

# Silver City Food Co-op Garbanzo Gazette

Volume 21

❖ Your Monthly Newsletter ❖ August 2021

## 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**

## SCFC Sustainable Wages

by *Kevin Waters*  
General Manager

Recently at a board meeting, a member questioned the personnel costs as a percentage of sales for the Silver City Co-op, relative to her estimate of where personnel costs should be for the store. The member was advocating for additional personnel costs for the store. It seemed there may be some confusion or even misinformation out there as to where the Silver City Food Co-op lands in terms of payroll/wages.

Comparing our Co-op to Co-ops in general is a good starting point in evaluating employee costs. To gauge appropriate staffing, comparing total personnel costs of Co-ops is not a good measure. This is because many Co-ops provide medical and retirement benefits to their employees, others have no benefits. Some have a 10% employee discount while others have a 20% discount. Some have generous Paid Time Off programs, others do not. Some are in high tax areas, others in low tax areas. It is impossible to get an apples to apples comparison using personnel percentage. There have been times in years past when the total personnel percentage for the Co-op was noticeably higher. However this happened with employees having no medical benefits, and comparatively low wages in the Co-op world. I believe that this high of a personnel cost without discernable benefit to employees is contrary to advancing employee interests and contrary to the Co-op's interests. In our vision for a future Co-op, a higher payroll comes with significant medical benefits and a retirement contribution. This very concept is in the pro-forma documents for the new store on Pope Street. It is part of how our Co-op project was approved for NMFA financing. One of our core reasons for the project is improved employee pay and benefits.

A measurement that accurately indicates a stores staffing level is wages as a percentage of sales. Over the last 12 months, the SCFC has maintained wages as percentage of sales that fall directly in the midrange for all National Co-op Grocer stores. Our average compared to all Co-op stores is a tenth of a percent higher than the median. So, we are firmly in the middle for Co-ops in wages as

a sales percentage. It cannot be ignored that we reside in the fourth lowest wage state in the U.S., and we are comparing ourselves to a very high percentage of urban/high wage areas and stores with much higher prepared foods offering as a percent of sales (which requires more labor). This means our percentage actually represents a higher number of hours in the store, relative to our sales mix.

The reasons for the move to the new store have been covered ad nauseum. It is overwhelmingly desired by membership. It is the fiscally prudent use of member's capital. It is the best move for the long term health of the Co-op. But intrinsic to the move will be improved working conditions and compensation for the employees in the long term. For me this is an absolutely vital impact of the project.

We have recently engaged with National Co-op Grocers to help us conduct a study of our wage structure, and ensure we are keeping up with the changing landscape of compensation. Some of the benefits the study will provide are:

- Review and update of the living wage calculation using the NCG model
- Salary benchmarks for co-op positions using 2021 geographic salary data for the grocery industry provided by the ERI database
- Review and analysis of current wage ranges for compression points
- Development of options to update wage ranges based on salary benchmarks, market and competitor analysis and livable wage goals
- High level review of compensation policies and payroll practices

This study will help provide the framework by which the Silver City Co-op can ensure it is a progressive and equitable employer in the area of compensation. Our hope is that it is an initial step in the Co-op becoming a premier employer in this area.

**1801 member/owners strong and counting . . .**

# STAFF PICKS!

## Meet two of our newest staff members, Eva and Elizabeth

### Santa Fe Olé Extra Roasted Green Chile

Eva, one of the newest members of our staff, loves Santa Fe Olé Extra Roasted Green Chile. "I use it for everything; soups, eggs, pastas, tamales, burritos, etc.! It's sooo good when it's heated up, which brings out more of the spice. And sometimes it can really kick my butt!"



Santa Fe Olé Foods has been growing since 2009 when they set up shop and has been producing outstanding, hand-crafted salsas and sauces ever since. Their specialty is New Mexico green chile products. They are also Northern New Mexico's only small batch contract packer. And, yes, they are located in Santa Fe!

When Eva's not hard at work on the register or in the produce department, she appreciates the quiet refuge of home. "I enjoy the simple things in life. I love to hang out with my puppies and husband. We are homebodies and enjoy being outdoors in nature around where we live. I love drawing. It's a form of meditation for me. I love drawing animals and cartoon versions of people. I also like writing poetry and short stories."



### Unreal Dark Chocolate Peanut Butter Cups

Chocolate and peanut butter are soulmates, and they've never been creamier or dreamier together than in these fair-trade cups. Elizabeth thinks so, too, as she chose them as one of her favorites for August. "I like to use them as the chocolate part in S'mores." Wow! That's decadent! The Unreal Company set out to reinvent their most beloved treats using only real, simple ingredients with way less sugar. Everything that goes into their goodies is sustainable, non-gmo project verified. Although Unreal is not certified organic, many of the ingredients they use are organic. You can read the ingredients label to find out which ones.



### Coffee Pocket Latte • Dark Roast Bar



Elizabeth's second pick is the Ready-to-Eat Coffee Pocket Latte, Dark Roast bar. Pocket Latte is a mother and son company. Founder Chris Chun was inspired by his single immigrant mother who took life's challenges head on and raised two kids. "She juggled multiple jobs to keep up alive and well," says Chris. He created Pocket Latte after making the decision never to work for somebody else again and to provide his mom with a single, full-time job. That dream has been realized. With the growing trend of energy bars, Chris wanted to give folks a product made from the best ingredients, without harmful or synthetic additives that tastes amazing. Again...objective reached. Unreal's bars contain clean ingredients with a rich aroma and clean caffeine buzz that's entirely from real coffee. Check out our selection of four different bars up at the registers along with all the other wonderful chocolates that that the Co-op has to offer.

Elizabeth, is now an integral part of our front-end team but, of course, that's not the whole picture. Not many people know that she is an artist and, also goes to the gym every day, without fail. Her favorite activity away from work is baking and really enjoys spending time with her family.



# GMM

## General Membership Meeting

Sunday, August 29, 2-5 pm

Little Walnut Picnic Area East

### The First Hour

Reconnecting with our Co-op Community

### The Second Hour

All the news we've been waiting for from our GM, Kevin Waters, plus an update from Board president, Shanti Ceane.

### After That

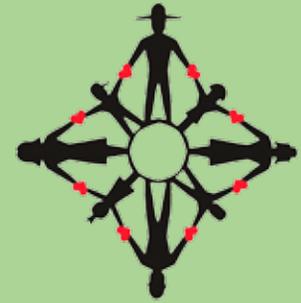
Time for relaxed conversation and fun activities.  
Pie and ice cream will be served.

We hope to see you there!

For more information, see the Board pages, 14 and 15  
Volunteers needed!

## Silver City Food Co-op

established 1974



[www.silvercityfoodcoop.coop](http://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

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Carolyn Smith, Kate Stansberger  
Ben Rasmussen, Noa Greenspan

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Submissions are welcomed!

Submit letters, articles, or items of interest to:  
[judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)

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# Kitchen Meditations

Summer

## Leftover Root Vegetable Frittata

### Ingredients:

1 tbsp olive oil  
1-2 cups leftover roasted root veg, such as potatoes, onions or carrots, thickly sliced  
1 garlic clove, crushed or ½ onion, finely sliced  
6 free-range eggs, beaten  
1¼ oz. Emmental cheese, grated  
1 or 2 sprigs parsley, roughly chopped (add more, if you like)  
Salt and black pepper  
Green salad, to serve

### Method:

- Heat the oil in a medium, ovenproof, non-stick frying pan over a medium heat. Add the leftover vegetables and fry for a few minutes until starting to crisp, then add the garlic (or onion if using) and season with black pepper and a little salt.
- Preheat the grill to medium-high.
- Mix the eggs and grated cheese together with the herbs, if using, then pour over the vegetables. Reduce the heat and leave to set, without stirring, for about 5 minutes.
- Put the frying pan under the grill and cook for 3–5 minutes until firm but not too dry. Turn onto a board or plate, cut into wedges and serve with a green salad.



## The Frugal Co-op Chef An Outstanding Grilled Cheese Sandwich

### Ingredients:

2 slices of your favorite bread  
Sliced Emmental cheese, amount determined  
by what you like  
Tomato slices  
Freshly ground pepper and salt (if desired)  
½ cup fresh basil leaves, or to taste  
Butter, room temperature  
Preheat a pan over medium heat.

### Directions:

- Pile on your Emmental along with tomato slices seasoned with salt and pepper, and basil leaves. Place second slice of bread on top and generously butter the top and bottom of your sandwich.
- Place sandwich in pan and cook until golden. Flip over and cook 3 minutes more.

*You can also use a sandwich grill for this recipe.*

## Summer Peach Salad w/ Avocado, Toasted Almonds, and Goat Cheese



*This simple healthy spinach salad is perfect for a grilling side during the summer!*

### Ingredients:

4-6 cups spinach leaves  
2 large peaches, sliced  
1 avocado, diced  
½ small red onion, very thinly sliced  
½ cup goat cheese crumbles  
½ cup sliced toasted almonds

### For the dressing:

3 tablespoons balsamic vinegar  
3 tablespoons extra virgin olive oil  
1 garlic clove, minced  
½ teaspoon Dijon mustard  
Salt and pepper, to taste

### Instructions:

- In a medium bowl, whisk together the balsamic vinaigrette: balsamic vinegar, olive oil, minced garlic, Dijon and salt and pepper.
- In a large bowl, add the spinach. Drizzle with desired amount of balsamic vinaigrette and toss together to combine.
- Top salad with peach slices, diced avocado, red onion, goat cheese crumbles and toasted almonds. Toss very gently again.
- Serve immediately.
- Serves 4

## Bulk Herb News

### Cardamom Pods

In India, cardamom was known as the “Queen of Spices” to black pepper’s title, the “King of Spices.” It originally came from the wild plants that grew in the Western Ghat Mountains of southern India. The plants flourished in such abundance in the cool, moist elevation that the area became known as the Cardamom Hills. Cardamom is considered to be one of the world’s oldest spices, having been used for at least 4000 years. Today, Guatemala is the largest commercial producer of this unique spice.

Cardamom has a strong clove-like aroma and a strong taste reminiscent of ginger and cinnamon. It’s citrusy, minty, spicy and herbal all at the same time, and highly fragrant too, merging beautifully with cinnamon, allspice, nutmeg, cloves and ginger. In Indian and Middle Eastern cuisine, it’s a popular addition to curries and is generally one of the spices used in the seasoning blends typical of those regions. Cardamom tea is enjoyed all over Asia as a traditional drink and is, also, a great favorite in Scandinavian cooking, since the Vikings first discovered it on their travels and transported it back to their chilly homeland.

# Jake's August Produce Picks

## Grapes

Served fresh in luscious bunches, dried as raisins, or squeezed and fermented into intoxicating elixirs, grapes have been part of the good life since the dawn of civilization. Grape plants, fruit-bearing vines from the *Vitis* genus of the Vitaceae family, have been with us for a very, very long time. Ages before human habitation of our planet grapes grew wild, shown by their fossilized leaves, stems and seeds, found in the Northern hemisphere in deposits from the Neogene and Paleogene periods which cover a stretch of time between 2.6 million and 65 million years ago. Eons later, around 6500 B.C., people began cultivating grapes and, by 4000 B.C., the fermentation of grape juice into an alcoholic beverage had expanded from Eastern Europe and Western Asia into Western Europe, the Nile delta region and eastward into China. Grape wine was so important to the ancient Greeks and Romans that they worshipped gods of wine (Dionysus) and of pleasure (Bacchus). After the fall of the Roman Empire, the role of wine in the Christian mass encouraged grape cultivation to flourish in Europe. Today, Italy, France, and the United States are the world's top producers of grapes.

Of course, there are other gratifying ways, besides drinking wine, to enjoy the robust flavor and nutrition that grapes have to offer. To get the full, juicy grape experience, just pop them fresh, but they're also great in a variety of salads, grilled in fruit kabobs, with cheese and crackers, and more. Grapes are like any other berry, which is what they are, incorporate beautifully into baked goods, including tarts, quick-breads, cakes and pizzas. Blend them, skins and all, into smoothies and other tasty drinks.

Grapes are nutritional powerhouses. Rich in vitamins C and K, and potassium. They are also packed with antioxidants, especially dark-colored grapes, such as Concord and other purple varieties. No wonder we love them!



## Peaches

Peaches With only a few months of availability each year, peaches are one of summer's most loved fruits. Possessed of a sweet, tender flesh and slightly fuzzy skin, peaches can be prepared in any number of ways, including eating out of hand. Indeed, this may be the most delicious way to eat a peach, albeit a little messy if you're lucky enough to bite into an especially juicy one! Native to China, legendary peaches conferred immortality and were treasured by emperors of ancient days. They grow throughout the temperate zones of the world. Rich in minerals, dietary fiber and vitamins A and C, they can make a positive contribution to your health in appetizing ways. Enjoy peaches in smoothies, cobblers, preserves, sliced over your breakfast cereal and more! Peaches will lose their sheen as they ripen and the sweetest fruit of all has small white spots on the top half. This is a good sign, not an indication of fruit gone bad.



*Your spirit animal could be Emmi Emmental!*

# Becky's August Dairy Pick

## Emmi Emmental Cheese

### The Swissiest of the Swiss

You're making yourself a ham and cheese sandwich, or a classic Reuben, or maybe a smooth and tangy fondue to serve with French bread. What kind of cheese are you going to reach for? Emmental, a type of Swiss, is one of the best melting cheeses in the world. Lucky us! Shoppers can now find this delectable food from the Swiss company, Emmi, in the Co-op dairy cooler. You may also see it spelled Emmentaler, but it's still pronounced the same: with a t rather than a th. In Switzerland, there is no "Swiss cheese." Instead, there are a number of Alpine cheeses – Emmental, Gruyère, Fontina and others – from different regions. Switzerland is multi-ethnic and so are its cheeses, but the country is mostly German, as is Emmental, the definitive Swiss. The Emmental is a tranquil valley in west central Switzerland and the birthplace of this iconic cheese. East of Bern, it is an idyllic landscape of lush rolling green hills and grazing cows. You can imagine that a superb cheese such as Emmental would have been created in such a place.

This pale yellow cheese is full of holes, or eyes. The aroma is sweet, with notes described by some as similar to fresh-cut hay! Its taste is nutty and somewhat buttery and fruity. Because it's a very aged cheese, it has a lot of deep flavors. The unique pH level gives it the perfect melting point, resulting in a molten liquid that is stringy, yet holds its shape at the same time. Any dish that requires melted cheese, such as gratins and casseroles, grilled cheese sandwiches, pasta and egg dishes are perfect for Emmental, but it's also very, very good served cold or room temp on a cheese platter with fruit and nuts....or simply just snack on a piece. So yummy!

**August 4 - August 31 • 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 June service.

Jane Papin • Tammy Pittman  
Sue Ann Childers • Tim Garner



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 August

### Literacy Link - Leamos



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.

### June Round Up \$1086.00

### PFLAG



PFLAG Silver City will use Round Up funds to provide training workshops for local

medical personnel about the needs of LGBTQ persons who live in southwest New Mexico or who are visiting here. PFLAG works to make Silver City and surrounding areas a welcoming place to live or visit, and having local medical providers who understand the unique needs of the LGBTQ community, especially transgender persons, is an important part of this mission.

PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies. With over 400 chapters and 200,000 members and supporters crossing multiple generations of families in major urban centers, small cities, and rural areas across America, PFLAG is committed to creating a world where diversity is celebrated and all people are respected, valued, and affirmed.

### Round Up for September

### GMCR



Gila Mimbres Community Radio will use Round Up funds to maintain and replace technical equipment to continue to offer radio platform for other local non-profits and community organizations, students, and other under-served members of our community to share and communicate their work, ideas, thoughts and perspectives to improve the quality of life in Grant County and beyond.



# Silver City Taste of Downtown

Saturday, September 4th



Enjoy the 21st annual Taste of Downtown, Saturday, September 4th, 11:30 am to 2:30 pm. It's a fun, one-day walk-around food festival featuring the fine restaurants and culinary businesses within Silver City's downtown district. This year the Food Co-op will be offering tastes of our cocoa-dusted almonds and chocolate-covered cranberries. Please support this delectable fund-raising benefit for the local Silver City Main Street Project. Tickets can be purchased at the Silver City Visitor's Center or online at [silvercitymainstreet.com](http://silvercitymainstreet.com).

## Silver City Recycles

305 S. Bullard St. at the corner of Sonora Street



**Recycling drop-off time for July: Saturday, the 31st, 10-12 noon.**

Some reminders for drop off:

All plastic must be clean and separated by number.

DO NOT insert crushed bottles into other containers. These get thrown in the trash because we cannot separate them.

Remove rings from #1 plastic bottles and as many labels as possible from all other types of plastic.

For more information:

Visit the Co-op's website [www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop) to read *The Joy of Local Recycling* • Garbanzo Gazette • February 2021 • page 8 in the Garbanzo Gazette archives



**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](mailto:judith@silvercityfoodcoop.coop)

Three hours earns a 15% Volunteer Discount





# Know Your Growers!

by **Ben Rasmussen  
& Noa Greenspan**

Based right here in Silver City, the Southwest New Mexico Food Hub works with dozens of growers in the region to help connect their produce to markets. Our mission is to make the local food system as resilient as possible.

Years of on-the-ground research and conversations with farmers and policy makers helped us understand challenges in the local food system. Many small farmers, especially those just starting out, can have difficulty engaging with wholesale market outlets like grocery stores or schools due to volume constraints, grading or insurance requirements, and the low prices that larger-scale agriculture offers.

That's where we come in! We work with growers to engage in consultation, capacity building, marketing, aggregation, and distribution of their produce. We feel fortunate to have formed partnerships with so many innovative, dedicated growers in the region and to have found a strong base of support in local farmers markets, co-ops, and more.

The Silver City Food Co-Op has been one of the Hub's most consistent and loyal buyers since the Food Hub's launch in 2018. We're so grateful for the opportunity to offer Co-Op shoppers the best of what Southwest New Mexico has to offer. Below, you can read about some of our growers and learn more about the food you're purchasing!

## Pata Viva Farm

Pata Viva Farm is located just outside Las Cruces adjacent to historic chile and cotton fields. Founded and run by Bryce and Shelley, Pata Viva is focused on building community and nourishing the land through regenerative agriculture. Some of their more requested products include black cherry tomatoes, bok choy, and Korean melons. As trained soil scientists, Bryce and Shelley are involved in a number of research projects to test the efficacy of organic composting and soil amendments. They're motivated by learning how to maintain a profitable production farm while reducing desertification and over-exploitation of soil, water, and other natural resources.

Bryce and Shelley have been able to build community and share knowledge through a series of dinners they hosted before the pandemic. "We wanted to promote sustainable agriculture through the culinary arts," Bryce explained. "We would host large meals here at the farm with local chefs and business owners, researchers and policy makers, and professors who would come and give presentations." While the pandemic brought those meetings to a halt, Bryce explained that Pata Viva is getting back into the swing of things and is looking forward to continuing to build its connections in the region.

Bryce mentioned that one of his favorite aspects of farming is adapting his management style and watching how his production has improved during his time at Pata Viva. "I enjoy seeing the differences we're making," he said. "You'll be pulling out weeds and you'll see that it's got ten earthworms hanging off the bottom that you didn't see before. It's like, yeah, pulling weeds really sucks. But then you get that highlight and think, well, I must be doing something right."



*Bryce in his field*

## Percha Produce

Percha Produce is a newer farming outfit outside of Hillsboro, New Mexico, run by Wes Thompson. Wes brings years of experience to the farm and is learning how to adapt his growing practices to the southern New Mexico climate. Percha is currently growing a wide variety of market-type vegetables like beets, radishes, salad mix, and squash.

“We want to get our food out to the local area,” said Wes. “Healthy food, water-conscious food that hasn’t been shipped halfway across the country.” Wes explained that his favorite aspect of his work is “really, really simple. It’s the warm season, for about three hours a day, from seven to ten. It’s cool, it’s the soft light of evening. Being a night owl, those evening hours are very rewarding. Whether it’s planting, weeding, harvesting, irrigating, building -- it’s just a simple reward.”

Percha welcomes volunteers to stay on their land and receive homegrown meals and mentorship from Wes and his partner, Britney. You can find them through WWOOF or through their Instagram (@percha\_produce).



*Ximena Zamacona and one of her oyster mushrooms*



*Wes and Britney and the farm hands*

## Rockhouse Farm

Rockhouse Farm has been in operation since 2007 just outside of Deming, New Mexico. Run by Jason and Lisa Nicoll, Rockhouse consists of several hydroponic greenhouses, several acres of cultivated fields, a small orchard, and a lively herd of chickens, ducks, and geese. The farm specializes in greenhouse products like their famous cherry tomatoes, beefsteak tomatoes, cucumbers, strawberries, and, on a good year, asparagus.

After studying agriculture in college, Jason began his career working for a farm up near the Idaho-Oregon border before starting his own farms in the southwest. “I didn’t mind working for someone else,” he explained, “But I wanted to try. I think it’s inborn in me because of my dad, being an entrepreneur and doing things his own way.”

Jason, who engineers his own drip systems, noted that making a living as a grower is about being adaptable and willing to try new things. “A farmer fails just as much as anybody else,” he said. “With planting carrots, for example, sometimes I fail three or four times before I succeed. This last spring, I’d given up three times on my carrot crop. I stopped worrying about it. But when you’re farming, you can surprise yourself. Two weeks later: by golly, there’s some carrots in here!”

## Full Circle Mushrooms

Located in the center of a historic pecan farm, Full Circle Mushrooms is a state-of-the-art mushroom-growing operation in Mesilla, New Mexico. Ximena Zamacona spent years getting to know production agriculture through work with large greenhouse operations in Mexico and across the western US. She brings her agriculture systems expertise to the meticulously designed production of Full Circle Mushrooms. Specializing in black pearl, oyster, shitake, and lion’s mane mushrooms, Full Circle uses discarded pecan wood as a growing medium.

“What hooked me about growing was the mix between science, technology, and numbers -- and my green thumb,” said Ximena. “It became really interesting to me to learn how to play with my environment, yet still realize at the end of the day, you can only train nature to a certain point.”

Full Circle wasn’t launched under the easiest circumstances. Ximena explained that growing mushrooms in a desert ecosystem is still the “wild west,” with not much information available to new growers. Another obstacle came right after the farm’s launch, when the pandemic hit and restaurants closed. Yet despite these challenges, Ximena said she’s found success through her background in agricultural science and a willingness to learn from and with other growers. “I think I’ve always known inside me that I’m gonna make it work,” she said. “The question is how long it’s going to take me to get there.”



*Rockhouse Farms' Jason and Lisa Nicoll and their famous cherry tomatoes*

# GRAB'N'GO

## Brilliant Brassicas



by Carolyn Smith

The South is known for its greens: collard, turnip, and mustard, all members of the plant family Brassicaceae, genus brassica, species oleracea and rapa. Though I grew up in New Orleans, my love of the brassicas began in Vermont with my first garden. Turnip greens were cold hardy and grew quickly, providing both the first greens in the spring and turnips in the fall! Collards and kale grew more slowly but could be continually harvested throughout the growing season, becoming sweeter after the first frosts. Cabbage stored well after harvest and became my go-to salad.

Many of our favorite vegetables are members of this genus; all parts of the brassica plants have been cultivated to be eaten raw or cooked: roots (turnips), stems (kohlrabi), leaves (cabbage, collards, kale), flowers (cauliflower,

broccoli), buds (Brussel sprouts, cabbage) and seeds (mustard seed and rapeseed).

The brassicas are as nutritious as they are delicious, rich in vitamin K, vitamin A, vitamin C, manganese, calcium and B6 and consumption of these foods has been linked to cancer prevention.

Some of the most popular Grab 'n' Go offerings are made with Brassicas including our cabbage and kale slaws, simple to make, tasty to eat.

### Kale Slaw

2 bunches of raw Dino kale, destemmed and thinly slices  
1 quarter raw green cabbage, cored and thinly slices  
¼ cup of dried cranberries  
¼ cup of raw pumpkin seeds

**Dressing:** Poppy seed dressing or your favorite vinaigrette  
Put kale and cabbage together in a bowl and mix in/massage with dressing.  
Add cranberries and pumpkin seeds and toss.

### Poppy Seed Dressing

¼ onion minced  
½ cup honey  
½ cup olive oil  
¼ cup apple cider vinegar  
¼ cup lemon juice

Whisk together all ingredients or emulsify with an immersion blender



*Marchelle busily making lasagna that features vitamin-rich kale*



*l to r: Marchelle, Jake, Winner Ginny Williams, Becky, Jim Davis, Mike, Tinisha, Carolyn and Joy*



## Love Local Winners!

On July 3rd, the Love Local promotion, sponsored by the Silver City Mainstreet Project, invited folks from the area and far away to come and discover the great food, shopping, and services of our walkable arts and cultural district. Downtown offers more than twenty places to dine and drink, more than twenty five retail shops, and more than twenty galleries offering everything from funky to fine art. Some of the offerings included free drinks, face painting, drawings for \$100, \$200, and \$300 gift cards and many other great discounts and deals.

The Silver City Food Co-op is an enthusiastic supporter of the Love Local program and had a drawing of its own. **The winner of our \$300 gift card was Ginny Williams. Tim Pugh and Hillary Pierce were the lucky winners of the \$200 and \$100 cards, respectively.**

Thank you, Silver City Mainstreet for organizing this super event! ❤️

*The July Garbanzo Gazette featured four articles about local food, by locals, “Valuing Local Produce in the High Desert,” “Notes from the Farm Log,” “Hand Pollinate Your Crops,” and “The Southwest New Mexico Seed Library Has Sprouted Anew.” In addition to all this good food for thought, we might also consider:*

# Local Food Production Starts at Home

by Susan Van Auken

Before refrigerated transport, in days of yore, all foods were local, of course. Even during the last century, many people living rurally raised their own farm animals for meat, milk, cheese and eggs, and had vegetable gardens and fruit trees. That is, they ate what they could provide themselves. City folks bought from markets more than their rural cousins, but still, most of the food purchased was grown nearby. The only fresh produce available then was eaten in season.

In the early 1900s when large manufacturers of food took over the job of feeding us – at least those of us in first-world countries - we lost the ability, knowledge, and perhaps interest in providing for our own food needs. Understandably, growing food takes time and is hard work, and people have become accustomed to the convenience and ease of shopping at grocery stores.

Now, with major climate-change events, more crop failures are likely to occur, impacting our ability to purchase the foods we want. Here I offer an array of actions for you to cultivate a personal interest in growing food both to increase local food availability and bolster food sovereignty:

- Grow sprouts and microgreens in your own kitchen.
- Create a small garden on your patio or porch by planting herbs, lettuce, cherry tomatoes, peppers, and other vegetables, in large pots or containers.
- Keep a chicken or two in your backyard. It's legal, and just a few little ladies will provide you with plenty of eggs and enjoyment.
- Build a cold frame for an easy fall and/or winter garden. Our winter climate with plenty of sun and moderate daytime temperatures make these small, enclosed gardens quite productive.
- Start a spring and/or summer garden, small or big. Find an experienced gardener to help provide guidance as you begin, prepare the soil, and choose appropriate crops.
- Store these garden crops for eating later: garlic, onions, potatoes, winter squash, carrots, and beets.
- Share a goat, and the milking, with a neighbor or two. Drink fresh milk and learn to make cheese. Goats can be great friends, but are not allowed in the city limits.
- Plant at least one fruit tree. If you already have one, nurture it and enjoy its bounty, and if you notice a neighbor's tree dropping fruit on the ground, ask if you can harvest the fruit from their tree. Use all the fruit you can obtain; enjoy the fruit fresh, freeze it, can it, or dry it.
- Join a gleaning group to harvest fruit all over town.
- Eat what you grow before you buy food at the store.
- Support the farmers' market. Buy what they have even though it might not be on your current food palette. Experimenting with food is fun!
- Educate yourself about the seasonality of fresh food, where foods are grown, and how such foods as bananas or lettuce travel to the market. This knowledge could encourage you to garden.



*Susan and one of her home-grown cabbages*

Fresh food grown at home tastes wonderful! Putting seeds and starts in the ground and watching them grow will immerse you in the miracle of life. As you obtain an abundance of healthful exercise through gardening, you can learn about nature in your own back yard. Will you give it a try?



## For further information

*Basic gardening tips haddermanm@gmail.com Cold frame suggestions susanvanauken@gilanet.com Gleaning information klundgren2@gmail.com For sprouting, microgreens, chicken and goat care, explore the vast resources on Google. Also, a brochure, “YES! I Want to Eat Locally Grown Food,” can be found on this co-op's website under the drop-down menu Our Food, then Local Food [www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)*

**Interesting!** According to the book *Banana: The Fate of the Fruit That Changed the World*, in the late 19th century most people in the United States lived close to an apple tree. Apples were the most popular fruit, easy to eat raw, to cook, to store for winter, and to put in jars for longer storage. But a strange change happened when people with investments in Central America introduced the banana and set out on a multi-year campaign to convince people in the U.S. to eat bananas. Guess what? It worked – bananas almost immediately surpassed apples as the number one fruit, and a 2020 survey from [www.statista.com](http://www.statista.com) showed that bananas are still the most widely purchased fruit among U.S. consumers.

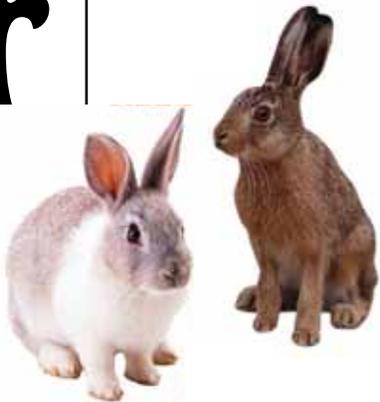
# recommended for Kids'



## What's the difference between a tortoise and a turtle?

Tortoises have more rounded and domed shells where turtles have thinner, more water-dynamic shells. Turtle shells are more streamlined to aid in swimming. One major key difference is that tortoises spend their time on land and turtles are adapted for life spent in water. The most important thing to remember about tortoises is that they are exclusively land creatures. They live in a variety of habitats, from deserts to wet tropical forests. Unlike most sea turtles, which take to land only when they are laying eggs, tortoises don't have much to do with water other than drinking it and occasionally bathing in it.

## What's the difference between a rabbit and a hare?



Believe it or not, rabbits and hares are completely different species, even though they look quite alike and are actually members of the same order of mammals (Lagomorpha). There are significant differences in physical appearance, behavior, and even lifestyles.

Baby rabbits, called kittens or bunnies, are born hairless and blind, totally dependent on their mothers. Baby hares, called leverets, are born with fur and sight, and they can move on their own within an hour of their birth. Hares tend to be larger than rabbits, with longer hind legs and longer ears with black markings. While rabbits' fur stays the same color year-round, hares change color from brown or gray in the summer to white in the winter. In somewhat warmer climates, such as ours in Silver City, jackrabbits, which are hares, do not change color.

You can find out much more online about all these fascinating creatures that share our home, Planet Earth.



coop explorers



## Fun for Kids: Co-op Explorers!

Co-op Explorer Kids get a free piece of organic fruit whenever they visit! To become a card-carrying Co-op Explorer, kids 12 and under simply need to bring your grown-up person to one of our registers and ask to join the club. That's it! You'll receive an official membership card which you can bring to the produce kitchen where a staff member will provide assistance and you can select a piece of fruit to eat on the spot or save for later. Children participating in this program also get a Fruit & Veggie Passport and a sticker to show that you're an Explorer.

*We look forward to sharing the delicious fun with you!*



# Supplement Department

## NEWS

### New Products! from Bluebonnet

by Kate Stansberger



NUTRITION TO THE FIFTH POWER  
NATURE • SCIENCE • QUALITY • TRUTH • KNOWLEDGE



*Kate, our supplement buyer,  
with Bluebonnet's Eye Care*

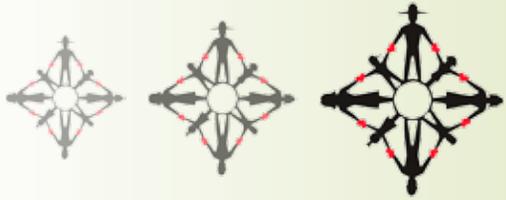
Named for the bluebonnet flower, the state flower of Texas, Bluebonnet Nutrition is family-owned and based in, well... Texas, Sugarland to be exact! Founded in 1991, they work directly with growers and suppliers, supporting fair trade and promoting worldwide nutrition.

Bluebonnet tests every lot and every batch. Depending on sales, the company goes through a substantial amount of product every week, while lesser products from some other companies might take six months to sell the same amount. There's a reason that they've never had a recall, in thirty years of business. The vast majority of its products are manufactured on-site, complying to exacting standards such as NSF certified, Non-GMO, Kosher, Vegan, USDA Organic certified manufacturing facility, etc. As a result, the company has earned many awards, among them the "Best Full Supplement Line" award for 5 of the last 6 years from Whole Foods Magazine.

We are excited to be bringing in the Bluebonnet line here at the Co-op, so look for the distinctive purple bottles on our shelves. A few examples of what we will offer are: Liquid Bone Support, Eye Care (which is based on the famous AREDS study), and NAC. Any Bluebonnet product that is not on the shelf will be available to special order, just as with any of the product lines we carry. Please ask, if you don't see what you want.

*-Kate*





# From Your Board . . .

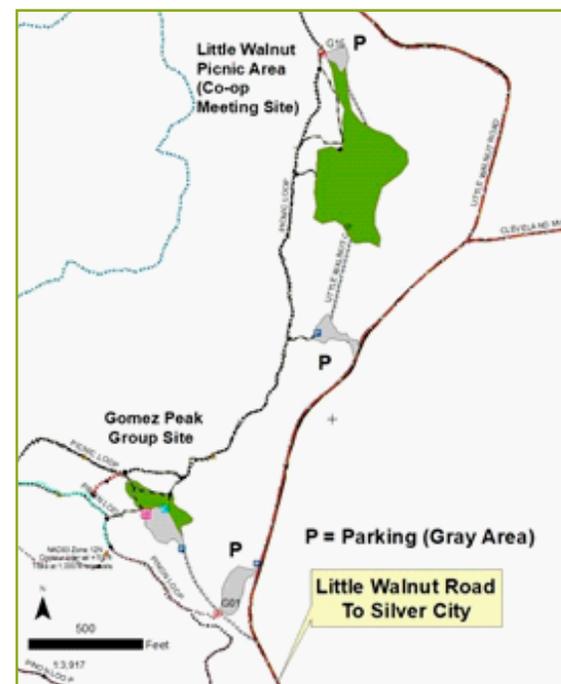
## It's Gathering Time Again!! General Membership Meeting Sunday, August 29, 2 - 5pm Little Walnut Picnic Area East

After much deliberation, we decided in May that it was worthwhile to hold out for our General Membership Meeting (GMM) scheduled to be an online event that month and see if we might be able to meet in person towards the end of the summer. And guess what, we're glad we waited because the time is almost here for our IN-PERSON gathering! We hope you will join us for this informative and celebratory event.

For the first hour, we will focus on reconnecting as a Co-op community. There will be space and time for socializing, we will have games like cornhole and horseshoes available to play, and the board members will be around for conversations. After that first hour, we will settle in for an informative Annual State of the Co-op review from our General Manager, Kevin Waters and an update from Board President, Shanti Ceane, about the board's work over the last year. We're sure you are all ready to hear more about the progress on the Pope St. Building! We are excited to update you on all the news. After the speeches, we'll open space for community conversation and connection again. We might even play some group games together. To wrap up, we'll be offering a sweet treat as a gift from the co-op! Pie and ice cream will be served! It's sure to be delicious!

A little about the location, if you will. In order to get to the Little Walnut Picnic Area, you head a bit past the Gomez Peak Parking lot and the turn off is on the left. You'll head into the area and our spot will be the first on the right. We've reserved both east and west sites to ensure we have enough parking, but the event will be primarily on the east side. It's not our typical GMM location because the Gomez Peak Pavilion was already reserved for the day. It's a bit smaller than the pavilion, but the lovely oak, pine, and juniper trees create a lovely, wild place to gather. Please come early and enjoy a picnic with your family and a walk in our beautiful wild spaces. There is, unfortunately, limited parking in the nearby vicinity so we have some special parking requests. First, if you're able to carpool, please do! Second, if you are comfortable walking, please find a parking spot further down the Little Walnut picnic area road where you'll find a small cul-de-sac parking lot. Or, if you're up for an even longer walk (approx. ¼ mile), you can head through the forest from the Gomez Peak Parking Lot! It's a nice stroll for those who like hiking! We're working on having some fun transport available from your parking spot to the GMM site, just in case!

There are plenty of concrete picnic tables onsite and we'll bring folding chairs along. However, if you have a camping chair you love, feel free to bring it so you have a nice place to sit for Kevin's and Shanti's talks. There is lots of shade under the trees, but it is also a good idea to wear a nice sun hat for activities that venture out into the sun. Other than that, just bring a water bottle! We'll have some refreshing fruit waters and teas for you to enjoy through the whole event.





*Shanti Ceane*  
President



*Julianna Flynn*  
Vice President



*Scott Zager*  
Treasurer



*Emma McKinley*  
Secretary



*Kristin Lundgren*  
Member



*Gwen Lacy*  
Member



*Tuan Tran*  
Member



*Susan Golightly*  
Member

As our mask mandates have changed over the summer, we want to lay out our expectations and offerings for this event in a clear way. In the last Garbanzo Gazette, we stated masks would be mandatory at this event. As of July 1st, vaccinated individuals are not required to wear masks in public places, so we won't be requiring masks for this event. However, if you feel more comfortable wearing a mask at an event with a larger number of people, we highly encourage you to do so and we leave your choice up to your discretion. We ask everyone to make sure to practice body awareness and consent at this event as much as possible. If you see someone in a mask, please give them social distancing space when you connect with them. If someone isn't wearing a mask and you'd like to connect, ask them first before hugging or being in close proximity with their body. This is a special time of learning how to honor people's space in a new way. Please be considerate.

Does being part of planning this event appeal to you? Or maybe you're not into planning, but you'd like to help once you arrive at the meeting? We have got plenty of choices and we'd LOVE to have some community volunteers! So far, we know we need help with these volunteer roles: set up crew, sign makers, parking guides, check-in support, game and activity attendants, table and chair pick up, recycling lead, ice cream and pie servers, and clean up crew! Please e-mail Kristin at [klundgren2@gmail.com](mailto:klundgren2@gmail.com) if you'd like to sign up to help.

**We hope to see you there!**

## 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 fourth Wednesday of every month at the Pope Street building, from 5:30 to 7:30 pm).

**CONTACT:** Julianna Flynn  
[board.scfc@gmail.com](mailto:board.scfc@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 fourth Wednesday of each month 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/Vice President**  
Board Term: 2019-2022

**Scott Zager/Treasurer**  
Board Term: 2019-2022

**Emma McKinley/Secretary**  
Board Term: 2020-2023

**Kristin Lundgren/Member**  
Board Term: 2019-2021

**Gwen Lacy/Member**  
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](mailto:board.scfc@gmail.com)

**Board of Directors**



# August

## Members Only Specials

### August 4 - August 31

### 20% OFF! listed prices



**GoVeggie**  
Plant-Based  
Cream Cheese  
8 oz  
reg \$4.19



**Wasa**  
Multi Grain  
Crispbread  
9.7 oz  
reg \$3.99



**Brianna's**  
Blue Cheese Dressing  
12 oz  
reg \$3.89



**Otto's Naturals**  
Cassava Flour  
1 lb.  
reg \$9.29



**Earth Mama**  
Baby Face  
Nose & Cheek Balm  
2 oz  
reg \$x.xx



**Quantum Health**  
TheraZinc  
60 Lozenges  
reg \$9.99



**Emerald Cove**  
Sushi Nori  
10 ct  
reg \$7.69



**Pic Nik**  
Coffee Creamer  
25.36 oz  
reg \$5.89



**Paqui**  
Mucho Nacho Cheese  
7 oz  
reg \$4.89



**Serenity Kids**  
Chicken  
w/ Peas & Carrots  
3.5 oz  
reg \$4.19



**Earth Mama**  
Nipple Butter  
2 oz  
reg \$9.99



**Sovereign Silver**  
Silver Hydrosol  
1 oz  
reg \$9.99

### Continuing Members Only Special

### 20% OFF!

**African Baskets**  
Various  
• sizes •  
• shapes •  
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### Co-op Deals

flyers  
available

on our website

[www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)

and at the front of the store

