

the Garbanzo Gazette

Volume 13

a monthly newsletter of the Silver City Food Co-op

Secret Trade Agreements Threaten Food Safety, Subvert Democracy

by Katherine Paul & Ronnie Cummins

If you think the U.S. government is doing a sub-par job of keeping your food safe, brace yourself. You could soon be eating imported seafood, beef or chicken products that don't meet even basic U.S. food safety standards. Under two new trade agreements, currently in negotiation, the U.S. Food and Drug Administration (FDA) could be powerless to shut down imports of unsafe food or food ingredients. And if it tries, multinational corporations will be able to sue the U.S. government for the loss of anticipated future profits.

More frightening? Negotiations for both agreements are taking place behind closed doors, with input allowed almost exclusively from the corporations and industry trade groups that stand to benefit the most. And the Obama Administration intends to push the agreements through Congress without so much as giving lawmakers access to draft texts, much less the opportunity for debate.

Designed to grease the wheels of world commerce, the Trans-Atlantic Trade and Investment Partnership (TTIP) and the Trans-Pacific Partnership (TPP) would force the U.S. and other participating countries to "harmonize" food safety standards. That means all countries that sign on to the agreement would be required to abide by the lowest common denominator standards of all participating governments. So for instance, say Vietnam allows higher residues of veterinary antibiotics in seafood than the U.S. allows, and Vietnam and the U.S. both sign on to the TPP. As a trade partner, the U.S. could be forced to lower its standards to allow for imports of seafood from Vietnam – or face a lawsuit by the seafood exporter for depriving the company of future sales of its products in the U.S.

The U.S. has already had a taste of this type of policy under the North American Free Trade Act (NAFTA). In 2005, the Canadian Cattlemen for Fair Trade sued the U.S. government for banning imports of beef and live Canadian cattle after a case of mad cow disease was discovered in Canada. In the end, the U.S. prevailed, but not until it had spent millions to defend itself in court. Mexico wasn't so fortunate when three companies (Corn Products International, ADM/Tate & Lyle, and Cargill) sued the Mexican government for preventing imports of high fructose corn syrup. Mexico lost all three cases, and was forced to pay out a total of \$169.18 million to the three firms.

Among the many gifts to Big Ag contained in the TTIP and TPP? Back-door entry for their genetically modified seeds and crops. Countries, including those in the European Union, could find it increasingly difficult to ban, or even require the labeling of, genetically modified organisms (GMOs), if biotech companies determine that those countries' strict policies restrict fair trade and infringe on the companies' "rights" to profit.

The TTIP and the TPP are, individually and combined, two of the largest free trade agreements in world history. According to the Citizens Trade Campaign (CTC) the TPP alone covers 40 percent of the global economy. That percentage will likely grow, because the agreement allows for other countries, besides the 12 currently involved, to "dock on" after the agreement is in place.

Both the TTIP and TPP could have dangerous consequences for food safety in the U.S., and around the world. But they're not limited to food or agriculture policy. Both also contain sweeping policies that could affect everything from the environment and sustainability, to healthcare, Internet freedom and the financial markets. Given the potential of these agreements to shape global policy on so many fronts, it's reasonable to assume that negotiators would actively solicit, and take into careful consideration, input from the affected parties, including consumers, farmers and governments. Instead they've taken the opposite approach. From day one, negotiations for the TTIP and TPP have been shrouded in secrecy. The public and participating governments, including the U.S. Congress, have been shut out of the negotiating process, denied access to everything from early proposals to final draft texts.

Why the secrecy? The Obama Administration wants as little public debate as possible, so it can ram the agreements through Congress using something called "Fast Track." Fast Track, a product of the Nixon presidency, strips Congress of its authority to control the content of a trade deal and hands that authority over to the executive branch. Congress gets a vote, but only after the negotiations have been completed, and the agreements have been signed. No debate. No amendments. Just a fast, forced vote, too late for Congress to have any influence. According to the CTC, two-thirds of Democratic freshmen in the U.S. House of Representatives have expressed serious reservations about the TPP negotiations and the prospect of giving Fast Track authority to the President. And more than 400 organizations representing 15 million Americans have already petitioned Congress to do away with Fast Track in favor of a more democratic approach to trade agreement negotiations. So far those pleas have fallen on deaf ears.

If the public is shut out, and Congress gets no say, who gets a seat at the table? Corporations. That's right. The Obama Administration is trusting corporations like Dow AgroSciences, Cargill and DuPont, and trade groups like the Pork Producers Council and Tobacco Associates, Inc., to write food safety policies. In all, more than 600 corporations have been given access to drafts of various chapters of the TPP. Requests for the same level of access, from members of Congress and from the public, have been denied.

No wonder then that, according to leaked drafts obtained by groups like the CTC, Public Citizen and the Institute for Agriculture and Trade Policy (IATP), the TPP contains proposals designed to give transnational corporations "special rights" that go far beyond those possessed by domestic businesses and American citizens, says Arthur Stamoulis, executive director of the CTC. Experts who have reviewed the leaked texts say that TPP negotiators propose allowing transnational corporations to challenge countries' laws, regulations and court decisions, including environmental and food safety laws. Corporations will be allowed to resolve trade disputes in special international tribunals. In other words, they get to do an end run around

the countries' domestic judicial systems, effectively wiping out hundreds, if not more, domestic and international food sovereignty laws.

U.S. consumers aren't the only ones who should be up in arms about these trade agreements, the secrecy around their negotiations, and the Obama Administration's intent to fast-track them. Under the TTIP and TPP, consumers in countries that have stricter food safety regulations than those in the U.S. will see their standards lowered, too. For instance, Japan prohibits the use of peracetic acid to sterilize vegetables, fruits and meat, while the U.S., Canada and Australia allow it. Japan's health ministry, in anticipation of the TPP, has said the country will add the acid to its approved list. In all, Japan has approved only about 800 food additives, to the more than 3,000 approved in the U.S. Japan's consumers could soon see a sudden reversal of laws enacted to protect their health.

European consumers will also suffer. Europe has long used the precautionary principle to ban ractopamine in meat, chlorine rinses of poultry and the use of rBGH growth hormone in milk production. Under the TTIP, Europe could be forced to allow all three in order to meet the lowest common denominator rule. The precautionary principle removes the burden of proof from policymakers, allowing them to make discretionary decisions in situations where there is the possibility of harm, given the lack of scientific proof to the contrary. But that principle flies out the window under TTIP rules.

The Organic Consumers Association is urging consumers to petition President Obama and Interim U.S. Trade Representative Miriam Sapiro to release the draft texts of the TTIP and TPP, and encourage full and open debate on the policies contained in both agreements. The petition also asks President Obama to end the Fast Track option, and grant Congress the ability to debate and amend the agreements, before voting on them.

With the world's food supply, and consumers' health, already endangered by chemical-intensive industrial agriculture and climate change, the U.S. and other governments should be looking for ways to promote sustainable food and agriculture policies, not restrict governments' abilities to do so. Instead, the Obama Administration is subverting the principles of democracy in favor of handing a few transnational corporations unprecedented power to put profits above the health and well being of consumers. ✦

[Katherine Paul is Director of Communications and Development for the Organic Consumers Association; Ronnie Cummins is National Director of the Organic Consumers Association.]

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Our Genetically Engineered Supplements

Silver City Food Co-op

established 1974



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Ends Statement

Because of all that we do, our member-owners, our food co-op, and our extended community will gain and maintain health.

Seven Cooperative Principles

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

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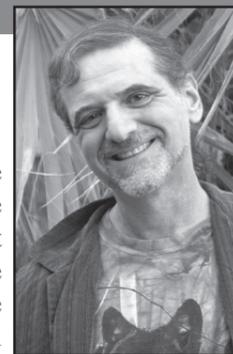
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Cup o' Joe by Joe Z



"Joe, you have a call on line one. She said her name was so and so." Now I had been getting calls all day - the vast majority from sales folks and people asking for donations. But one never knows who exactly is on the other end so I answer each and every call as if the caller will be an extremely important contact regardless of how many inane calls I received previously.

"Hi Joe, this is so and so. I represent the community group such and such. We're contacting you to see what it would take to get you to stop selling fireworks." Still being new to the store, I often have to scramble to see if we have a product on our shelves. I paused for a moment to mentally review our product line but I was pretty sure that fireworks were not included - not even in supplements!

So I confidently replied, "Umm - we don't sell fireworks." Now it was her turn to pause and then said in a very unbelieving and rather sarcastic tone, "You don't sell fireworks." She seemed so sure that we did. Maybe we sold them in the past but I was unaware of it. But actually, it seemed rather absurd to think that we ever did so I said again, "Nope. No fireworks. We don't sell fireworks. I'm pretty darn sure of that." However, I was now getting an inkling of what happened.

In a very firm and incredulous voice, she intoned, "You don't have a tent in your parking lot selling fireworks?" "Nope," I said, "We don't have a tent and we don't have a parking lot. You're trying to get the Food Basket. You called the Food Co-op. They're right before us in the phone book. It happens all the time."

There was another pause and then so and so said, "Hmm - I'm sorry. I should have realized it when the person who answered the phone was cheerful, then they put me right through to the Manager and you answered again in a cheerful voice." We shared a laugh, admitted that we do seem to be a happy place and I assured her that fireworks would never be appropriate at our Co-op - especially in the dry conditions we were experiencing and with a massive fire raging outside of town.

But like everything else that happens, it created some questions in my mind: Are we really that different than other places? Aren't staff at other stores happy and cheerful? If they're not, why not? What makes us the way we are? Is it the excellent chocolate that we sell? The coconut water? Is this how the greater community sees us? Happy and cheerful?

To be sure, this is a good thing. It certainly makes working here quite enjoyable. And I'd think it'd make shopping here a very pleasant experience too. But what's the difference with the other places? Why aren't they happy also?

Food retail is a hard business. There are very low margins meaning it's difficult to actually make money on

the things that are sold. And the costs of running a store are quite high. Most food stores don't make very much profit so there is always the constant pressure to cut costs. Certainly we feel it here too.

The one flexible cost is the staff. Food retail is notorious for having low wages. Not only that, most stores keep themselves understaffed so the employees have to work pretty darn hard to keep up with the demands of the business. Hard constant work and low wages. Not a good combination for joy and mirth.

The Co-op doesn't escape these dynamics. Our wages aren't high although we are attempting to provide a living wage for all the staff which is more than most of the other retail stores. The cost of our staff is our highest expense. Personally I think it's worth it because we attract quality applicants allowing us to choose those with great attitudes. But even so - making an adequate living on as a single income source from our Co-op is still difficult. Staff lucky enough to have a dual income household have a much easier time.

Single stand-alone stores are more costly to run than multiple store endeavors and chains because every staff position must exist. For example, we need to have a finance team and buyers while in the larger enterprises, those positions can cover multiple stores.

The work here is also difficult as is in other retail stores. Maybe even more so since we are so limited in space and our equipment isn't always the latest or the best. If our store was bigger, most of our product could be stocked right to the shelves as our trucks come in. But with our tight floor space, most of our product must be placed in our warehouse and then slowly streamed to the sales floor as product depletes. The product is handled multiple times. Not very efficient but a necessity given our circumstances.

So the reality is that our Co-op is probably more difficult to work at than other food stores, wages are not that much better and yet the buoyancy, radiance and lightness in our staff is palpable. Again: Why is this? Well, I'm going to go out on a limb here and compromise my serious business credentials and propose a corny eye-rolling reason. And that is - we're filled with love.

Love for the foods we sell. Love for what Co-ops are and represent. Love for our community. Love for our members/owners and our customers. Love for our jobs and love for each other. This is not something you can buy or hire. It is a spirit that is created by who we are and how we impact our world. It's really a beautiful thing. And it makes us cheerful and happy. ❖

our GM has gone **MAD**
we don't know why
but he's offering an
extra special summer
Member Appreciation Day
Thursday, August 22nd
SAVE 15%
stock up now
before we slap some sense into him

STAFF PICKS

by **Judith Kenney**



Angie Carr

This month, Angie Carr, selected Organic Excellence shampoo and conditioner as her staff pick. Angie, who has worked at the co-op for 3 years, is the buyer for our frozen foods department and is co-buyer with me in the health and beauty section. In addition to all that, you most certainly have seen her vivaciously filling in for the cashiers when they take their breaks. As a devotee of beauty products that contribute to good health, she is well-qualified to evaluate those that we carry here at SCFC. Angie feels that the Organic Excellence hair products are very balanced and do not strip the hair. She commented that, while subjecting her hair to a lot of styling, she seems to be losing less hair and it is thicker and healthier. It may seem a bit pricey but lasts a long time and is hypo-allergenic and gluten-free. I

have been using both the shampoo and conditioner, myself, for a year or so now and love both of them! I consider them to be salon quality, minus all the harsh and potentially dangerous chemicals that, as it turns out, are not necessary to make a superior product.

Organic Excellence started as a small home-based business in 1999 and has since grown into a world-wide company that makes superb health and personal care products that are exclusively chemical and fragrance-free. They are dedicated to providing their customers with environmentally friendly, health-supporting products that currently include hair and skin care, joint and inflammation formulations, and two bio-identical progesterone creams, both of which we carry at the co-op. And now, discriminating co-op shoppers can purchase Organic Excellence Skin Renewal Therapy and Anti-aging Therapy, both luxurious preparations for the face. Treat your hair and skin, the largest organ in our bodies, to these gentle, effective preparations.



Kevin Fast

Kevin Fast has been the head of our accounting department now for a little over two years. It didn't take long (two seconds, maybe) for him to let me know that his choice for our August Staff Picks column is GT's Synergy Black Chia Kombucha. According to Kevin, "It's a cleaner buzz than caffeine. I drink it for the energy."

Kombucha is a wildly popular beverage that I'd like to describe as a tea drink with a little extra flair. Some sources suggest that it is an ancient Chinese elixir dating from the Qin Dynasty around 220 B.C.E., but it wasn't until the 19th century in Russia when records actually verified the consumption of this effervescent beverage. Kombucha is made of water, tea, sweetening, and a fermenting culture called a SCOBY (Symbiotic Colony of Bacteria and Yeast) which is a living organism that looks like a large jelly pancake. After steeping tea in boiling water and allowing it to cool, a SCOBY is added and allowed to ferment in a warm room for 1-2 weeks.

Numerous health benefits have been attributed to kombucha tea, including increased energy, improved immune system and liver functions, better digestion, and even as a cancer cure. On the other side of the coin, skeptics say that here is no scientific evidence to support these claims and some people have reported adverse effects such as upset stomach, infections, and allergic reactions from drinking the tea.

GT's Synergy Kombucha is the leading commercial variety made by Millennium Products, located in California. The chief executive, G.T. Dave, started the company as a teenager by brewing his own kombucha (which, by the way, many people do) in his parent's kitchen in Beverly Hills, but his company has, since, far exceeded its original mom and pop scale.

So, a word to the wise, test these effervescent waters cautiously if you decide to try kombucha. Once you have determined that it is a substance compatible with your own unique system, you may wholeheartedly join the ranks of devoted Kombucha drinkers who partake of it simply as a refreshing drink or one of the many who consume it as an elixir of well-being.



The Silver City Food Co-op's ANNUAL PICNIC • SUNDAY • AUGUST 25 • 11:00-3:00 at the Little Walnut Picnic Area



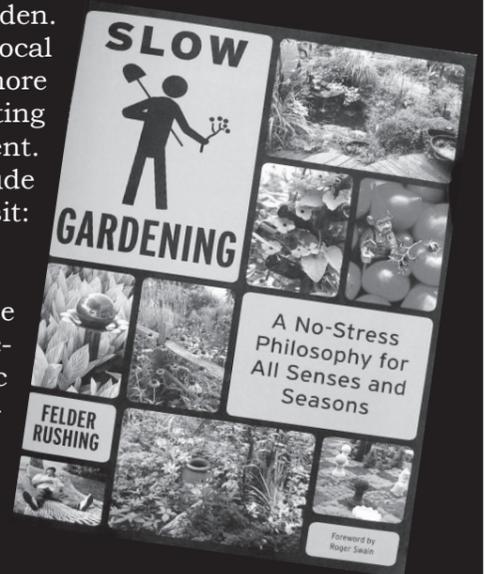
International Kitchen Garden Day is August 25
Celebrate by eating something out of your garden and get this book! Learn more: www.kgi.org

Slow Gardening

by Felder Rushing
(Chelsea Green Publishing, 2011, \$29.95)

This book presents a practical yet philosophical approach to gardening that proposes the reader take things slowly & enjoy all aspects of the gardening process. Inspired by the Slow Food movement, Slow Gardening isn't lazy or passive - it actually involves doing more stuff, carefully selected to be productive without senseless, repetitive chores. An approach that will help you slow down, take stock of your own creative whimsy & bliss in the garden. By focusing on seasonal rhythms and local conditions, it helps the gardener get more from the garden while better appreciating how leisure time - and energy are spent. Life has lots of pressures - why include them in the garden? For more fun, visit: slowgardening.net. Fab photos!

This cool & fun gardening book will be raffled off at the Annual SC Coop Picnic on August 25 at Little Walnut Picnic Area. Proceeds will benefit Gila Mimbres Community Radio. gmcr.org... We are on the Net til we are on the Air FM... Help us get up the Tower!





Perfection? Hint: It's Warm and Has a Secret

by David Leite



TOO bad sainthood is not generally conferred on bakers, for there is one who is a possible candidate for canonization. She fulfills most of the requirements: 1) She's dead; 2) She demonstrated heroic virtue; 3) Cults have been formed around her work; 4) Her invention is considered by many to be a miracle. The woman: Ruth Graves Wakefield. Her contribution to the world: the chocolate chip cookie.

One day in the 1930s, Mrs. Wakefield, an owner of the Toll House Inn, in Whitman, Mass., 23 miles south of Boston, was busy baking in her kitchen. Depending on which of the many legends you subscribe to, the fateful moment may have happened when a bar of Nestlé semisweet chocolate jittered off a high shelf, fell into an industrial mixer below, and shattered, or when Mrs. Wakefield, in a brilliant move to make her Butter Drop Do cookies a bit sexier, chopped up a bar of chocolate and tossed in the pieces. Whether by accident or design, her Toll House Chocolate Crunch Cookies delighted her customers and became the culinary mother to an august lineage that almost 80 years later is still multiplying and, in some cases, mutating.

Made from nothing more than flour, eggs, sugar, leavening agents, salt, and chocolate, the cookie seems idiot-proof. After all, it's simple enough that an eighth-grader can make it, right? Not necessarily.

"If it was just a matter of a recipe," said Hervé Poussot, a baker and an owner of Almondine, in Dumbo, Brooklyn, "we'd all be out of business. It's what goes into the making of the cookie that makes the difference." Like the omelet, which many believe to be the true test of a chef, the humble chocolate chip cookie is the baker's crucible. So few ingredients, so many possibilities for disaster.

What other explanation can there be for the wan versions and unfortunate misinterpretations that have popped up everywhere — eggless and sugarless renditions; cookies studded with carob, tofu and marijuana; whole-wheat alternatives; and the terribly misguided bacon-topped variety.

All this crossbreeding begs the question: Has anyone trumped Mrs. Wakefield? To find out, a journey began that included stops at some of New York City's best bakeries as well as conversations with some doyens of baking. The result was a recipe for a consummate cookie, if you will: one built upon decades of acquired knowledge, experience and secrets; one that, quite frankly, would have Mrs. Wakefield worshipping at its altar. The first visit was to the City Bakery, on West 18th Street, owned by Maury Rubin, who seems to get as much pleasure from talking about food

as from eating it. When asked about the secret to his cookies, he said, "We bake them in small batches every hour so they're always fresh." He went on to say that the store sells more than 1,000 cookies a day. Why, then, does almost everybody say they prefer homemade to bakery bought?

Mr. Rubin smiled, having already figured out the answer. "It's the Warm Rule," he said. "Even a bad cookie straight from the oven has its appeal."

It's an opinion expressed by every baker visited. Jacques Torres, who has three branches of his Jacques Torres Chocolate in Manhattan and Brooklyn, has a small warming tray set up near the register so customers can get their cookies soft and gooey, although he offers them at room temperature, too. Seth Berkowitz, the owner of Insomnia Cookies on East Eighth Street, goes so far as to have a display case filled with baskets spilling over with stand-in cookies; the real deals are sold straight from a holding oven.

Heather Sue Mercer, one of three sisters who own Ruby et Violette, which recently reopened on West 50th Street, believes that her bakery's basic chocolate chip cookie "is definitely better warm," but, she said, "I think some of our others are better served room temperature for the best flavor." A warming oven allows all their cookies to be served either way.

Given the opportunity to riff on his cookie-making strategies, Mr. Rubin revealed two crucial elements home cooks can immediately add to their arsenal of baking tricks. First, he said, he lets the dough rest for 36 hours before baking. Asked why, he shrugged. "I don't know," he said. "They

just taste better."

"Oh, that Maury's a sly one," said Shirley O. Corriher, author of "CookWise" (William Morrow, 1997), a book about science in the kitchen. "What he's doing is brilliant. He's allowing the dough and other ingredients to fully soak up the liquid — in this case, the eggs — in order to get a drier and firmer dough, which bakes to a better consistency."

A long hydration time is important because eggs, unlike, say, water, are gelatinous and slow-moving, she said. Making matters worse, the butter coats the flour, acting, she said, "like border patrol guards," preventing the liquid from getting through to the dry ingredients. The extra time in the fridge dispatches that problem. Like the Warm Rule, hydration — from overnight, in Mr. Poussot's case, to up to a few days for Mr. Torres — was a tactic shared by nearly every baker interviewed.

And by Ruth Wakefield, it turns out. "At Toll House, we chill this dough overnight," she wrote in her "Toll House Cook Book" (Little, Brown, 1953). This crucial bit of information is left out of the version of her recipe that Nestlé printed on the back of its baking bars and, since in 1939, on bags of its chocolate morsels.

To put the technique to the test, one batch of the cookie dough recipe given here was allowed to rest in the refrigerator. After 12, 24, and 36 hours, a portion was baked, each time on the same sheet pan, lined with the same nonstick sheet in the same oven at the same temperature.

At 12 hours, the dough had become drier and the baked cookies had a pleasant, if not slightly pale, complexion. The 24-hour mark is where things started getting interesting. The cookies browned more evenly and looked like handsomer, more tanned older brothers of the younger batch. The biggest difference, though, was flavor. The second batch was richer, with more bass notes of caramel and hints of toffee.

Going the full distance seemed to have the greatest impact. At 36 hours, the dough was significantly drier than the 12-hour batch; it crumbled a bit when poked but held together well when shaped. These cookies baked up the most evenly and were a deeper shade of brown than their predecessors. Surprisingly, they had an even richer, more sophisticated taste, with stronger toffee hints and a definite brown sugar presence. At an informal tasting, made up of a panel of self-described chipper fanatics, these mature cookies won, hands

down.

The second insight Mr. Rubin offered had to do with size. His cookies are six-inch affairs because he believes that their larger size allows for three distinct textures. "First there's the crunchy outside inch or so," he said. A nibble revealed a crackle to the bite and a distinct flavor of butter and caramel. "Then there's the center, which is soft." A bull's-eye the size of a half-dollar yielded easily.

"But the real magic," he added, "is the one-and-a-half-inch ring between them where the two textures and all the flavors mix."

Testing once again bore out Mr. Rubin's thesis, which might be called the Rule of Thirds. The 24-hour and, especially, the 36-hour cookies developed the ring Mr. Rubin enthusiastically described. The crisp edge gave way to a chewy circle, with a flavor similar to penuche fudge, surrounding a center as soft as that of the first batch. His theory on the impact of size on texture so delighted Ms. Corriher that she wanted to include it in her new book, "BakeWise" (Scribner, \$40), due out in October.

Super-size cookies seem to be the 21st-century rage. Mr. Torres and Mr. Poussot sell cookies as large as Mr. Rubin's. Levain Bakery, on West 74th Street, offers six-ounce, slightly underbaked behemoths that, while not adhering to Mr. Rubin's Rule of Thirds — they're too mounded for that — do have some crunch around the edges.

And what would a chocolate chip cookie be without the wallop of good chocolate? According to most of the bakers, only chocolate with at least 60 percent cacao content has the brio to transform the dough into the Hulk Hogan of cookies. Some, like Mr. Rubin and Mr. Torres, have their chocolate

made exclusively for them. Others, including the Mercer sisters, use high-quality imported brands, like Callebaut or Valrhona, and shoot for a ratio of chocolate to dough of no less than 40 to 60.

Break apart a Torres cookie, and a curious thing happens. Inside aren't chunks of chocolate, but rather thin, dark strata. "I use a couverture chocolate, because it melts beautifully," he explained, something traditional chips don't do. Couverture is a coating chocolate used, for instance, for covering truffles. To get his trademark layers, Mr. Torres has his chocolate, which is manufactured by the Belgium company Belcolade, made into quarter-size disks — easily five times the volume of a typical commercial chip. Because the disks are flat and melt superbly, the result, he said, is layers of chocolate and cookie in every bite.

Dorie Greenspan, author of several baking books including "Baking: From My Home to Yours" (Houghton Mifflin, 2006), was asked to fill in any blanks left by the master bakers during the quest for the ultimate cookie. Although unsure she could bring anything new to the party, she went through the usual checklist: read through the recipe first, make sure all the ingredients are at room temperature, use the best-quality ingredients you can find, don't overmix. Then she hit upon something everyone else had missed, and some home bakers are nervous about: salt.

"You can't underestimate the importance of salt in sweet baked goods," she said. Salt, in the dough and sprinkled on top, adds dimension that can lift even a plebian cookie. To make the point, she referred to her recipe for Sablés Korova, a chocolate chocolate-chip cookie with a hefty pinch of fleur de sel, from her book "Paris Sweets" (Broadway Books, 2002). Five years ago, sea salt as a must-have ingredient and garnish for sweets wouldn't have registered on the radar of many home bakers, but now it has become almost commonplace, in part because of Ms. Greenspan's unwavering belief in its virtue.

After weeks of investigating, testing and retesting, the time had come to assemble a new archetypal cookie recipe, one to suit today's tastes and to integrate what bakers have learned since that fateful day in Whitman, Mass. The recipe included here is adapted from Mr. Torres's classic cookie, but relies on the discoveries and insights of the other bakers and authors. So, in effect, it's all of theirs — the consummate chocolate chip cookie.

This creation, the offspring of some of baking's top talent, truly bests Mrs. Wakefield's. Doubt it? There's only one way to find out. ❖



Chocolate Chip Cookies Adapted from Jacques Torres

Time: 45 minutes, plus at least 24 hours' chilling

- 2 cups minus 2 tablespoons (8 1/2 ounces) cake flour
- 1 2/3 cups (8 1/2 ounces) bread flour
- 1 1/4 teaspoons baking soda
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons coarse salt
- 2 1/2 sticks (1 1/4 cups) unsalted butter
- 1 1/4 cups (10 ounces) light brown sugar
- 1 cup plus 2 tablespoons (8 ounces) granulated sugar
- 2 large eggs
- 2 teaspoons natural vanilla extract
- 1 1/4 pounds bittersweet chocolate, at least 60 percent cacao content
- Sea salt.

1. Sift flours, baking soda, baking powder and salt into a bowl. Set aside.

2. Using a mixer fitted with paddle attachment, cream butter and sugars together until very light, about 5 minutes. Add eggs, one at a time, mixing well after each addition. Stir in the vanilla. Reduce speed to low, add dry ingredients and mix until just combined, 5 to 10 seconds. Drop chocolate pieces in and incorporate them without breaking them. Press plastic wrap against dough and refrigerate for 24 to 36 hours. Dough may be used in batches, and can be refrigerated for up to 72 hours.

3. When ready to bake, preheat oven to 350 degrees. Line a baking sheet with parchment paper or a nonstick baking mat. Set aside.

4. Scoop 6 3/2-ounce mounds of dough (the size of generous golf balls) onto baking sheet, making sure to turn horizontally any chocolate pieces that are poking up; it will make for a more attractive cookie. Sprinkle lightly with sea salt and bake until golden brown but still soft, 18 to 20 minutes. Transfer sheet to a wire rack for 10 minutes, then slip cookies onto another rack to cool a bit more. Repeat with remaining dough, or reserve dough, refrigerated, for baking remaining batches the next day. Eat warm, with a big napkin. Yield: 1 1/2 dozen 5-inch cookies.

[Original article appeared in *The New York Times*, published July 9, 2008. www.nytimes.com]

August Sales

To Our Co-op Members & Customers: Please note that sales run for a **two-week period**. Please stop by the Co-op and take advantage of all the great offerings each month. A few sale items are listed below.

July 31-August 20

					
Bulk Organic Black Beans reg \$1.69# SALE \$1.49#	Greek Gods Yogurt 24 oz assorted reg \$3.99 SALE \$2.99	Annie Chun frozen Wontons assorted reg \$3.29 SALE \$2.49	Back to Nature Organic Stoneground Wheat reg \$4.39 SALE \$2.79	Avalon Shampoo/Conditioner assorted reg \$9.19 SALE \$5.99	Boiron Chestal Honey 8.45 oz reg \$13.19 SALE \$10.99

August 21-September 3

					
Bulk Yellow Popcorn reg \$1.79# SALE \$1.49#	Follow Your Heart Veganaise 16 oz reg \$6.49 SALE \$3.79	Ethnic Gourmet Pad Thai w/ Shrimp reg \$4.79 SALE \$3.49	C2O Pure Coconut Water 17.5 oz reg \$2.29 SALE \$1.49	Alaffia Everyday Shea Lotion 32 oz assorted reg \$11.69 SALE \$7.99	Hyland's Calms 4 Kids 125 tabs reg \$7.99 SALE \$5.49

Member Only Specials

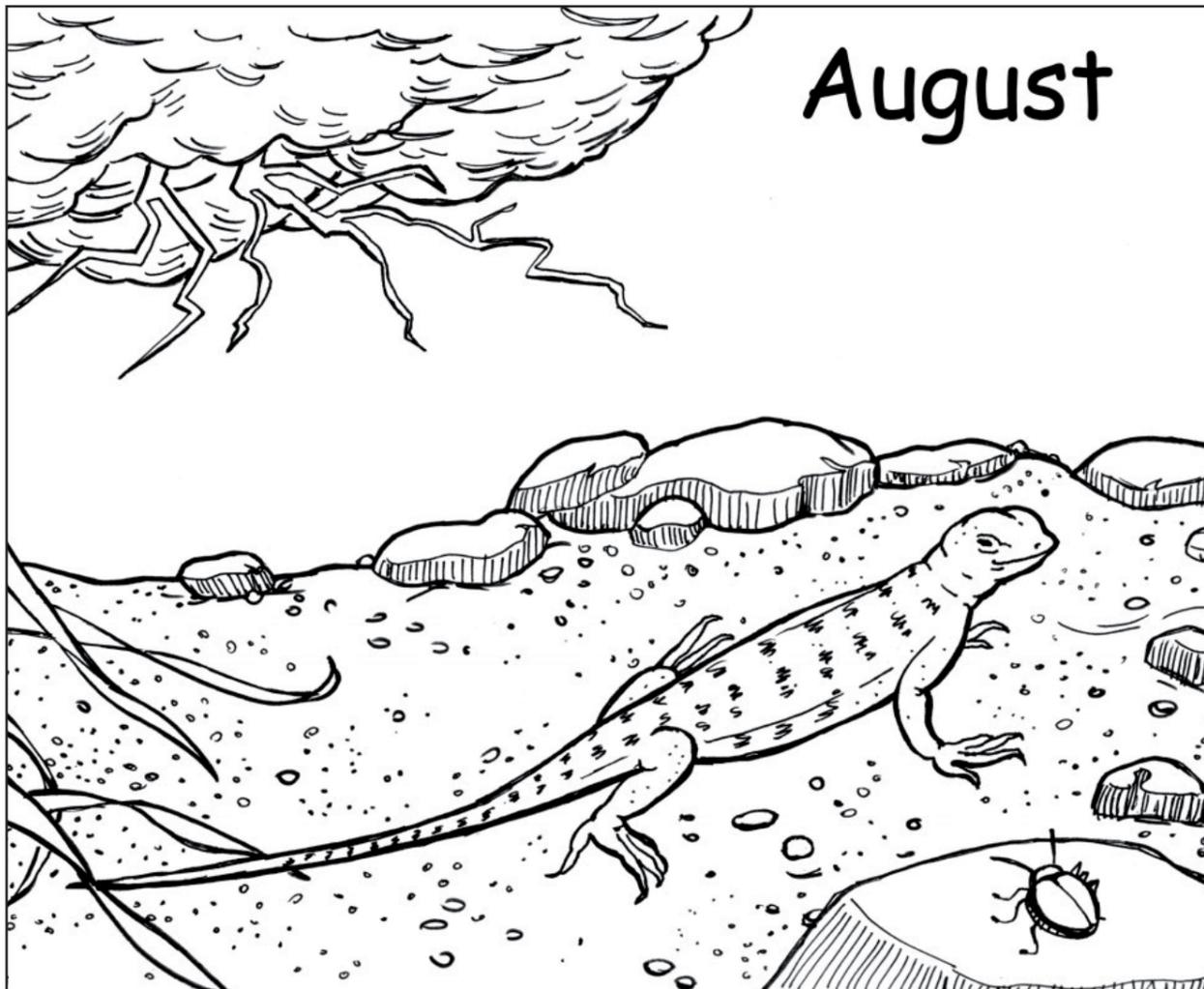
July 31-September 3

	
Bulk Equal Exchange Coffee reg \$12.69# SALE \$9.99#	Lisanatti Rice Cheeze 8 oz assorted reg \$3.69 SALE \$3.39
	
French Meadow Rye assorted reg \$5.39 SALE \$4.89	Ines Olive Oil Tortas assorted reg \$4.99 SALE \$4.49
	
Natural Dentist Mouthwash 16.9 oz assorted reg \$8.69 SALE \$7.89	MegaFood Kids One Daily, 30 ct reg \$17.49 SALE \$15.79

Kids' Corner

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)



NAME: _____ AGE: _____

PRODUCE COMPOST GUIDELINES

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

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

GROCERY SPECIAL ORDER POLICY

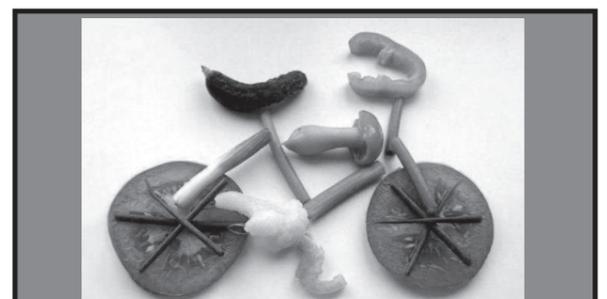
Members receive a 10% off shelf price discount on special orders of case quantity in ALL departments. HABA and Supplements will receive the 10% discount when the quantity ordered is at least six (of the same item). Cases of local meat must weigh 10 pounds or more to receive the discount. All CAP and Essentials Program items will no longer be excluded from receiving the discount; however, a case MUST be ordered to receive the special order 10% discount. Membership Matters items sold in cases on the shelves will now receive a 10% discount (instead of 20% discount).

PRODUCE SPECIAL ORDER POLICY

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

CO-OP COMMUNITY ROOM POLICY

Individuals, groups & organizations are welcome to use the community room, as long as one organizer is a co-op member. Seating capacity is 24. Room is not intended for commercial use or events where a fee is charged. Contact Margarita: margarita@silvercityfoodcoop.com or call the Co-op at (575) 388-2343. Please allow 7 days to receive confirmation of your request. *Thank you!*



From Your Board...

Food for Thought *by Susan Van Auken, President*



I was lucky. When I was a kid my mother, wondering how to best feed her children, read a newly published book *Let's Eat Right to Keep Fit* by Adelle Davis, a book that went on to be a classic. As a result, our family ate good fresh food. Our diet wasn't that far from conventional food -- it just didn't have any of the "junk." We never had sodas or packaged desserts or greasy snacks. The only item I remember that was wholly different was the Pepperidge Farm whole wheat bread we bought by the case, since that was the only way to obtain it.

During my first or second year in college I spent a year on a diet composed mainly of Pepsi and peanut butter and toast. Guess what? I was sick the whole year. Lucky for me I wondered whether the Pepsi diet might be the reason that I felt poorly.

At twenty or so, I embarked on my own adventure on learning about what and how to eat. "Natural foods" became the mainstay for me as I studied nutrition and worked in retail natural food stores and a nutritional consulting business. During this time I experimented with many different foods and diets -- trying them all to find out what worked best for me.

I never took to preaching to people about the "best diet" because I realized early on that we each have a different body with different requirements. As you and I roam the aisles of our food co-op I am sure there are certain foods that each of us do not want. People on a gluten free diet avoid all products with wheat and other gluten containing grains. People on the Paleo diet avoid all carbohydrates. Vegans don't select from the dairy case. Macro-

biotic and raw food enthusiasts eat entirely differently. I probably eat different food than you.

I believe that people can remain quite healthy eating a wide variety of different foods. I bring this topic up because we need to remember our diversity. There may be "food" products that are not very healthy for any of us, but when it comes to healthy food, perhaps there are no specific rules. Thankfully the co-op carries a wide variety of healthy organic food, and we can each choose what to purchase.

In Gila, where I live, we have lots of potlucks. In a silly, but also truthful vein, a neighbor, Kate Kendig, wrote The Gila Potluck Song. She performed it at a local talent show a few years back and had us all laughing uproariously. I hope you know the tune so you can sing it to yourself. Chuckle away.

The Gila Potluck Song *by Kate Kendig*

(Melody to a traditional tune, The Water Is Wide)

This one eats fish, but won't eat dairy.
That one eats dairy, but won't eat eggs.
And some want nothing if it's not or-gan-an-ic
I can't eat walnuts, what can I say.

This one wants vegetarian, unless it's Italian.
That one wants RAW FOOD - picked just today.
We have a vegan - and she can't eat whe-e-eat.
I can't eat parmesan, what can I say.

This one eats chicken, but it must be free range.
That one eats beef, if it's all grass fed.
There are people - who won't eat an-y-thing.
They're the ones who - will soon be dead.

This one wants kosher, with low cholesterol.
That one wants Atkins, but I don't know why.
Someone wants South Beach, but they're diabe-e-tic.
No wonder airlines - won't even try.

This one's vegetarian, except for bacon.
That one's a vegan, except for cheese.
She wants no white sugar - and no white flo-ou-ur,
Except for doughnuts - with her coffee.

We had a pot-luck, it was well attended.
And we had food - that was a-maz-ing.
Everybody ate - the dish they brought themselves.
It's fun to see what - y'all will bring.

We have a combiner, so she can't combine things.
Unless they're sprouted, 'cause that won't count.
And some won't drink milk, if it's from the sto-or-ore.
I'll serve you water, and nothing more.

BUT WAIT!
What if the water has been in plastic.
What if the bottler engaged in sin.
(And don't even talk to me about Fluoride)
You can eat at my house - at your own damn risk
I'm eating junk food, ya'll come on in.

Volunteer Discount Policy

Members who volunteer for 3 hours of work receive a 15% discount on all purchases for one day. Discounts must be used within the same calendar year of their volunteer work. If you are interested in volunteer opportunities at the Co-op, email or call Carolyn: carolyn@silvercityfoodcoop.com (575) 388-2343.

Board Meeting Schedule

The SCFC Board of Directors meets the second Wednesday of each month in the Co-op Community Room, 4:30-7:30 pm, the agenda for the meeting is posted in the store at least one week prior to the meeting.

Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among those member 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.

EMAIL SIGN-UP FORM

Please fill out this form and give it to your cashier on your next trip to the co-op. We are in the process of gathering membership contact information and to find out what the membership would like to receive notifications about. At this time this is all under construction, we want to have the ability in the near future to communicate with the membership in a timely manner.

NOTE: The co-op will never sell or share membership information with any individual or organization, at any time, for any reason.

NAME: _____

Co-op Member? YES NO

Your Email Address: _____

Please check the email messages you wish to receive:

MONTHLY

Notification the current issue of the Garbanzo Gazette is now on Co-op's website

Co+Op Sales Member-Only Sales

QUARTERLY

Member Appreciation Day (MAD) reminder

Calendar of upcoming Co-op Events

MISCELLANEOUS

Co-op Event reminder, one week in advance

Other: _____

Please stop mailing the Garbanzo Gazette to me through postal mail

Silver City Food Co-op Board of Directors

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

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

Gail Rein/Secretary
Board Term: 2011-2014
rein.gail@gmail.com

Jerry Boswell/Treasurer
Board Term: 2012-2015
gboswell5275@msn.com

Meadow Clark
Board Term: 2012-2015
meadow@conflictmediation.net

Lynno Aldin
Board Term: 2012-2015
lynno@peacemealcoop.com

Lita Furby
Board Term: 2011-2014
luddite555furby@montana.com

Our Genetically Engineered Supplements *by Monica Rude*

Are your vitamins, minerals, protein powders and other dietary supplements free of genetically modified organisms (GMOs)? If you choose organic or non-GMO Project verified products, chances are good they are GMO-free, but not 100%. Both of these certifiers prohibit manufacturers from “knowingly” using GM ingredients but GM organisms have become so widespread throughout the environment and food supply that even certified organic ingredients cannot be 100% guaranteed free of genetic modification. Organic certification does not require testing, so GM contaminated ingredients could get into products. The Non-GMO Project verification actually tests ingredients at-risk for GMO contamination (anything being grown commercially GMO).

If your choice of supplement does not carry the Certified Organic or Non-GMO Project Verified seal, it most likely includes GMO ingredients or materials manufactured by GMOs. Yes, you read that correctly. Genetically modified yeast, bacteria and fungus have actually been turned into microbial chemical factories to produce “compounds of interest” which may include various enzymes, anti-oxidants, lactic, citric and malic acids, flavonoids, amino acids, vitamins, flavors (natural and artificial), ascorbic acid, zanthan gum, monosodium glutamate, aspartame, as well as pharmaceuticals, vaccines, specialty chemicals, and feed additives especially to augment amino acid content. Even the nutritive medium used to grow bacteria and fungi is often made from GMOs. Certain proteins, starches, and sugars needed by microorganisms are produced from genetically modified soy or maize. “The production of substances with the help of genetically modified microorganisms takes place in fermenters. These closed, stainless steel tanks are used to set up optimal conditions so that microorganisms can thrive and produce the desired product in large quantities. When the growth and production phase ends, the substance of interest is isolated and purified. No traces of microorganisms are present in the final product, and no microbial DNA is detectable,” according to: www.GMO-compass.org, a website from the European Union which frankly discusses these processes. These methods are considered by the industry as viable alternatives to previously used chemical methods to produce pure substances efficiently, less expensively, with fewer undesirable by-products, less toxicity, less use of natural resources, less waste. (Not to mention the creation of a “product” sold to manufacturers). Production of ingredients for foods, dietary supplements and other applications by using GMO technology has become state-of-the-art in the USA during the past 10 years. So much

so that now it has become a challenge to source ingredients that are not produced this way. This has become a big problem for manufacturers who want to take advantage of the recent huge increase in demand for non-GMO foods, personal care products and supplements, as consumers become more concerned about the effects of GMO products. Sales of Non-GMO Project verified products grew by 27% and sales topped \$450 million in 2010.

At the recent Natural Products Expo West, it was announced that the non-GMO product category is “emerging from the grassroots stage” and is seen as a food system threat that will galvanize consumers more than the organic food issue, both lifestyle-based issues. Increasing consumer pressure and potential state legislation mandating labeling are leading dietary supplement manufacturers to face up to the challenges of going non-GMO. On March 8, 2013, Whole Foods Market announced a new GMO-labeling standard that will require all food products containing GMOs to be labeled as such by 2018 in order to remain on its stores’ shelves. A major retailer with 339 stores in the United States and Canada, Whole Foods Market can affect tremendous change in industry standards by this act, putting pressure on competitors to follow suit. The current Non-GMO Verified program is not set up well for supplements. The two key hurdles are supply chain transparency and the tension between natural and synthetic ingredients.

There is skepticism about the ability of suppliers to keep up with this new demand for verified non-GMO ingredients. An example given is vitamin D3 from sheep’s wool, it is difficult to get a supplier affidavit to support that none of the wool is in any way associated from GMO sources. They are not set up to do this since they haven’t been required to previously. Another issue raised is that petroleum source ingredients (synthetic) are easier to verify than natural source ingredients.

Many dietary supplement manufacturers now include a statement on their website about the GMO status of their ingredients, most stating that they use non-GMO “whenever possible”. Oregon’s Wild Harvest claims to be one of the few companies that encapsulates their herbs exclusively in GMO-free capsules, made of pullulan, a polysaccharide polymer produced from starch by the fungus *Aureobasidium pullulans*.

They also promise to avoid the use of certain ingredients if they contain GMOs, specifically excipients (fillers, lubricants, processing agents) and vitamins which are derived from food commodities such as GE (genetically engineered) soy and GE corn.

New Chapter, Inc has announced that its multivitamins

are the first in the nation to achieve Non-GMO Project Verification and has received Non-GMO Project verification on more than 85 % of its products, according to the company website. NOW Foods also claims to have achieved support documentation that about 75% of their 1400 supplements are GMO-free. Many other supplement companies have started the process for their products to be verified GMO-free, a long, expensive, arduous process.

The Non-GMO Shopping Guide provides a long list of “invisible” GM ingredients, many of which can be found in dietary supplements. Careful reading of labels is essential if one wants to avoid these materials; additionally, checking the company website and contacting them for more information is necessary. Get this guide: www.non-GMOshoppingguide.com. Don’t leave home without it!

[Monica Rude owns Desert Woman Botanicals and lives in Gila where she grows herbs for the product line and cooks from scratch.]

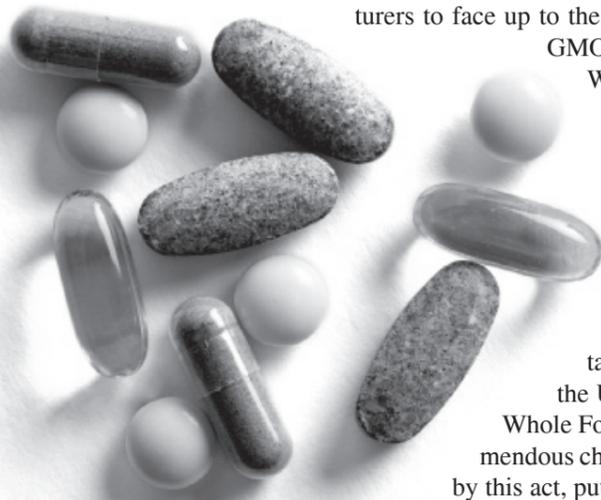
To learn more about GMOs...

Recent findings from the University of Sherbrooke Hospital Centre in Quebec, Canada, raise questions about the allegedly benign nature of genetically modified (GM) plants. As discussed in a recent article in *Reproductive Toxicology*, researchers found traces of a specific insecticidal protein known as Cry1Ab in the blood samples of pregnant women and their unborn children, as well as in non-pregnant women. The genes for this protein are taken from the common bacterium *Bacillus thuringiensis* (Bt) and inserted into plants such as corn and cotton to make them lethal to insects. These findings contradict previous claims that insecticides produced by certain GM foods are broken down in the human stomach.

Aziz A, Leblanc S. Maternal and fetal exposure to pesticides associated to genetically modified foods in Eastern Townships of Quebec, Canada. *Reprod Tox.* 2011;31(4):528-533.

Thierry Vrain, Ph.D., a former genetic engineer, has spoken out against the risks of genetically engineered foods. He said, “When we started with genetic engineering in the 1980s, the science was based on the theory that one gene produces one protein. But we now know, since the human genome project, that a gene can create more than one protein. The insertion of genes in the genome through genetic engineering interrupts the coding sequence of the DNA, creating truncated, rogue proteins, which can cause unintended effects. It’s an invasive technology. Biotech companies ignore these rogue proteins; they say they are background noise. But we should pay attention to them. It must be verified that they produce no negative effects.

A key point is that the concern about genetic engineering should be about the proteins. Published papers describing how rats and mice suffer organ damage from eating GM corn or soy are dismissed as pseudoscience. Rats and mice are the canary in the mine, and we should be paying attention to what happens to them.”



The Food Co-op
SELLS FRUIT CUPS
at the
4TH OF JULY CELEBRATION
at the
SILVER CITY MUSEUM

August 2013



New Moon 8/6/2013 at 2:51:32 pm (MST)
Full Moon 8/20/2013 at 6:45:06 pm (MST)

Tea

HERBAL ANTIOXIDANT

Black, green & oolong tea all come from the same plant—Camellia sinensis. Studies link tea consumption with a reduced risk of gastrointestinal, pancreatic, bladder, prostate, ovarian, uterine, and breast cancer. Green tea is particularly rich in a polyphenol called epigallocatechin gallate. In lab research, it has inhibited cancer cell formation, proliferation, invasiveness and metastasis, and provokes cancer cell death. Animal studies show protection against many cancers, including skin cancer. Try to drink three to five cups of green tea



Remember to be gentle with yourself and others. We are all children of chance and none can say why some fields will blossom while others lay brown beneath the August sun. Care for those around you. Look past your differences. Their dreams are no less than yours, their choices no more easily made. And give, give in any way you can, of whatever you possess. To give is to love. To withhold is to wither. Care less for your harvest than for how it is shared and your life will have meaning and your heart will have peace. ~~Kent Nerburn

Staff Celebrations

Anniversaries

- August 2 Angie Carr
- August 13 Brian Bates
- August 18 Tyrone Wright
- August 20 Dan Jameson

Birthdays

- August 10 Joseph Patrick
- August 31 Kevin Fast

Co-op Events

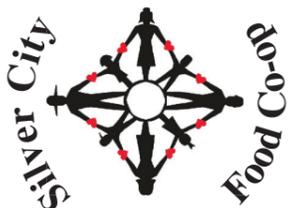
August

- 13 Community Forum:
 & Raw for Life
 with Marie & Rod Schabloski
- 15 Noon-1:00 pm both days
- 14 Monthly Board Meeting 4:30-7:30pm
- 16 Member Linkage Committee Meeting
 10:00-11:00 am
- 22 MEMBER APPRECIATION DAY!
- 25 Annual Co-op Picnic
 at the Little Walnut Picnic Area
 11:00-3:00

September

- 10 Community Forum:
 & Topic tba
- 12 Noon-1:00 pm both days
- 11 Monthly Board Meeting 4:30-7:30pm
- 14 Member Linkage Committee Meeting
 10:00-11:00 am

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