



Silver City Food Co-op Garbanzo Gazette

*Kids' Corner!
Page 8*

Volume 18

❖ Your Monthly Newsletter ❖ February 2018 ❖

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE!

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Your Board

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YOU
ARE
WHAT
YOU
EAT

Co-op Hires New EMO Manager!

After a long search process of 4 months and the position strategically being unfilled for 6 months, Whitney Bustillos was chosen as our new EMO Manager.

Our Education, Membership & Outreach department, or EMO as it is known, has not had a Manager since Charmeine Wait went to become the Executive Director of the Main Street organization in July, 2017. It was decided to reevaluate the entire position, rethink and refocus it and then hiring a new Manager in Jan or Feb.

In a nutshell, the EMO department is responsible for the communications of our Co-op as well as organizing our volunteers and coordinating events. It's a huge job and one of the most challenging in our Co-op.

The most visible part of this department is this Garbanzo Gazette Newsletter and Whitney will become its Editor. Tied closely to the newsletter are our website and all social media as well as news releases and public engagements.

All the signage around our Co-op (with the main exception of Co-op Deals and Basics signage) is produced by this department.

Promotions. Surveys. Membership records. Training and education. Advertising. Our Volunteer program. Support for Board functions. Advocate for Co-operatives. All these are part of the emo department as well as almost monthly special projects. It's a massive juggling act which takes a creative, organized, dynamic and energetic person.



Whitney begins to tackle the vast domain of our Education, Membership & Outreach department (EMO)

Through the six month period the department did not have a direct Manager, it was maintained by Carol, who focused mostly on the Garbanzo Gazette, and Judith, who focused mainly on signage and our Volunteers. Both will continue to work partially in the EMO department.

Whitney is a recent transplant from Las Cruces along with her husband and young son (with #2 on the way!). She has a varied background in media including social media and website development.

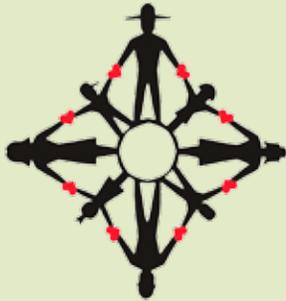
It will take Whitney quite a few months to learn all the ropes to the myriad responsibilities that come with the position. With just a week on the job, Whitney has already jumped in headlong forging a new era for our Education, Membership & Outreach Department.



2112 members/owners strong and counting . . .

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop

Store Hours

575-388-2343

Mon-Sat 9am-7pm

Sunday 11am-5pm

Vision Statement

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

Seven Cooperative Principles

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

Joe Z

general manager

Mike Madigan

assistant manager

The Garbanzo Gazette Gang

Editor: Joe Z

Staff Writers: Judith Kenney, Jo Lutz

Guest Writers: Susan Van Auken, Jennifer Lamborn
Allie Mentzer

Layout & Design: Carol Ann Young

Submissions are welcomed!

Submit letters, articles, or items of interest to:

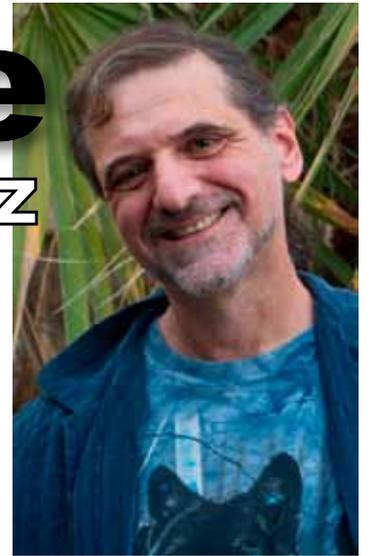
whitney@silvercityfoodcoop.coop

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Cup o' Joe

by Joe Z



Love. It's a good idea, isn't it?

I bet most people believe it is a good thing and wish there was more of it. Doesn't seem to be that much of it on the world or national stage, does it? It does thrive in personal relationships and families and small communities, though.

Of course, there are those who scoff and believe that hate and violence are better ways. Ehh – that's been the history of humans – fighting and screaming. Nothing new there. At least as far as we know. If there were groups or societies that were built on kindness, sharing and cooperation, they almost certainly got wiped out by their violent counterparts.

Love is not a new concept and we have early writings that espouse its virtues. Great religions put it at the forefront (but then practice violence against others – what's up with that?).

Let's face it – love is a concept that we must fight for no matter the obvious incongruity in this statement. But by whom? Are there organizations that can gain grass roots support across our country (planet)? And so we have to ask, are our Co-ops love? Are our Co-ops the right venue to carry the love banner?

Of course, I say yes. In the earlier days of our New Wave Co-ops (those that were started in the late 60's and 70's), the concept of love was embedded in the fabric of these small groups. One can certainly argue that our Co-ops did not implement this concept in their growth but as someone who watched this evolution, it was not for want of trying.

Some of it is human nature (maybe), some of it is our competitive society and some of it is just plain old fear but love is a concept that is difficult to integrate into these forces to get real growth.

There is nothing in the Co-operative principles or values that mention love. And to my mind – that is a problem in this day and age. Especially as Co-ops grow and have proven to be the only businesses that are dedicated to the people. To our communities. And to each other.

If I had my druthers, I would make the vision statement of Co-ops worldwide as such: We are independent businesses (based on cooperative values and principles) acting as social change agents to improve the health and well-being of all people, powered, emboldened and motivated by love in all that we do.

Why not? Seems to be a good thing and right for who we are. That is - if we really know who we are. I'm sure if we opened up that statement to all the Co-ops, it would get watered down, the word love would be eliminated by a concern that we would be branding ourselves so community members who don't care about love might not feel comfortable in our stores. Only people who love can produce this concern for other folks who think love is a joke.

But you know what? It really is time to brand ourselves with love regardless of what the other national and international Co-ops do. Maybe we would become an influence on them. Maybe

our little Co-op in tiny Silver City can become a shining beacon to those who believe that businesses should be concerned more about people than they care about making dollars.

Now I'm not talking about being filled with people who float on the air, give hugs to everyone and always turn the other cheek. Those folks are always great to have around. But the bleeding heart is often outmatched by greed and unconcern. So what does an organization powered by love act like?

Now that is the big question. When I look around, many companies claim they are about love. I just watched a TV commercial by Budweiser Beer saying how much water they bottled over the years that was sent to emergency situations. Many companies highlight how much money they give to folks in need and the supposed altruistic nature of their companies. Yet many of those same companies treat their Staff and vendors like crap, have little regard for their customers and will move their companies to another county, city, state or country if it can save them a few bucks regardless how those moves effect the communities where they currently are.

Knowing our Cooperative over time and distance, I imagine if we wanted to empower the concept of love in our business, we would have to first spend years debating and defining the definition of love. We could then produce a hundred pages of what is love and what is not love in stark unbending words.

That's cynical, isn't it? Cynical, yes but probably accurate to a large degree. Perhaps the concept of love is still too nebulous to be effective. Yet that does not mean we should not strive for it. While we can ruminate on what a business powered by love looks like, I am pretty certain that the base of it must be respect and civility to all who encounter our business from the outside and definitely on the inside.

Martin Luther King said, "power without love is reckless and abusive, and love without power is sentimental and anemic."

So what is love? Here is something that I'm sure everyone has heard somewhere along the line. It is from a religious text but speaks a universal truth: *Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.*



We Would Like to Hear From You! The Membership

Do you have something to say about the cooperative experience? The Silver City Food Co-op and the Membership Connect Committee are looking for your input (about 750 words) to be published in the Garbanzo Gazette as a monthly feature as well as on the co-op website that celebrates what is on the minds of our membership. Whether it is talking about healthy eating, the social impact of the cooperative model, or food and agriculture related topics, this is your opportunity to share your insights. This is not the suggestion box, or the complaint department, or the forum for negativity. Maybe you want to share a story, a poem or some form of relevant artwork; this is the place to add your positive perspective and contributions on our Co-op culture. Submissions can be e-mailed to board@silvercityfoodcoop.coop

For every three hours of writing, earn a 15% Volunteer Coupon to shop at the Co-op. It can be combined with the 10% MAD discount to get 25% maximum.

Grocery Special Order Policy

Members receive a 10% off shelf price 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. This discount now includes all CO+OP DEALS and the Essentials Program items.

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 manager if this occurs.

Local Produce Buying Procedure

Local produce vendors MUST speak with a produce department employee before bringing produce to the Co-op for sale and have the order approved.

This conversation will cover IF and WHEN the items are to be delivered, pricing of the items and standards that the produce must meet in order to be resold at our fine establishment.

Any produce delivered without prior authorization is subject to refusal.

*Thank you,
Co-op Produce Department*

*Please be in touch!
575-388-2343*



Silver City Food Co-op Staff

Judith Kenney
produce/outreach

Dougan Hales
produce/bulk

Kate Stansberger
supplement buyer

Jake Sipko
produce manager

Carol Ann Young
office

Jeanné Miller
herb buyer/produce

Becky Carr
dairy buyer

Jess DeMoss
POS manager

Meggie Dexter
website

Misha Engel
frozen buyer

Jenny Morgan
office

Joe Z
gm

Marguerite Bellringer
finance manager

Kim Barton
POS

Michael Sauber
grocery

Doug Smith
grocery buyer/receiver

Paul Slattery
produce

Jody Andrews
cashier/grocery

Evan Humphrey
bulk buyer

Lee Ann Miller
cashier

Brenna Brown
deli manager

Tinisha Rodriguez
POS/HABA buyer

Allie Iacocca
produce/HABA buyer

Mike Madigan
am

Leah Chastain
merch. specialist/receiver

Marchelle Smith
deli

Joy Kilpatrick
wherever needed

Jo Lutz
wherever needed

Elysha Montoya
wherever needed

Judy Kenneally
deli

Christine Dalmedo
produce/grocery

Hallie Richwine
wherever needed

Jarrod Swackhamer
cashier/grocery

Whitney Bustillos
emo



Kitchen Meditations

Winter

Roasted Fennel

Roasted fennel caramelizes at the edges and loses its crunch. The licorice notes that are so discernible when the fennel is raw leave just a hint when roasted. Even people who run from anything licorice-tasting easily enjoy it when it is warm and roasted. This simple dish of fennel roasted with olive oil and balsamic vinegar would be perfect with roast chicken, fish, or seafood.

Serves 4

Ingredients:

- 2 fennel bulbs (thick base of stalk). Remove the stalks and cut the bulbs lengthwise into 1-inch thick wedges
- 2 Tablespoons (more, if desired) of Olive oil
- 2 teaspoons (or more) balsamic vinegar

Instructions:

1. Preheat oven to 400°F. Place the fennel wedges in a bowl and toss them with 1 to 2 tablespoons of olive oil, just enough to coat them. Sprinkle with balsamic vinegar, again just enough to coat.
2. Line a baking pan with parchment. Arrange the fennel wedges in the pan and roast them for 40 minutes or until the wedges are cooked through and beginning to caramelize at the edges.

Turnip Soup with Rosemary & Black Pepper

4 to 6 servings

Ingredients:

- 1 small onion, minced
- 2 garlic cloves, minced
- 3 tablespoons olive oil
- Salt to taste (optional)
- 1/2 cup dry white wine (optional)
- 6 cups chicken stock, veggie stock or water
- 1/2 cup long grain white rice
- Freshly ground black pepper
- 3 to 4 medium turnips, cut into 1/2-inch cubes (peel, if needed, skins can be fibrous)
- 2 small branches fresh rosemary
- 3 tablespoons grated Parmesan cheese, or to taste

Instructions:

In a heavy 8-quart pot, sauté the onion in the olive oil over medium heat until tender and turning golden, about 5 minutes. Sauté garlic quickly to avoid burning. Season with salt and pour in the wine and stock. Bring to a simmer and then add the rice, seasoning with salt and a little pepper. Simmer for 10 minutes, adjusting the heat as necessary. Then add the turnips and one of the rosemary branches. Continue to cook for about 15 minutes, stirring occasionally, until the turnips and rice are tender throughout.

While the soup cooks, pull the leaves off the remaining rosemary branches and roughly chop them.

Check the soup for seasoning and add more salt if needed. Discard the rosemary branch. Spoon the soup into bowls, and garnish with a generous grinding of black pepper, some chopped rosemary leaves, and the Parmesan.



Give Your Heart a Little Love

February is American Heart Month, and while it's a good idea to care for our hearts every day of the year, now is a particularly great time to focus on holistic ways to combat heart disease.

Choose heart-healthy foods: Oats, fruits and vegetables (including kiwi, blueberries, avocado and spinach), probiotic-rich yogurt, and salmon are some examples of foods that can support your heart. Don't stop here, though. This is not a complete list. There's a lot more to choose from!

Sweat it out: It's no secret that exercise has been linked to heart health.

Choose a form of movement that speaks to you, so you'll stick with it.

Just breathe: Take time to practice meditation and deep, calming breaths, activities that are good for everyone.

Practice gratitude: There's also evidence that gratitude can help fend off heart disease, so be sure to say thank you today.

Get some rest: If you're a troubled sleeper, you are not alone. To help get a good night's rest, avoid caffeine late in the day, exercise regularly and stick to a sleep schedule to keep your body's clock running smoothly.

The Co-op Chef



Avocado-Lemon Salad Dressing

Any salad will be delicious with this dressing.

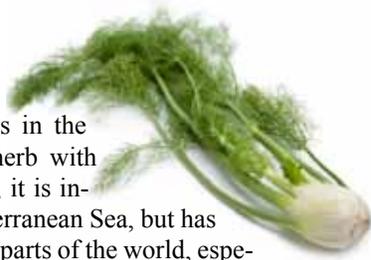
- 1 large avocado ripened (skin and pit removed)
- 1/4 cup extra virgin olive oil
- 1/4 cup water
- 1/4 cup fresh Italian parsley (leaves only)
- 1 small clove fresh garlic
- Juice of 1/2 lemon
- 1 tsp agave or honey (optional)
- Salt and pepper to taste
- Blend all ingredients until smooth.

Jake's February Produce Picks



Jake Sipko, Produce Manager

Fennel



Fennel is a flowering plant species in the carrot family. A hardy perennial herb with yellow flowers and feathery leaves, it is indigenous to the shores of the Mediterranean Sea, but has become widely naturalized in many parts of the world, especially on dry soils near seacoasts and on riverbanks.

It is a highly aromatic and flavorful herb with culinary and medicinal uses, and, along with the similar-tasting anise, is one of the primary ingredients of absinthe.

Fennel is consumed by the larvae of some Lepidoptera species including the Mouse Moth, the Old-World Swallowtail, and the Anise Swallowtail butterflies.

How fortunate that you don't have to be a moth to enjoy the delicious, nutritious qualities of fennel. The fronds can be used in salads, but the main attraction of fennel is the bulb itself. Very firm and crunchy, it tastes a bit like licorice and anise. Its fresh, bright taste makes it a favorite vegetable for salads and slaws, but it can also be grilled or braised until tender.

The bulb is made of overlapping layers, almost like a cabbage — but very firm and hard. To be used in salads, fennel should be sliced very thin.

Turnips

An easy-to-grow root vegetable, the white-flesh turnip has a white skin with a purple-tinged top. Small, young turnips have a delicate slightly sweet taste, but as they age, their flavor intensifies and their texture turns a bit woody. Before potatoes were abundant beyond South America, turnips were everyday staples, particularly in Europe during the Middle Ages. Thriving in a cold, damp climate, turnips were the food of Europe's poor. At some point in history, the turnip turned over its role as an everyday vegetable to the potato.

Turnips, members of the cruciferous family of vegetables, along with broccoli, collards, kale and Brussels sprouts, grow in temperate climates throughout the world. Most commonly grown for their white bulbous roots, turnip leaves and sprouts are also edible and highly nutritious. Turnips are a valuable addition to your healthy diet.

When selecting turnips, look for those that are small and heavy. The roots should be firm and the greens (if attached) should be bright and fresh looking. Turnips are in season from November through March and can be refrigerated, tightly wrapped, for two weeks. Turnips may be boiled, steamed, or stir-fried and match well with foods from the following list: apples, bacon, butter, carrots, cheese, chives, cider, cinnamon, cream, garlic, lemon, maple syrup, mushrooms, mustard, onions, paprika, parsley, potatoes, sherry, sugar, sweet potatoes, tarragon, thyme, vinaigrette, and vinegar.



Co-op Member Margaret Hadderman is excited about the new cheese!

Fromager d'Affinois



Fromage d'Affinois is a French double-cream soft cheese made from cow's milk. It is similar to a brie, but creamier and is produced from milk that has been specially filtered to break down some of the fat content, yielding a light, smooth, silky texture. It has an edible rind, but unlike some rinds, this one is virtually undetectable. Spread it on a cracker. Thick and nearly whipped, it's mild and buttery.

This decadent food is a must for cheese trays. Pair with crusty artisan bread or fruit. If you have it with bread, savor with a red zinfandel or Beaujolais. If you serve it with fruit, a sauvignon blanc, viognier or chardonnay will complement it well. For that matter, it's great with almost any white wine, dry or sparkling.



CO-OP Community

Co-op Community Donations

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

**Grant County Food Pantry
Guadalupe Montessori School**

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



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service.

Ellen O'Bryan • Laurel Johnson • Jennifer Lamborn
catherine bialopiotrowicz • Tim Garner • Judy Menefee
Athena and Two Crow Schumacher • Susan Van Auken



RAIN CHECK

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



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



February Round Up

**Upper Gila
Watershed Alliance**



When you "Round Up" this month you will be contributing to The Upper Gila Watershed Alliance (UGWA). It is a non-profit organization dedicated to watershed protection and conservation, working to promote the long-term health of the Upper Gila Watershed and its communities of life. Please donate to their invaluable work!

December Round Up \$1441.00!



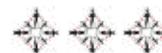
**Grant Co. Food Pantry
Mining District**

The recipient of the December Round Up was the Grant County Food Pantry: Mining District, a program of the Volunteer Center, located at 501 E. 13th St. in Silver City. Funds will be used to purchase food from multiple sources in the area. Their goal is to offer nutritious food to people in this area who do not get enough to eat.

Round Up for March 2018

Mimbres Valley Health Action League

The mission of the Mimbres Valley Health Action League is to improve the health, well-being and quality of life for the people of the Mimbres region by promoting safe and healthy environments, educational opportunities, access to health and social services, preventative health education, economic stability, and food security.



Chocolate Fantasia 2018



**Saturday,
February 10th
11 am to 4 pm**



Silver City Food Coop is proud to participate, yet again, in Chocolate Fantasia hosted by the Mimbres Region Arts Council.

The event will be held on February 10th from 11am to 4pm.

We will be one of thirty businesses participating in the event that will benefit arts education programs for children.

This year the theme is "Travel Through Time" which we will be honoring with our Aztec history-based chocolates. Mark Johanns, a professional chocolatier and pastry chef, is making our chocolates for the event.

Tickets can be purchased on line at

<https://www.chocolatefantasia.org/home> for \$25 each.



*Volunteers (L to R) Debaura James and Donna Foley
Chocolate Fantasia 2015*



*Volunteers (L to R) Cynthia Wolf, Janet Goodrich and Elisa Cain
Chocolate Fantasia 2013*



*Volunteers (L to R) Miriam Richer and Lois Fuller
Chocolate Fantasia 2016*

MAD Feb. Mar.

Pick your own two days

to receive 10% off your purchases!
(Excluding mark-down items
25% maximum discount)

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

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

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

Calling for Guest Writers!

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



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

If interested please email
whitney@silvercityfoodcoop.coop

Three hours earns a 15% Volunteer Discount

Popcorn Poppers Needed!



*Ever notice how happy people are when you give them something?
Make lots of people happy making and giving out popcorn and food samples on Fridays at the Co-op!*

Shifts are:

9am to 12noon and 12noon to 3pm.

It's fun and you get to visit with your friends and meet new friends.

Email Judith at emo@silvercityfoodcoop.coop

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

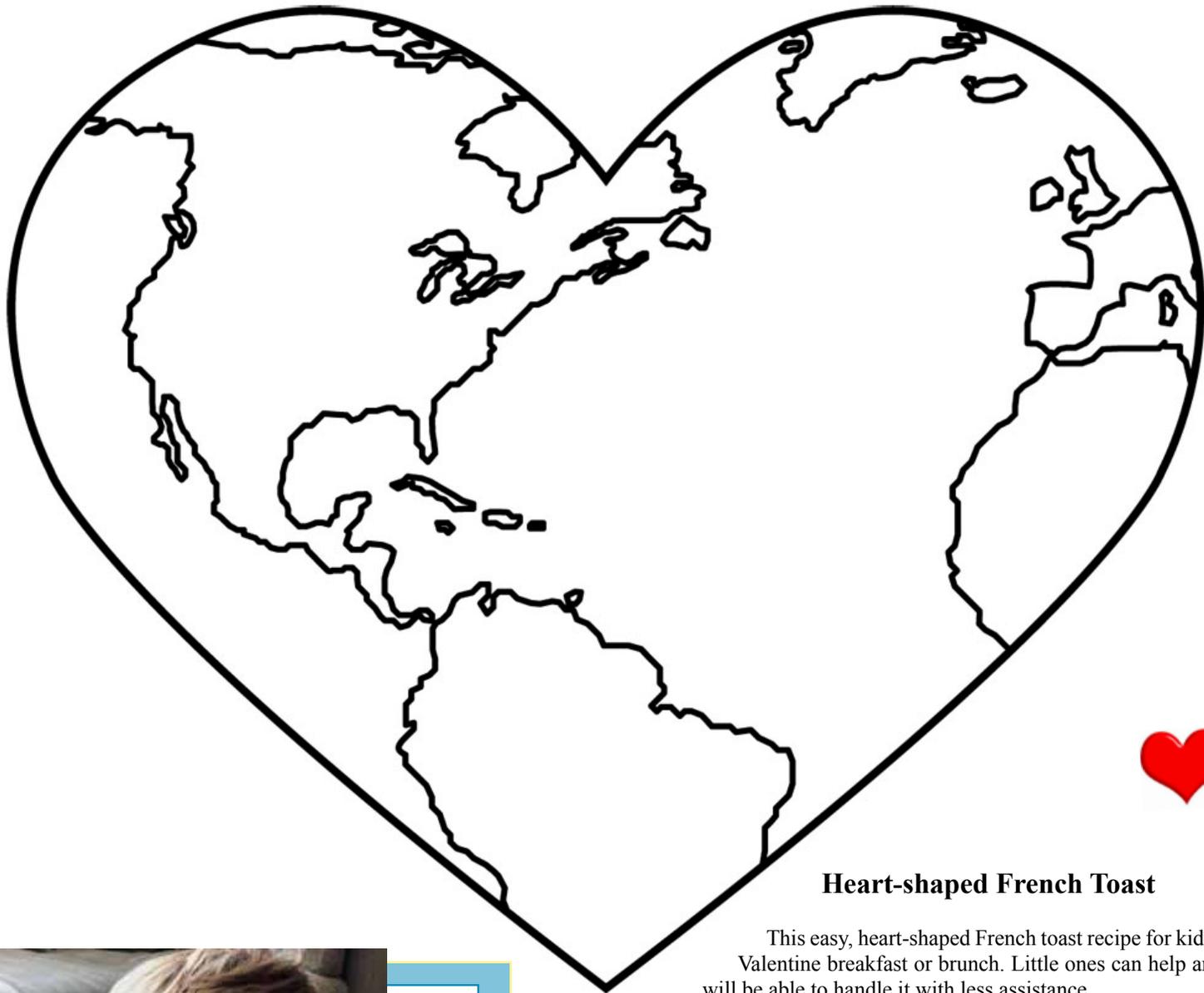
Kids' Corner

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: _____



Heart-shaped French Toast

This easy, heart-shaped French toast recipe for kids makes a perfect Valentine breakfast or brunch. Little ones can help and older children will be able to handle it with less assistance.

Ingredients:

Oatmeal or other sturdy bread
Egg
Skim milk
Maple syrup
Strawberries

1. Beat an egg, using a fork, in a medium, low bowl. Add about $\frac{3}{4}$ cup milk per each egg used. Add a teaspoon of maple syrup and stir well.
2. Using a heart-shaped cookie cutter, cut out shapes from the center of the bread slices.
3. Dip all bread shapes into egg mixture and set onto a pancake griddle or large skillet set at medium heat. Brown lightly on both sides.
4. Garnish with cut strawberries and maple syrup.



Behind the Scenes at the Co-op

This column will feature people who keep our co-op running smoothly, and in future months, you will learn about the stocker/cashiers, the buyers, the cleaning crew, assistant manager, produce crew, finance team, and deli crew.



by Susan Van Auken

❖ The Produce Crew ❖

In the southeast corner of the store, there is a veritable rainbow—orange, green, yellow, purple, red, and even blue—colors of the yummy fruits and vegetables that we can, and often do, eat every day. In this small area, enough produce is sold that the annual sales makes it the second largest department of the co-op. The eight-member produce crew works diligently to keep this section abundant and alluring.

This beautiful bounty does not appear magically like a rainbow, of course.

Jake, the co-op's produce manager, orders all the produce for the store. Our main supplier is Veritable Vegetable (VV). Albert's, part of our major grocery distributor, UNFI, provides a second source for produce. Local vendors, the farmers in our region, also provide a good variety of fruits and vegetables seasonally, comprising a strong 10 percent of the annual produce sales.

The schedule from VV is such that trucks for our two weekly deliveries must depart their California warehouse on the weekend. Therefore, on Friday mornings, Jake starts the flow with the difficult task of placing both of the big VV produce orders for the next week. He starts at 7:00 a.m. by taking inventory of the stock in the store. He then reviews the previous week's order, the sales reports from that week, and the new product availability list from VV. With all this data, he assembles the basic orders needed for the produce department. Then he adds to them the special orders from our grab 'n go deli, local restaurants, and member-owners. Within hours of receiving Jake's orders, VV workers load the product on the truck for the first of the two deliveries, which leaves the Bay Area on Saturday morning and arrives at our co-op on Monday afternoon, at about 4:30 – their last stop. Our second delivery, which leaves the VV warehouse on Sunday, arrives, as you all may know, on Wednesday afternoon.



Paul with his favorite navel oranges.
Yumm!

Here's the weighty part. Five to eight thousand pounds of produce comes to our co-op each week! Jake, Paul, and Jeanne unpack the pallets, lifting very heavy boxes and storing them in the appropriate spot, making sure to rotate stock. On Monday, when the produce section is at a weekly low, they hurry to fill up the coolers for waiting shoppers. The day

*Jeanné,
Jake,
Judith,
&
Dougan
all born in the
Land of Enchantment
and all have worked
at the Co-op
for over 10 years.*



after each delivery, Dougan and Judith spend the whole morning preparing all the vegetables, especially the very perishable green vegetables, by trimming any old leaves and ends, making the veggies presentable for sale. The produce they have prepped goes into large plastic tubs for use throughout the week.

You might regularly notice Christine or another worker in the middle of the produce section with many boxes of produce on a large cart. It may seem like they are in the way, but the truth is that the produce section, with its very limited space, needs to be restocked many times during the day. The produce crew must pay constant attention to this small area to keep the cases looking bountiful and beautiful, because a few customers buying several items, such as lettuce, kale, bananas, and avocados, can make the produce case appear empty.

After the store closes on Sunday, something happens in the produce section that none of us ever witness. Allie disassembles the wet produce case holding the more perishable greens. She takes all the veggies out and stores them in tubs in the walk-in cooler. On Monday morning, Joy arrives at 7:00, to do a thorough cleaning of this cooler, using hydrogen peroxide, Citra-solve, and vinegar, and then spraying the whole case with water. She reassembles the case, readying it for the morning shoppers.

Next time you stand in front of the produce making your selections from this colorful array, you might think about the path each potato, beet, broccoli, and apple takes to make its way from the farm to you. Give thanks to the farmer and to our co-op produce crew for the bounty we have.

Behind the Scenes at the Co-op started in November 2017 – you can read previous columns in the GG on the website.



Frozen Department

by Judith Kenney



A Cornucopia of Frozen Foods

**From Misha,
our Frozen Buyer:**



***Gila River Ranch
Bratwurst!***

Our department buyers pay close attention to product movement on their shelves and try to respond accordingly. Often, a product will sell like crazy for a long time and then, abruptly, the tide turns and it will languish on the shelf, forgotten. In these cases, buyers, who've been paying attention to trends and listening to the needs of their customers, will switch out old products for new. The frozen foods department is no exception to this fluid situation and Misha, who manages the frozen section, has a passel of tasty new foods for our customers to try.

Udi's Gluten-free Plain Tortillas have replaced Rudi's Tortillas, which were also gluten-free.

Another gluten-free product that is new to Misha's shelves is Lucky Original Spring Rolls, great for snacks or as part of a meal. For a sweet treat, Rice Dream Vanilla Rice Bites are back by popular demand in the ice cream freezer. Mmmm!

Several new meat products are available, as well. Offerings from the local Gila River Ranch include bratwurst, ground beef and steaks. From J-6 ranch, also local, comes ground beef and stew meat. A variety of local pork products are here, too. Two more flavorful protein sources now found in the freezer are Beeler's pork chops and Smart Chicken.

Misha wants her customers to know that, although Woodstock Frozen Bing Cherries are out of stock at the distributor, she will continue to order them until they come in. Also, if you've been searching for the delicious La Brea Dinner Rolls, they are seasonal and will return in the fall. Lastly, don't forget to look for mark-downs in the freezer section from time to time.



***Rice Dream
Vanilla
Rice Bites!***



***Udi's
Gluten-Free
Plain Tortillas!***

Co-ops Can Collaborate on Climate

by Allie Mentzer

Climate change is a global challenge, and yet we each have a role to play. On behalf of NCG co-ops, NCG has made formal commitments through the Climate Collaborative to help reverse climate change by taking meaningful action in the areas of agriculture, food waste and policy. We're joined by other companies throughout our supply chain who are stepping up to make climate commitments, and we invite individual co-ops to consider participation in the Collaborative as well.

The Climate Collaborative is a nonprofit natural foods industry initiative that NCG helped to form in 2016. The goal of the Collaborative is to leverage the power of our industry to reverse climate change by providing businesses with a platform to make commitments and share best practices in the following high impact areas:

- Agriculture - Integrate carbon farming into the agricultural supply chain.
- Energy Efficiency - Increase energy efficiency.
- Food Waste - Reduce food waste in the supply chain.
- Forests - Remove commodity-driven deforestation from supply chains.
- Packaging - Reduce the climate impact of packaging.
- Policy - Responsible engagement in climate policy.
- Renewable Energy - Commit to 100% renewable power.
- Short Lived Climate Pollutants - Reduce potent GHG emissions such as refrigerants.
- Transportation - Reduce the climate impact of transportation.

While NCG is well positioned to address national policy and supply chain issues such as support for carbon farming, individual co-ops may be well positioned to make commitments to improve energy efficiency, use renewable energy, reduce food waste and/or eliminate refrigerant leaks (short-lived climate pollutants), depending on the specifics of their operation.

By making a formal commitment to a particular focus area, businesses are asked to set goals and take action in that area, and complete a brief annual questionnaire to report progress. Goals are not predetermined or time bound by the Collaborative – each organization gets to set their own goals and work towards them in their own way and time. Companies that make commitments will be eligible for recognition.

Co-ops can use the Co+efficient portal to track progress in their chosen commitment areas and look to Co+efficient resources on the NCG website to help drive improvement:

- Energy Efficiency and Renewable Energy Resources
- Material and Food Waste Reduction Resources
- Refrigerant Resources

Only a co-op's general manager or other authorized decision-maker can make a formal commitment to the Climate Collaborative, but everyone can take part in helping to reach your co-op's goals and sharing this positive story with your community. Co-ops can also play a role by informing vendors about the Collaborative's work and thanking those that have made commitments.

Want to know why NCG prioritizes climate action and how we're showing leadership within our industry on this issue as a founding member of the Climate Collaborative? Check out NCG Recognizes Exemplary Leadership on Climate Change.

*Printed by permission
co + op stronger together*



Nicaragua small farms are facing a food crisis.



Thyme helped Jenny with her cough.

Thyme Is on Your Side



This month's Staff Pick is courtesy of Jenny Morgan. Having served the Co-op for ten years, in multiple capacities, she recommends thyme tea as an effective therapy for coughs.

Thyme is an evergreen shrub that has been used in foods and medicinally for thousands of years. Native to the Mediterranean region, thyme can be useful as a cough treatment and a remedy for upper respiratory issues. The tiny leaves of this herb are packed with cough-suppressant compounds. Thyme flavonoids relax tracheal and ileal muscles, which are involved in coughing, and also reduce inflammation. For a homemade tea, pour one cup of boiling water over 1-2 teaspoons of crushed leaves. Cover, steep for 10 minutes and strain. Enjoy with a dollop of honey or another favorite sweetener and you'll be on the road to wellness.

A Living Brew: The Case for Raw Milk

Raw Milk is Available at the Silver City Co-op!

by Jennifer Lamborn
Co-op Member



As you may have already noticed, you can now buy raw milk from Proverbs Farms, our local micro dairy. Ashley White, a local rancher's daughter and a registered nurse, cares for five healthy, robust cows and her vibrant four-year-old son Preston on Airport Road southwest of the town of Hurley. Her husband Tyler fully supports her vision. For Ashley, providing access to fresh raw milk is a way for her to serve our community, and she is passionate about the benefits of this whole food.

“Raw” milk has not undergone pasteurization, the process of heating up milk and then quickly cooling it down to eliminate bacteria. The milk from Proverbs Farm also has not been homogenized. Homogenization is a mechanical process in which milk is forced at high pressure through tiny holes to render all the molecules the same size, thus blending (or emulsifying) the butterfat molecules into the milk. In milk that has not been homogenized, the cream rises to the top.

Interestingly, the question of raw milk—its safety and its benefits—has become a contentious issue in the last few years. Raw milk is illegal to sell in 20 states and is regulated by extremely strict standards in states that do allow its sale. Thanks to Ashley's hard work and attention to detail, Proverbs Farm was certified Grade A in mid-December of last year. However, even with strict regulations in place, raw milk cannot be sold across state lines because of a 1947 milk law. Even in some states where the sale of raw milk is legal, it can only be bought on the dairy farm itself. We are indeed fortunate to have grocery store access to locally-produced raw milk right here at the Co-op.

Moreover, this particular whole food provides a useful lens through which we can examine not only matters concerning health, but also the ethics and politics of our food choices.

Health-wise, raw milk has become more desirable in recent years because we find ourselves in the midst of a paradigm shift with respect to our understanding of bacteria. While we still live in a society that favors antibacterial lotion, disinfectants, and antibiotics, we are learning more about the symbiotic relationship between microbes and the health of our gut. Simply put, food handling environments should be bacteria-free, but not our food.

Regarding the ethics of what we eat, as we become more aware of the cruel, unscrupulous practices of CAFOs (“concentrated animal feeding operations” or factory farms), there is growing attention paid to the moral (and practical) necessity to treat animals humanely. There is no principled reason to believe that people have the right to treat other species however they want. At a micro-dairy (10 cows or fewer), the relationships between the farmers and their cows have the potential to be personal and mutually beneficial.

Finally, in terms of politics, many of us are increasingly alarmed at how large agribusinesses have taken over our food supply with their pervasive marketing and government lobbying, and we share a keen interest in questions about how our food is grown, processed and shipped. The political marriage between large agribusinesses and our government health agencies, as outlined by Marion Nestle (Food Politics, 2002), Michael Pollan (In Defense of Food, 2008) and the 2008 film Food, Inc., causes us to question the “science” that supports conclusions drawn by the three primary government health agencies: the CDC, the FDA and the USDA. When we consider switching to raw milk, we are challenged to ask important questions and to think for ourselves about our food choices.



Ashley, Preston, Nellie, Daisy (smiling), and Bossy Photo: Penny McCauley

The Raw Milk Controversy: Is Raw Milk Safe?

This is the first question that most people ask when they consider switching from “regular” milk to raw milk. The fear is that unpasteurized milk harbors dangerous organisms. Many feel safer erring on the side of caution. Also, pasteurized milk is what we've become accustomed to, so why change? Unquestionably, pasteurization has been one of the great public health achievements in the last century. Yet, when we take a closer look at the history of pasteurization of milk, we see that pasteurization is not always necessary and that the quality of pasteurized milk may well be inferior to that of raw milk. At present, 97% of all milk consumed in the U.S. is pasteurized. So why is pasteurized milk the norm?

At the turn of the last century, small rural dairy farms were centralized in cities where sanitation was appalling. There was neither running water nor flush toilets. Cows were crowded indoors, forced to stand in their own waste. They were hand-milked at a time when hand washing was not the workplace practice it is today. (Think of Upton Sinclair's *The Jungle*.) With no access to pasture, these cows were fed grains--often the spent grains from nearby breweries. Because of their poor diet and unhealthy environment, they became sick and, as a result, their milk carried pathogens (disease-producing microbes). Tuberculosis, diphtheria, strep infection, and scarlet fever were some of the milk-borne diseases that sickened and killed people. Pasteurization saved countless lives by killing bacteria as well as extending milk's shelf life.

The problem is that our milk laws are based on procedures and environments of the past century. These laws do not apply to small, certified dairy operations where cows are cared for vigilantly, eat healthy food, and are not confined. Unfortunately, pasteurization remains necessary for the huge CAFOs. Even though workplace sanitation practices have improved dramatically since the early 1900s, large commercialized dairies still create an environment that is a perfect medium for the growth of all kinds of bacteria. Because of their inferior (and often repulsive) feed and unhealthy confinement, cows on CAFOs are prone to sickness; in fact most of these cows live an average of 3.5 years compared to the 12 to 15 year average lifespan of a pastured cow. Because sick cows transmit pathogens, pasteurization remains necessary on these “cow concentration camps.”

The bottom line is that the problem of milk-borne illnesses is not a problem inherent in milk itself; it is a problem that stems from unclean and unhealthy living environments for cows, bad feed and poor milk-handling practices.

When you enter the red barn at Proverbs Farm, you will find an impeccably clean work space. There is one room where the cows are milked twice daily. The stainless steel equipment gleams and there is no residual odor of bleach or heavy cleaners. There is another room where milk is cooled and bottled, likewise immaculate. Ashley explains that what's most important when handling milk is to "maintain the cold chain." Milk can be cooled in 30 minutes in the cooling machine and then it is bottled and ready to be sold. After cooling, it is kept under refrigeration until its arrival at the cooler in our store. Unlike the extended shelf life of pasteurized milk, raw milk has a shelf life of 7 to 10 days.¹ Ashley stresses that "raw milk needs to be treated with respect." It should not be left out on the counter—you must "maintain the cold chain" at home as well. As a trained nurse, Ashley is well-acquainted with the world of microbes and has a scientific and practical understanding of how pathogens can be spread; to see her operation will dispel any worries you might have about cleanliness and proper milk handling procedures.

Here are a few facts about the safety of raw milk: The Organic Pastures Dairy in California has presently sold over 120 million servings of raw milk and has not had a single documented case of illness. The government's own statistics show that eating deli food is 20 times more likely to cause a food-borne illness than raw milk, yet deli food is not banned by the CDC! The CDC website warns about the dangers of the pathogen listeriosis in raw milk, yet in the recent list of listeria outbreaks, none came from raw milk. The CDC warnings are out of proportion with the facts and certainly warrant continued scrutiny.²

The Health Benefits of Raw Milk

When milk is pasteurized, most bacteria as well as enzymes are killed in the process. Raw milk contains the enzyme lactase which is necessary to digest the milk sugar lactose. Some people who have been diagnosed as lactose-intolerant discover that they are able to digest raw milk because of the presence of this enzyme.

In addition, raw milk contains a "living brew" of probiotics, some of which are



Co-op member Amanda is showing us where the Proverbs Farm raw milk is located.

already found in the human intestines. Dr. Richard Gerhauser, a preventative medicine specialist in Tucson, touts raw milk as a "superprobiotic." Raw milk also contains "prebiotics" which act as a food source for beneficial bacteria. Evidence suggests that people who have the most diverse microbiome (the ~ 4 pounds of microbes in our body) are the healthiest and most resistant to disease (Greeneklee).

Mark McAfee, the president of Organic Pastures Dairy in California, claims that drinking local raw milk boosts your immunity. This phenomenon has been called the "protective effect" of raw milk. The idea is that the cows are exposed to and integrate the local microbes into their milk, so the raw milk consumer is exposed to a wide variety of local microbes and consequently builds immunity naturally.

Home Economy

Raw milk costs more than pasteurized milk because pasteurization extends shelf-life which, in turn, extends farmers' profits. However, raw milk gives you both milk and cream. Keep in mind that you can separate the cream and make your own butter, cream cheese, sour cream, kefir, etc. In addition, if you switch to raw milk, you may discover you no longer need to buy factory-produced probiotics.

Another Reason to Eat Local Food:

Cultivating Well-Trodden Paths

There is a Buddhist meal chant that begins: "Innumerable labors brought us this food; we should know how it comes to us."

Unfortunately, instead of bringing us to a higher state of awareness, these words may make some of us nervous. Since the majority of our food production has been taken over by industrial agriculture in the last 60 years, we often don't know from where or how our food comes to us.

Raw milk is a whole, living food that comes to us directly from down the road. Take some time to visit Ashley, Preston and the girls. Make a personal connection to your food. (Call ahead: 574-8725.)

The late Raimon Pannikar, Spanish priest and promoter of inter-faith dialogue, used to say, "The future is not in building a new tower of Babel, but in cultivating well-trodden paths from house to house."

¹Ultra-pasteurized milk has a shelf life of 9 months! Michael Pollan writes, "The American diet is designed for a shelf in a warehouse, not for the American gut."

²Our government health agencies are designed to support the consumption of U.S. agricultural commodities and they are lobbied heavily by the agri-giants. See Nestle, 2002.

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2 U From Your Board . . .

Yes, We Have Ethics!

*By Jennifer Johnston and Karen Strelko
[Reprint from October, 2015]*

What happens when you speak to a board member privately? Can you expect that conversation to be confidential? When you speak to a board member does he or she speak for the whole board, or just from a personal point of view? And when will a board member agree to any changes to co-op functioning based on what you have asked?

From the board of directors' point of view, our answers to these questions are not arbitrary. They derive from our adherence to ethical guidelines. We follow written policies regarding our code of conduct and ethical behavior. Many of our ethical guidelines relate to our interactions with co-op member-owners, and they have a direct impact on our conversations with you.

So can you express concern or kudos privately? Yes. Will the board member keep your comment confidential? Yes, if you want him to. (However, your general concern may be mentioned in board discussions, without revealing you as the source.) And when you speak to a board member, in almost all instances, he or she will be speaking for the whole board, imparting views and decisions that have the support of the board. We do this because we are ethically obligated to speak with one voice. Of course, we can indicate some personal agreement or disagreement with a board decision, but we will add clearly and emphatically that we stand behind the final decision of the board.

As board members, we welcome and value our interactions with you and the opinions and concerns that you may have. However, one important ethical principle that we strive to follow is to maintain loyalty to the interests of the membership as a whole. We must not let "personal loyalties or sympathy toward individuals" get in the way of the board's fiduciary responsibility to the co-op. To us, this means that concerns and suggestions from individual members are important and may inform board decisions, but not if those individual concerns eclipse overall co-op goals or long-term responsibilities. We are always juggling members' personal needs with group needs and holding ourselves accountable to the larger vision.

And when will a board member agree to any changes to co-op functioning based on what you have asked? We won't. While a board member can refer your points of view to the board as a whole for consideration, a board member cannot, and will not, unilaterally agree to any changes in co-op functioning. We refrain from exercising individual authority over the cooperative, except as explicitly set forth in board policies. What this means is that we don't authorize ourselves, on our own, to act in any board capacity without board approval. Generally, board decisions are determined by an agreement process in which a board decision or resolution will not be passed if there is more than one board member who does not support that decision or resolution. In effect, we end up speaking with one voice.

Another principle that guides the board's ethical behavior is well stated in the New Mexico State Statutes for Cooperative Associations, section 53-4-18.1: "A director shall perform his duties [...] in good faith, in a manner the director believes to be in or not opposed to the best interests of the association, and with such care as an ordinarily prudent person would use under similar circumstances in a like position" What does this mean? It means that as directors, we should approach all our activities and decisions with the co-op's best interests in mind. Unfortunately, there are not clearly defined standards for "good faith," "in the best interests of," or "ordinarily prudent." However, if we were held to task, a group of our peers would ask themselves, "What would we have done in the same circumstances, with the information that the board had

at the time?" If those peers concluded that the board acted in an "ordinarily prudent" manner and generally came to conclusions that served "in the best interests of" the co-op, we would be considered to have acted "in good faith."

Other areas of ethical conduct we follow are disclosure of conflicts of interest and protecting confidential information. In fact, Section 4.12 of our bylaws states that "Directors shall be under an ethical code of conduct to disclose their actual or potential conflicts of interest in any matter under consideration by the board. Directors having a conflict of interest may, if permitted by the board, participate in the discussion but not in the decision of the matter." In short, if board members have a conflict of interest, which could influence their decision making, they must disclose that conflict. If a board member cannot separate competing interests, he must excuse himself from certain decision making situations or even consider stepping down from the board.

As far as protecting confidential information, not only do we keep our conversations with member-owners confidential, we also keep confidential our discussions on sensitive business information, like personnel, real estate, and legal issues. We use discretion and maintain confidentiality both in board meetings and outside of board meetings, especially when decisions are in process. Once a decision is final, and if appropriate, we might share those decisions with member-owners and often the public in general. Again, we speak with one voice.

Not only do we follow ethical guidelines when we talk with member-owners, we even have specific ethics that guide our behavior with one another! For example, our Code of Conduct requires us to commit to fulfilling our duties as directors by devoting sufficient time and giving proper priority to board-related activities. We also expect ourselves to engage in "open, respectful, and thorough discussions with other directors and the general manager, while maintaining an attitude of honesty, diligence, and helpfulness." Indeed, we take our conduct and behavior so seriously that a provision in our Code of Conduct specifically enables us to ask a director who violates our ethical principles to "resign from the board and to not seek to disrupt the cooperative or the board thereafter."

Hopefully you now have a better understanding of how and why we, as directors, conduct ourselves as we do, especially when it comes to talking with you, the member-owners. It's all because we have ethics!

In writing this article, we have endeavored to describe our ethics and conduct using language from our own bylaws (section 4.12) and governance policy D4 that specifies the board's Code of Conduct. In addition, we find that our own ethics are mirrored in other cooperative organizations and leadership groups such as Cooperative Development Services and National Co+op Grocers. Resources for further reading on the topic of board ethics include:

- Silver City Food Cooperative Bylaws
- Board of Directors' Code of Conduct
- <http://library.cdsconsulting.coop/doc/code-of-conduct-sample/>
- Cooperative Grocer (1996, November). Code of ethics. Eds. D. Gutknecht and K. Zimelman

If you have further questions about board ethics, please contact Jennifer Johnston or Karen Strelko.





Jennifer Johnston
Secretary



Jean-Robert BÉffort
Vice-President



Robert Fischhoff



Laurie Anderson
Treasurer



Karen Strelko
President

Two Questions for You

Have you wondered what the board does and whether becoming a director might be a place to apply your skills?

Have you considered the possibility of serving on the board of directors, but think you do not know enough about the board's work to commit to a three-year term?

Our BIT (Board member In Training) Program might be just right for you!

If you are interested in being a board member in training (BIT), here is what you need to do:

1. Review this document and let a current board member know that you would like to be a BIT.
2. Make a commitment to attend three consecutive board meetings. If you find that being a BIT is not to your liking, this commitment may be broken at any time.

After you make your commitment and are approved by the board, you will:

1. Receive a short board orientation.
2. Be assigned a "board buddy" who will be available for any questions.
3. Receive the board agenda and packet of materials each month a week prior to the board meeting.
4. Participate in discussions at the board meetings.
5. Be encouraged to participate in one board committee.
6. Receive a Volunteer Discount Coupon for each board meeting you attend.

The BIT Program opportunity is now, which is just prior to the deadline for announcing candidacy for the next board election. The board will have no more than two BITs at a time.

Please consider this exciting new program, come and learn about being a director of our co-op! For more information, please contact Jennifer (johnstonjenny40@gmail.com), Laurie (laurindaa713@gmail.com), or Robert (robertfischhoff@gmail.com).

New Feasibility Committee Invites Member-Owner Participation

Every one has good ideas about how to make our Co-op great. But what we need is the energy to make those ideas happen. However, the first step is to determine if our member-owners' great ideas really will work for us.

Therefore, the Co-op board is very pleased to announce the formation of a new member-owner participation committee: The Feasibility Committee.

The Feasibility Committee's mission is to review and study member-owners' ideas for possible implementation.

Our intention is to help our busy management and staff with their consideration of new ideas and new projects by determining their feasibility in the first place. Of course the ultimate decision of whether an idea is implemented rests with board and management, but the Feasibility Committee can significantly shorten the process and even bring ideas forward that would previously not have moved beyond the talk phase.

Join the new Feasibility Committee and help our member-owners put their good ideas into practice.

Committee volunteers will be eligible for 15% volunteer voucher coupons for three hours worked.

To join or for more information, email:
Robert Fischhoff robertfischhoff@gmail.com or call 505-577-1668.

Board Meeting Schedule

The SCFC Board of Directors meets the third Wednesday of each month. Check at the Co-op for the meeting location.

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.

Karen Strelko/President

Board Term: 2015-2018
karen@silvercityfoodcoop.coop

Jean-Robert BÉffort/Vice President

Board Term: 2016-2019
aspace.studiogallery@gmail.com

Laurie Anderson/Treasurer

Board Term: 2017-2020
laurindaa713@gmail.com

Jennifer Johnston/Secretary

Board Term: 2015-2018
johnstonjenny40@gmail.com

Robert Fischhoff

Board Term: 2017-2019
robertfischhoff@gmail.com

Board of Directors



The Co-op Has New Cashews From Tierra Farm!

*Organic Raw Cashews
NOW
\$11.49 a pound!*

by Evan Humphrey, Bulk Buyer



Evan shows off the new organic cashews, and, to the left, maple ginger cashews.

Cashews happen to be the only thing that I know I am truly allergic to. If I eat even a crumb of a cashew I will experience severe nausea and a swollen, itchy throat for the rest of the day! Cashews also happen to be one of our biggest sellers in bulk, and quite popular around the world.

A few months ago I began to see our cashew sales go down. I also started receiving consistent negative feedback about their quality. Previously, Bob and I had been ordering all of our cashews from UNFI. I have observed that the quality is quite variable. Sometimes people say that they are creamy, sometimes they are “chalky”. I also have not been impressed with the flavored cashews available through UNFI. They aren’t organic, nor very fresh, and contain some questionable ingredients.

So, when it comes to cashews I have made the decision to move away from UNFI entirely and source all of our cashews from Tierra Farms. These cashews come from the Zantye’s Cashew Company located in Bicholim, India, and are dry roasted and flavored by Tierra farms.

The cashews are of superb quality and totally organic. Zantye is also driven by community service and sustainable agriculture and has established several centers for healthcare and education in the region. Learn more at <https://zantye.com>

I will be bringing in raw cashews, curry cashews, maple-ginger cashews, salt and pepper cashews, roasted-salted cashews, and several others if these are a hit. Look for samples and sales of these new cashews throughout the month. I will be providing in-depth information about the Zantye Cashew Company as well as Tierra Farms. I have put raw cashews on the Co-op Basics Program in effort to make this excellent product more accessible. The flavored cashews are a bit pricier, but I believe this is justified given the increase in quality.



Tierra Farms buyer visiting a Zantye cashew farm in 2016.



Members Only Specials

Jan 31 - Feb 27

20% OFF!
listed prices



Simply Organic
Spicy Chili
Seasoning Mix, 1 oz
reg \$1.59



Daiya
Greek Yogurts
Assorted, 5.3 oz
reg \$1.69



Crown Prince
Smoked Oysters
3 oz
reg \$3.99



Badger
Lip Balms
Assorted, .15 oz
reg \$2.49



High Country
Kombucha
Wild Root, 16 oz
reg \$3.39



Daiya
Salad Dressings
Assorted, 8.36 oz
reg \$5.29



Living Intentions
Unsalted Almonds
16 oz
reg \$16.99