-ops deliver electricity to more than 42 million people in 47 states. This makes up 42% of the nation's electric distribution lines and covers 75% of our country's land mass.
- Approximately 233 million people are served by insurance companies owned by or closely affiliated with co-ops.
- Food co-ops have been innovators in the areas of unit pricing, consumer protection, organic and bulk foods, and nutritional labeling.
- More than 50,000 families in the U.S. use cooperative day care centers, giving co-ops a crucial role in the care of our children.
- About 1.2 million rural Americans in 31 states are served by the 260 telephone cooperatives.
- More than 6,400 housing cooperatives exist in the U.S., providing 1.5 million homes.
- The .coop web address extension has been adopted by over 3,000 co-ops and while many cooperatives may use .com or other domain extensions, when you see .coop, you can be sure that it's a cooperative. For more information, visit www.coop.



Round Up Applications Being Accepted October 1 - October 31

It's time to apply for the 2022 Round Up program! In case you don't know, the Co-op selects a different organization for each month of the year to receive donations from customers who choose to "Round Up" their change at the register and give back to our community. It's an opportunity for individuals to support the good work that you do. We are accepting applications through the month of October for 2022. So here is the first call-out this year! If you are a community non-profit seeking a financial boost, you may want to apply.

Please see page 15 of this issue of the GG for a complete and detailed explanation of how it all works, plus an email address if you have questions.

Customer Change for Community Change!

For more information
and the online application
check the front page of our website
www.silvercityfoodcoop.coop

Garbanzo Gazette Guidelines for Article Submissions

1. All articles support our Mission and Values.
2. Articles are not intended to criticize other submissions. These will not be published.
3. Articles can discuss governmental issues that have the potential of impacting our food system, but not intended as support for any political party.
4. The Garbanzo Gazette is not intended as a letter to the editor or personal opinion piece, but as an education tool.
5. Letters may be edited for length and clarity.
6. All submissions must be written with respect for all readers.
7. The editors of the Garbanzo Gazette reserve the right to refuse publication.

Silver City Food Co-op Staff

Judith Kenney
outreach/GG

Dougan Hales
produce/bulk

Kate Stansberger
supplement buyer

Jake Sipko
produce manager

Carolyn Smith
deli manager

Carol Ann Young
GG/office

Becky Carr
dairy buyer

Jess DeMoss
POS manager

Misha Engel
frozen buyer

Marguerite Bellringer
finance manager

Kim Barton
POS

Doug Smith
grocery buyer

Tinisha Rodriguez
HABA buyer/POS

Mike Madigan
am

Marchelle Smith
deli

Joy Kilpatrick
receiver

Judy Kenneally
deli

Tuan Tran
wherever needed

Clorissa Holguin
wherever needed

Vynce Bourné
bulk buyer

Kevin Waters
gm

Lauren Christensen
wherever needed

Andrea Sandoval
wherever needed

Eva Ortega
wherever needed

Isabella Mata
wherever needed

Elizabeth Gonzales
wherever needed

Taylor Preusch
wherever needed

Molly Gibson
wherever needed

Roxanne Gutierrez
wherever needed

Gini Loch
wherever needed





Kitchen Meditations

Roasted Carrots with Tahini and Pomegranate

Ingredients:

- 16 slim, medium-sized carrots
 - Olive oil
 - 1 tablespoon cumin seeds (you may prefer less, so season to your taste)
 - 2 tablespoons tahini
 - 2 teaspoons sesame oil
 - One small bunch cilantro, roughly chopped (or to taste) *
 - Pomegranate seeds, a handful
- *Some folks prefer parsley instead of cilantro in this dish.

Method:

Heat the oven to 375°. Toss the carrots with 3 tablespoons olive oil and the cumin seeds. Arrange in a single layer on a non-stick baking sheet and roast for 30 minutes, or until tender.

Mix tahini and sesame oil together. Remove carrots from the oven and place in a serving dish. Drizzle with the tahini mixture. Finally, sprinkle with chopped cilantro and pomegranate seeds and serve.

Arugula & Delicata Squash Pasta

Total Time: 50 minutes: 2 large servings

Ingredients:

Squash Part:

- 1 medium delicata squash
- 2 1/2 teaspoons olive oil, divided
- 1/4 teaspoon sea salt
- 1/2 cup sliced scallions (See note)

Everything Else:

- 4 ounces shaped pasta
- 3 tablespoons melted butter or olive oil
- 3/4 cup grated parmesan, plus extra for topping
- Zest from half a lemon
- 2 to 3 handfuls of arugula (spinach also works well here)
- 1/4 cup toasted and crushed walnuts
- Chili flakes for topping

Heat oven to 425°F. Cut the squash in half, lengthwise, and remove the seeds. Once the seeds are removed, slice each half into 1/4" thick pieces—place on a sheet tray along with two teaspoons olive oil and salt. Toss to coat and combine, then place in the oven. In a small bowl, combine the scallions with the remaining 1/2 teaspoon of olive oil. Roast the squash for 15 minutes, then sprinkle the scallions on top. Return to the tray oven and roast for another 10 to 15 minutes, until squash is starting to brown and is tender.

While the squash is roasting, cook the pasta until tender in a pot of salted water. Drain and return the pasta to the pot. Add the melted butter, parmesan, and lemon zest. Stir to coat and melt the cheese. Once the squash is done, combine the pasta with the arugula, squash, and walnuts. Add more arugula, if desired. This dish is meant to be more salad-ish, less pasta. Top with chili flakes and more parmesan if desired.

Notes:

Scallions: You could skip the step of adding in the scallions and simply toss them in at the beginning of roasting. If you do this, your scallions will be on the crispier side, which some people like!

The Frugal Co-op Chef



Oil-free Chili Lime Spiked Corn Chips

Ingredients:

- 2 tablespoons lime juice
- 1 tablespoon water
- 1/2 teaspoon chili powder
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 6 corn tortillas (either 100% corn or sprouted)

Instructions:

- Preheat oven to 350°
- In a small bowl, mix together the lime juice, water, chili powder, smoked paprika, garlic powder and salt.
- Place one tortilla on a cutting board. Using a basting brush, brush both sides with the chili lime mixture. Stack another tortilla on top and brush both sides with the mixture. Continue stacking and brushing until all 6 tortillas are in a stack.
- Using a large knife, cut the stack into 6 wedges/chips (pie or pizza shaped). Note: You should have 36 wedges when done.
- Place the wedges/chips on two parchment covered baking sheets so they aren't touching each other. Bake for 10 minutes, until golden and crispy. If using sprouted corn tortillas, they might need the full ten minutes.
- Cool and then store in an airtight container on your counter.

Bulk Herb News

If you don't already shop our bulk herbs and loose teas department, we'd like to invite you to give it a try. As in the main bulk section, this is where you take control of your purchasing and can save money buying in quantities that suit you. It's an economical way to buy herbs from agar agar to wheat grass. Because you can buy as little or as much as you like, this section allows you to try something new without investing in a whole jar of it. Choose, also, from a variety of bulk teas, including green, black and herbal blends, always fresh and not wasteful.

Jake's October Produce Picks

Pomegranate

The lovely pomegranate, a garnet-hued orb, filled with a multitude of tangy, edible seeds, is native to a region in modern-day Iran. Grown since ancient times throughout the Middle East and Northern India, this alluring fruit has a special place in the belief systems of that area of the world. It is featured in the Greek myth of Persephone and some biblical scholars have said that the forbidden fruit of the Garden of Eden was actually a pomegranate, not an apple. The wise King Solomon had a graceful pomegranate design carved into the columns of his holy temple. Hindu women, hoping to become pregnant, were encouraged to consume it in all its forms to ensure success and a healthy baby. We now know that women who are pregnant, or seeking to become so, will benefit greatly from the ample amounts of folic acid and Vitamin C that pomegranates provide.

They are, indeed, a nutritional powerhouse. In addition to the aforementioned nutrients, pomegranates are rich in fiber, Vitamin K and potassium and have a valuable anti-inflammatory effect on the body.

Eat pomegranates in any number of dishes. Serve the seeds raw on salads, in sandwiches and cooked with any meal you choose. Enjoy a cup of the juice and reap the benefits! It contains higher levels of anti-oxidants than most other fruit juices, green tea and red wine. Please remember, though, that the juice has a highly concentrated sugar content and is best consumed in moderation.



Delicata Squash

This butter-colored, pinstriped squash is often passed over for other, more familiar squashes. What the heck is it? Is it edible or ornamental? It can be confusing. Delicata squash, also known as peanut squash, Bohemian squash or sweet potato squash, is favored for its edible skin. No peeling required. If you love butternut, delicata may be perfectly suited to your taste. It's attractive on your harvest table and delicious, as well, with creamy yellow flesh that's wonderfully sweet, so you don't need to add much to enjoy. Like other squash, it is quite versatile. It can be baked, steamed, oven roasted and sautéed. Additionally, it's nutritious, a great source of potassium and fiber and contains magnesium, manganese and vitamins C and B.

Becky's October Dairy Pick

Emmi Appenzeller Cheese



When cheese devotees crave something spicy, they look no further than Appenzeller. Using a closely guarded secret recipe that dates back 700 years, this delicacy comes from cows that graze in the lush valleys of Appenzellerland in the mountains of Switzerland. Cheesemakers wash each wheel with a secret herbal brine infused with wine, cider and a mixture of herbs, blossoms and other natural ingredients. All of which adds a complex flavor beloved of cheese connoisseurs everywhere. Appenzeller is noted for its nutty flavor combined with an herbal spiciness, suggesting ginger, black tea and clover. It has a pleasantly smooth texture, but this cheese's true allure is its fruity tang. A robust cheese that melts nicely, it is one of the three classic cheeses used for fondue. However, this cheese's use goes far beyond that as a wonderful table cheese that the whole family will enjoy. Yummy with fruit, enjoy it for snacking and as part of a perfect cheese board.

September 29 - November 2 • Members Only • 20 % OFF • In the front dairy cooler

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their July service.

Jane Papin • Tim Garner
Tammy Pittman • Sue Ann Childers



Renew your membership and reap the rewards!

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

Silver City Food Co-op Gift Card



Give a gift card to a friend!

Give the gift of health, nourishment and taste.



Round Up Donation Program

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

Round Up for October

Single Socks

Single Socks is dedicated to fighting hunger in Grant County and will distribute all funds to anti-hunger organizations in our community.



August Round Up \$1040.00

Literacy Link - Leamos

Literacy Link-Leamos will use funds to support their Let's Read program. Their goal is to provide books for Grant County elementary children to have in their homes in order to influence children to become lifetime readers. Funds will be used to pay for shipping and handling for books.



Round Up for November

The Commons

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





The Times They Are A Changing Update: Recycling at the Co-op and the Community at Large New Recycling Guidelines for Plastic

by Sue Ann Childers

If you have been recycling through a monthly subscription with Trash2Treasure (T2T) or using the designated recycling dates sponsored by T2T and Silver City Recycles, then you are learning about the new guidelines for plastic recycling. T2T has found a new buyer(s) who have highly automated systems for plastic recycling!

Plastic sorting is no longer required. Plastic containers #1 thru #7 are now accepted and can be placed in the same container. Plastic rings, labels, etc. may be left on. Containers must be clean, no food residue.

Note: Plastic, aluminum cans, glass and steel cans must still be separated from one another.

Aluminum foil and pie pans should be placed with steel.
Please, no broken glass.
All containers must be clean, no food residue

Not Accepted (not all inclusive):

No chip board (like cereal and cracker boxes)
No "foil" peel off labels (from yogurt, applesauce, etc. containers)
No plastic bags, even if labeled #2 and #4. This is called plastic film and requires an entirely different processing method (Albertsons and Food Basket have drop-off boxes for plastic film).

October's recycling dates are October 9 and October 30, 10am - 12pm at 305 S. Bullard. Volunteers are there to unload your items. Please do not leave recyclables any other day or time as volunteers would not be available and items would have to be tossed.

Please refer for more detailed information:

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

Facebook group: Silver City Recycles

e-mail: info@t2t.green
T2T.green



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

RAIN CHECK

Sorry we are out.
Lettuce make it up
to you!



**We now have rainchecks
to give our member/owners
and customers
better service!**

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



Calling for Guest Writers!

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



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

Members, if interested please email
judith@silvercityfoodcoop.coop

Three hours earns a 15% Volunteer Discount

OUR COOPERATIVE PRINCIPLES

What do they really mean?

by Susan Van Auken

Thirty-four years ago I began shopping at the co-op here at 6th and Bullard because I wanted to eat only organic whole foods. There were no food co-ops where I had come from so, though I knew what a co-op was, I didn't really know *all that a co-op is*. This knowledge came to me gradually over the years and especially during my ten years on our board of directors.

National Co-op Month provides an opportune time for us all to review the foundation of cooperatives, adhered to around the world, as outlined in **The Seven Cooperative Principles**. Dating back to the late 1800s and as formally adopted by the International Cooperative Alliance in 1995, these seven principles are listed on the masthead of every *Garbanzo Gazette*. Our co-op's description of each principle, lightly edited and abbreviated, follows, with my observations and comments in italics below each description to serve as food for thought.

Voluntary and Open Membership: Cooperatives are voluntary organizations, open to all people able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political, or religious discrimination.

This principle implies responsibility for non-discrimination. While shopping at our store, we must do so with respect for others, understanding they may have beliefs that differ from our own.

Democratic Member Control: Cooperatives are democratic organizations controlled by their members, who actively participate in setting policies and making decisions by voting, with one vote per member. The elected representatives are accountable to the membership.

*Co-op members serve on the board of directors, create the policies by which our co-op is governed, and, through these policies, direct the general manager in the operation of the co-op/store. The board has the elected authority to make **very** important decisions. For a successful democracy, specific actions are needed. Members must want to serve on the board of directors, have choices on the ballot, be provided sufficient information about candidates to make a choice, and vote.*

Members' Economic Participation: Members contribute equally to, and democratically control, the capital of the cooperative.

Members all pay the same amount each year to purchase or renew an equity membership. Our elected board approves budgets and decides how to allocate net profits, including whether to issue patronage refunds. When refunds are

allocated, members will receive refunds in proportion to the amount they have spent that year at the co-op.

Autonomy and Independence: Cooperatives are autonomous self-help organizations, controlled by their members. If the co-op enters into agreements with other organizations or raises capital from external sources, it is done so based on terms that ensure democratic control by the members and maintain the cooperative's autonomy.

The Silver City Food Co-op is an independent business, with its own articles of incorporation and bylaws approved by a vote of members. The elected board of directors must safeguard our autonomy.

Education, Training, and Information: Cooperatives provide education and training for members, elected representatives, managers, and employees, so all can contribute effectively to the development of their cooperative. They inform the general public about the nature and benefits of cooperatives.

Education is mentioned in our Bylaws and the Co-op's Strategy Statement in Policy A, but the parameters are not specified, so the amount and type of education and information offered changes. Education and training for elected directors and employees are critical, as is education for members. Information about important board and management decisions must be openly shared with the members and employees on a timely basis. Members must take responsibility to stay informed.

Cooperation Among Cooperatives: Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional, and international structures, and through seeking every opportunity to enter into practical business links with other cooperatives.

Our co-op belongs to other co-ops, buys product from co-ops, and receives marketing and purchasing services from a co-op. Highlighting co-op-made products on the shelves would allow members to choose to support co-ops with their purchases.



Concern for Community: While focusing on member needs, cooperatives work for the maintenance and strengthening of a rich community life that recognizes both the interdependence of all individuals and the fundamental human need to create self-meaning through contributing to the society in which they live.

Our Co-op Vision Statement – “Promoting the inherently healthy relationship between food, community, and nature” – speaks to this principle. The co-op supports local non-profits with actions and donations. Members support the popular “Round Up” program. The co-op actively promotes recycling efforts. As members we can make product choices, ones with less packaging and more nutrition per bite, contributing to the health of the greater natural community in which we live.

When you purchase your yearly equity membership, you agree to “support the values, mission and vision of the Co-op and to uphold and abide by our Bylaws and Articles of Incorporation.” For a continued study of our co-op, please review our documents at silvercityfoodcoop.coop. Go to the drop-down menu “Our Co-op” and select “Board.” You will find our Values, Mission, Vision, and Strategy Statement; Bylaws; Articles of Incorporation; and the Board A–D Policies. The Seven Cooperative Principles with descriptions were not on the website when this was written.

“A people that values its privileges above its principles soon loses both.”

Dwight D. Eisenhower



Our members share: What does the Co-op mean to me?

Fresh local and organic produce! Bulk products that reduce plastic waste. Employees who care about my issues. My membership in a cooperative is ownership. I feel in control of my food choices

Diane

I like the small, intimate, well-stocked store with high quality healthy foods.

How well researched the vitamin aisle is and I love the spices and loose tea section where I can have the quantities I want.

Also, I love running into friends there as well as checking out the Notice Board for events; local services and items for sale.

Tasha

The co-op matters to me because it is the place I know I can buy fresh organic/ and or local produce. I can also find quality organic items in the bulk section, in the grocery aisles, in the dairy cases and in the supplements area.

The co-op is the center of my community. It is filled with like-hearted people. We understand how vitally important it is to have a place to shop, to have a place we can gather together, and to have a place where we can continue to learn to take care of ourselves and our world.

Denise

I've been a member of the Coop for many many years. It is simple for me. Three things: most of the food products I need, especially organic at a reasonable price; I have a value to support local business as much as possible; the excellent friendly, personal service I always get at the Coop.

Ron

I like shopping at the coop because: It is a few blocks from where I live. Most of the food is organic. The staff is friendly and helpful. The hours open are convenient. I feel it is safer than the large stores, considering the virus.

Michael

Finding the Co-op here when we were scouting for a place to settle after too many years in Phoenix helped us decide that Silver City was the place.

Over the years that we have lived here, the Co-op provides a substantial part of our food products. And although we occasionally travel to larger cities, we find the Co-op sometimes has products that are not readily found in the 'big city'.

And for those items which are also stocked by local standard groceries, we often find that the prices at the Co-op are lower.

We are very happy to shop at a local business that supports our community rather than a chain that sends profits to distant cities.

Jeff

Our most basic human needs include: clean air to breathe, pure water to drink, shelter, and food to nurture our physical body. We also have a basic need for kindness, caring, and love---to have our humanness respected.

For me, the Silver City Food Co-op is a real, substantial “hub” of Silver City. The food, nutritional supplements, healthcare products I can purchase there assists with sustaining my wholeness and wellness. I feel confident that the produce and food products are as high quality as possible. The sandwiches and other foods prepared at the co-op for sale have a nice vibration; giving me a sense that it was prepared with care and high intent. The friendliness, kindness, and respect of the employees is nurturing of my psyche—it feels good. An added bonus is the co-op newspaper which is quite impressive, assists in providing information, and connecting us. Another positive aspect of the co-op is being supportive of groups, organizations, and causes in the community via the monthly “round-up.” This affords us the opportunity to donate a little financial support when we pay by allowing the total to be rounded up to an even dollar amount. Also, it is fun to meet and greet others who are shopping--knowing we share some common goals; caring about mother earth and our health, the children and generations to come.

We are blessed to live in a small town in New Mexico and have a vibrant food co-op. A big thank you to the board, staff, and member-owners. May we all be grateful.

Pantha

The Coop matters to me because it's important to support local growers/ farmers, people and businesses.

Priscilla

Where else could I find bulk healthy and organic food, from fresh produce to a large sack of wheat berries that will provide enough flour for several years of baking?

Kelly

The Silver City co op matters to me because #1 without it there would be no store to find organic and natural and fresh product on a consistent basis and with reasonable prices, that we could trust, without traveling 3 hours to Las Cruces and going to an impersonal corporate store. But one of the most important aspects of the co op is #2 the personalized and respectful service by both management and staff. Before we even moved to Silver City we were being greeted and welcomed by name when cashier LeeAnn saw us coming in the door. During the first year of Covid being able to get orders by phone and pick up gave us an extra sense of feeling safe while homebound. Anytime we have had an issue we have had no doubt that management and staff would bend over backwards to make things right. #3 Being able to buy beans, grains, nuts etc. in bulk with our own bags so that we do not have to use plastic bags or plastic containers for laundry and dish soap help us to not contribute to plastic waste in our environment And #4 the atmosphere of the small town social center drawing all segments of our town helps to make it a place where we buy 90% of our food.

Lynda & Frank

The food co-op is a collaboratively owned and operated food distribution system that supports and enriches the community it is a part of.

As community hub, the co-op should be a place that is rewarding to both shop and work at. It should be an opportunity for authentic connection between staff, customers, and food. Co-op staff enjoy the possibility of either a long-term career or a steppingstone to other lines of work. The co-op provides an environment where both young and mature staff can be supported, thrive, and find a valuable role in the community.

It supports local food growers and small businesses whenever possible, while prioritizing ecologically and socially responsible business practices from its suppliers. A co-op makes healthy food affordable and accessible to all. It also puts an emphasis on education and is a major player in community activities and non-profit public benefit endeavors.

Evan

To me the Co-op means good, safe food at an affordable price with excellent service and a pleasant place to shop.

Jeff

I've been a member for some years now. I always stocks up on crystallized ginger cubes. Perfect size for my cup of nightly tea. Thanks !

Sherry

It matters a lot to us that we can buy in bulk using our own bags and containers, that products with minimal packaging and zero plastic are available, and that we can buy produce from local growers. Being part of a coop is also important because it means being part of a community, one that values the "triple bottom line" of people and planet over profits.

Sarah and Kevin

Aside from access to an increasingly wide variety of organic produce, bulk goods, dairy and frozen foods, I enjoy the friendliness of the staff and other shoppers--whether I know them or not! If the supply chain falters, there's nearly always a reasonable substitute available. I especially have enjoyed the expanded selections in Becky's dairy and Misha's frozen food sections!

We customers do so much socializing at the Co-op that we frequently forget what we've come in for! I'd be bewildered without a written list! Seldom leave without a smile on my face--hidden behind the dratted mask.

Thanks for this opportunity to express my appreciation for the SC Food Co-op and its goods, material and otherwise!. Please keep trying to improve quality and services, also the working conditions and salaries for employees--regardless of location!

Margaret

The co-op matters to me because there's always good produce, and I love the feeling of family and community you get on every visit. To paraphrase the old Cheers song, it's great to go to a place where people know your name and you never know which old friend you might see there. My grandad worked as a buyer at an English co-op and I think he might quite like the idea that I now shop at this funky little community place rather than a big ol' box store.

Finally, it's very cool that our new manager, Kevin, is a fan of the Wolves, the English football team I've supported since childhood.

Nigel

Hello, What does a coop mean to me?

First and foremost, healthy, beautiful food, free of chemicals and foul things, presented in a non-commercial, non-political, healthy, clean environment with such friendly and caring people. It's refreshing, a relief from the norm in our present day world... an oasis.

It is nice to be large enough to have such a variety, yet small enough to be richly basic and simple. It is comfortable. I am grateful to have food at a reasonable rate as well, and an effort toward local food production, which I feel is a key to survival.

Management seems extraordinarily good... they solve the problems, hire the right people, hold the right concept of what they are doing there. Not having been part of the workings of the coop, I am grateful for the ones who contribute to make all these things work together for good.

The coop is one of the main reasons I like Silver City.

Thank you so much,
Jean

We love the Co-op! My wife and I moved to Silver City two years ago. The Co-op was a decisive factor. You see, we have travelled through this area for many years and while staying at the Faywood Hot Springs, we would do our shopping at the Co-op. Even though we were here for only a week or two each year, we were always members perhaps as far back as 2005. (The Co-op will know).

There are a number of reasons why we love the Co-op and what it means to us. First and foremost, when one walks into the Co-op, it's like walking into a different world, or a time many decades ago. The people (staff) are the key -- people who care, are warm and professional.

And the Co-op staff are interested in your health and your food. Shelves are loaded with an amazing variety of healthy foods and products one can't get anywhere else in town. The atmosphere in the store is so inviting, one just wants to go in there and look around. 10% off special orders are another reason we love the Co-op. Bulk foods is another. And when one looks at these reasons combined, you find that many things are very convenient to buy and actually cheaper than anywhere else. Several months of the year there are Member Appreciation Days where everything in the store is 10% off. What a deal! As I said in the beginning, we love the Co-op and if it weren't for this wonderful store in Silver City, we wouldn't be here.

William

GRAB'N'GO

It's always sandwich time

by Carolyn Smith

The legend goes that sandwiches were popularized in 1762 by John Montagu, the 4th Earl of Sandwich, an inveterate gambler, who needed something easy and nourishing to eat during his long hours around card tables. Having traveled to the Mediterranean, Montagu had undoubtedly eaten Turkish and Greek mezze platters that featured cheeses and meats between or on layers of bread, so his chef simply imported this idea to England and “sandwiches” caught on, eventually making their way to the U.S.

Currently, Americans eat more than 300 million sandwiches a day! The sandwich is portable, versatile and can be tailored to any diet. It can be as simple as peanut butter and jelly or as elaborate as a multi-layered Dagwood sandwich.

Our co-op's delicious Grab 'n' Go sandwiches seem to fly off the shelves, accounting for almost 50% of the Deli Department's sales, and for good reason:

- We offer over 15 different varieties of sandwiches, seven are vegetarian, six are vegan and we make them fresh daily. We set their shelf life at only four days, though most sandwiches are sold the same day or the next.
- We source all our ingredients, mostly organic, through the co-op and co-op distributors, including all organic or locally grown produce. Our labels indicate the organic ingredients with an asterisk.
- All of our cheeses come from the local NM companies Tucumcari Cheese and F & A Dairy Products. We buy large blocks and slice them in house.
- We roast organic Smart Chicken breasts and thighs in the Deli kitchen for our chicken salad and BBQ chicken wraps.
- We buy whole ham, roast beef and turkey roasts and slice them in house. We use Beeler's uncured bacon, ham and pepperoni made with natural preservatives and no antibiotics, growth promotants, Ractopamine (paylean), MSG, phosphates or gluten, Zoe's Roast Beef, “marinated the old fashioned way, using a special blend of garlic, herbs and spices” and Zoe's Hickory Smoked Turkey, smoked using real hickory wood chips and quickly browned after it is roasted to seal in the natural juices, rather than adding water to prevent dryness.
- Our tuna is wild caught and sustainably harvested.
- They are made with love and care by Deli veteran, Judy Kenneally, who has perfected the art of sandwich making. Thank you Judy!!!



Judy preparing her wonderful sandwiches!

Here's our recipe for the Tempeh Reuben

(4 sandwiches)

1-8 oz of Lightlife Organic 3 Grain Tempeh
Olive Oil, Tamari, Toasted Sesame Oil
Alvarado's Sprouted Rye Bread

Lettuce
Tomato sliced
Carrot grated
Bell Pepper sliced
Red Onion sliced

Sauerkraut Mix:

- ¼-1/3 jar of Cascadian Farm Sauerkraut
- 1/8 cup of Vegemise
- 1 tsp mustard
- 1 tsp horseradish
- ¼ tsp smoked paprika

Cut tempeh in half and cut 8 slices along the long side of each half and toss with a little olive oil, tamari and toasted sesame oil. Bake at 350 degrees for 15-20 minutes until light brown.

Assemble sandwich: lettuce, tomato, carrot, tempeh, sauerkraut mix, bell pepper, onions and lettuce.

Enjoy!

Resiliency During Times of Change



Frozen Department

NEWS

Changes

• an update from our Freezer Queen, Misha •

The new ice cream cooler is here and filled with dairy and nondairy frozen treats! It is brand new and we will be able to use it at the new store when it is time to move!

Three Twins ice cream has gone out of business. Sadly, Covid 19 exacerbated the company's already precarious financial situation, leading to its closure. Alden's pint-sized ice cream has replaced Three Twins in the freezer. Look for assorted flavors, such as cookie dough, brownie, peach, moose tracks, etc.

Buenatural organic whole wheat tortillas have been discontinued by our vendors. Look for Buenatural organic white tortillas as a replacement.

Just Desserts Lemon Cupcakes are discontinued so I have brought in Rubicon Vegan Blackout Cupcakes (so good!) in its place.

Finally, as autumn is now upon us, Thanksgiving is not far behind. This November we will carry Mary's Organic Turkeys. First come, first serve, no reservations needed!



Misha stocking out Kind Bread Co. bagels

Kind Bread Company

Kind Bread Company (KBC) is owned and operated by two women obsessed with real sourdough bread and baked goods. Kaleigh and Sam started their business by baking bread overnight and delivering it the next day all over the city of Las Cruces, New Mexico. In July of 2020 they moved into the building that is now the home of the KBC, located at 201 S. Solano Dr. They've grown from a team of two to seven and are thriving! All of their baked goods are naturally fermented with sourdough starter (no commercial yeast) and incorporating as many local ingredients as possible. The sourdough products are fermented for 24-48 hours before baking to provide maximum gut health and flavor for customers. You can now purchase the wonderful bagels made by KBC at the Silver City Food Co-op. Many of our staff have become devotees as well. Look for them on the bread shelf right across from the produce department.

New Frozen Products



Katz Gluten-free Glazed Donuts

It was early in 2006 that Mrs. F. Katz had had it "up to here" with the lackluster gluten-free products she'd been purchasing for her two children with gluten intolerance. She pulled out her kitchen mixer and got to work experimenting with different recipes to create perfect gluten-free confections. As her recipes became more refined and more delicious, word began to spread of Mrs. Katz and her fabulous foods. Growing from a completely one-woman kitchen bakery to a full, state-of-the-art facility, she and her team now create allergy-friendly baked goods to fulfill a number of different dietary restrictions. The Co-op now carries Katz's gluten-free glazed donuts and customers love them. Some have even described them as "addictive."

American Flatbread Revolution Pizza with caramelized onions and mushrooms

Definitely in the artisan pizza camp, Revolution Pizza is composed of caramelized onions, domestic mushrooms and a blend of fine herbs and cheeses laid upon a bed of rich tomato sauce. This is carefully prepared handmade food that is nutritious, light, crisp, flavorful and convenient. Originating from the "North-East Kingdom" of Vermont, American Flatbread is basically a bakery/pizzeria packaged and available in the frozen section of our Co-op. The crust is made with organically grown wheat flour and is more on the substantial side than the common thin-crust pizza. If you like your crust crispy, it's best to let your pizza thaw for 30-60 minutes before baking.



Rustic Crust Organic Flatbreads

are hand-shaped and baked in individual, well-seasoned pans which imparts an authentic flavor that comes from taking care and paying attention to detail. Delicious and convenient, they are just right for busy families who need fresh, healthy meals that can be prepared in a flash. Customize your own pizzas at home using the most creative ingredients or just what you have on hand.



Staff PICKS



Meet Taylor!

There are so many really intriguing things about people that are hidden beneath the surface. For instance, Taylor is an advanced scuba diver and has been exploring watery worlds since she was 12 years old. Another member of our cashiering team, she can also be found hitting the trail with a backpack. It sounds like she's instilling her love of the outdoors in her daughter on their

morning and evening walks together which help them get through their days more peacefully. "Sometimes we parents need to take a little walk to calm down. Parenting is hard."

Taylor's favorite for October is the Woodstock frozen organic pineapple. "I just love it by itself, frozen...so yummy! It's "awesome to use in smoothies, as well." Woodstock has been in business for over 30 years with a commitment to organic and Non-GMO. We've included a simple, 5-ingredient smoothie recipe that uses frozen pineapple right here for you to try.



Meet Molly!

Molly has hiked over 14,000 miles since 2013! That's awe-inspiring! She's traversed the Continental Divide, Pacific Coast and Appalachian Trails, as well as other backpacking adventures in places too numerous to mention. When she's not out trekking the wilderness, Molly is studying at WNMU to be a history teacher and working here as a cashier/stocker and as the newest member of our Grab 'n' Go deli team. She has been a chef in her prior life, so it's a great fit.



Her favorite pick for October is the Vegan Nori Roll from our deli. Our nori rolls are a harmonious union of nori, sushi rice, cucumber, carrots, bell pepper, tamari, sesame oil, rice vinegar, wasabi and pickled ginger. All organic, clean ingredients, they are just right for a light lunch or snack. As a finishing touch, Molly "likes to dip it in additional soy sauce and wasabi. Sometimes I add avocado, too. It's delicious!"

Pineapple Smoothie

- 1 ½ cups canned coconut milk (full fat or lite)
- 1 frozen banana
- 2 cups frozen pineapple
- 2 tablespoons honey (optional)
- ½ teaspoon vanilla extract
- Place all ingredients in a high-powered blender and mix it all up. Serve immediately!

New Notecards Celebrating the Living World

by Annette Rubino-Buckley



I started painting the designs for my cards 20 years ago. We were living in a rural area at the time, so my art had a lot to do with nature and hilltown life. Several years ago we bought a little house in town. These days my paintings are inspired by what I see during my morning walks and our drives thru the countryside.

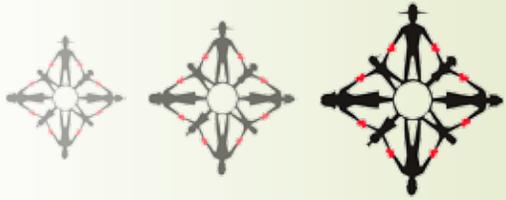
I work with watercolors, applying several layers of paint, which gives depth to the painting. A lot of time and thought goes into each one and that is how I create my style. I try to convey the beauty and uniqueness of life in my cards.

Most mornings I go for a walk to see what the plant world is doing and I am curious about town life. I was a chef for years

and we kept a huge garden. I still cook at home and have a small garden. It's a relief not to have such a busy life. Sometimes I find myself mesmerized by the tall plant outside our door. It's full of fragrant tiny white blossoms and speckled with red and blue wildflowers that climb 12 feet tall. When you write someone a card, not only do you send a personal message, you give the gift of art. A card is better than 100 emails.



\$3.99 each



From Your Board . . .

Two Weeks Left!

Candidate Statements for the 2021 Silver City Food Co-op Board election are due no later than October 15, 2021.

**This is the last call for Board Candidates.
We already have some candidate statements
in hand and time is running out!**

Is this the year when you can make your best contribution to our co-op?

If you have experience with finance, business, buildings or projects, public relations, advertising, events coordination, co-ops, boards, or technology, this could be your time. Your help would be especially welcome as we move forward with the Pope Street Building relocation.

There will be three positions open this year: 2 three-year and 1 two-year. The top two candidates in number of votes received will get the three-year terms, and the third in number of votes received will get the two-year term.

These are exciting, once in a generation changes happening in the next few years! Our board has been working hard to be ready for the next steps, and hopes to find competent and cooperative co-op members to help us move forward. We are using Policy Governance to maintain consistency and best practices for oversight by a Board of Directors. We make our decisions with a consensus process to allow full participation and maximum harmony.

The recent difficulties of the pandemic, and the need for time sensitive board decisions, has moved us to depend more on electronic communication. Successful candidates will need to have easy access to email, be able to attend meetings held over Zoom or other virtual platforms, and be willing to monitor emails to respond to board decisions in a timely manner.

Ongoing this year through the full board and its various committees will be the Pope Street Relocation; the continuing work on board policies: updating, organizing, archiving and storing; planning the next General Membership meeting; helping to select worthy organizations for Round Up participation; evaluating the board and its functions; keeping on top of the fiscal information about both stores; monitoring store management through our “B” policies, learning more about good policy governance, financial literacy, and teamwork; keeping up with and communicating to the membership with One Voice, finding and vetting new board candidates, and making sure we support each other, communicate respectfully, and have FUN!

There’s still time to contact any board member, past or present, to get their view of what being a director is really like.

If you’re ready to run for the board this year, a candidate statement serves as your application. If your statement is received by the October 15, 2021 deadline, you’ll have an informal interview with the Election Committee for a Co-op Board nomination. Have questions? Have a Candidate Statement ready to go? Email Board Secretary and Election Committee chair Julianna Albershardt -

juliannaflynn8@gmail.com

Voting begins on December 1, 2021 and continues through December 15, 2021





Shanti Ceane
President



Julianna Flynn
Secretary



Scott Zager
Treasurer



Kristin Lundgren
Member



Tuan Tran
Member



Gwen Lacy
Vice President



Susan Golightly
Member

It's Round Up Application Time Again!



Are you a part of an awesome, local organization working towards goals that are in line with cooperative principles? Apply to be a Round Up recipient! Every month, Silver City Food Co-op asks customers in our store to “round up” their grocery bill to the nearest dollar. These extra cents compound over the month, and at the end are donated to a local non-profit to help fund their fantastic projects. It may seem small, but the generosity of our great co-op shoppers adds up to a substantial amount each month that gets funneled back into our amazing county and those working to make it better. Silver City Food Co-op loves being a part of such a diverse, dedicated, and determined community. We simply adore giving back in this way! The Round Up program is our way of saying thank you to the wonderful people and projects who surround and support our co-op. We could not exist without you! In order to qualify for this program, your organization must be local to Grant County, be a 501(c)3 nonprofit or be sponsored by one, and have a specific project in mind to which the funds would contribute that aligns with cooperative values.

These values are: self-help, self-responsibility, democracy, equality, equity, and solidarity. This is a wide range of values that can apply to most anything our local nonprofits work towards, so do not be hesitant to apply! In the past, the Round Up program has helped fund community radio broadcasts, hunger fighting programs, and even local art projects! The Member Connect Committee sorts through applications and chooses a group of twelve different nonprofits each year - one for each month. If you want to get involved in this process, consider joining the Member Connect committee! More information on this opportunity can be found by emailing Kristin at klundgren2@gmail.com. As for the opportunity to receive Round Up funds from the Silver City Food Co-op and our thoughtful, engaged, and charitable members and customers, the application can be found at www.silvercityfoodcoop.coop. The application will be open for the entire month of October. Thank you all, for all that you do! Let us give back to you - apply for the 2022 Round Up program.

Board Meeting

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

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

Shanti Ceane/President
Board Term: 2018-2021

Julianna Flynn/Secretary
Board Term: 2019-2022

Scott Zager/Treasurer
Board Term: 2019-2022

Kristin Lundgren/Member
Board Term: 2019-2021

Gwen Lacy/Vice President
Board Term: 2019-2022

Tuan Tran/Member
Board Term: 2020-2023

Susan Golightly/Member
Board Term: 2020-2021

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

Board of Directors



October

Members Only Specials September 29 - November 2

20% OFF! listed prices



Café Altura
Regular Coffee
12 oz
reg \$9.99



Evolved
Butter Cups
1.5 oz
reg \$2.99



Emperor
Chopped Ginger
4.5 oz
reg \$3.99



Miracle Noodle
Angel Hair Pasta
7 oz
reg \$2.99



Noka
Superfood Smoothie
4.22 oz
reg \$2.59



Earthrise
Spirulina 500 mg
90 tabs
reg \$10.99



Pop Art
Popcorn
Size Varies
reg \$4.39



W.S. Badger
Healing Balm
2 oz
reg \$6.69



Berlin Bakery
Sourdough Spelt
24 oz
reg \$5.49



W. S. Badger
Aromatic Chest Rub
.75 oz
reg \$5.79



Plant Snacks
Cassava Root Chips
5 oz
reg \$3.99



Traditional
Smooth Move
50 caps
reg \$15.99



BelGioioso
Parmigiano Reggiano
8 oz
reg \$8.79



Emmi
Appenzeller Cheese
Size Varies
reg \$21.39#

Co-op Deals

flyers
available
on our website

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

