

the Garbanzo Gazette

Volume 14

a monthly newsletter of the Silver City Food Co-op

February is

Choose Your Own MAD!!

We've talked about it a few months ago and now it's finally here! For the first time - and as an experiment - all active Members of our Co-op can choose one day in Feb as their own personal Member Appreciation Day (MAD).

Traditionally, we have had four MADs through the course of the year where Members receive a 10% discount on their purchases (one day each in February, May, August and November) . These

advantage of these days. We had to ask ourselves, "Don't we appreciate ALL our Members?" In fact, we do. But many don't enjoy shopping on a day when the store is packed. It's difficult to navigate through the Co-op and the lines can be rather long. We've thought about advertising the times there are lulls in the store to help rearrange the flow and we thought about changing the day but neither seemed to be a good way to extend the Appreciation to the other 75%.

So we decided to try a choose your own MAD during the month of Feb. Other Co-ops have tried this in one form or another to mixed success. At the same time, there are those who feel that there should not be ANY MADs as it effects the Co-op's bottom line. We believe that the MADs are a real benefit to our Membership and rather than eliminate them,

days are always exciting and the Co-op is always packed. Last year we added an extra MAD in Dec. and offered a tremendous 15% discount in Aug resulting in the busiest day in our Co-op's history.

As fantastic and fun as our MADs are, the truth is that only about 25% of our Membership takes

we want to encourage more Members to take advantage of them.

This February is an experiment. Not only whether the month will be successful but can also can we logistically accommodate the extra work that it will entail? If we don't try it we will never know! Success will be determined by

1) how many Members take advantage of it, 2) whether the Co-op can actually afford it and 3) whether our systems work efficiently.

How it will work

We've tried to make this as easiest as possible for all of us. First and foremost, you do NOT need to tell us in advance as to which day you would like to choose as your MAD. Every time you shop in Feb. the Cashier will ask if you would like to apply your MAD discount. You can say no as many times as you like. The day you choose, just say yes and the MAD discount will be taken off your purchase. The next day, our system should indicate that you have used your discount and you will no longer be asked. And yes - you can apply your discount throughout the entire day for those of you who want to shop more than once on that day. Please remember, your discount applies to one day of your choosing in Feb. - not the entire month.

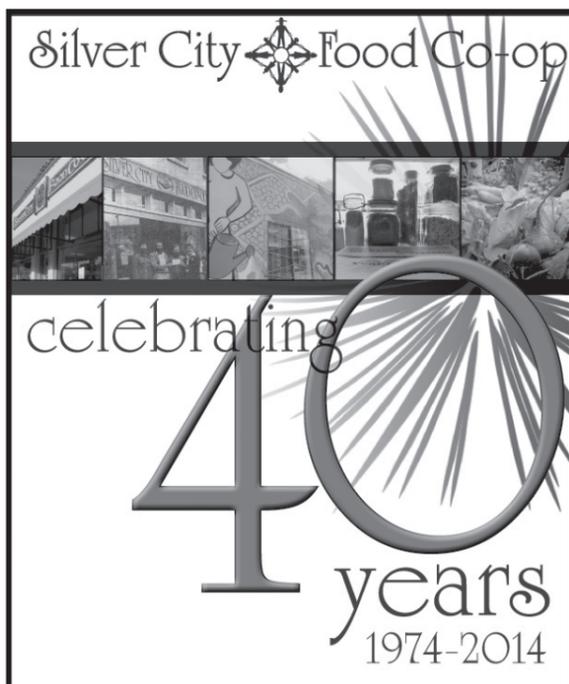
Special Orders of cases are always a huge part of our MADs as not only do you get the 10% case discount but you get an additional 10% MAD discount for a total of 20%! This is always a little tricky because you had to order your cases early enough to ensure that they are here on the actual MAD. But now with

Choose Your Own MAD this Feb, flexibility is the rule. The only stipulation is that the order arrives and is picked up during the month of Feb. The day you pick up your order would be the day you decide to take your MAD discount. The discount is applied when you pick up your items on your chosen MAD-not when you place your orders, so it's important that Special Orders are placed by Feb. 18th. There is more information on Special Orders at our new Special Order Station to the right of our large cooler at the rear of the store.

What about the future?

We don't know at this point in time. If it is successful, we will probably offer it again or maybe institute it as the new normal. Or maybe mix it up with the single MADs. Please give us feedback!! Let us know if you like the Choose your own MAD this Feb. Let us know if you prefer the old system (many do as it creates a very festive atmosphere at the Co-op on those days). Let us know if you see ways to make our MADs more effective and fun!

We hope you enjoy choosing your own MAD this month! We are always working and looking for ways that our Cooperative can benefit you, the Owner/Member, more! ✦



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Outreach Report

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com
575-388-2343

Store Hours

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

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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- Eva Featheringill

Annual Co-op Equity
\$10.00

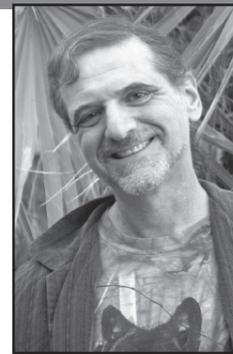
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Submissions are welcomed!
Submit letters, articles, or items of interest to:
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Cup o' Joe



by Joe Z

Way back when I was a kid, there was a commercial with two individuals who were arguing about a candy called Razzles. "It's a candy!!", one would excitedly exclaim. "NO!, It's a gum", the other would vehemently scream back. Even as a child, I knew these characters led quite sad lives where defining the qualities of a meaningless treat was a consuming passion. It might have helped if they looked at the package where it stated, "It starts as a candy and turns into a gum".

Apparently it was a very successful commercial as I do remember it decades later. We tend to remember and respond to conflict. Ask any writer and they'll tell you that creating conflict is essential to an interesting story. As a culture, we thrive on conflict. Not only do we seek conflict, but we also venerate the winners.

Sports, of course, is a prime example of this but it's only a minor manifestation of a society that only wants winners. We like to vote people off the island, rate singers and dancers and woe be unto you if you don't finish number one, our politics are based on winning at all costs, businesses claw for market share with the goal of crushing competitors so they achieve the number one spot and we rate almost everything to see who and what are "the best".

We want things to be black and white. It's either gum or a candy and it can't be both. And we are willing to yell, scream and fight so that the other side either capitulates or is eliminated. But the truth is that many things have a duality or even a triality or more. Yes - it's a candy and a gum as well as mostly sugar that will rot your teeth and make you hyperactive. Life just ain't simple.

Here in Co-op Land, the biggest duality that has permeated the movement since the inception of the New Wave Co-ops is whether we are a business or a Co-op. "It's a Business!", "No! It's a Co-op", the antagonists cackle back and forth at each other. The implied meanings are that competitive business tactics must be used if the store is to be viable and strong while others say that Co-ops must always put people first even if it means hurting the business. This debate is legend and striking the right balance is not easy.

Walmart is not only the largest retailer in the world but the largest company in the world with sales of close to \$470,000,000,000. They employ over 2.2 million

people. They have over 4570 stores. They made about 17 billion dollars in profits last year. They are number one.

The next largest retailer is Costco at 97 billion with profits of only a measly 1.7 billion dollars. Walmart is nearly 5 times larger in sales and 10 times larger in profits. Their critics claim that they amassed their size by using very predatory business practices and bankrupt thousands of small business. The pay and benefits for their workers are the lowest in the industry while their profits are the highest. In contrast, Costco has the highest standard for workers in the industry.

When I look at Walmart, I see the antithesis of what we as a Co-op value. Walmart is all business and no Co-op. Co-ops that are all co-op and no business fail. Our duality is healthy for us and our community.

Our Cooperative is us, the people. The Business is what we own. Our Cooperative supplies the energy and motivation. Our business supplies the product. The Co-operative is our Community. The Business is our focal point. The Cooperative is who we are. The Business is what we do.

Co-ops are the businesses that are designed by and for the so-called 99%. The growth of Co-ops over the past 15 years is largely based on cherry picking many standard and useful business practices. In some cases, at the expense of the "Co-op".

Learning to embrace this duality in a culture that demands that one wins and the other loses is a challenge. But, you know, while I think embracing duality is important and nice, I think we should be celebrating it. It creates the barrier the ensures we would never be like Walmart or even a Whole Foods or Trader Joes. It is a strength that enables us to grow to serve and share

information with more people rather than growing to chase the dollar and/or seeking the misplaced pride of being number one.

After 40 years, our Co-op is a pretty balanced place. Our challenge is learning to evolve without losing that balance. But truly, that's the fun part.



Did You Know...?

The board of directors is the governing body of the Silver City Food Co-op, providing long-range visioning, ensuring the protection of the Co-op's assets, hiring and monitoring the general manager against developed policies, and ensuring that the purpose and mission of the Co-op are properly carried out.

MEMBER-OWNER SURVEY

Please take a moment to fill out this short survey and return it on your next shopping trip to the Co-op (give it to your cashier). Your input is very valuable, we appreciate your time!

Have you ever considered running for the Silver City Food Co-op board? YES NO
If no, why not? _____

What would be a deciding factor for you to run for the Silver City Food Co-op board?

Have you ever been elected to a board? YES NO

If yes, what type of board(s) have you been elected to or served on? _____

Yoga & Stress/Yoga & Breath

by Matthew Sommerville

It was mentioned in last month's article "Yoga and Health" that yoga was originally developed as a practice for the mind as much as, if not more than, it was for the body. More to the point, yoga was developed as a means for integration of one's being – a "union" (the word "yoga" can be translated as meaning "union") between mind, breath and body - a practice that facilitated a state of psychological, physical, and emotional integration.

Many who practice yoga would attest to this: yoga, as an ongoing practice, instills a sense of calm - a sense of physical/psychological stability. Many (including myself) liken stepping onto one's mat as stepping into a sanctuary. In that space, for however long the practice might be whether, 10 minutes or 2 hours, the world around us falls away. Between our breath, our mind, and our movements, we create an experience that draws us toward our unmediated self, the self that, in Sanskrit is called "Purusha" or the "true" self. My sense has always been that, on the mat, we cultivate this "true" self, which we then take out into the world where we live as our "authentic" selves.

Right. A bit easier said than done! In the meantime, as we practice yoga we notice (over time) subtle changes happening in both our body and our mind. In particular, one of the things we notice is that, through practice, we are able to reduce stress, both physically and psychologically.

How, and where, in us does this happen? While the feeling of ease is something we experience in our body, our mind, and our emotions, the place where this shift takes place is, essentially, through the workings of the breath.

We've all experienced what happens to our breathing under different kinds of emotional experiences, most notably the strained, choppy, "hyper-ventilated" breathing when we're under either physical or emotional duress. These are, of course, aspects of our autonomic system taking over, our natural survival response to danger and stress. The problem is that through repeated duress and various degrees of trauma, these autonomic responses become patterned. Through the accumulation of these experiences, our "natural" breathing becomes negatively affected: our breath becomes shallow, strained, choppy, even when we're not experiencing stress.

In yoga, by placing our mental focus on the breath and consciously modulating our breathing, we begin to break these detrimental breath patterns. As we do so, we are able to relax both the body and the mind and, as a result, reduce stress levels.

How does this work? In asana practice, we begin by keeping the mind's awareness on our breathing. This means that we are noticing the quality of our breath throughout the practice (again, easier said than done!). Next, we link our breath to our movements. For example, as we perform a forward bend (uttanasana), we consciously exhale as we bend forward and inhale as we bring ourselves back to a standing position. If our breath becomes short or choppy, we modify the forward bend so it becomes smooth again. In effect, through the course of the practice, we are performing and experiencing steady, relaxed, supportive breathing. Through steady yoga practice, we learn to breathe in a relaxed manner again. This, in turn, helps us to remain more relaxed through the day and, as a result, we experience less stress. As well as through the breath, stress is also being reduced by the stretching/strengthening of the body and learning to "steady" the mind.

The pressures of life take a toll on our physical and mental well being. The stress we experience in our lives often leads us away from who we really are. In many ways, yoga is a "re-training" process in which we literally learn to breathe again. With yoga, we learn to regain our true selves, one breath at a time.

(Matthew Sommerville teaches Svastha yoga and offers yoga therapy in Silver City. For more information call 575-956-9988 or go to: www.yogahridaya.com)



Matthew



Introducing: Athena Wolf of La Curandera Remedies

Where do you live?

We came to the tall pines of Mimbres this summer after praying for years to find our place here. We are enjoying the climate after the heavy snows and low temps of the Colorado Rockies.

What is your background?

I have practiced Western herbalism for 41 years; studied with the curandera of Espanola; camped out with the Yaquis in Mexico summers and learned from the medicine man; apprenticed as a healer with a Peruvian shamanic tradition for six years, practiced Kundalini yoga for 42 years and studied Ayurveda for 25 years in an ashram. One of my hobbies is reading medical research.

What type of healing work do you do?

Our intent is to heal ourselves, our world and the Earth. This we can all do. I offer limpiezas, soul retrievals and Ayurveda through house calls; Ayurvedic remedies through my website, curanderahealing.com; moon ceremonies and other ceremony to heal the Earth. It is our intent to live lightly and with gratitude on this good Earth.



Athena

February Forum

Everyone is invited to the free forum, Tuesday, February 18 and Thursday, February 20, 12 noon to 1:30 pm, when

Athena will speak on
Ayurveda: Healing Body and Soul.

She will also be offering the four-hour workshop this spring,
Healing Ourselves as We Age.

Products

You will find the Ayurvedic Breast Salve at the Co-op; The Herpes Kit may be carried at the Co-op in the future. You can see a collection of the research that has secretly been going on that inspired this kit at:

<http://www.curanderahealing.com/blog.html>

Workshops

Athena gives workshops and talks on Curanderismo, Healing Ourselves as We Age, The Divine Feminine, Healing Plants of the Bible, Kundalini Yoga intensives, Healing Our Families With Natural Medicine, Shamanic Journeywork and Inner and Outer Beauty Course. Other workshops that provide information on healing through Ayurveda and other plant medicine include "Healing Ourselves" for Heart, Cancer, Menopause and Diabetes. The Medicine Wheel--a Shamanic Apprenticeship is offered at Ascension Hill Ecovillage for residents and will be available here this spring.



KITCHEN MEDITATIONS



MOLE SAUCE

- 4 1/2 cups broth
- 3 TB olive oil
- 1 cup finely chopped onion
- 3 TB chopped garlic
- 1 tsp dried oregano
- 1 tsp ground cumin
- 1/2 tsp cinnamon
- 3 TB chili powder
- 3 TB flour
- 2 oz dark chocolate, chopped

Heat oil in large saucepan over medium-low heat; add onion, garlic, oregano, cumin and cinnamon. Cover and cook until onion is almost tender, stirring occasionally, about 10 minutes; mix in chili powder and flour, cook, stirring for 3 minutes. Gradually whisk in chicken broth; increase heat to medium-high and boil until reduced, about 35 minutes, stirring occasionally. Remove from heat, whisk in chocolate, season with salt and pepper. Serve over enchiladas, oven baked chicken or even vanilla ice cream.

ALMOST FLOURLESS CHOCOLATE CAKE

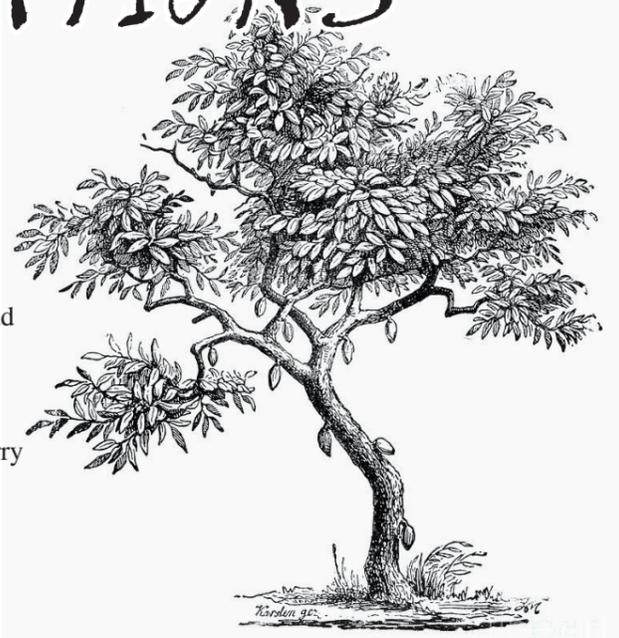
- 7 ounces chocolate
- 7 ounces butter
- 1 1/3 cups sugar
- 5 eggs
- 1 TB almond or coconut flour

Make a ganache with the chocolate and butter; stir sugar into ganache; add eggs, one at a time, mixing well after each; add flour and mix well. Prepare an 8" cake pan with parchment paper, butter both pan and paper; pour mixture into pan and bake at 375 for 20-25 minutes, until set. Cool 10 minutes, invert onto plate then flip back over. Heavenly with Larry & Luna's Vanilla Coconut Bliss.

CHOCOLATE MOUSSE

- 2 1/2 TB cacao powder
- 1 cup cashews
- 4 TB finely ground coconut palm sugar
- 2 TB coconut oil
- 1/4 tsp vanilla powder
- 1 cup coconut water or pure water
- pinch of Himalayan salt

Blend coconut water and cashews in a blender until smooth; add cacao powder, coconut palm sugar, coconut oil, vanilla and salt, blend well (start at low speed, until mixture is silky smooth). Additional liquid or cashews may be added to get desired consistency. Refrigerate at least 30 minutes to thicken.



HOT CACAO DRINK

- 2 tsp raw cacao powder
- 2 tsp coconut sugar, or to taste
- 1 tsp maca powder

Mix well with hot water.

HOW SWEET IT IS...OR IS IT? by Monica Rude

Are you confused by all the food sweeteners (26 & counting) available these days? Are you wondering which sugars are "natural" and which ones are just the objects of clever marketing? Me too! In my confusion I searched online and found a practical definition. "A natural sweetener is one that a person could reasonably expect to grow, harvest, and process themselves without the use of added chemicals, enzymes, or expensive machinery," (www.foodrenegade.com). Further research brought up the issue of fructose, a sugar currently considered hazardous to your health by many "health experts."

Fructose occurs naturally in many foods: fruits, root vegetables, honey, and sugar cane; but especially in industrial sweeteners: high fructose corn syrup (HFCS). An average American consumes 140 lbs of sweeteners per year, of which 77 lbs is HFCS (www.diffen.com).

There are three basic classifications of sweeteners: caloric sweeteners, artificial sweeteners (not found in nature), and sugar alcohols. Here are my findings on some of these.

Refined sugar, mostly white - NOT NATURAL - is made of Sucrose = glucose + fructose. Sugar refining machines boil, spin, filter and separate. Charred beef bones whiten and make it "more aesthetically pleasing." Refined sugar provides only empty calories and leeches out precious minerals and vitamins. The craving for sugar is not a call for more sugar or the

foods it is in, but for the missing nutrients that your body needs.

Miel de Agave (traditionally made agave nectar) - cooked down a little to create a watery sweet liquid is NATURAL.

Agave Nectar much is NOT NATURAL

The process by which agave root starch is converted into "nectar" is similar to the process by which corn starch is converted into HFCS. The starch is subjected to an enzymatic and chemical process that converts the starch into a fructose-rich syrup 70 % fructose and higher. GMO enzymes may be used.

Fruit juice concentrate NOT NATURAL - Is boiled down to a mostly fructose product, with none of the fiber, pulp, or living enzymes that help the body properly digest the sugar.

HFCS NOT NATURAL - Produced by milling corn to produce corn starch, then processing that starch into corn syrup, which is almost entirely glucose, and then adding enzymes that change some of the glucose into fructose. The resulting syrup contains 42-90% fructose. GMO corn and enzymes are used.

Maple Syrup NATURAL - Although boiled down excessively from 40 liters to 1, still retains its minerals. High fructose. Has a large carbon footprint.

Honey NATURAL if raw, unpasteurized, unfiltered - Sometimes adulterated with HFCS. High fructose.

"Raw," turbinado, sucanat sugars NATURAL - Whole unrefined cane sugar, made by crushing sugar cane, extracting the juice and heating, then drying; still has some molasses in it for minerals. In large amounts these

sugars can upset the blood sugar as much as regular white sugar.

Stevia can be NATURAL - A sweet powder made from a plant native to Paraguay, Stevia rebaudia, has no glycemic effect, no carbohydrates and

does not increase the blood sugar. Some manufacturers use chemicals, solvents or alcohols in their extraction process. Some have fillers added. SweetLeaf's® stevia leaves are processed using only cool, purified water. You can grow Stevia yourself. **Truvia NOT NATURAL** - Made from stevia but processed with ethanol to extract the rebiana constituent only. Also contains erythritol and "natural" flavors.

Licorice NATURAL - Not commonly added to foods but works great for tea. You can grow it yourself.

Sugar Alcohols: Xylitol can be extracted from various plants. However, industrial production starts from xylan, a hemicellulose extracted from hardwoods or corncobs, which is hydrolyzed into xylose and catalytically hydrogenated into xylitol. GMO microbial processes are also used. Xylitol is one of the better artificial sweeteners because it has few calories and does not affect insulin levels.



Monica

Erythritol NOT NATURAL - A sugar alcohol, erythritol is created when a type of yeast ferments glucose. GMO yeast and cornstarch.

Artificial sweeteners are so intensely sweet that dextrose or maltodextrin, must be added to dilute their intense sweetness in order to imitate the sweetness of a sugar.

GMO Sugars NOT NATURAL - Dextrose is made by boiling cornstarch with acid; sugar beets are processed like white sugar. Both GMO.

Sucralose (Splenda) NOT NATURAL - Perceived (and marketed) as "natural" because it is made from sugar. It is created in the lab and processed with chlorinated chemicals.

Other artificial sweeteners include: Aspartame (NutraSweet, Equal, Sugar Twin), Acesulfame Potassium (acesulfame K), Saccharin (Sweet 'N Low, Sweet Twin, Necta Sweet).

What to do??? The important consideration for healthy eating is not only the sugar content of a food but the overall nutrients of the food. So identify sources of sweeteners in your diet and switch to "healthier" ones. Gradually decrease the total amount of sweetened foods you consume and focus on the total nutrition in your diet. When you crave sweets, try to figure out the nutrients that your body lacks, eat that and the craving will disappear. Bon appetit!

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

February 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.

February 5-February 18



Bulk Shelled Walnut Halves/Pieces
reg \$13.79#
SALE \$8.99#



Brown Cow Yogurt
6 oz, assorted
reg \$.99
SALE \$.69



Luna & Larry's Coconut Bliss
pint, assorted
reg \$6.19
SALE \$4.49



Bionaturae Pasta
16 oz, assorted
reg \$3.19-3.79
SALE \$1.99-2.69



Alaffia Everyday Shea Body Lotion
32 oz, assorted
reg \$11.69
SALE \$7.99



Eclectic Institute Milk Thistle
120 ct
reg \$12.89
SALE \$7.99

February 19-March 4



Bulk Quinoa
reg \$6.49#
SALE \$4.99#



Millennium Kombucha
assorted
reg \$3.29
SALE \$2.50



Evol Burrito
6 oz, assorted
reg \$2.99
SALE \$2.00



Amy's Organic Soup
assorted
reg \$3.59
SALE \$2.50



Jason Toothpaste
assorted
reg \$6.19-6.99
SALE \$3.99-4.69



Nordic Naturals Complete Omega Lemon, 60 ct
reg \$18.99
SALE \$13.99

Member Only Specials

February 5-March 4



Bulk Bread Shop Honey Gone Nuts Granola
reg \$4.89#
SALE \$4.49



Organic Prairie Breakfast Sausage Chubs
reg \$8.29
SALE \$7.49



Nancy's Cream Cheese
8 oz
reg \$2.99
SALE \$2.69



Ginger People Ginger Chews
assorted
reg \$2.39
SALE \$2.19



Badger Lip Balm
assorted
reg \$2.49
SALE \$2.29

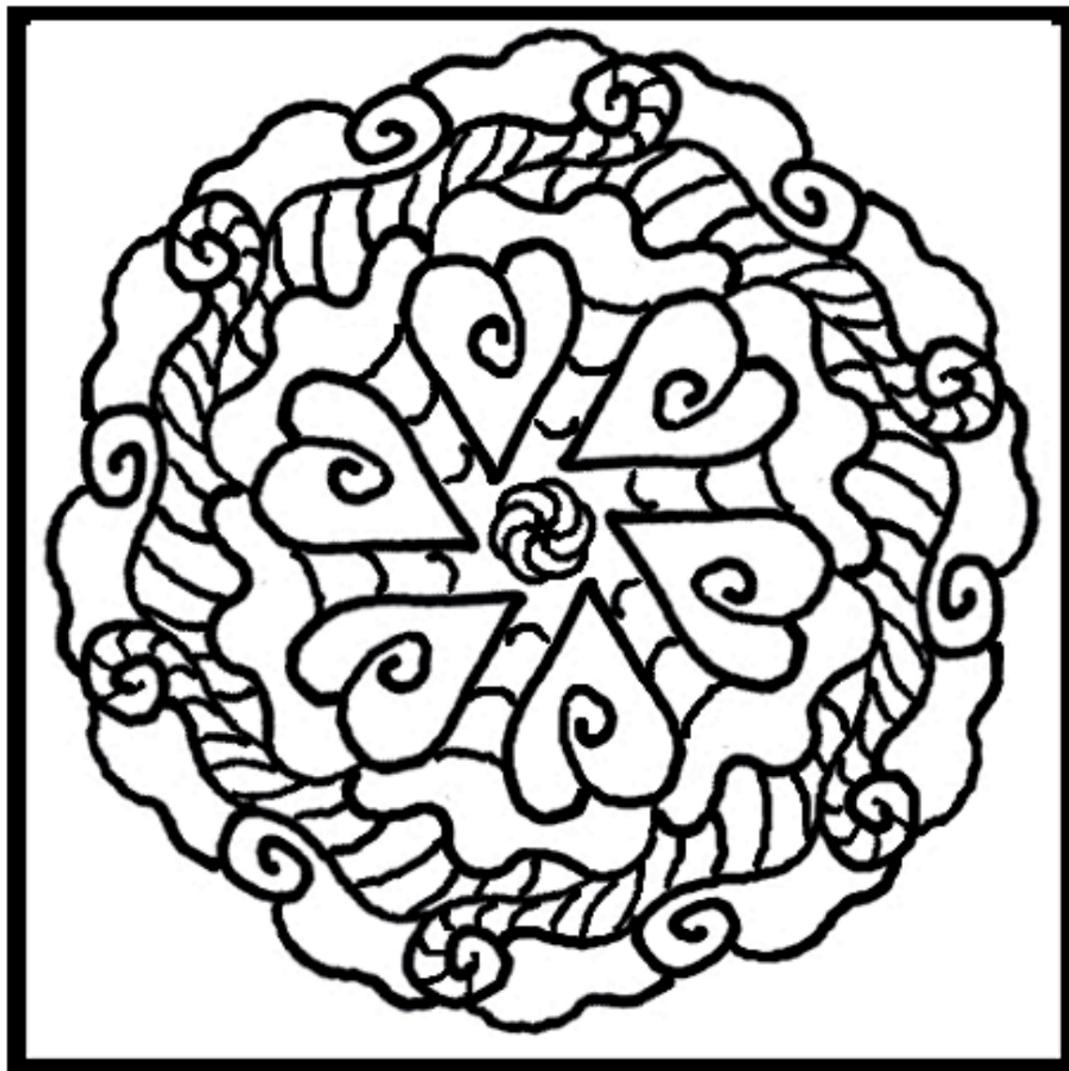


Oregon's Wild Harvest Ginkgo
90 ct
reg \$20.49
SALE \$18.49

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@silvercity-foodcoop.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*



Where were you in 1974? Some of you I am sure were not even born. And yet that was the year that the Silver City Food Co-op began operation, 40 years ago. Hooray for us, for growing and changing with the times. Life certainly was different back then.

In 1974, I was 28, living in Boulder, Colorado and shopping at the Green Mountain Grainery. Richard Nixon was president, well at least until August 9th 1974 when he resigned and Gerald Ford took over. The world population was 4 billion back then and has reached 7 billion today. New Mexico population has increased from about 1.1 million to 2.1 million in that time, and I am one of those who added to the increase. Grant County hasn't changed quite as much only going from about 22,000 in 1974 to 29,400 today. Depending on which set of numbers I look at, it seems that the average American family spent about 18% of their income on food in 1974, down from about 30% in 1963, but still much higher than the 6-7% we spend today.

Silver City Food Co-op was one of the many new wave co-ops started in the 70's. I believe the reason for the creation of these co-ops was to provide people with access to non-mainstream healthy foods that we now take for granted: bulk foods like brown rice, whole wheat flour, lentils, and tofu. Today healthy food, especially the processed

and packaged food sold at the co-op can be purchased at other stores in town. We have ready access to natural foods, although some is quite pricey. Our role is the same today as it has always been, providing people with healthy organic food. However, in my mind the main concern for us now is not access but revolves around threats to the purity of our natural food, including food additives and genetically modified organisms, GMOs.

In the early 1970s something was also happening in the US congress, which has ramifications today. Congress enacted a law that began the process so corporations can receive patents on seeds and thus the ownership of a life form. Over the intervening years more laws and more FDA rulings have occurred, making the way easier for corporations to impact our food supply. The introduction and sale of GMO crops before they are adequately tested concern many people, including me.

The following pieces of information about GMOs might interest you. Genetically modified crops that are currently available in the US include: soy, corn, canola, cotton, Hawaiian papaya, alfalfa, zucchini, and yellow crookneck squash. The genetic modification is at a DNA level, so every piece of the GMO crop such as corn or canola oil is affected, including every bite we eat. There is some concern and debate about whether there are GMOs in the milk, eggs

and meat from animals that eat GMO corn, soy and alfalfa. There are no GMO labeling laws in the US. The European Union requires labeling of all GMO foods. If you want to learn more about GMOs and the health problems they cause visit www.geneticroulette.com.

If you wish to avoid GMOs, purchase products that are a) certified organic products, b) products that are "non-GMO project verified" (products receiving this verification display the logo below), or c) whole unprocessed food (other than the GMO crops listed above), such as raw cashews, kidney beans, or avocados, that have no other ingredients added. For more detailed information visit www.nongmoproject.org/ and www.nongmoshoppingguide.com.

So let's go back to our little store and its 40th birthday. I think we should be proud of all the changes we have made and how we constantly adapt to an ever changing world. We have owned our storefront for over 20 years now and have expanded into every nook and cranny. Our store is freshly painted and looks beautiful. We carry a great variety of healthy, organic, and non-GMO products, and food for all types of special health needs. Our member-owners and cus-

tomers are a very diverse population and live in town or in one of four counties and might travel more the 60 miles to shop at our co-op. As I said before, hooray for us!

Information in the second paragraph came from US Census figures, Wikipedia, and the World Bank. I am not very detailed in research so I will not guarantee the accuracy of these figures. Information in the fourth paragraph came from the Port Townsend Food Co-op newsletter The Co-op Commons, Summer 2012. And information about the GMOs came from the book Genetic Roulette.



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: outreach@silvercityfoodcoop.com (575) 388-2343.

Board Meeting Schedule

The SCFC Board of Directors meets the third 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.

Silver City Food Co-op Board of Directors

Susan Van Auken/President
Board Term: 2013-2016
susanvanauken@gilinet.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
peaceynno@gmail.com

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

Save the Date!!!



Wahoo!

Yahoo!

Hooray!

**Celebrate the Silver City Food Co-op's 40th Anniversary
1974-2014!**

Come to the General Membership Meeting

Enjoy great food, a short business meeting and

Contra Dancing with the Big Ditch Crickets!

Dress up in 70's garb to honor our beginnings or Come as you are.

When? Sunday, April 27th, Noon to 3pm

Where? The Commons, 501 E 13th St. between Swan and Corbin Sts.

Outreach Report

by Carolyn Smith



Supporting a local food economy is not a fad or a passing phase. Its importance is on-going. Interruptions in food supplies can occur for various reasons including wartimes, changing economies, weather, poor agricultural practices, insufficient water resources, and fuel shortages. We don't have to look far back in time for reminders.

During World War I, food production in Europe fell dramatically when European farmers and agricultural laborers were recruited into military service, farmlands were devastated, and transportation facilities were needed for the war effort. The United States was called on to supply food to 120,000,000 people in the countries of our allies.

This increase in demand led to food shortages and rationing in the United States. Community and backyard gardens began to spring up, inspiring American Charles Lathrop Pack, a third-generation timberman and multi-millionaire, to found the National War Garden Commission which organized a campaign to increase the domestic food supply. Using posters, cartoons, press releases and pamphlets, Americans were urged to help work the land, plant backyard "Victory Gardens" and to preserve the surplus by canning and drying. Posters sported slogans such as, "Will you have a part in victory?," "Every war garden a peace plant," "Can the Kaiser," "Sow the Seeds of Victory," and "Put the slacker land to work." The campaign was extremely successful. In 1918, Over 5 million new gardens produced over 528.5 million pounds of produce, more than 1.2 billion dollars worth of food.

The 1930's drought and erosion of the Dust Bowl affected 100,000,000 acres in the Great Plains region that included the panhandles of Texas and Oklahoma and sections of New



Mexico, Colorado, and Kansas. Toomuch land was under cultivation and the agricultural practices of the time such as large scale removal of native

grasses and deep plowing, especially unsuitable for a region historically prone to high winds and cycles of drought, contributed to this environmental disaster. Many people lost their jobs and homes and by 1940 2.5 million people had left the Great Plains.

During The Great Depression from 1929-1939, city governments set up relief gardening programs. Relief

gardens, also called welfare garden plots, vacant lot gardens, and subsistence gardens, provided opportunities for both food and work and they helped improve the health and spirit of participants by making them feel useful and productive.

World War II and the internment of Japanese-Americans took a toll on the U.S. food supply. Japanese-Americans had produced over 40% of the fruits and vegetables in California but they were forced to turn over their lands to European immigrants and dust-bowl farmers from the mid-west who were unfamiliar with California growing conditions, and the drop in food production was significant.

Once again the call went out to Americans to "Sow the Seeds of Victory". Eleanor Roosevelt planted a victory garden on the Whitehouse lawn and after some trepidation about home gardens hurting the food industry, The Department of Agriculture, along with some agribusinesses such as International Harvester and Beech-Nut, began distributing booklets on gardening and food preservation. Fruit and vegetables harvested from home gardens and community plots on public lands and in city parks were estimated at around 9-10 million tons, equal to all the commercial production at this time. Vegetables and fruits were grown in the largest cities including lawns in New York City's "Riverside" and sections of San Francisco's Golden Gate Park.

In response to the tough economy of the early 70's and a desire for more self-sufficiency after the Arab oil embargo, interest in community and home gardens was reignited. There was a wave of people who moved out of cities and joined the "back to the land" movement, relearning the art of homesteading: planting gardens and orchards, beekeeping, baking, canning and storing food for the winter in root cellars. Many started small scale truck farms selling fresh produce, honey, eggs, milk, cheese and prepared foods such as pickles and jams at farmers' market and to local stores including the food co-ops that were sprouting up in communities around the country.

Today the predicted worldwide decline in agriculture due to the effects of climate change and the increase in oil prices (for a variety of reasons)

may make fresh produce unaffordable or even unavailable. Large scale commercial agriculture depends on oil more than any other sector of the economy. Oil is used in the manufacture of synthetic pesticides and fertilizers, in the operation of big farm machinery, and the transportation of food thousands of miles from farm to market. The price of food rises with the price of oil.

Subsidized commodity crops keep prices artificially low on fast food and a lot of packaged products as well. Many people choose to eat these foods instead of buying fresh produce for home cooked meals because calorie per calorie it's cheaper, but calories are not all created equal. Calories from fresh produce and whole grains also supply the body with important nutrients necessary for our health and well being. When the body doesn't get the nutrients it needs, it tells us to try again.

Both obesity and diabetes are attributed to poor nutrition. In March 2009, First Lady Michelle Obama planted the first kitchen garden on the White House lawn since Eleanor Roosevelt's in an effort to raise awareness about healthy food. Having a backyard garden can be an affordable way to supply our families and ourselves with healthy fresh food.

In Grant County there is great potential and a need for small scale agriculture suited to our environment and weather conditions, from small farms and greenhouse production to backyard gardens and cold frames. In 2010 Doug Zilm, former Silver City Food Co-op manager and SW NM Green Chamber of Commerce board member, founded the Local Food Committee as a sub-committee of the Green Chamber. The Local Food Committee's mission is to support existing local food producers and increase local food production in Grant County by focusing on three areas: increasing community awareness of the importance of local food production, educating and growing new producers and improving the infrastructure for storage and distribution of local foods.



Members have included representatives from various organizations already working on this issue: the Silver City Food Co-op, The Volunteer Center, the Grant County Food Policy Council, Healthy Kids Healthy Communities, the Silver City Farmers' Market and High Desert Organic Gardeners (HiDOG) along with other interested community members.

The Local Food Committee organized "The Grant County Growers Meeting": a meeting to bring local growers together to discuss local storage and distribution systems and to learn what other regions in New Mexico were doing. Speakers included Michelle Franklin of La Montanita Co-op's Foodshed/CDC program and Pam Roy and Tawnya Laveta from Farm to Table.

This past January, the Local Food Committee organized the LankLink and Local Investment Forum which featured presentations on the Central New Mexico LandLink program with Tiffany Terry from the Mid-Region Council of Governments, the land use arrangement between farmer Doug Smith of Townside Farm and landowner Peter Day, and financing agricultural startups using local investments with Gordon West of the Grant County/Gila Local Investment Opportunity Network.

Each autumn, The Local Food Committee hosts Farm2Chef, an annual event at the Silver City Farmers' Market that highlights the wide variety of locally grown and produced foods. This year's 4th Annual Farm2Chef invited local restaurant and home chefs to showcase dishes using local ingredients. Attendees lined up for free samples and a cookbook with all the recipes.

The Local Food Committee is also working on the creation a local food label certification program, establishing qualifications for animal producers, vegetable crop producers and restaurants.

The Local Food Committee needs more members to help with this important work. If you are interested in helping Grant County become more food sustainable, please consider joining the Local Food Committee. Contact LFC chair Saskia Van Hecke at svanhecke@hmsnm.org or me at 388-2343 or outreach@silvercityfoodcoop.com ❖

February 2014

Full Moon 2.14.2014

at 4:54:46 pm (MST)

No New Moon
in February this year



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	Forum: 4 Winter Garden 12-1 pm	5	Forum: 6 Winter Garden 12-1 pm	7	8
9	10	11	12	13	14	15
16	17	Forum: 18 Ayurvedic Medicine 12-1:30 pm	Board Meeting 4.30-7.30	Forum: 20 Ayurvedic Medicine 12-1:30 pm	21	22
23	24	Member Linkage 11-12 Forum: SC Museum 12-1 pm	25	26	Forum: 27 SC Museum 12-1 pm	28
						1

Aquarius

(January 19-February 18)

By 2014 you are ahead of the pack during the 2012-15 evolutionary portal. Aquarius is a leading voice in out-of-the-box thinking. Your brilliant, zany spin is often far ahead of the times; in 2014 revel in the respect your timely originality garners. You work well in teams, bringing together diverse voices for electrifying dialogue. You zip here and there, facilitating connections that others would never have dared. You have the ability to stand back, constantly assessing who is capable of what and where the group is heading. Special people will arrive like gifts into your life the second half of the year. These folks really understand you; they open up your horizons. Aquarians prefer spacious relationships, where they are free to roam and return without being rejected. For anyone wanting to be in relationship with an Aquarian, it is especially important to respect this truth in 2014.

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	Forum: 11 NM Farming Conference Revisited 12-1 pm	12	Forum: 13 NM Farming Conference Revisited 12-1 pm	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	Member Linkage 11-12				

March

"There are four basic food groups:
milk chocolate, dark chocolate,
white chocolate, and chocolate truffles." - Anonymous

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