

the Garbanzo Gazette

The monthly newsletter of the Silver City Food Co-op

Your Co-op Cares Let's Count the Ways!

Many shoppers are careful about spending money, selecting a good product or service, but also that the dollars spent make a difference. Is the product fair trade and sustainably made? This is how a co-op is different from other businesses and why it's important to shop the Co-op.

What makes a co-op different? As a member, you are an owner. As an owner, you elect a board to govern the co-op with by-laws for which you vote. Co-ops adhere to the seven cooperative principles. Co-ops are an economic alternative that is sustainable and responsive to its members.

Other than being an economic alternative, co-ops care about the people and communities they operate in. How does the Silver City Food Co-op care? In many, many ways, every day.



Sharon Bookwalter & Sarah Horton
Taste of Downtown booth

Donations: The Co-op donates food to the food pantry each month, and gives food donations or gift cards each month to area non-profits. Other donations are in the form of sponsorships for arts and cultural events and community events that are open and free to our community.

Sustainability: The Co-op supports local farmers and ranchers. We will always try to source our products locally before purchasing out of our region. We encourage local growers by paying them fairly for their products.

Community Outreach: Through booths at community events, we share food and information to help people make good food choices. We support other organizations by collaborating and promoting their community programs.

Products: Our Co-op buyers research all products to make sure our products are the best possible we can purchase. Our buyers avoid GMO ingredients and try to buy organic as often as possible. They look at all the ingredients and avoid products that have questionable ingredients.



Volunteer Betty Spence
at the Jump Into Summer booth



Happy Co-op Staff

Staff: The Co-op cares about our staff. Management works hard to provide a living wage and benefits. Hours are flexible and personal lives matter and are accommodated for. In turn, our staff cares about our customers. We want to be as helpful as possible and will special order items we do not carry. We will help you find the products that are right for you.

Education: We offer free educational forums to our community. These forums are open to all to teach or learn.

Consumer Savings: We help our members stretch their food dollars by offering special discounts (Member Appreciation Days) four times each year. We offer "Co-op Deals" sales each month to everyone. The "Co-op Basics" Program, provides staples in the bulk, grocery, dairy and non-food departments at a discounted rate every day. These discounts are available to everyone in the community. We also offer member specials each month.

When you shop at the Co-op, you are supporting your friends, neighbors, and community. Recent studies have shown that when you spend your money locally, four times more of your dollars stay and support the community than if you were to spend those dollars at a chain or big box store!

You don't have to be a member to shop at the Co-op, but if you want to support your community in more ways than you personally can, become a member today, and help the Co-op care for our community.



One of our monthly community forums

The Co-op has recently opened the Market Café serving organic deli salads and sandwiches, and is expanding the menu daily. We responded to our members need to have a place to eat where the food was made fresh with organic ingredients. The Market Café also offers specialty foods, and a growing retail space of local art, organic body care products, and environmentally friendly toys and gifts.

Happy Holidays to All!

Pick Your Own **MAD** November/December

Pick your own day to receive 10% off your purchases!
Stock up for the holidays!
Be sure to tell the cashier **BEFORE** they start ringing up your purchases that you are using your **MAD** discount!

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Food Co-op**
520 N. Bullard St.
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www.silvercityfoodcoop.com



Co-op Hours:

Monday - Saturday
9 am - 7 pm
Sunday
11 am - 5 pm

Featuring: Organic Sandwiches, Salads,
Wraps, Soups & Desserts
Fair Trade Gifts and Specialty Foods

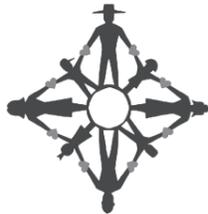
Silver City Food Co-op
Market Café

**Café
Hours:**

Wednesday - Monday
8:30 am - 3:30 pm
575-956-6487

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

Staff

Judith Kenney - produce

Bob Lee - bulk manager

Carolyn Smith - wherever needed

Dougan Hales - produce

Jake Sipko - produce manager

Kate Stansberger - supplement manager

Carol Ann Young - office

Jeanné Miller - herbs/produce

Becky Carr - dairy buyer

Vicki Gadberry - office

Jess DeMoss - POS manager

Meggie Dexter - offsite website

Misha Engel - frozen manager

Jenny Morgan - office/assistant front end

Joe Z - gm

Marguerite Bellringer - finance manager

Kim Barton - grocery manager

Eric Lynch - receiving manager

Michael Sauber - produce/stocker

Mia Crandell - POS

Eva Featheringill - assistant grocery

Patricia Walsh - HABA manager

Jody Andrews - cashier

Evan Humphrey - cashier/office

Lee Ann Miller - cashier

Gabbie Sturdivant - wherever needed

Brenna Brown - deli

Sarah Hardisty - deli/grocery/cashier

Tinisha Rodriguez - grocery/cashier

Charmeine Wait - EMO manager

Allie Iacocca - wherever needed

Joe Riley - cashier

Mike Madigan - am

Chloë Eaton - wherever needed

Adrienne Booth - EMO

Lynne Featheringill - café

Sarah Roethle - grocery

Leah Chastain - produce

Amanda McGinnis - cashier

Sarah Horton - deli

Ben Williams - café

Marchelle Smith - wherever needed

Stephen Persaud - café

Jerome Nieblas, Jr. - café

Paul Slattery, Jr. - wherever needed

Annual Co-op Equity

\$10.00

The Garbanzo Gazette Gang

Editor: Charmeine Wait

Contributors: Adrienne Booth, Jennifer Johnston,

Susan Van Auken

Layout & Design: Carol Young

& Meggie Dexter, Consultant

Submissions are welcomed!

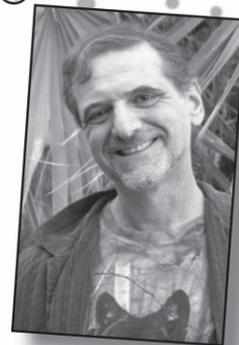
Submit letters, articles, or items of interest to:

gg@silvercityfoodcoop.com

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Cup o' Joe by Joe Z



Have you ever banged your head against a wall? I have. It hurt. As a matter of fact, twice that I can remember – I actually was knocked unconscious (and yes – you do see stars). We will not discuss the events that led to those incidents. The important fact that was learned was that when confronted with a wall, your head is not the best tool to use on it. Banging one's head upon a wall serves no useful purpose.

With nearly six decades on this planet I have learned that my preference is to talk to the walls rather than bang my head upon them. Neither is a useful way to spend ones time although after talking with one I can still enjoy a beer rather than needing a cold compress.

If I ever need to get through a wall, I have found that they make a number of tools to do just this – much better than using the head. Walls, of course are neither good nor bad. I really like the walls on my house which keeps out the snow and the deer. I've no desire to talk to or bang my head against the walls in my house. But sometimes walls are barriers keeping us from getting to where we want to go. We can climb over it, go around it (maybe), tunnel under it or smash through it. Or maybe put a window in and perhaps a door. That may be a better course of action in the long run.

I have heard that there are people in Silver City who feel that there are walls preventing them from using the Co-op. One of those walls may be our parking situation. It's a minor hindrance to some and a wall to others. Ever get trapped in by the bevy of delivery trucks serving Nancy's and Dianne's as well as our Co-op? Please do not use your head to get through them.

As long as we remain on Bullard, there is probably nothing that can be done about the parking at this juncture in time. But I have also heard about other walls. These are walls mostly of perception such as, "oh – that place is just for hippies". All of us know that is simply not true. I can already hear some of our Members exclaiming, "I'm not a hippie! Those folks need to come down here and find out for themselves. We are a very diverse group and yes there are what one may term "hippies" here but it is NOT a hippy place." To which I would say, "Please stop banging your head on the wall."

Perceptions are some of the hardest walls to get through. They wall people out as well as wall people in. How do we get through these walls? Or maybe the first question is, should we get through them? Maybe it's good that these walls are there because it keeps out those 'not like us'. To which I would answer, "nah – everyone is welcome here – we are a Co-op and we serve our community." So then one may say, "If that is true, shouldn't we broaden our food offerings to include the brands that those folks may be familiar with?" To which I would respond, "nah – we are committed to quality products that promote health and a healthy planet – offering poor quality products does not serve our community or each other very well."

So what do we do to break through those walls of perception? Well, first there is direct engagement with folks in other venues such as the County Fair where we were able to share quality foods with many non-members. But we have come up with an additional way: let's get our Newsletter – this Garbanzo Gazette – to others. The last couple of years, we distributed the GG through a few other outlets such as the Visitor Center and the Library. But our reach was still limited.

Then an interesting chain of events transpired as our printer of this paper went out of business. What to do? As word got out about this, our friends at the Daily Press/Independent offered us a great opportunity. They will print the paper for us once a month and distribute it for us inside the weekly Independent. We could literally reach thousands of folks this way! They will even mail them to our Membership albeit it will still be inside the Independent. And it will be in color. Wow.

This could really provide a window through those walls of misperception into our Co-op and Co-ops in general.

We will be starting this next month so you will need to look for this paper inside the Independent. There are still some details to work out but we will keep everyone informed as we move forward.

With so many people having direct access to our GG, we need to learn how to talk to our entire community instead of just amongst ourselves. This will be a great challenge as the main focus of our paper is internal communications. We will learn a lot as we proceed forward.

Will we be talking to a wall?? Maybe somewhat but offering this window at least is better than banging our heads against it. Our Co-op – though quite tiny – is an amazing place. I think everyone who shops here believes this. But what if we are really successful? Maybe another few hundred folks start shopping here (we have well over 2000 members now). Can our store handle the extra traffic? Where will people park? More success will change our Co-op. Hopefully for the best.

Or maybe nothing happens. What does that mean to a Community Co-op that doesn't connect with the majority of the Community? The sad truth is that our Co-op may not be able to survive unless we attract more people. This is what is happening in Las Cruces and Los Alamos – Co-ops in dangerous decline because they haven't connected better with their local community.

We'll deal with these walls instead of just cursing them. I believe our Story, our Store, our Members and our Staff have tremendous appeal to many if they really knew us. Maybe those walls are thicker than I realize but the only way to know is to try to let light through them. I think that many people will like what they see.



DATES TO REMEMBER

Remember to sign up now for your Artisan Vendor booth!

Dec. 5 – Tamal Fiesta Workshops @ 614

Dec. 10 – Community forum & cookie exchange @ 614

Dec. 12 & 13 – Art Market 9-2 @ 614

No Flea Market in December

Jan. 9 - Art Market 9-2 @ 614

Jan. 14 – Community Forum @ 614

Jan. 23 - Community Flea Market 9-2 @ 614

THE CO-OP IS CLOSED

Christmas Day

and New Years Day

December Forum

Cookie Exchange

Bring cookies

&

cookie recipes to share

Thursday, December 10th

from Noon to 1 pm

Community Room @ the Market Café

614 N. Bullard St.

For more information call the Co-op at 388-2343

Buckwheat, Millet, Quinoa, Oats, Brown Rice Have You Tried These Amazing Whole Grains?

by Susan Van Auken

Our bulk bins stock a full selection of whole grains, all of them unique, and each originated in a different part of the world. Even today each grain provides a staple ingredient of the diet for one or more cultures.

Wheat, corn, rye, and barley are most commonly ground into flour and used for bread, bagels, pastries, cookies, chips, cereals, and more. Unfortunately many of these products are not made with the whole grain flour. Read the label if you want to know for sure. (Please know the term "wheat flour" on labels means white wheat flour not whole grain flour.)

The grains I am featuring in this article are ones more often cooked whole rather than ground. They have become more available and familiar to many of us during the past thirty years, with brown rice being the most well-known. Whole grains are a large part of my diet. I love them, eat them every day, and create many delightful dishes out of these versatile foods. I thought I would share my passion by including a few details about each of these whole grains. Perhaps you will be encouraged to try a new one.

Buckwheat

Buckwheat has a short growing season so it thrived in the cool climates of Siberia and China. It is high in iron and calcium and the nutrient rutin. Many people know buckwheat as pancakes, where the grain has been ground into flour. In some countries the raw buckwheat is cooked whole after it is toasted, releasing a nutty aroma. At this point it is called kasha, and when cooked is tastier than the cooked raw buckwheat. (Do not confuse kasha with products under the brand name Kashi). You might have heard of kasha knishes which are an Eastern European pastry with a kasha and onion filling. Kasha works well as a breakfast cereal with raisins and nuts or in savory dishes especially with onions and cabbage.



Millet

Many people in the United States would recognize millet as one of the main seeds in wild bird feed, and not even think that it is also people food. Yet the small, round, yellow millet seeds are a staple food in northern Africa and parts of India. Legend says that millet has spiritual power, which some people think has to do with its high level of silica.



Millet, a naturally dry grain, can be cooked to a wonderful pilaf texture. If packed into a bread pan when hot, it will solidify as it cools and can then be sliced for re-frying. When whizzed in the blender with extra water, raisins and sunflower seeds before cooking, millet turns into a wonderful creamy breakfast cereal.



Oats

Oats originated in the cool damp climates of northern Europe and are now grown in many other northern countries such as Canada. The grain is easily distinguished when it is growing because the seed head hangs downward in a graceful arc.

Oats are the softest of the grains and the highest in fat content; these two facts together account for the creaminess we appreciate in a bowl of hot oatmeal. Oats are also very digestible, making it a good food for the elderly and convalescents. The three forms of oats - whole oats (called oat groats), steel cut oats, and rolled oats - all provide the same creamy oat consistency when cooked for a breakfast cereal but the cooking times vary. We all know rolled oats are often used in cookies and desserts. But not many people know that whole and steel cut oats also lend themselves to savory dishes, such as a marinade or sauté.

Quinoa

Originally grown in the high plains of the Andes, quinoa (pronounced keen-wa) has quickly become a favorite whole grain in America. Quinoa is considered a good source of vegetable protein because its ideal balance of amino acids forms a complete protein.

The co-op carries several varieties of quinoa: white, red, and a rainbow mix. Quinoa, a slightly bitter grain, is made even more bitter by the saponin coating often found on the grains. This bitter coating protects the grain during its growth from birds and insects. The cleaning of this grain and the removal of the saponins has greatly improved over the years so what we buy is not bitter.

Quinoa cooks quickly, so it is truly a fast food which may be the reason for its popularity. It is also very pleasant tasting and is suitable for all different cooking methods and for both sweet and savory.

Rice

Originating in China, Southeast Asia and India, rice is now one of the most produced foods in the world. Rice likes warm, moist conditions for optimum growing. It is also the grain with the highest water content. Many cultures eat rice, and there are thousands of varieties, although often the rice eaten is the processed or polished white rice. (If you remember from the article last month, rice, loses many of its nutrients when it's processed and the bran and germ are removed.) Brown rice is high in B vitamins.

Rice is plain and mild tasting which makes it easy to digest and ideal for all types of dishes including sweet, savory, creamy, marinades, and stir-fry. Because it is so universal, it is used with all flavors as well as ethnic cuisines. The co-op carries several varieties of whole brown rice each with its own character. Long grain rice is a little drier than short grain when cooked, and of course, basmati has a wonderful aroma.

Other whole grains

Not mentioned in this article but wonderful whole grains to try are amaranth, teff, and wild rice. The co-op carries all three in packages, not in bulk.

Next month I will share creative ideas about how to cook whole grains.

Sources: *Amazing Grains* by Joanne Saltzman wholegrainscouncil.org

LOOK!



The Garbanzo Gazette is Growing!

Starting with the January 2016 Garbanzo Gazette, our monthly newsletter will be included as an insert in The Independent published by The Daily Press.

By doing this, more community members will be informed of the great food and community activities available at the Co-op. If you receive your Gazette by mail, it will be mailed to you inside of The Independent.

Copies of the Garbanzo Gazette will still be available at the Co-op.

We are excited to collaborate with The Daily Press

and appreciate the opportunity to reach more community members.



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Traditional Foods Specialist
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Market Café Chitchat

This Month's Menu Highlight: FALAFEL

Have you tried the falafel at the Market Café? A traditional staple of Middle Eastern diets, falafel has been an anchor on the menu here from the start. It's our pleasure to share with everyone how our take on this classic is taking form in our kitchen.

The main ingredient is the garbanzo bean. When the café started a few months ago we took advantage of the dry falafel mix available in the bulk department at the main branch of the Co-op. It's quick and easy and helped us hit the ground running. Over the last couple of months, though, we began making it from scratch. We start by soaking dried, raw garbanzos overnight. The next day they're ready to be ground together with olive oil, garlic, lots of fresh parsley, and our own combination of spices. This forms a nice, shapeable batter that we form into balls and bake in the oven. Invariably, folks always wander in during this time. The aromas from our kitchen sometimes make it half-way down the block!

Our falafel is available for sale in the deli case at the café. We sell them individually, but don't miss out on the chance to try our Falafel Pita. Did you know we make our own hummus and tahini sauce from scratch at the co-op? Top it all off on a toasty pita with lettuce, tomato, cucumber and onion....Delicious! We're happy to share our recipes...come on down to the Café and we'll get you set up.



The Perfect Gift!

Traditional Aceto Balsamico of Monticello is now available at the Market Café!

There is a very special farm in Monticello NM, making a very special product that is now available at the Market Café. The Darland Company LLC makes America's only traditional-style, organic, aged balsamic vinegar.

Steve and Jane Darland planted the Italian white grape vines more than 20 years ago on their certified organic farm. "We brought the vines in from Italy; they are the same grapes that Port wine is made from," stated Steve at the recent tasting of the vinegar during the Market Café's grand opening. "We are one of the few producers in the world that grows their own grapes."

The only ingredient in the balsamic vinegar is the juice from the old Roman white grapes. "We also brought in casks from Italy to age the vinegar in our vinegar loft. To be a traditional balsamic vinegar, it must be aged at least 12 years. Right now, our balsamic vinegar has been aged 18 years. Each small bottle contains the climate-condensed juice of 200 pounds of estate grapes. Or it holds the viscous remnant of enough free-run juice to make 55 bottles of wine."

"Grocery store balsamic, which is what Americans are used to, is made with red wine vinegar and caramel and can be made in minutes; it is not a true balsamic and frankly is just a sweetened 'fake.' Once you try the real thing, you'll understand the difference – it's like the difference between salmon eggs and caviar."

At the tasting held during the Market Café grand opening, people tasting the vinegar stated it was like a flavor explosion in their mouths. It has the consistency of molasses, and you only use a drop or two on plated food.

Jane stated, "In Italy bottles of this vinegar are given at special holidays, weddings, and anniver-

saries. It is so valued, that bottles are passed down from one generation to another. It may seem expensive, but there are several hundred servings in each bottle and that is how one bottle is passed down. It is only used during special events. Bottles of comparable quality in Italy sell for three times what we sell our vinegar for."

It is the Edible magazine 2011 "Artisan Product of the Year" for New Mexico. And the May, 2011 Bon Appétit magazine calls it one of the "best artisanal Italian pantry staples in the U.S". Ruth Reichl calls this balsamic "rare and wonderful" on her food blog. Margot True, food editor of Sunset (2012) says, "Each sweet, silky drop explodes with flavor." Doug Fine in New Mexico magazine (2012) said, this balsamic "made me understand why people become Epicureans – my culinary life changed forever." Saveur (2009) named this among the world's Top 100 products, saying "It's worth the splurge." The primo U.S. food magazine, The Art of Eating (2014) in praise, says our balsamic is "less an imitation of Italy and more a reflection of New Mexico".

"We also make a "condimento" vinegar, which is our balsamic that is aged less than 12 years. Ours is special because we mix the younger vinegar with some of the traditional. The result is a balsamic vinegar with a depth of flavor reminiscent of a port wine."

Both the traditional and condimento are available for purchase at the Market Café for holiday giving! Additional tastings will be held at the Market Café on November 28 from 11 am to 2 pm and on December 12 from 11 am to 2 pm.



Our Community

SCHOLARSHIPS OFFERED for the New Mexico Organic Farming Conference

Each year, the Silver City Food Co-op is one of many sponsors of the New Mexico Organic Farming Conference. This important conference offers workshops and classes on organic farming methods presented by growers and researchers from around the country and the four corners states. More than 800 participants are expected including farmers, ranchers, retailers, ag professionals, market gardeners, processors and people interested in organic gardening and sustainability.

The two day event features workshops on livestock, crop production, marketing, and compliance with organic standards. Staff attending the conference last year were surprised by just how big organic farming is and impressed by the complete schedule of excellent workshops. This conference connects people to each other and the resources needed to get started or improve their

production. The conference will be held in Albuquerque at the Albuquerque Pyramid on February 19 and 20, 2016.

We want to share this excellent resource with our members and encourage local growing, so this year the Co-op is offering a registration scholarship to one Co-op member and one staff member. This will cover the \$100 registration fee to attend the conference. It will not include travel or lodging at the conference. Scholarship recipients will be required to present on the workshops they attended and the conference at the March 10, 2016 community forum.

To apply for a scholarship, please go to the office and pick up an application. Deadline is December 30, 2015.

Co-op and Community Events (Volunteers Needed for Co-op Events)

Artisan Markets

In December there will be one two-day artisan market for purchasing locally made holiday gifts. The market will be on Saturday and Sunday December 12th and 13th at the Market Café.

Bisbee Soap and Sundry Demonstration

The Market Café now carries Bisbee Soap and Sundry products including soap, beard oil, and shave soap. Come by the Market Café on Saturday, December 5th from 11 am to 2 pm and meet Markus who handcrafts all of the products using the finest ingredients.

Tamal Fiesta Workshops

The Tamal Fiesta will be holding workshops in the community room at the Market Café on Saturday, December 5th. Save the date for food and fun!

Popcorn Fridays

Each Friday from 9 am to 3 pm the Co-op offers popcorn and other food samples. Volunteers are needed to help make popcorn. It's fun, you get to meet lots of people, and see what is happening at the Co-op! If you are interested in helping with this ongoing event, please contact us.

Volunteer!

When you volunteer to work for the Co-op, for every 3 hours of volunteer service, you receive a voucher good for 15% off for one day. It's a win-win!

To volunteer for any of these events, please contact Charmaine at 388-2343 or email charmeine@silvercityfoodcoop.com

December

Saturday, December 5

Tamal Fiesta Workshops
614 N. Bullard St.

Saturday, December 5, 11 am to 2 pm

Bisbee Soap & Sundry Demonstration
614 Bullard St.

Thurs., December 10, 12 noon to 1 pm

Community Forum
Cookie Exchange, bring your recipes too!
614 N. Bullard St.

Sat. & Sun., Dec. 12 & 13, 9 am to 2 pm

Artisan Market
Support local artisans!
614 N. Bullard St.

Wed., December 16, 4:30 pm to 7:30 pm

Silver City Food Co-op Board Meeting
614 N. Bullard St.

Friday, December 25, 2015

Happy Holidays
Co-op is closed!

Fridays in December

Popcorn Fridays-free popcorn
and other food samples
Silver City Food Co-op
520 N. Bullard St.

January

Friday, January 1, 2016

Happy New Year!
Co-op is closed!

Saturday, January 9, 9 am to 2 pm

Artisan Market
Support local artisans!
614 N. Bullard St.

Thursday, January 14, 12 noon to 1 pm

Community Forum
Nuevos Comienzos/Community Kitchen
with Rita Herbst
614 N. Bullard St.

Wed., January 20, 4:30 pm to 7:30 pm

Silver City Food Co-op Board Meeting
614 N. Bullard St.

Saturday, January 23, 9 am to 2 pm

Community Flea Market
614 N. Bullard St.

Fridays in January

Popcorn Fridays-free popcorn
and other food samples
Silver City Food Co-op
520 N. Bullard St.



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service.

Sophia Brugman • Miriam Richer • Christine Dalmedo
Deb Peru • Mary Ann Finn • Deb James
Julie Williamson • Saguara Compton
Yoninah Murphy • Rebecca Summer • Bridget O'Leary
Rick Bohart • Sharon Bookwalter



Co-op Community Donations

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

Grant County Food Pantry
Gila Mimbres Community Radio
WNMU Kinesiology Club
S.N.A.P. Fundraiser
Komen Cancer Awareness Fundraiser

Bag Refund Donation Program

Thank you for using your own shopping bags!
For each shopping bag used, we will give you a chip valued at 5 cents to donate to one of two non-profit organizations. The non-profit organizations are currently changed every two months. The Co-op is proud to work with members and donate to these worthy organizations:

Grant County Community Foundation
\$58.40 October
Upper Gila Watershed Alliance
\$131.90 October

Holiday Cookies and the Cookie Exchange

Oh the smell of cookies baking in the oven on a cold winter day. If you have a favorite holiday cookie, bring your recipe and some cookies to share to the December 10 Community Forum which will be a fun filled cookie exchange. The Co-op will provide warm drinks and plates so we can all share cookies. Let's see how many different cookies each one of you will take home!



Festive Fruit & Nut Balls From EatingWell

A no-bake, make-ahead treat, this perfect combination of fruit and nuts is a nutritious and delicious mouthful. Rolling them in shredded coconut gives them their festive look.

Makes: About 3 dozen cookies

Ingredients:

- 3/4 cup sugar
- 1/2 cup dried cranberries

- 1/2 cup pitted and snipped dates
- 2 large eggs, beaten
- 1/3 cup chopped pistachios, preferably unsalted
- 1/3 cup chopped walnuts
- 1/3 cup chopped pecans
- 1 teaspoon rum extract
- 3/4 cup shredded coconut

Preparation

1. Combine sugar, cranberries, dates and eggs in a medium saucepan. Cook over medium-low heat, stirring constantly, until the mixture thickens, is pale yellow in color, registers at least 170°F on an instant-read thermometer and when a spoon is pulled through it, it leaves a clear trail. This will take 6 to 14 minutes, depending on how hot your stove's "medium-low" setting is.
2. Remove from the heat; stir in pistachios, walnuts, pecans and rum extract. Let stand until cool enough to handle, about 45 minutes.
3. With damp or lightly oiled hands, form the mixture into 1-inch balls (about 1 generous teaspoon each). Roll each ball in coconut. Place the finished balls on a baking sheet lined with wax paper and store in the refrigerator.

Tips & Notes

Make Ahead Tip: Place on wax paper; store in an airtight container in the refrigerator for up to 5 days or freeze for up to 1 month

Biscochitos or Bizcochitos (bis-co-CHEE-toe)

Makes 4 dozen cookies

These spicy, anise-flavored cookies are the holiday cookie staple in New Mexico. The Biscochito is New Mexico's Official State Cookie as declared by the New Mexico Legislature in 1989. Biscochitos were first introduced to Mexico by Spanish settlers who brought the recipe from Spain. Stored in a tightly sealed container, they can be frozen up to six months.

Ingredients:

- 1 1/2 cups lard, chilled*
- 1 cup plus 3 tablespoons sugar, divided
- 2 eggs
- 2 teaspoons anise seeds
- 4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- About 3 tablespoons brandy, apple juice, or milk*
- 2 teaspoons ground cinnamon

Directions:

Preheat oven to 350°F. Beat lard and 1 cup sugar in a bowl until fluffy. Add eggs and anise seeds, and beat until very light and fluffy. Sift together flour, baking powder and salt. Add to creamed mixture along with the brandy. Mix thoroughly to make a stiff dough. Place dough on a long piece, about three feet of waxed paper at one end. Bring the long end over the top and press to about one inch or slightly less in thickness and refrigerate until chilled.)

Roll out dough between waxed paper to just under 1/2 inch thickness. Cut with flour dusted cutters into the traditional fleur de lis shape or into 3-inch rounds. Combine the 3 remaining tablespoons sugar and the cinnamon in a shallow bowl; dip unbaked cookies into the sugar-cinnamon mixture on one side. Place cookies on ungreased baking sheets. Bake 10 to 12 minutes or until tops of cookies are just firm. Cool cookies on wire racks.

*Notes: Butter or margarine can be substituted for the lard, however the cookies will not be as crisp and moist. Apple juice or milk can be substituted for the brandy, however they are not quite as good.

Makes 4 dozen cookies

A Toast to Health and Happiness: Special Holiday Beverages

Every year as we approach the holiday season, Becky, our Dairy Buyer, looks for great deals on holiday "nogs." This year she is happy to offer Organic Valley Eggnog and So Delicious Non-dairy Coconut Milk!

Eggnog's origins are said to trace back to a medieval European hot milk drink called "posset." The "nog" part of the name may come from the word noggin, a Middle English term for a small, carved wooden mug or cup. Although traditional eggnogs often included a large splash of rum or brandy, the eggnogs we offer are non-alcoholic. It's up to you if you want to add a splash of something stronger.

Rated as "the best eggnog you can buy" in Esquire magazine's 2012 Holiday Survival Guide, the reviewer noted "The stand-out in the group was Organic Valley, which tasted of nutmeg and fresh cream, and wasn't nearly so sweet as the other brands. I suspect this is because the company skipped the corn syrup and instead used organic fair-trade cane sugar." Organic Valley Eggnog comes from family farms committed to the highest organic standards. Their organic milk and eggs are indeed blended with organic and fair-trade sugar, vanilla, and nutmeg to create this tasty eggnog. So Delicious Nog has all the benefits of a coconut milk beverage coupled with the delicious flavor of nog. You'll want to make these hearty drinks a winter tradition!



More Last-Minute Gift Ideas

Patricia, the Co-op's health & beauty products Buyer, suggests some made-in-New Mexico options:

• **SuperSalve Gift Packet** – based in Mogollon, the SuperSalve company supports Fair Trade and independent farmers. They use organic certified herbs; no dyes; no animal testing; no synthetic fragrance. The Gift Packet comes in a reusable clear bag and contains Mimosa Dream Cream, two kinds of lip balm, Coconut Mango skin oil, and more.



• **Yerba HairCare travel kit** – from Taos-based Yerba Hair Care, this handy kit contains four 2.0 oz bottles of travel shampoo, conditioner, and herbal concentrate.



Get one of these pre-made "travel kits," or be creative and assemble your own! Ask about our all-cotton mini bags, Fair-Trade baskets, and other packaging options.

Stocking-Stufflers at the Market Café:

- JEM Cinnamon Red Maca 1-oz jars
- Cocoa Felice non-dairy hot cocoa mix
- Weaving for Justice tortilla warmers
- Rye Bran all-recycled-materials earrings
- Los Poblanos Organic Farm "Man Soap"
- Guatemalan woven toy animals

A Holiday Cornucopia:

- December Produce Picks from Jake
- Tangerines (Satsuma, Clementines)
- Navel Oranges
- Dates
- Cranberries
- Bosc Pears
- Chestnuts

December Sales

To Our Co-op Members & Customers: Please note that sales run for a two-week period. Each month 100s of items are on sale. To see a complete list, please visit our website. The pictured items are just a sample of the great values you will find at the Co-op each month.

December 2 - December 15



Bread Shop
Bulk
Raspberry Cream
Granola
reg \$5.99#
SALE \$4.39#



SoDelicious
Assorted Creamer
16 oz
reg \$2.39
SALE \$2.00



Woodstock
Tropical Fruit Blend
10 oz
reg \$4.49
SALE \$2.99



Crofter's
Just Fruit Spread
Assorted, 10 oz
reg \$4.59
SALE \$2.99



Desert Essence
Red Raspberry
Shampoo or Conditioner
8 oz
reg \$7.89
SALE \$5.99



Garden of Life
Dr. Formulated
Kids Probiotics
Chewable, 30 ct
reg \$19.99
SALE \$17.99

December 16 - December 29



Organic Bulk
Shelled Walnut
Halves & Pieces
reg \$16.99#
SALE \$13.99#



earth balance
Whipped
Buttery Spread
13 oz
reg \$4.99
SALE \$3.69



Rising Moon
Assorted
Ravioli
8 oz
reg \$4.59
SALE \$3.00



Swerve
The Ultimate
Sugar Replacement
16 oz
reg \$10.99
SALE \$8.69



Shikai
Hand & Body
Lotion
Cucumber Melon
8 oz
reg \$7.99
SALE \$5.99

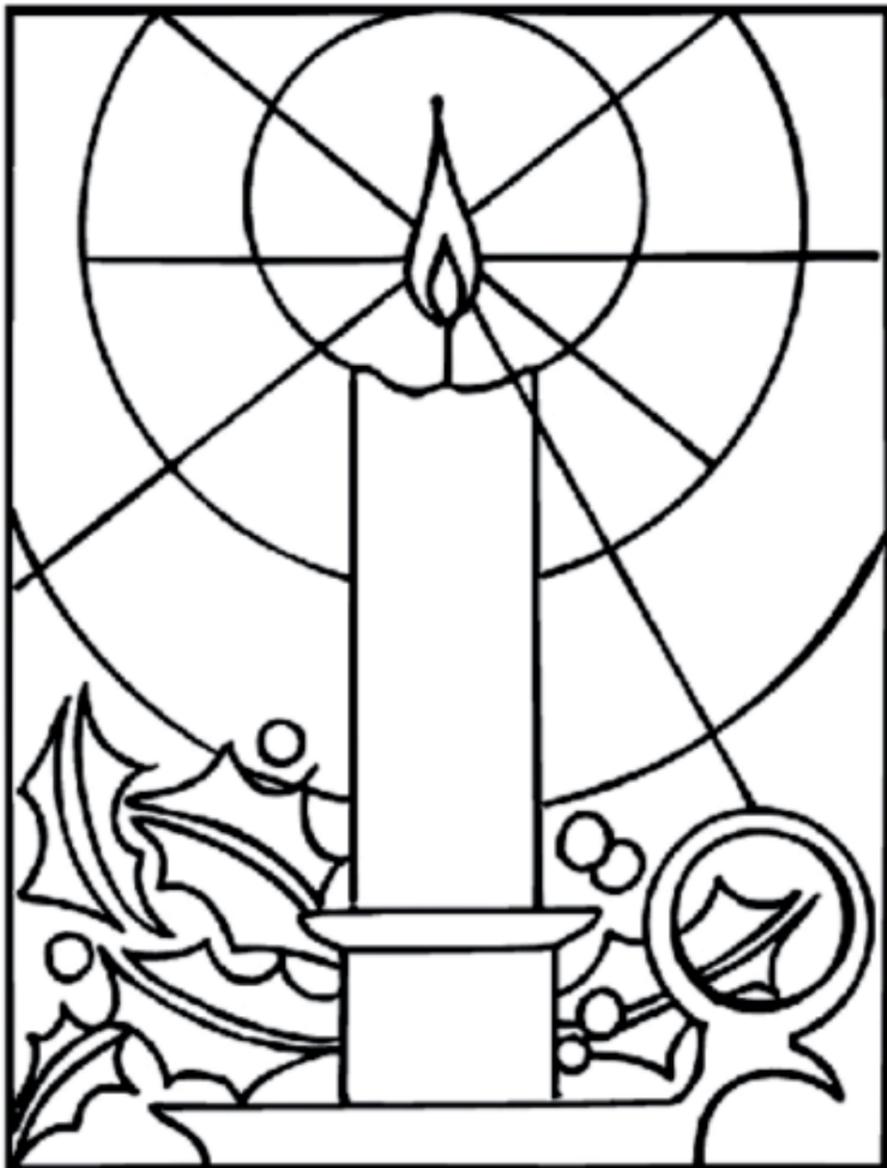


Rainbow Light
Active Adult 50+
Multivitamin 30 tabs
reg \$16.99
SALE \$11.99

Kids' Corner

FREE FRUIT FUN

Kids, color the picture and bring it to the Co-op to receive a free piece of fruit.
(Produce Staff Selection)



NAME: _____ AGE: _____

Member Only Specials

December 2 - December 29



Equal Exchange
Organic Bulk
French Roast Coffee
reg \$12.69#
SALE \$7.99#



SoDelicious
CocoWhip!
9 oz
reg \$3.89
SALE \$3.49



Pacific
Pumpkin Puree
16 oz
reg \$3.99
SALE \$3.59



Fiordifrutta
Fruit Spreads
Assorted, 9.17 oz
reg \$5.69
SALE \$5.19



MegaFood
Blood Builder
30 tabs
reg \$17.99
SALE \$16.19



Acure
ultra-hydrating
Body Lotion
8 oz
reg \$9.99
SALE \$8.99

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 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 CO+OP Deals 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.

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.

614 MEETING ROOM POLICY

Individuals, groups & organizations are welcome to meet at 614 N. Bullard, as long as one organizer is a Co-op member. The space can be rented for commercial uses or events. Meeting and events must be held Wednesday to Sunday from 8:30 am to 3:30 pm. Contact Charmaine: charmeine@silvercityfoodcoop.com or the Co-op at 575-388-2343. Thank you!

Co-op
KID



Corner

From Your Board...



by Susan Van Auken

A Slice Of Life: Snippets from the October board meeting

Wouldn't you just love to know how your board of directors spent its time at the October board meeting and what we accomplished? Okay, since you asked here are some snippets from the board meeting.

Changing the Certificate of Equity Each year when you renew your membership and make your equity payment, you sign a form called the Silver City Food Co-op Certificate of Equity. Remember the white copy you receive? We approved a few changes to this certificate to comply with the state statutes. We also added a statement that might interest you. At the bottom of the form your signature indicates that you have read and understand the terms as stated on the certificate. The statement we added is "you agree to support the values, mission, and vision of the co-op". We, the board, believe it is important for every member of the co-op to know about and agree with the co-op's values, mission, and vision. A key element of co-op membership is solidly supporting our co-op including the organic and healthy food we carry as well as the cooperative principles and business model we follow.

Board Policies The board has a group of policies that we use to provide a framework for the general manager and ourselves. In October we furthered our multi-month discussion about how we want to use these policies or in other words how we want to govern. Many interesting points and ideas have emerged during our talks. In some areas we find agreement and in other areas we find a bit of disagreement. Since the board operates on a consensus decision process, we will continue talking and working with each other until we can reach agreement on how to proceed. Seven board members, discussion, disagreement, and consensus - it is a rich process.

General Manager Evaluation At the end of each calendar year we conduct an evaluation of the general manager. The process we approved in

October for this year varies only slightly from what we have done in the past several years. The general manager will write answers to four questions and each individual board member will write answers to five questions. We also compile the compliant and non-compliant sections from the policy monitoring reports submitted during the past year by the GM. These three sections of the evaluation will be discussed during an executive session of the board in January.

Board Evaluation We held our annual board evaluation during the October meeting. This year we changed our evaluation method and did self evaluations. Each board member filled out a form containing questions about her or his board participation. Then a written response was made for the following three questions: 1) Three things that I would like to improve about my role as a board member. 2) Three aspects of my participation on the board which I think are especially valuable. 3) My overall assessment of my effectiveness and "fair share" participation as a board member. During the executive session we each read our answers to the above questions. It turned out to be a most meaningful experience. For me it was especially good to verbalize to others the areas in which I believe I need to improve. I had witnesses to my statements. Then when I listened to others I felt a greater connection with each of them as they shared their strengths and areas needing improvement.

I hope this satisfies your curiosity about the October board meeting, which had these four interesting topics to consider. All meetings have different and engaging topics for directors to discuss, and issues that might need decisions. Is becoming a director something that might interest YOU? Come visit a meeting if you wish, or contact any board member.



Meet Becky Carr, Dairy Buyer

The dairy section of the Co-op offers such a great variety of products, from yogurts to alternative cheeses. We can thank Becky Carr for this wonderful selection. She has been working at the Co-op for seven years and states, "I think my love of cheese is genetic because my mother is Swiss." Becky often visited family in Switzerland while growing up in the Mimbres Valley, and lived there with her grandmother for one year.

During that year, she learned Swiss-German from her grandmother and really honed her knowledge and appreciation of cheese.

Becky states, "My job is a fun position, I just love it." Some of my favorite products for the holidays are, Straus Cream. You can whip it, bake with it, and use it in coffee and eggnog. A favorite cheese is the Gruyere, a Swiss cheese. I love it plain, in quiches, on warm crusty bread, and it is delicious in potato-fennel au gratin. Oh, and for the holidays, there is Noosa pumpkin yogurt, it is a good as pumpkin pie! Of course organic butter makes everything delicious!"

In addition to being an excellent dairy buyer, Becky is just one of the most pleasant people you will ever meet, and you may recognize her from some of the community plays she has performed in. We are so lucky to have her working at the Co-op!!



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rein.gail@gmail.com

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Board Term: 2013-2016
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Carmon Steven/Secretary
Board Term: 2013-2016
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Karen Strelko/Treasurer
Board Term: 2015-2018
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Jennifer Johnston
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Nancy Coates
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Jerry Bartels
Board Term: 2015-2016
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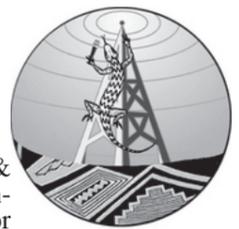
Board of Directors

Board Meeting Schedule

The SCFC Board of Directors meets the third Wednesday of each month at 614 N. Bullard Street, 4:30-7:30 pm.

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

Radio Thyme: Using Herbs for Food & Medicine



Gila Mimbres Community Radio & KURU 89.1 FM have published another cookbook, just in thyme for the holidays. This one is about using culinary and medicinal herbs to whip up tasty, health-promoting meals and herbal remedies. Among the recipes contributed by over 30 listeners are rosemary salmon, vanilla extract, pickled garlic, mint chutney, lavender truffles, roasted cherry tomatoes and berry lemon verbena gel (divinity). Medicinal herb recipes include herbs for stress, travel, kids, the cat, for the sick; a multitude of teas, how to apply a mustard plaster and making chocolate mint lip balm.

The cookbooks are available for sale at the SC Food Coop. For more recipes and information, visit: <http://gmcr.org/radio-thyme>.

Special thanks to sponsors: Town & Country Garden Club, The Volunteer Center, Fiddling Friends, Marty Eberhardt, Marion & Jamie Newton, Jill Steidl, Gone Fishin' Farm, Bear Creek Herbs, Single Socks, and the Gila Valley Library