

Silver City Food Co-op *It's MAD!* Garbanzo Gazette

Volume 18

✧ Your Monthly Newsletter ✧ November 2018

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE!

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**YOU
ARE
WHAT
YOU
EAT**

Co-op Blasts Ahead On Relocation Efforts!

Our Membership survey has been completed with around 1000 Members taking part! All those that completed the survey will receive an electronic coupon for a onetime 15% off visit from Nov. 1st through Dec 31.

The coupons will be administered through the registers so there is no actual physical coupon involved. This is the first time we are using this system of coupon distribution and there is an eagerness to discover what other potentials this method has.

At press time, the results are still being analyzed and a report will be made in the December issue of this newsletter.

This was a pretty long and intensive survey which is why the extra discount was offered. The discount can be stacked with a MAD discount, if desired, for a whopping 25% off (25% maximum).

It is also the most input we have ever received in the history of our Co-op. This survey is part of our push to find more ways Members can interact with the Co-op and in return, the Co-op being more responsive to the Members.

It is the current plan to put much of the survey on our website for Members to review.



*Our Fundraising Coordinator,
Jessica Tumposky,
and her son Ellis
shopping at the Co-op
on a busy Saturday*

On another front, the Pope Street Project Committee (PSPC) has retained the services of local talent Jessica Tumposky as our fundraising coordinator.

Jessa is charged with developing grants, our donation program, member loans and possible fundraising events. Much of her background will be in good service to these endeavors.

The position is starting as limited part time but will increase as needs arise. The goal is to raise \$500,000 through these various means.

Yet on even another front, the Staff is working on projecting how much floor space they would want in the new location. Although bigger than our current space, it is still small for all our wants so compromises need to be made.

These individual department plans should be ready by the end of November which will then lead us to a floor plan as to what is possible.

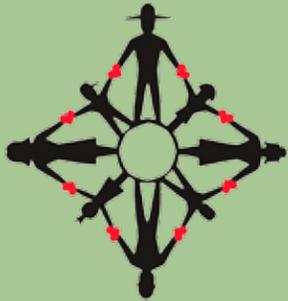
The PSPC, a work committee of the Board, meets weekly and each meeting has invited prominent community talent to share their thoughts on what is the best economic way to proceed with the construction.

Joe Z ✧✧✧

2058 members/owners strong and counting . . .

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop

Store Hours
575-388-2343

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

Viswion Statement

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

Seven Cooperative Principles

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

Joe Z

general manager

Mike Madigan

assistant manager

The Garbanzo Gazette

Editor: Joe Z

Staff Writer: Judith Kenney

Guest Writers: Elaine Haynik, -Jennifer Lamborn

Layout & Design: Carol Ann Young

Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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Cup o'

Joe

by Joe Z



November is about food. Thanksgiving makes it so. We think about eating. We think about stuffing ourselves. Abundance. Over abundance. Treat ourselves. Food, eat, rest, smile, burp, dishes (phooey), leftovers, get ready for the coming retail madness!

But food. You want food. We have food. Good food. Great food. The best food. We are all about food.

Life consumes food. Food enables life. We are eating bio-machines. It makes us go. Fuel. Energy.

Also taste. We want our foods to taste good. What's that about? Why not just get Soylent for every meal (complete meal in a drink – now in three flavors! Original, Cacao & Strawberry -- no we don't carry it). What more do you need?

In my mind – a lot more. I want variety; texture; flavor that melts in my mouth; that makes me sit back, close my eyes and savor the sensations that swirl in my pallet; flavors that make me smile; that surprise me (in a good way); that makes me want more (uh-oh); that leaves a memorable pleasure; a sensory experience; aromas; a thankful experience.

There is no other month that celebrates food. And while the original template for Thanksgiving was to celebrate the harvest, nowadays food is grown year round and shipped globally so we can get almost everything year round. Fresh or frozen.

We are not as connected to the actual harvest as in days past. Taking a day or two to celebrate food, none-the-less, is a good thing. Thanksgiving actually used to extend for a few days which is one of the reasons that it was put on a Thursday – to allow for a great long weekend. No other holiday does this.

Okay – you can be a cynic and say the longer weekend is a capitalistic enticement to engage in consumer activities. Yeah – there's that. Hard to argue with it. Except you really do not need to participate. I prefer to just stay home and eat the food I did not finish the day before. Burp.

Food, food, food. It actually starts with Halloween. Sure, candy is not food. But it is eating. And it is flavor sensation. And pumpkins – though often pressed into service as Jack-O-Lanterns to ward off evil spirits – are a symbol of the harvest and a staple on the Thanksgiving table – especially as dessert.

You do not see wild Thanksgiving parties as you do on Christmas, New Years or even Halloween itself. We do not get together for drunken backyard barbeques as on Memorial Day or Labor Day (okay – that might be harsh – maybe “semi-controlled revelry” – alcohol is not needed for base silliness). Also, let's not address the Thanksgiving football traditions that lay waste to my carefully constructed thesis here.

The point is that Thanksgiving is a serious holiday. It crosses many cultural and religious barriers – many countries have their own Thanksgivings along with their own tradi-

tions. We had our fun with Halloween and now we turn to serious food. Food you can grow with. Food that can sustain you. Food that celebrates life. Food that is, in fact, life itself.

And yeah – hopefully – food you get from your groovy local Co-op. As I said – you want food, we have food.

We have organic food. Not all of it. But a lot of it. And not only may this food be healthier for you than the conventional fare, it also protects our sisters and brothers working in the fields as well as protecting our planet and all its inhabitants, human and otherwise.

Agricultural run-off of our chemical fertilizers, pesticides and herbicides are polluting our water supply. And have been for decades. They are not benign. In some areas it may directly kill delicate eco-systems. In other areas, it may actually encourage growth which gives us the out-of-control “super weeds” or deadly red tides, a natural phenomenon that grows out of balance as the algae are fed by the run-off, choking out marine life.

I know that I am more thankful when I know my feast is not destroying the planet, the farm workers, our kids (who are more susceptible to these poisons) and our own bodies.

I know that I am more thankful when I know that the place I buy my groceries is as concerned about the health of each of us as I am. That is why I've been attracted to Co-ops and chose to work at one.

Of course, we are not perfect. We have items in our store that some would say are not good for us. That may or may not be so. Certitude about specific foods is a slippery slope. And just because those sugar infested bon-bons (no – we do not carry them) are unhealthy, our bodies are probably able to deal with these invaders in low doses. One or two might put a smile on your face and that is probably a good thing. When a box of 50 are devoured, that might be something else altogether (even if you are grinning ear to ear at first).

I absolutely have my indulgent side that sometimes favors – and gets addicted to – foods I would not think are good for me. I can devour those bon-bons in a flash. It takes a lot of personal resistance to keep me away from them and functioning well.

Last week, I was talking to a woman who is changing her diet because of health reasons. She talked of how she was needing to learn new ways to approach the foods she consumes and then revealed a personal discovery: she said that after a few weeks, those vegetables are now actually tasting good!

Imagine that.



We're on facebook

Hello!

it's MAD again!!

November/December

*any 2 days
of your choice*

10% OFF

Silver City Food Co-op Staff

Judith Kenney
produce/outreach

Dougan Hales
produce/bulk

Kate Stansberger
supplement buyer

Jake Sipko
produce manager

Carol Ann Young
office

Jeanné Miller
herb buyer/produce

Becky Carr
dairy buyer

Jess DeMoss
POS manager

Misha Engel
frozen buyer

Jenny Morgan
office

Joe Z
gm

Marguerite Bellringer
finance manager

Kim Barton
POS

Michael Sauber
grocery

Doug Smith
grocery buyer/

Paul Slattery
produce

Jody Andrews
cashier/grocery

Evan Humphrey
bulk buyer

Lee Ann Miller
cashier

Brenna Brown
deli manager

Tinisha Rodriguez
POS/HABA buyer

Allie Iacocca
produce/HABA buyer

Mike Madigan
am

Leah Chastain
merch. specialist/receiver

Marchelle Smith
deli

Joy Kilpatrick
wherever needed

Jo Lutz
wherever needed

Elysha Montoya
wherever needed

Judy Kenneally
deli

Christine Dalmedo
produce/grocery

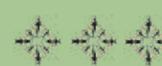
Abel Lazzell
wherever needed

Hina Rainbowchild
wherever needed

Annabella Gomez
wherever needed

Matthew Varela
wherever needed

Gabbie Sturdivant
wherever needed



excluding mark-downs, Thanksgiving & Christmas turkeys

Kitchen Meditations

Fall

Vegan Purple Sweet Potato Ice Cream

This rich, velvety ice cream is made with purple sweet potatoes and coconut milk

Ingredients:

- 1 ½ cups full-fat coconut milk
- 1 tablespoon arrowroot powder (you can also use tapioca flour or corn starch)
- ¼ cup maple syrup
- ½ cup purple sweet potato puree or ¾ cup chopped, boiled purple sweet potatoes
- 2 tsp. vanilla extract

Instructions:

Mix all ingredients, except vanilla, together in a blender until smooth. Pour into a saucepan and bring to a boil. Once boiling, remove from heat and whisk until smooth and thickened.

Stir in vanilla.

Pour into a container and chill overnight.

*Instructions for using an ice cream maker:

When the mixture is chilled, you simply need to add it to your ice cream machine, following the manufacturer's instructions. Once churned, add to a shallow, freezer-safe container and freeze for at least 6 hours or overnight.

Health Nuggets Autumn's Bounty

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



Pomegranate Vinaigrette

This homemade Pomegranate Vinaigrette will really dress up your winter salad! It's packed full of nutrition and flavor and is ready in less than 5 minutes! Plus it's paleo, vegan, gluten-free, dairy-free and refined-sugar free!

Servings 1 1/2 cups dressing

Ingredients:

- ¾ cup pomegranate seeds
- ½ cup olive oil
- ¼ cup pure maple syrup
- 1 TBS lemon juice
- 1 TBS white balsamic vinegar
- 1 tsp dijon mustard
- pinch of sea salt

Instructions:

1. Put all ingredients in your high-powered blender.
2. Blend on low speed and gradually increase to high.
3. Continue blending on high for 30-60 seconds or until your dressing is smooth and all pomegranate seeds have been blended.



The Frugal Co-op Chef

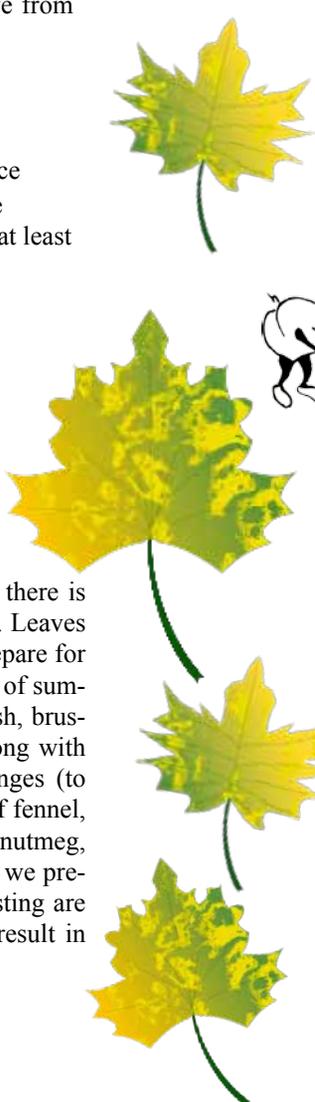
Simple Roasted Butternut Squash

Ingredients:

- 1 butternut squash-peeled, seeded and cut into 1" cubes
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Salt and ground black pepper to taste

Directions:

Preheat oven to 400 degrees
Toss squash with olive oil and garlic in a large bowl. Season with salt and pepper. Arrange squash on baking sheet.
Roast in the preheated oven until squash is tender and lightly browned, 25 to 35 minutes.



Jake's November Produce Picks

Japanese Sweet Potatoes

So what are Japanese sweet potatoes anyway? They are a super healthy, crazy-delicious tuber that we carry in the Co-op produce department. They have a brown or red skin and whitish flesh that turns yellow upon cooking. Japanese sweet potatoes have a buttery, almost squash-like flavor that is divine and a texture that is a little bit different than other sweet potatoes. They are delectable roasted and topped with butter, salt and pepper or in curries, soups and stews. Simple, healthy and delicious.



On Tuesdays, Judith and Dougan clean and trim the produce to make it attractive to our customers.

Purple Sweet Potatoes

This vibrantly-colored vegetable is the lavender cousin of the well-known orange sweet potato. Its vivid hue comes from the same pigment that makes cherries and strawberries red. With a rich flavor and a denser, drier texture than regular sweet potatoes it should be baked at moderate heat (350 degrees for 90-120 minutes), which will develop a pleasing texture and moistness. Prepare these beauties any way you'd cook other potatoes, as mashed potatoes, home fries and soups. Check out the recipe for purple sweet potato ice cream on our Kitchen Meditations page!

Butternut Squash

Butternut is a variety of winter squash that grows on a vine and is one of the most popular and widely available types of squash. Its appealing bulbous-at-one-end shape and smooth, tan exterior hides a deliciously sweet, dense and orange flesh. When ripe, it assumes an intense and vibrant hue, even as its taste deepens. It is a good source of fiber, manganese, magnesium and potassium and an excellent source of vitamins A, C and E. Butternut, like all squash, has ancestry in North America. Archaeological evidence suggests that squash may have first been cultivated on the isthmus between North and South America (known as Mesoamerica) around 10,000 years ago. Today, most butternuts are of the popular variety, the Waltham Butternut, developed at the Waltham Experiment Station, Massachusetts, in the 1940s; sort of the new kid on the squash block! Although technically a fruit, because it contains seeds, butternut squash is used as a vegetable that can be roasted, sautéed, toasted, puréed for soups or mashed to be used in casseroles, breads and muffins.



Becky's November Dairy Pick

Drunken Goat Semi-Soft Cheese

No goats were intoxicated in the making of this cheese.

Drunken Goat cheese (Murcia Al Vino) is a popular goat cheese from Spain, where you might see it called queso de cabra al vino. The purple rind comes from bathing in red wine, which gives the cheese a slightly fruity flavor, but also sharp and tangy in a very mellow sort of way. For those who don't like goat cheese, Drunken Goat is very un-goaty. It's made from the milk of Murciana goats in the town of Jumilla in Murcia, a region of southwestern Spain. Wheels of Drunken Goat are soaked for two to three days in Doble Pasta (double paste) wine, then aged for two and a half months. It is delightful served with other Spanish accompaniments, such as almonds and olives. It also pairs well with desserts as it possesses a sweet creaminess and grape aroma. Add it to sandwiches and pizza and to salads of sliced heirloom tomatoes and greens.

Drunken Goat Cheese is 20% off for Members Only throughout the month of November.

CO-OP Community

Co-op Community Donations

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

*Gila River Festival
WNMU Expressive Arts*

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



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service.

Ellen O'Bryan • Bridget O'Leary • Althea Athenian
Mary Ann Finn • Rebecca Summer • Malika Crozier
Athena and Two Crow Schumacher • Jane Papin
Debaura James • Jennifer Lamborn • Susan Van Auken
Logan Campbell • Tim Garner • Alexa Davis • John Tank
Brandon Dey • catherine bialopiotrowicz



RAIN CHECK

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



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

Taste Samplers Needed!

Isn't it fun to get free food?

It's even more fun to be the gracious person giving the food. Become a sampler and hand out food samples every other Wednesday from 9 am to 12 noon or 12 noon to 3 pm.

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

Contact: judith@silvercityfoodcoop.coop



Round Up Donation Program

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

Round Up for November

G. C. Community Food Pantry

This November, help give needy families a Thanksgiving to be thankful for. The Silver City Food Co-op's Roundup Program is collecting funds for the Grant County Food Pantry. The Grant County Food Pantry delivers food to low income residents in our community who don't get enough to eat.

Since 2009, the Grant County Food Pantry has been a program of The Volunteer Center in Silver City. They provide boxes of high-quality groceries to families in the area, including locally sourced foods and fresh produce. They also provide emergency food boxes and Alimento Para Los Niños, a weekend backpack program for kids who don't get enough to eat on the weekend. The bag of child-friendly food on Fridays provides nutritious food until they return to school on Monday. The Volunteer Center is located at 501 East 13th Street. Food distributions are first Saturdays 10:00 - Noon and last Wednesdays 4:00 - 6:00 p.m. Contact TVC at (575) 388-2988 or info@tvcgrantcounty.org. You can learn more and donate on their website at www.tvcgrantcounty.org.



September Round Up \$1109.92!

NM Breastfeeding Taskforce

The Grant County Chapter of the New Mexico Breastfeeding Task Force is pleased to have received Round Up funds from the Silver City Food Co Op in the month of September.



Lactation support in our community makes a huge difference in the health of all of our citizens. These funds will be used to support lactation specialist education and continue the ongoing efforts in assisting families in providing the best first foods for our babies. The funds will be disbursed among six recipients who will participate in an online lactation course. Four of them will also attend the annual breastfeeding conference in Albuquerque in March.

Round Up for December

Silver Regional Sexual Assault Support Services

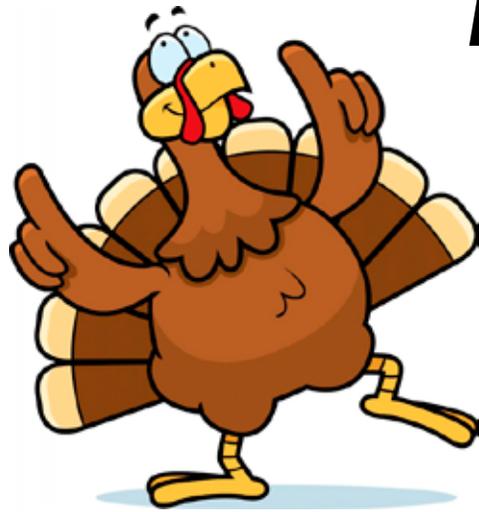
Silver Regional Sexual Assault Support Services (SRSASS) is a non-profit Rape Crisis Center established in 2011.

Located in the southwest region of New Mexico, providing services to survivors of sexual violence in Grant and Hidalgo Counties, the vision of this organization is a world in which all people are safe, valued and free from any form of violence and oppression.



It's Turkey Time!

Reserve Your Mary's Certified Organic Turkey Today



Mary's Certified Organic Free-Range turkeys follow humane farming practices. These turkeys have freedom to move about and receive a premium diet void of any chemical stimulators. Mary's Certified Organic turkeys do not consume antibiotics, GMO corn or soybean meal, animal by-products, pesticide treated grains, grains grown with chemical fertilizers or synthetic amino acids.

\$3.99/pound

A \$10 deposit (non-refundable) per turkey is required when placing your order at the register.

*Everyone pays the same price,
NO MAD, volunteer or staff discounts.*

You may reserve a turkey for Christmas pick-up (indicate on order form).

Sizes:

Small • 8-12 lbs

Medium • 13-16 lbs

Large • 17-20 lbs

X-Large • 20 + lbs

**Turkey pick-up begins Wednesday, November 14th.
Thanksgiving is Thursday, November 22nd.
The Co-op will be closed.**



MAD Nov. Dec.

*Chose your own two days
to receive 10% off your purchases!
(Excluding mark-down items
25% maximum discount)*

Be sure to tell the cashier **BEFORE** they start ringing up your purchases that you are using your MAD discount!

Member Appreciation Days (MAD) are offered 4 times each year, and are yet another way to save money at the Co-op.

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

Calling for Guest Writers!

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

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

Members, if interested please email
judith@silvercityfoodcoop.coop

Three hours earns a 15% Volunteer Discount



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



What should I do about a viral infection?

By Elaine Haynik • retired RN

First, what is the difference between a bacteria and a virus?

You can see a bacterium under a microscope. A bacterium is a single celled organism with a nucleus and cell wall. Some common names are staph, strep, and e-coli. The shapes may be round, rod or spiral. Antibiotics were discovered to kill certain bacteria. Now there are 100 antibiotics, each one works only on certain bacteria.

A virus is an extremely small microscopic parasite composed of a particle of DNA or RNA wrapped in a protein coat. A virus can only be seen under an electron microscope, which costs around one million dollars. A virus is not a living creature, it must insert itself into a living cell then it can make copies of itself. A virus can infect people, plants or animals. An antibiotic cannot be used to kill a virus.

In humans, these are the most common types of viruses:

- **Respiratory Infections:** Rhinovirus, coronavirus and adenovirus cause common cold. Influenza viruses infect the upper respiratory system and sometimes the lungs and may cause pneumonia. RSV (respiratory syncytial virus) causes a respiratory infection called bronchiolitis.
- **Digestive System Infections:** Viral gastroenteritis or the stomach flu (diarrhea, nausea and vomiting) is caused by rotavirus, norovirus, adenovirus, calicivirus and astrovirus.
- **Central Nervous System Infections:** enteroviruses and herpes viruses can cause meningitis (an inflammation of the tissue surrounding the brain and spinal cord) and encephalitis (an inflammation of the brain tissue itself). Polio can cause paralysis.
- **Skin Infections:** the human papillomaviruses (HPV), causes warts and can affect any skin surface, frequently the feet, hands and face. Herpes simplex viruses (HSV) cause cold sores or fever blisters. HSV type-2 causes genital herpes. Genital warts are the most common STI (sexually transmitted infection.) The varicella zoster virus causes chickenpox and shingles
- **Many Other Diseases:** Polio, rabies, measles, Rubella, mumps, HIV, the virus responsible for AIDS (acquired immunodeficiency syndrome). Hepatitis C, long-term infection of the liver, Mono (Epstein Barr), myocarditis virus (heart).
- **Newly emerging viruses are:** West Nile virus, Ebola virus spread through contact with infected body fluids that can cause an often fatal illness called Ebola hemorrhagic fever, Zika, a virus spread primarily by mosquitoes, that can cause birth defects, Coxsackievirus, causes flaccid paralysis, cytomegalovirus, SARS (severe acute respiratory syndrome), Avian influenza, H5N1 (Bird Flu), Chikungunya virus, MERS (Middle East respiratory syndrome).

What are doctor recommendations? Take Ibuprofen or Tylenol to reduce a fever. Rest as much as possible. Drink plenty of fluids to stay hydrated. Take over the counter meds such as cough drops, cough syrup, decongestants, antihistamine. Flush sinuses with salt water. An MD can write a prescription for one of these antivirals: acyclovir (Zovirax), famciclovir (Famvir) and valacyclovir (Valtrex).

Oh my. What can I do??? I'm a sitting duck for a virus.

First and most important: MIND YOUR MINDSET. Thoughts and emotions cause chemical reactions in the body. Give up hatred, resentment, envy, gossip, stress, unforgiveness, jealousy, fear, worrying. Wake up and go to bed with positive thoughts, prayer, gratitude, happiness, contentment, brotherly love, acceptance, generosity. Unhappiness can cause our immune system to collapse and we can get an illness.

What else can be done? Glad you asked! Some holistic doctors will administer vitamin C intravenously. This can work very well to disable viruses in certain people. High doses of vitamin C taken orally at timed intervals may also have good effects. I like the packets that contain 1000 mg of Vitamin C powder and electrolytes. Try Pau de Arco tea. Simmer the bark for ½ hour, add honey and lemon, or other teas after brewing. Enjoy a cup or two daily. Another option is to take the amino acid l-lysine, which may be effective for some viruses. The mineral zinc can also be a useful remedy. A spoonful of coconut oil in a warm drink,

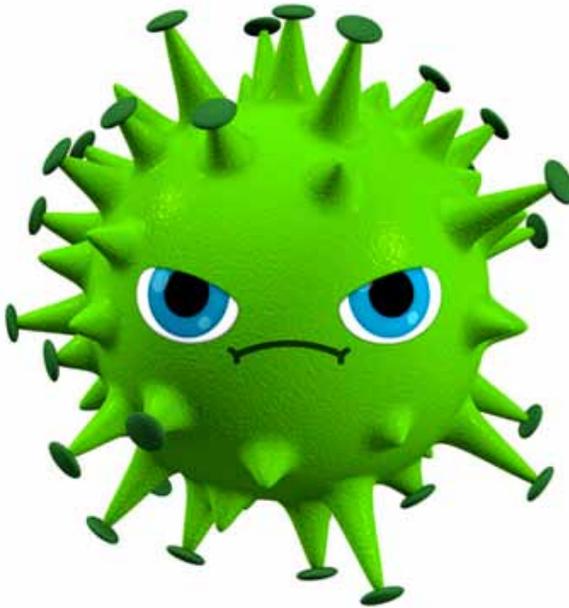
such as orange juice, or in a vanilla smoothie (like I've used it) can help, but it has to be warm so the coconut oil will flow. Israeli scientists found elderberry inhibits viruses. Try an elderberry product: capsules, lozenges, wine. There are 2 things I like to travel with to stay healthy: Reboost nasal spray with Euphorbium, and the essential oil mixes, 4 Thieves or Thrive. Try a menthol-based essential oil product called Olbas from Switzerland that works to open sinuses. Try vitamin D3, which has been shown in recent studies to have a strengthening effect on the immune system. Try colloidal silver. If you find yourself with a cold sore, Zilactin gel numbs and seals the sore. Generic pain patches containing lidocaine, can be especially helpful for shingles pain.

Some suggestions for anti-viral foods include: soups (especially chicken), garlic, ginger, citrus fruits, honey, yogurt, fermented foods, including miso and kombucha, aloe vera, capsicum, horseradish, medicinal mushrooms, seaweeds, onions, cabbage, carrot, tomato, pomegranate, apple cider vinegar, spices like thyme and oregano, spicy foods, hot teas, and bee pollen. You may want to stay away from nuts and chocolate as they might feed the virus.

Ideas for antiviral herbs include: Elderberry, Echinacea, Calendula, Garlic, Ashwagandha, Astragalus Root, Cat's Claw, Ginger, Licorice Root, Golden Seal, Peppermint, Oil of Oregano, Olive leaf extract, Neem, and Chamomile.

Please keep in mind that all supplements should be taken according to package directions or under the supervision of your health care professional.

Happy Thanksgiving!



Herb Department

NEWS

Jeanné, our herb buyer, says “Just a Pawful!”

In case you haven't noticed, the bulk herb section of the SCFC has blossomed into something really special in the last couple of years. Through careful selection, Jeanné, our herb buyer, is continually shaping a department that offers customers a selection of authentic, sustainably sourced spices, herbs and teas. Responding to the needs of our clientele she fine tunes her section seasonally and adds new products that heighten the vibrancy and nutrition of our meals. Once valuable as currency, herbs and spices are a major part of distinct world cuisines and, yet, we easily forget that seasonings are the key to achieving depth of flavor in the foods that we prepare. You don't need to be a top chef, or even a foodie to use herbs and spices. You just need to have an open mind and palate! Read on to see what's new.



Daily Turmeric Blend



A tasty blend of turmeric and earthy spices such as cinnamon, ginger, pepper and cardamom that makes it easy to work turmeric into your daily routine. It's the perfect addition to oatmeal, sweet potatoes, popcorn, cottage cheese and savory dishes, as well as your regular morning coffee, smoothies, tea, coconut water or overnight oats.

Mexican Oregano



This "pizza spice" is full of flavor and aroma - a strong personality, but one that partners well with other seasonings. It's indispensable in Italian and other Mediterranean cooking as well as Mexican fare.

Black Sesame Seeds



These are one of the oldest condiments used by humans. They are highly valued for their oil. Often used in Asian cuisine to flavor stir-fry and rice dishes, black sesame seeds are also great for encrusting fish and chicken. These nutrient-rich seeds incorporate well into cereals, rice, noodles or any other dish. You could even mix them into yoghurt or a smoothie for a rich nutty flavor.

Rose Hips

Rosa canina, the species of rose used for our seedless rosehips, is a climbing rose native to Europe and western Asia. During World War II, Americans planted this rose in Victory Gardens. From those gardens, it naturalized in roadside ditches and can still be found growing there. Rose hips are extremely high in vitamin C. They make a wonderful tea and can be used in jams, jellies, syrups, sauces and soups.



Vegetarianism Reconsidered: Examining our Ethical Stance Toward the Non-Human Environment

By Jennifer Lamborn

At the beginning of last month, the Intergovernmental Panel on Climate Change,¹ the IPCC, released a dire report for government policy makers, urging them to implement rapid and radical changes in all aspects of society for the sake of limiting global warming to 1.5° C (2.7° F) above preindustrial levels.

The upshot of the report is that if humans don't drastically reduce greenhouse gas emissions in the next twelve years, we will arrive at a tipping point from which we will lose the ability to stop the warming that is expected to have widespread and catastrophic impacts on our planet's biosphere.²

Following the release of the report, there was a barrage of articles from news outlets focusing on what we, as individuals, can do to "fight climate change." These familiar directives include driving less, walking or biking more, line-drying laundry, eating local, organic, plant-based food, etc. Given the overwhelming momentum of our global trajectory, however, these exhortations can seem futile. "Thinking globally and acting locally" is the thoughtful and conscientious way to live. It reduces our carbon footprint and pushes us to think of the consequences of our actions. But when we consider that just one hundred fossil fuel companies alone are responsible for 71% of greenhouse gas emissions since 1988, individual actions and lifestyle choices appear painfully insufficient.³

Rather than outlining more daunting facts about global warming and railing against the failure of government institutions to defeat the interests of the global corporatocracy, I instead present a general discussion of environmental ethics that asks each of us to consider our personal code with respect to the moral duties we assume, not just toward other people, but especially toward the non-human realm. This is a subtle but challenging "action" each of us can take. Ultimately, I focus on the production and consumption of meat, comparing our moral relationship to the biosphere with our moral relationship to animals. I offer no practical solutions nor even a rallying cry although these are desperately needed. Rather, I suggest that if we view morality as restricted to the human realm only, then no amount of technology and political action can save us. Urgently

needed radical change may depend upon a change in our most basic assumptions about our position as human beings in the world. Vegetarianism is the lens through which we can begin this examination.

It is obvious that the public conversation about climate change has been fraught with uncertainty, conflict and a resulting failure to act. In his book that explores the problem of climate change, *The Perfect Moral Storm*, philosopher Stephen Gardiner points out that we have no adequate theory with which to tackle this complex issue; the ones we are using presently tend to obscure the problem. Thus far, the dominant public discussion about climate change has centered on economics, politics, scientific data, and resource management. By contrast, Gardiner insists that the decisions we—individuals and policymakers—face are fundamentally ethical in nature.

If Gardiner is right, and considering the problem of climate change within an ethical framework can bring clarity to our public conversation, then first we must ask ourselves: to whom and to what are we morally responsible?

Historically, ethical questions in western philosophy have centered on how we *people* should treat one another. Generally, we believe that other people have "moral standing." When entities have moral standing, it means we must take them into account when we make moral decisions; we recognize an obligation towards them. However, when considering global warming and the degradation of the biosphere, we must also consider the moral standing of the natural world in which we live, its non-human beings and systems, as well as the moral standing of people who are not yet alive, i.e., future generations. These matters drive a discussion different from the political, scientific or economic one that prevails in public at present, and it is an exploration that demands rational reflection.

Such reflection requires that we are clear about the reasons for our beliefs. For example, an appeal to tradition ("That's just how I was raised" or "That's how it's always



Julia Butterfly Hill recognized the moral standing of Luna, the 1,500 year old Redwood tree. Hill felt a duty to protect Luna from Pacific Lumber and did so by living in the tree for two years.

been done!") is a faulty reason to hold a belief. Many "traditions" (e.g., slavery, racial segregation, the subjugation of women, etc.) have been overthrown as we progress towards a more just society. If we discover that we have no good reason to hold a certain belief, then it is our intellectual and moral responsibility to reject it. And if this requirement seems too strict, it follows that we agree to let other people do our thinking for us.

Food co-ops have always grappled with ethical questions; at heart, they are communities bound by an ethical code. We see this code reflected, for example, in our buyers' food selection policy that privileges organic, sustainable, local, fairly-traded products, as well as in our mission statement. Food co-ops have been traditionally directed toward economic and social change: during the 1960s and 1970s, co-ops flourished alongside the emerging environmental movement, driven by a fierce concern for sustainable agriculture.

So, if we believe that it is morally wrong for human beings to pollute and destroy parts of the natural environment and to consume an enormous proportion of the planet's natural resources, do we believe it's wrong simply because a sustainable environment is critical to

¹ The IPCC is the leading world body with thousands of participating scientists tasked with assessing the data related to climate change, its impacts and potential future risks, as well as possible response options. In 2007, it shared the Nobel Peace Prize with Al Gore.

² As you may already know, the global temperature has already increased 1°C (1.8° F) since 1880, contributing to sea level rise, the melting of Arctic sea ice, extreme weather patterns and the decimation of coral reefs. Here in NM, we see the effects of global warming in reduced snowpack, increased forest die-offs, dwindling water supplies and an extended wildfire season.

³ See the CDP's 2017 "Carbon Majors Report" which outlines the breakdown of carbon emissions since 1988. The CDP (formerly the Carbon Disclosure Project) is a non-profit organization based in the U.K. which supports companies and cities to disclose the environmental impact of major corporations. It aims to make environmental reporting a business norm. Its slogan is "transparency to transformation."



human well-being? Or do we believe it's wrong because the non-human environment is valuable for its own sake? If we believe the latter, then we believe the environment is *intrinsically* valuable and not just valuable to us, the human beings. And, generally speaking, when we recognize that something has intrinsic value--that it is good in itself and not just because it benefits or pleases us--it follows that we have a direct moral duty to protect it or at least avoid damaging it.

Yet, this idea that the natural environment has intrinsic value can be difficult for us to grasp. The western culture in which we are rooted has traditionally assigned intrinsic value to *human beings alone* (or at least a significantly greater amount of intrinsic value to human beings). For example, writing in the 4th century BCE, Aristotle asserts that "nature has made all things specifically for the sake of man" (*Politics*, Bk. 1, Ch.8). Likewise, the Judeo-Christian tradition supports this same sort of human chauvinism by promoting human use and consumption of nature with impunity. Genesis 1:27-8 states: "God created man in his own image . . . male and female he created them . . . And God said unto them, 'Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over fish of the sea, and over fowl of the air, and over every living thing that moveth upon the earth.'" In his 1967 essay, "The Historical Roots of Our Ecological Crisis," Lynn White argues that this idea that humans are created in the image of a transcendent supernatural God--one who is radically separate from nature--has, in effect, conceptually separated humans from nature. From the perspective given to us by White, we recognize the delusion and the arrogance of human beings seeing themselves as

transcendent, as something "other" and therefore more entitled than non-human beings. Certainly, we are a mighty species, but very few of us truly believe that "might makes right." In other words, because we *can* dominate, it does not follow that we *should*.

Therefore, if we reject the notion that it is our biological or "God-given" right to do as we please with our biosphere, then we may also wonder on what grounds we believe we have the right to do as we please with animals, also part of the non-human biosphere.

As co-op members, most of us are interested in the ethics of what we eat. While all ethical systems can agree upon the "Do no harm" principle, meat eating requires control over, harm to, and the slaughter of animals. If we eat meat, do we believe that non-human beings have less moral standing than humans? If so, what are the grounds for this belief?

Recent high protein and low grain diet styles have ushered in a new wave of rampant meat-eating. Many former vegetarians may now eat organic, grass-fed cattle that have been "humanely" raised. The idea is that these cattle do not suffer in the ways that the animals do on CAFOs, confined animal feeding operations, where animals are denied even a minimally decent life. The Australian philosopher Peter Singer points out that whenever animals are treated as commodities, there will always be tension between their interests and the economic interests of the producer. Moreover, for the "conscientious omnivore," how does one decide how humane is "humane enough" to justify eating an animal? Perhaps these questions miss the point entirely; the problem with animal exploitation is not in the *details* of how much space they have or the qual-

ity of feed they're given; it's in the *system* that justifies treating animals as "resources" rather than our relatives.

If we support the production and consumption of meat, but also believe we have a duty to protect our natural environment, then there may be a contradiction in our ethical thinking. Either we believe, as the Lakota say, *Mitakuye Oyasin*, we are all related, or we believe that human beings are something separate from the natural world, entitled to take whatever we want. We can blame the fossil fuel corporations and the inadequacy of our institutions for global warming, but perhaps the root cause lies in our ethical stance towards all that is not human.

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Wig Day at the Co-op

L to R: Misha, Becky, Tinisha, Joy, Hina, Jess, Kim, Jenny and Leah in front.



reorder Kids'

FREE FRUIT FUN

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

Cat Kisses

Sandpaper kisses
on a cheek or a chin--
that is the way
for a day to begin!
Sandpaper kisses--
a cuddle, a purr.
I have an alarm clock
that's covered with fur

- Bobbi Katz -

AGE: _____

NAME: _____



Co-op
KID



Korner

November is Adopt a Senior Pet Month

Did you know that November is Adopt an Older Pet Month? Most folks don't, but what a great way to enlighten us all to the realities and wonders of senior pets who are homeless! As you might guess, older dogs and cats in shelters and rescues are the most difficult age group to place. They tend to spend the longest time there before finding their forever home, if they find one at all, that is. Animals of advanced age are more often euthanized than their younger counterparts and may live out their lives in a shelter kennel.

But consider what you get when you adopt a senior pet. He or she has probably already been trained and won't chew or scratch everything in sight. Grown-up pets don't require the constant monitoring and training that puppies and kittens do. Many are house trained. While small kittens and puppies may be adorable, older pets are just as loving and loyal. In most cases, they've already had a home and want one again. They are ready to love you unconditionally!

At animal shelter and rescue groups everywhere there are loving, healthy senior pets looking for a special home and family to cherish them for the rest of their lives.



They don't ask for much, just a warm place to sleep, good meals and plenty of love.

High Desert Humane Society

The High Desert Humane Society of Silver City promotes and provides humane and ethical treatment of companion animals through shelter care, adoption, community education and programs which address pet overpopulation.

Located at 3050 S. Cougar Way, it occupies some 3,000 square feet, devoted to living space for all the animals under its protection. Hours are from 8:30 am to 5:30 pm. Tuesday through Friday; Saturdays 8:30 am to 5:00 pm. Animals are available for viewing after 11:00 am on regular business days. Closed on Sunday and Monday. Phone: 575-538-9261

Puppy Dog Ranch Rescue and Sanctuary

This is Grant County's only "No Kill," "No Cage" dog rescue. Serving all communities within a 100 mile radius, this non-profit organization has rescued close to 300 unwanted dogs since 2009. None of the dogs live in cages. Please call to make an appointment if you wish to visit. Hours are Tuesday through Friday from 10 am to 5 pm. Phone: 313-7232.



Good-bye summer! Produce arriving from Eden's Farms on October 2nd



Behind the Scenes at the Co-op

The **Behind the Scenes at the Co-op** column has featured the people who keep our Co-op running smoothly. You can read the past articles on the Co-op website at www.silvercityfoodcoop.coop starting in the November 2017 issue of the Garbanzo Gazette.



By Susan Van Auken



2 U From Your Board . . .

Volunteers: Please Consider Giving Your Time and Talents

By Shanti Ceane

It's that time again! A new edition of the Garbanzo Gazette and an update on the new building and possible relocation of our Co-op. This summer was a bit of a whirlwind as the Pope Street building became available and the Board worked towards purchase of the building. Now that the purchase is complete, and we've had a chance to catch our collective breath, we're working on the next steps towards the possible project of moving our Co-op to the new location on Pope Street.

Last month's edition of the Gazette introduced membership to the Pope Street Project Committee (PSPC). Our committee charter is to "serve as an interim project manager for the planning and financing phase of the Pope Street Project. Pope Street Project Committee (PSPC) provides guidance and recommendations to the full board concerning relocation planning."

The PSPC began meeting weekly after the August board meeting and we've had full agendas thus far. The first order of business was to review the proposals that the Board had received for a member survey and/or a marketing study. The committee quickly mobilized to select from the bids, hire a survey researcher, design the survey with help from the GM, and launch with help from staff. Data will already be collected at the time of this publishing, and we should have plenty of information to help us move forward.

The second order of business for the PSPC has been a search for fundraising expertise. There has been much discussion regarding the feasibility of financing a relocation, and we're in the process of researching possible sources of funding, but we needed help. Again, the committee quickly mobilized to collect bids, interview candidates, draft a scope of work and contract, and hire a fundraising coordinator. Jessica Tumposky was hired and will have reported to us on whether there are grants available for which the Co-op fits the requirements, and she will have begun organizing the donation campaign by the time of this publication. A next priority for her will be coordinating a member loan campaign, and planning/overseeing community fundraisers.

There is a wealth of experience and skills lying within this community and among our member-owners, and we know that many are excited about this project and would love to get involved. Do you have a skill that would prove helpful? Grant writing expertise is needed, as well as someone (or multiple somebodies!) that would like to help organize fundraisers. Licensed engineers and an architect will also be required in the near future. A member loan campaign will require dedicated time and skill from volunteers. There are many roles to fill and we're excited to see what this community will accomplish as we work together to make this relocation dream a reality.

Separated at Birth?

Notice how similar the front facade of our present building is to the front facade of the new proposed building. They both have columns on either side to the left and to the right that look like bookends. Serendipity is at work here. The similarity is striking and a good sign that we are on the right track!





Jennifer Johnston
President



Jean-Robert Béffort
Vice-President



Shanti Ceane
Secretary



Laurie Anderson
Treasurer



Julianna Flynn



Scott Zager

Scott's Perspective:

I don't know all the answers, so I listen. Sometimes, I think I know the answers, but I need humility, so I listen. Sometimes, I have something important to say, so I speak in a manner so others will listen. I need collaboration to succeed, so I compromise. I shop at a food cooperative, so I participate. Such creeds resonate in my mind these days, especially since being appointed to the Board of Directors.

Now that a member survey is being distributed, we have an opportunity to speak and be heard about the vision we see in our future store. There will be a wide range of ideas. Personally, I tend to arrange these along a continuum; a line or sliding scale, from one end on the east horizon to the other end on the west. Such are the visions of our membership. Some are primarily value driven and view food as an embodiment of moral, cultural and environmental codes of conduct. Others see food primarily for its value to satisfy bodily needs for health, sustenance and pleasure. To this latter group, food basically fuels their life toward higher pursuits. The first group sees the activities of shopping, preparing and consuming food as being, in and among themselves, representative of higher codes of conduct. Especially when their food leaves a soft imprint on the planet: Free of toxins, less packaging, etc.

– all while promoting the economic welfare of good people who produce that food. They are satisfied. The second group may place high value on frugality, convenience and efficiency – trimming expenses of time and resources so they can devote more time and resources to other worthy goals. I portray these perspectives as polar opposites, but in reality, everyone slides along the line between one point and the other, each finally resting somewhere in the middle.

That sliding-scale line is compromise. Yet in a natural food store, we all have all agreed to elevate that bar in order that all points along the line share the same virtues of healthy, responsibly-grown food, produced by people who share our values and care for the planet. Some people live these values better than others, so we forgive ourselves and try harder when we can.

Such is my perspective on cooperation, compromise and success. What are your ideas? I hope you have taken the survey. I think it will help your board and management to make the best decisions possible.

This is my perspective and no one else's...

Scott Zager

Recruiting Board Members in Training

THREE MONTH TERM: If you would like a little taste of board work before buying the whole hog, becoming a B.I.T. is probably a good idea.

DESCRIPTION: Commit to attend 3 consecutive board meetings. (They are held the third Wednesday of every month at the Pope Street building, from 4:30 to 7:30 pm).

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

CONTACT: Laurie Anderson
laurindaa713@gmail.com

Recruitment, Orientation, and Development Chair
Or, any board member

WE LOOK FORWARD TO HEARING FROM YOU!

Board Meeting Schedule

The SCFC Board of Directors meets the third Wednesday of each month at our new building, 907 N. Pope St.

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

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

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

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

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

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

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

Board of Directors



November

Members Only Specials

October 31 - November 27

20% OFF! listed prices



Maple Hill
Drinkable Yogurt
Strawberry, 12 oz
reg \$2.99



Wholly
Whole Wheat Pie Shells
14 oz
reg \$5.99



Kirk's
Castile Soap
4 oz
reg \$1.99



everyone
kids soap
32 oz
reg \$9.39



Simply Organic
Sauce Mixes
Assorted, .85 - 1 oz
reg \$1.59



Boiron
Arnicare Cream
Value Pack
2.5 oz
reg \$14.99



Simply Organic
Vanilla Extract
4 oz
reg \$21.99



Ginger People
Ginger Rescue
15.6 g
reg \$5.99



The Drunken Goat
Semi-Soft Goat Cheese
reg \$15.89/lb



Pacific
Pumpkin Puree
16 oz
reg \$4.39



Fermented Tea Co.
Hemp CBD Kombucha
Assorted, 8 oz
reg \$8.19



Vitastraw
Multivitamin
1.28 oz
reg \$6.99

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flyers
available
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