

# Silver City Food Co-op Garbanzo Gazette

Volume 19

❖ Your Monthly Newsletter ❖ October 2019

## 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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Sales*



YOU  
ARE  
WHAT  
YOU  
EAT

## MOVING FORWARD

## Relocation Update From Garland

The Co-op continues to make slow and steady progress on our relocation effort. Co-op management and Board of Directors are reviewing a proposal from Seven Roots, a design and operational support team that specializes in cooperative and natural food store design. With the professional expertise of Seven Roots, our initial designs will be edited, and a total project cost estimate will be generated. See page 2 for more information.

## General Manager Search Continues

The GM Search Committee has conducted their first round of interviews and are narrowing the selections down for a second round. Through this process, Interim General Manager Garland McQueen is offering insights and direction. See page 2 for an introduction from Garland.

## New Ice Cream Freezer

Stop by the Ice Cream section and see the new offerings! A couple of new brands and family sizes of some of your old favorites have arrived, as we now have nearly double the space! Misha has more to tell you about it on page 11.

## Reminder: Equity Increase begins in 2020

Just a friendly reminder that the annual equity payment for Co-op Members will increase from \$10/year to \$20/year beginning in January of 2020. Your annual equity payments play a vital role, often being used to finance capital expenditure projects at the Co-op. Thanks again for participating in the economic health of the Co-op.

## Round Up Applications now Available on the Co-op Website

Our very successful Round Up program is entering its third year, and we're proud to say that community contributions to this program are regularly generating as much as \$1500 per month for local non-profit organizations. If your organization is interested in participating in the 2020 Round Up program, you can find an application on the Co-op's website. Applications must be submitted by October 31st!

## From Garland

I have been in Silver City four weeks and it has been very enjoyable. Everyone has been very welcoming and I feel like I have lived here for years. I am looking forward to the change in weather, which is very different than the high temperatures and high humidity from my home. As I continue working with your Co-op, I look forward to meeting more friendly faces.

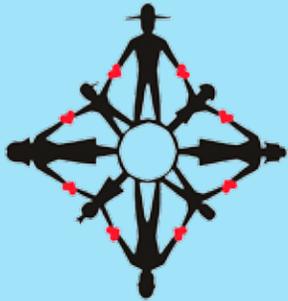
It is great to be a part of the Silver City Food Co-op family.



2085 member/owners strong and counting . . .

# Silver City Food Co-op

established 1974



[www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)  
575.388.2343

## Store Hours

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

## Vision Statement

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

## Seven Cooperative Principles

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

## Garland McQueen

*General Manager*

## The Garbanzo Gazette

*Editor: Mike Madigan*

*Guest Writers:*

Jane Papin, Rick Stansberger

*Staff Writers: Judith Kenney*

Evan Humphrey, Michael Sauber

*Layout & Design: Carol Ann Young*

*Proofreaders: Jenny Morgan  
Eric Brown*

Submissions are welcomed!

Submit letters, articles, or items of interest to:

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

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# Dancing Decisions

*By Garland McQueen  
General Manager*

There is much debate from members and staff about whether we should move or remain on Bullard Street. Let me clarify that I am not here to make that decision, but I am here to help gather some firm information to offer to the Board. No one wants to move if it would place the Co-op in financial jeopardy, but at the same time, just as many feel the community would be better served with a larger store and adequate parking, while others feel that the Co-op will lose its connection with the community by moving. These are common issues with other Co-ops that plan a move of this nature.

If the sales increase per our expectations, there will be an increase in cost of goods and labor, which is expected. With a new store build out, we will also have a construction loan and a mortgage on the Pope Street building.

We must determine a reasonable return on investment (ROI), which basically means “can we pay for this move?” Fortunately, the Co-op owns the Bullard location and the warehouse behind the store, although the store building will need some structural work in the future, which will probably be expensive, and the current store has almost plateaued in sales growth due to space issues.

Silver City Food Co-op is in a position to take time and research all the options. It always takes more time to plan the build than the actual building process. Cost analysis is part of the planning. If the analysis were to indicate that we are not able to make this move, then it is money well spent to determine the move is not in the best interest of the Co-op.

If the facts indicate the move is possible, then we could move forward with securing financing through various avenues. By taking this route, we must make plans for the Bullard buildings.

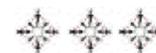
In the event the Co-op does not move, we will create an action plan on how to best utilize the property, such as sell, lease, or a combination.

It has been suggested that a move will cause the Co-op to lose its “vibe” or “heart” or “soul.” It is important to know that a building can be as good as finances allow, but it is not the Co-op. The Co-op is the people of Silver City and the surrounding communities, the members, and the staff. The building is just where we gather to interact.

Silver City is fortunate to have a diverse group of members that are fiercely loyal to the Co-op and are willing to voice their opinion. I for one value hearing these suggestions, because I know they are always intended in the best interest of your Co-op.

I want to help your Co-op analyze enough information, so that the best decision is made for the members and all the community. This is an interesting, but detailed task that will have a major impact on the Co-op’s future. This impact could be positive or negative. My goal is to suggest the option that is best for the financial health of the Co-op.

More news to follow as the decision process develops.



# It's Turkey Time!



Reserve  
Your  
Mary's  
Certified  
Organic  
Turkey  
Beginning

**Tuesday, October 29th**

**\$3.99/pound**

Small: 8-12 lbs • Medium: 13-16 lbs

Large: 17-20 lbs • X-Large: 20 + lbs



*A non-refundable \$10 deposit (per turkey) is required when placing your order at the register. Everyone pays the same price, NO MAD, volunteer or staff discounts.*

## Silver City Food Co-op Staff

*Judith Kenney*  
outreach/GG/produce

*Dougan Hales*  
produce/bulk

*Kate Stansberger*  
supplement buyer

*Jake Sipko*  
produce manager

*Carol Ann Young*  
office/GG

*Jeanné Miller*  
herb buyer/produce

*Becky Carr*  
dairy buyer

*Jess DeMoss*  
POS manager

*Misha Engel*  
frozen buyer

*Jenny Morgan*  
office

*Marguerite Bellringer*  
finance manager

*Kim Barton*  
POS

*Michael Sauber*  
grocery

*Doug Smith*  
grocery buyer

*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*  
produce

*Elysha Montoya*  
wherever needed

*Judy Kenneally*  
deli

*Christine Dalmedo*  
produce/grocery

*Hina Rainbowchild*  
wherever needed

*Annabella Gomez*  
wherever needed

*Melissa Yarbrough*  
wherever needed

*Tuan Tran*  
wherever needed

*Clorissa Holguin*  
wherever needed

*Eric Brown*  
wherever needed

*Ajlaa Claussen*  
wherever needed

*Jeremy Devenny*  
wherever needed

*Garland McQueen*  
gm



# Kitchen Meditations

Fall

## Sweet Fig Smoothies



*This recipe offers a great use for figs that are very ripe (even overripe) and need to be used soon. The riper the fig, the sweeter and more delicious in this creamy drink.*

### Ingredients:

1 cup ice cubes  
¾ cup plain yogurt  
½ cup dairy milk (or alternative milk)  
1 ½ tablespoons fresh orange juice  
6 large ripe fresh figs (any variety) stemmed and halved

### Directions:

Place all ingredients in a blender. Process one minute or until completely smooth. Divide evenly among three glasses.

\*You can also make this with keifer in place of yogurt and milk



## The Frugal Co-op Chef

### Rosemary Roasted Rutabaga

1 pound Rutabaga, peeled and cut into ¾ inch cubes  
¼ cup diced onion  
1 tbsp chopped rosemary  
1 tbsp olive oil  
¼ tsp salt  
1/8 tsp freshly ground pepper  
1 tbsp butter or ghee

### Instructions:

Place rack in middle position in oven and preheat oven to 400 degrees.

Toss rutabaga with rosemary, onion, olive oil, salt, and pepper and spread evenly onto a baking sheet. Bake for 20-30 minutes or until fork tender.

## Blue Cheese Stuffed Figs

Make a slit in the side of each fig. Stuff a bit of your favorite blue cheese into the fig. Softer, creamier cheeses work best. Serve as-is, or brush figs with canola or vegetable oil and set in a hot pan or on a hot grill, turning once, cooking until the figs are hot and cheese is melted, about 8 minutes total.

## Sweet & Salty Fig Toast

Seeded bread  
Cream cheese  
Figs  
Olive oil  
Honey  
Flakey sea salt

### Recipe preparation:

Spread toasted bread with softened cream cheese. Top with sliced ripe figs and drizzle with olive oil and honey. Season with flaky sea salt.



## Nutpods Pumpkin Spice Latte

Serves 1

### Ingredients:

½ cup Pumpkin Spice Nutpods  
2 tablespoons pumpkin puree  
¼ teaspoon vanilla extract  
Pinch of ground nutmeg  
2 teaspoons sugar or sweetener of choice  
2 shots espresso or 1 cup strong brewed coffee

### Directions:

• Combine Nutpods, pumpkin, vanilla, nutmeg, and sweetener in a small saucepan. Bring to a simmer, stirring frequently, to incorporate the pumpkin puree. For a foamy mixture, use a milk frother or transfer to a French press and carefully pump for 30-45 seconds.

• Pour Nutpods mixture over the espresso or coffee.  
• It's yummy topped with whipped cream.

\*Drink immediately!

# Jake's October Produce Picks

## Figs

Dried figs are available throughout the year and they are delightfully full of flavor and nutrition, but there is nothing like the unique taste and texture of fresh figs! Lusciously sweet with a soft, chewy texture, they are among the oldest cultivated fruits. Thought to have first been grown in Egypt, they spread to ancient Crete, and then to Greece, where they became a staple in the traditional diets of the region. Figs were revered in ancient Rome as a sacred fruit.

Fresh figs are one of the most perishable fruits and should be purchased just a day or two ahead of when you are planning to eat them. When shopping for figs at the Co-op, look for fruit that is richly colored, plump and tender, but not mushy. Throughout fig season, our produce manager, Jake, will be ordering Brown Turkey, Black Mission, Kadota and Adriatic figs, each with its own unique qualities, all exquisitely delicious!



*Becky, Jake and Jeanné gearing up for Halloween!*

## Rutabaga

The rutabaga, a relative newcomer to the vegetable domain, is thought to have evolved from a cross between a wild cabbage and a turnip. The earliest historical references to the rutabaga date from the 1600s in southern Europe, where they were first eaten by people and animals. Not to be confused with its ancestor, the turnip, rutabagas are actually larger, denser and higher in many essential nutrients. The two vegetables also vary in appearance and taste. Turnips are usually white-fleshed with white or white and purple skin. Rutabagas usually have yellow flesh and a purple-tinged yellow skin. Flavor-wise, both turnips and rutabagas are nutty and sweet, yet peppery, but rutabagas tend to be a bit sweeter, while turnips are more pungent. A good source of fiber and Vitamin C, rutabagas have a lower moisture content than turnips so they keep better. One delicious way to eat rutabagas is to fix them the way you would mashed potatoes. When cooked and ready to eat they have an appealing golden color. This dish will pair well with turkey and your other favorite holiday dishes.

If rutabaga is a new vegetable for you, give it a try roasted or sautéed with butter, salt, and pepper, or processed for a delicious, creamy sauce.



*Yummmmm!  
A Pumpkin Spice Latte!!*

## Becky's October Dairy Pick Nutpods Pumpkin Spice Creamer

This plant-based creamer is made from coconut cream and almonds, and is dairy-free and unsweetened (0 grams of sugar per serving). Rich and creamy, it's perfect for those who follow keto, paleo, plant-based, vegan, lactose free and/or diabetic diets. Since its inception in 2015, Nutpods has made a commitment to donating its time, product, and funds to worthy causes and to searching for ways to reduce their environmental footprint. It's a small, family-owned company that believes that we can all make a positive impact on the planet and fellow earth inhabitants, no matter how small. Look for Nutpods in our dairy cooler.

# CO-OP Community

## Co-op Community Donations

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

**Deming Refugee Center**

*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.*



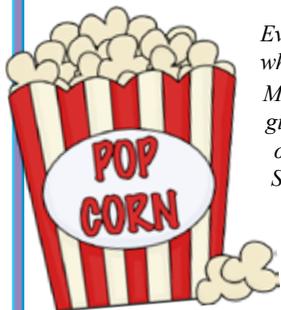
## Thank You Co-op Volunteers!

*Many thanks to these member volunteers for their August service.*

**Ellen O'Bryan • Bridget O'Leary • Kim Sweeney  
Joy Mathews • Malika Crozier • Janna Mintz  
Sharon Bookwalter • Karen Nakakihara • Frances Trotta  
Pantha Huff • Althea Athenian • Jane Papin  
Tim Garner • catherine bialopiotrowicz • Deb James  
Carol Beth Elliott • Carolyn Smith • Sue Ann Childers**



## 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 [judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)

## 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!**

## Round Up Donation Program

The Silver City Food Co-op invites you to "Round Up." This means as a customer you can round up the balance of your total purchase to the nearest dollar, thereby donating that amount to a local non-profit. Donation recipients change every month. Information can be obtained at the cash registers when you check out. Many thanks to our cashiers who make this program work so that we can all give to our community.

## Round Up for October

## The Commons Center for Food Security and Sustainability

The Commons: Center for Food Security and Sustainability's two main programs are our Food Pantries and our Alimentos Para Los Niños Backpack Program. Our food pantries feed over 600 hungry families per month, between the two Silver City pantries (first Saturday from 10-noon and last Wednesday from 4-6, at The Commons) and the Mining District pantry (third Tuesday from 1-3, at Bataan Park in Santa Clara), as well as Hachita and Gila pantries. Our Backpack Program provides weekend supplemental nutrition to approximately 275 children per week. The Silver City Food Co-op's Roundup donations help fund these programs, in addition to keeping our doors open and our lights on. The Co-op also provides our food pantries with staple foods at cost, helping us include healthy options in every food box we distribute. We couldn't do what we do without the partnership of community-minded organizations like the Silver City Food Co-op!



## August Round Up \$1296.00!

## Virus Theater

Virus Theater is gratefully utilizing the August 2019 Round Up donation funds from the Co-op for fall and winter programming for our community.

Round Up funds will support getting the word out about Virus Theater's October teen performance, a reprisal of the summer production of *It's a Funny World We Live In*. Written by and starring our 2019 summer teen ensemble, it is being presented again as part of the Southwest Festival of the Written Word.

Virus Theater will also use Round Up funds to publicize and support our 2019 production of *The Green Bird*, an 18th century commedia dell'arte spectacle to be performed November 8-23, 2019.

Round Up funds are an incredible support that allows Virus Theater to keep our ticket costs low and the doors of El Sol open! Thank you community! For more information about Virus Theater productions and other community offerings, visit [virus theater.com](http://virus theater.com)



## Round Up for November

## Silver Regional Sexual Assault Support Services

Silver Regional Sexual Assault Support Services (SRSASS) is a non-profit Rape Crisis Center established in 2011. Located in the southwest region of New Mexico, providing services to survivors of sexual violence in Grant and Hidalgo Counties, the vision of this organization is a world in which all people are safe, valued and free from any form of violence and oppression.



# Round Up Applications Accepted NOW!

It's time for **ROUND UP** submissions!  
The application process is open **October 1st-31st**,  
so if you are a community non-profit seeking a financial boost,  
start getting ready to apply!

For more than 40 years, the Silver City Food Co-op has been committed to giving back to our community. In 2017, we introduced the Round Up Program, a new way for member/owners and customers to participate in this commitment. This simple yet powerful community giving program allows customers to "round-up" their grocery bill for recipient organizations that share our commitment to a healthy community.

Applications will be available  
**October 1st through October 31st**  
online at [www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)  
Chosen recipients will be announced in December of 2019.



## Do you love your Co-op?

Would you like to let others know  
what the Co-op means to you?  
We'd like to invite you to submit  
an article for our Garbanzo Gazette  
that supports our mission and values  
and is educational for our readers.  
If you have an idea for an article  
that you think is  
of specific interest to Co-op members,

*please send it to Judith at:*  
[judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)

*Questions are welcomed.*  
*The Co-op reserves the right to, respectfully, accept or edit*  
*any article submitted.*

**Three hours earns a 15% Volunteer Discount**

## MAD Nov & Dec

*Two Days of Your Choice*

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.

## Taste Samplers Needed!

Isn't it fun to get free food?



It's even more fun to be  
the gracious person giving the food.

Become a sampler and  
hand out food samples  
most Wednesdays  
from 9 am to 12 noon  
or 12 noon to 3 pm.

It's fun and you get to see  
all of your friends.

Contact: [judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)

**We will happily carry  
your purchases  
to your vehicle,  
wherever you're parked!**



# It's About Thyme

By Judith Kenney



**Thyme has been an esteemed member of the herb garden,** with a reputation as a healer, protector, and culinary herb for thousands of years. Thyme is a small aromatic plant that has been used since ancient Egyptian times. Through the years, it's been valued as a cure for poisoning, used in the embalming process, for pain relief and as a symbol of courage for soldiers. Fragrant banks of wild thyme have also been thought, by some, to be sanctuaries for fairies. Today, this versatile herb is still used medicinally, especially in preparations for respiratory health, and its essential oil, thymol, can be useful as a disinfectant and antiseptic.

In the Middle Ages it caught on as a popular cooking herb. Thyme is most commonly paired with rosemary and sage, but it really does go well with a number of other spices, such as garlic, oregano, onion powder, and cayenne. With its sharp grass, wood and floral notes, thyme is best used to season protein foods and vegetables, but can also be used to brighten a sweet dish, like maple-glazed carrots, as well. If cooking with fresh, use just the leaves, as the stems do not break down during cooking, and if you only have access to thyme in its dried form, substitute 1/3 teaspoon dried for one of fresh.

Thyme is a robust and hardy plant that will proliferate in a summer garden or in an indoor pot year-round. Common thyme and lemon thyme are the varieties most often used in cooking, but you may have also seen woolly, creeping, wild, and elfin thyme, all of which are better suited for rock garden cover than culinary use. The culinary variety is a hardy perennial that is evergreen in most regions. It is drought tolerant and pollinator-friendly. If you grow yours in a container, it's fine to leave it outside during the winter. It will enter a dormant state, sprouting new leaves as spring comes on.

If you'd like to incorporate this antiviral, antifungal herb into your health regimen, the following recipe for dried thyme tea can be useful for coughs and upper respiratory issues. Pour one cup of boiling water over 1 teaspoon of dried 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. Always remember to study up on an herb before using it as a health-supporting remedy to determine if it is appropriate for your own unique system.

## Mushroom Thyme Soup

*Now that you've heard the tale of thyme,  
celebrate the herb's rich history  
in your own kitchen.  
The following is adapted  
from an old Benedictine recipe  
for mushroom-thyme soup.*

### **Servings: 4**

- 1 clove garlic, minced
- 2 medium shallots, finely chopped
- 1 tablespoon olive oil
- 8 ounces cremini mushrooms, thinly sliced
- 4 ounces shiitake mushrooms, stems removed and caps thinly sliced
- 2 tablespoons fresh thyme (or 3/4 TBSP dried thyme), finely chopped
- 1 tablespoon fresh sage, finely chopped
- 6 cups vegetable stock
- Salt
- Pepper

Sauté the garlic and shallots in the olive oil over low heat until the shallots are translucent. Add the mushrooms, thyme and sage, and stir together over low heat for about 1 minute. Add the vegetable stock. Bring to a rolling boil and then reduce heat and simmer uncovered for 15 minutes. Add salt and pepper to taste.



# Apples: A Nourishing Harvest

By Jane Papin



It's only recently that I've truly realized the value of the humble and common apple. The innate intelligence within apples and all foods, their consciousness, living here on the Earth, nourishing humans and any other life forms that are lucky enough to come across one.

Apples are hydrating on a deep cellular level. They provide precious trace minerals such as molybdenum and manganese, as well as electrolytes and mineral salts that help keep the body hydrated throughout all kinds of stress.

Apples are the ultimate colon cleanser. The pectin moves throughout our gut collecting and ridding us of harmful microbes. It also gathers and expels impacted protein and other debris that's been hiding in intestinal pockets feeding colonies of harmful bacteria. Pectin is a soluble fiber in a class of its own. It helps form better bowel movements and is a proven artery cleanser. Cooked apples are great for a person who is having digestive discomfort and constipation. Lightly stewed apples are easier to digest and will help strengthen digestion. A day of fasting on cooked apples can help tremendously.

Red apples have 100% more procyanidin and healing polyphenols than other cultivars and are the second highest food, trailing cocoa, meaning apples are fantastic for protecting the body from harmful free radicals.

Apples are a primary food for keeping our livers happy. They provide living water to support the liver's hydration capabilities, so it can store the water and release it back into the bloodstream, as needed. The fruit acids help keep our livers clean by dispersing the build-up of toxic films. Apples starve out bacteria, yeast, mold, fungi and viruses from the intestinal tract and liver. Apples are commonly known for dissolving gallstones.

The apple is considered a critical clean carbohydrate.\* They have thousands of years of built-in information coded within them. Consider them a top ally in your well-being tool chest. Some people have found that consuming one to three apples on a daily basis has been a boon to their health.

It's so easy to add one to your breakfast smoothie, lunch-time salad and a simple-to-make blended applesauce, with a bit of maple syrup, dates and cardamon. Yum, for sure! And, of course, freshly juiced apples. The addition of cucumber makes the juice even more hydrating.

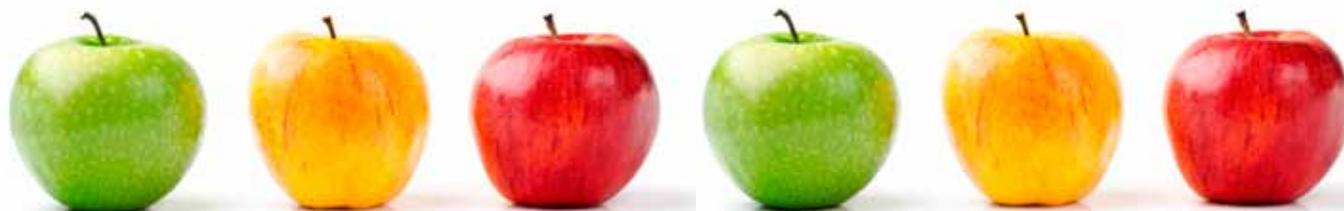
It's the season now to enjoy so many choices of our locally grown apples with their countless beneficial microbes. Three cheers to this amazing and plentiful fruit!

*\*Clean carbohydrates are complex carbohydrates, they break down more slowly than simple carbs and provide steady absorption instead of the fast blast that you get from sugary, refined foods.*

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## The First Apple *By Judith Kenney*

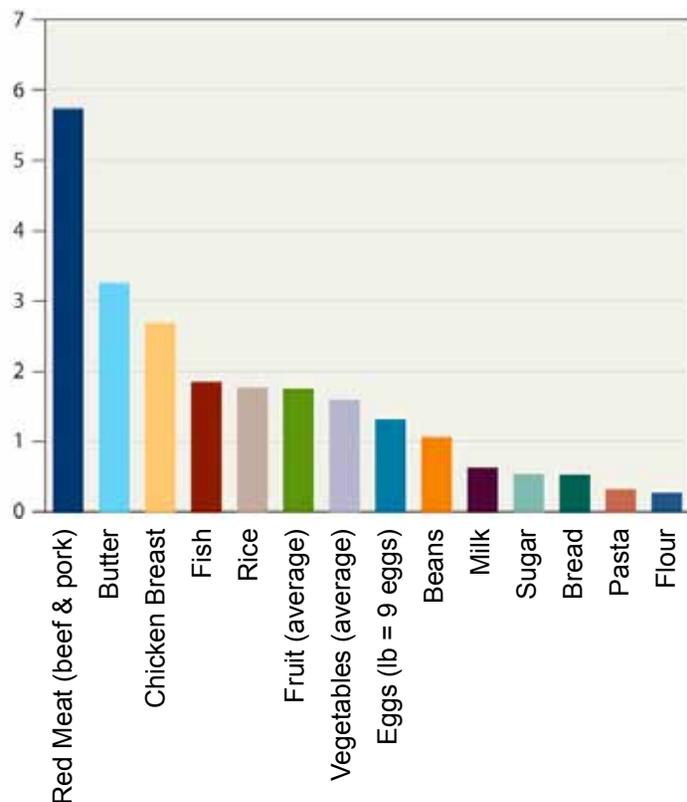
The primordial woodlands of Kytgyszstan and surrounding areas are home to more than 300 wild fruit and nut trees, including walnut, cherry, almond, plum and apple. Amongst these trees, *Malus sieversii*, small but brightly colored and sweetly flavored, is one of the most important ancestors of all cultivated apples grown and eaten around the world. It is a surprisingly unique species that produces fruit of many variations of size, shape, color and flavor, even within one tree and from tree to tree. Some taste of russets, some of apricots, or raspberries, or sweet wines or heady ciders. This uncommon diversity has been developed for thousands of years of selective breeding to give us the apple varieties that we enjoy today, from the Golden Delicious to the Pippin to the Arkansas Black and beyond.



# How Is Your Carbon Footprint?

By Michael Sauber

Comparisons of Global Warming Emissions by Food Type (by Pound or Pint)



Food choices can make a very significant impact on your carbon footprint as well. It takes twenty five times more energy to produce a pound of beef than to produce a pound of corn. The chart (above) from Union of Concerned Scientists shows the role food choices make towards global warming emissions. Granted, these figures are for commercial agriculture, but it's all relative. There are always less emissions related to a plant based diet.

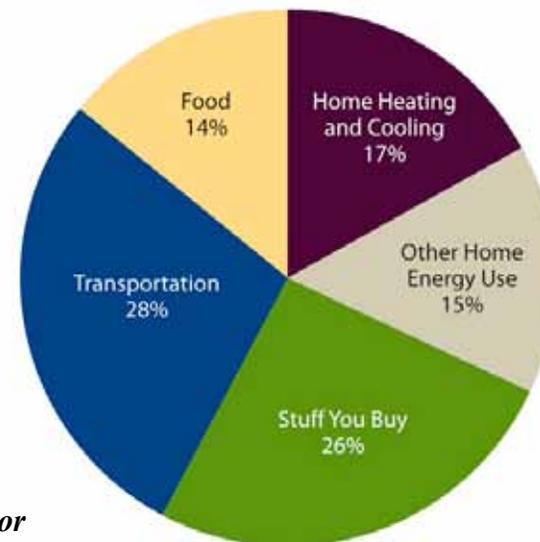
Test yourself:

- [coolclimate.berkeley.edu/calculator](http://coolclimate.berkeley.edu/calculator)
- [footprintcalculator.org](http://footprintcalculator.org)

Alaska is currently suffering from wildfires due to hotter, dryer conditions. The Midwest has suffered enormously from flooding. The East Coast has had more than its share of increasingly devastating storm surges and hurricanes. California is losing whole towns to catastrophic fires. The common factor in all of these is the role of increasing levels of greenhouse gases in our atmosphere and the resultant warming and changing of the world's climate. Our government has been unwilling or unable to implement the changes necessary to avert the cataclysmic events that are increasing every year, so it falls upon us, as citizens, to do what we can to reduce our carbon intensive lifestyles.

The pie chart below from Union of Concerned Scientists lists where U.S. citizens' carbon emissions come from. Setting goals will help us to achieve the necessary reductions. Drive less, bike and walk more. Drive a more fuel efficient vehicle. Fly less, advocate for high speed rail. Buy less. Seal up air leaks in your house. Get an energy audit to see where your heating and cooling can be more efficient. If building here in the southwest, allow the sun to heat the house with passive solar concepts.

Where the Average American's Carbon Emissions Come From



**Parking is a little crazy  
right now,  
SO  
wherever you're parked,  
we will happily carry  
your purchases  
to your vehicle!**



# Frozen Department

## NEWS

### We All Scream for Ice Cream!!



*Here's Misha with our bigger and better freezer, packed with cool and creamy treats.*

We now have a newer, larger, and just generally superior ice cream freezer in the Co-op! It's double the size of our old model, and that means more choices. Check it out and look for an expanding assortment of ice creams (pints and quarts), ice cream bars, and a variety of other frozen treats.

We now have larger sizes in Alden's and Three Twins brand ice cream. We also have two new brands, Talenti and Halo Top, and two new ice cream bars, Alden's Orange Cream Bars and SoDelicious Salted Caramel Bars.

Misha, buyer for our frozen department, will continue to offer both dairy and non-dairy options.



As buyer for the frozen department, Misha has to be savvy and adaptable when it comes to selecting product. As a customer, it can come as a surprise when your favorite brand of frozen fruit is discontinued by the manufacturer (or one of our distributors), or the tastiest veggie burger is temporarily out of stock. Some events are beyond our control. Be assured that Misha is continually introducing new and, often better, foods into her section for you to try.

New in the frozen section is Food for Life Ezekiel 4:9 Flax Sprouted Whole Grain Bread. Like all breads made by Food for Life, it's high in fiber, rich in sprouted grains, yeast-free and suitable for vegans. Also, please look for Alvarado Pumpkin Berry Bread, a great bread to try this fall. Earthbound frozen cherries are discontinued by the distributor. Lastly, because Sweet Grass Co-op ground beef is currently limited and sporadically delivered, it's the perfect time to try J6 Beef and Gila River Ranch beef, both local producers!

Are you planning on ordering an organic turkey for the holidays?

The first day to reserve yours is Tuesday, October the 29th.

Please see page 3 for more information.

*Dougan, Evan, Doug, Jess, Jake and Mike moved in our new two-door ice cream freezer last month.*

*Thanks!!*



## The Inside Story on Pumpkins

- Pumpkins are members of the squash family, which also includes cucumbers.
- Pumpkin flowers are edible.
- In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.
- The largest pumpkin ever grown weighed 2,624 pounds.
- You can eat pumpkin seeds and they are yummy!
- The original jack-o-lanterns were made in Ireland and Scotland, when people began to carve scary faces into turnips and potatoes and placed them in windows and near doorways. In England they used beets. Immigrants from these countries brought their traditions with them when they came to the U.S. They soon discovered that pumpkins, a fruit native to North America, make perfect jack-o-lanterns.

Q: Why do pumpkins sit on people's porches?

A: They have no hands to knock on the door.

Co-op   
 KID



## Uncle Earl Among the Pumpkins

a poem   
 by Rick Stansberger

Dusty earth, dusty air, dusty light.  
No Mist from the dried-down creek to keep  
the land from being pulled up by the sun.

And him out there among those oranging  
balls as they warmed with inner light.  
Him out there, round-toed shoes gritted grey,  
old-woman straw hat, his belly straining  
the denim of his Oshkosh (B'gosh).  
Who'd have thought

all that world-headquarters know-how  
would drive out to his sister's farm, park that  
big Caddy on a slant by the corn crib,  
and waddle down the lane every afternoon  
to sprinkle and scratch those two acres for  
the one perfect pumpkin.

A family joke. Which one of them big  
round things out there is Uncle Earl?  
Why the one in the overalls.

The hairy, corded vines would thicken, grey, and dry.  
Men in the hired truck would bump across the dirt  
and with knotted arms hoist Earl's choice  
onto the padded bed and strap it down.

Later that week we'd see his picture  
grainy in the paper, dateline Columbus:  
Local Farmer With Prize Pumpkin.

Uncle Earl would be the one in the suit.

• previously published in *Expelling Trelnitz*



# INTRODUCING: Bulk Apple Cider Vinegar!

By Evan Humphrey



*Organic apple cider vinegar is flowing!  
Another great addition to the SCFC bulk department.  
Thank you, Evan!*

**10% OFF**  
October 2 - October 29!

- Case Discounts will only be given on full five gallon containers and must be special ordered.
- The stainless steel vessel is approved for storing and selling vinegars and will not react with the product.
- Please be very careful when filling your container. DO NOT leave your container unattended. Due to the viscosity of the vinegar, it will fill your container MUCH faster than the olive oil.
- If the vinegar appears to be empty or not flowing please ask for assistance. Most likely the container needs to be depressurized.
- To purchase the vinegar please bring in your own container or purchase one of ours in the store. Don't forget to get a tare weight on your container!



**From Hummingbird Wholesale:** Our Organic Apple Cider Vinegar is made in California by a historic apple cannery that has been making apple sauce, juice and vinegar for over 90 years. It is unfiltered and raw. The cloudiness you see is the “mother”—a natural sediment with pectin, trace minerals, beneficial bacteria and enzymes.”

## SALES: October 2 - October 29



**PACHAMAMA COFFEE - 10% - ALL**



**JUST COFFEE CO-OP - 10% - ALL**



**HUMMINGBIRD - 10%**

Hummingbird	Apple Cider Vinegar
Hummingbird	Durum Wheat Flour Org
Hummingbird	Black Eyed Peas Org
Hummingbird	Barley Flour Org
Hummingbird	Wild Rice Org
Hummingbird	Lentils Black Org

### SELECT PRODUCTS - 15%

Solar Roast Coffee	Nicaraguan Org
Solar Roast Coffee	Guatemala Coffee Org
Tierra Farm	Mango Slices Org.
Tierra Farm	Cranberries Swtnd Org.
Tierra Farm	Wht Turkish Figs
Tierra Farm	Raw Walnuts
Equal Exchange	Espresso Blk Silk Org.
Equal Exchange	Ethiopian Coffee Org.
Equal Exchange	Columbian Org
Equal Exchange	Brkfst Blend Dark Coffee Org.
Equal Exchange	Cafe Peru Coffee Org.
Tierra Farm	Tomatoes Dried Org
Tierra Farm	Mixed Nuts Maple Glazed Org

### 30% CLEARANCE!

**Hummingbird Baby Lima Bean Org**  
**Hummingbird Orca Bean Org**  
**Hummingbird Yellow Eye Bean Org**



**BACK ROADS GRANOLA - 10%**

Back Roads Food Co.	Granola Choc Pecan Org
Back Roads Food Co.	Ancient Grains Gran Org.
Back Roads Food Co.	Maple Pecan Granola Org
Back Roads Food Co.	Gluten Free Granola Org

### MEMBER SPECIAL - 20%

Back Roads Food Co. Coconut Crmch Gran Org

BULK Weigh-in

BULK Weigh-in

BULK Weigh-in

BULK Weigh-in



# 2 U From Your Board . . .

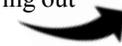
## The Member-Owners Have Spoken!

**Our Silver City Food Co-op Bylaws are now officially amended.**

*By Gwen Lacy  
Board Member  
and Bylaws Committee Chair*

Please see the following diagram for the text of the adopted amended bylaws, as evidenced by the record two hundred seventeen voting member-owners. Despite what many perceived as the dryness of the topic, the votes were tallied, and the amendments were officially registered as of August 28, 2019. However, the actual amending of the Bylaws has been a work in progress for the past few years. The last approval of the Co-op Bylaws by voter-members was in 2014.

The due diligence in drafting the amendments involved numerous board meetings with public comment periods, and committee meetings, along with consultation with a number of attorneys, one in particular that really carried the day was Pam Ray, a former Co-op Board Member. Ms. Ray has extensive experience in drafting statutes and was instrumental in advising the Board in understanding and interpreting the definition of “substantial portion”. The main crux of the amendments was to bring the Bylaws into alignment with state statutes, define ambiguous or vague terms and allow the Board to be more efficient and timely in carrying out our fiduciary duties for the Co-op.



### RESULTS AUGUST 28, 2019

## 217 Voting Member-Owners Approved All Five Amendments to the Bylaws

<i>Bylaws</i>	<i>APPROVED AMENDMENTS IN BLUE</i>	<i>VOTED</i>
<b>2.10 B Termination of Membership</b>	Membership may be terminated involuntarily, <b>by a vote of the majority of members voting at a regular or special meeting</b> , provided the active or inactive member-owner is first accorded an adequate opportunity to respond to the charges in person or in writing.	<b>Yes 186 No 31 Passed by 85.7%</b>
<b>3.3 Notice of Meetings</b>	Notice of the time, place, and purpose of general and special membership meetings shall be sent to all active member-owners at their last known physical or email address at least <b>fourteen (14)</b> days before the meeting. Inadvertent failure of active member-owners to receive such notice shall not affect the validity of the meeting. Notice shall also be posted at the Co-op. Any business conducted at a meeting other than that specified in the notice of the meeting shall be of an advisory nature only.	<b>Yes 195 No 22 Passed by 89.9%</b>
<b>4.3 Composition</b>	The board of directors shall consist of a minimum of five <b>and a maximum of nine members</b> . One director may be an employee of the Co-op provided the board of directors did not directly hire said employee.	<b>Yes 179 No 36 No Vote 2 Passed by 82.5%</b>
<b>4.5 Terms for Directors</b>	<b>C. Notwithstanding section B, the board of directors shall have the authority to extend a term of less than three years.</b>	<b>Yes 193 No 24 Passed by 88.9%</b>
<b>7.3 Disposition of Property</b>	<b>NEW BYLAW</b> <b>In accordance with New Mexico State Statute 53.4-21.1 and Articles of Incorporation of the Silver City Food Cooperative Article IV, item B; a substantial portion of Silver City Food Cooperative property shall be defined as greater than 75% of total fixed assets including current land or buildings at appraised value and capital equipment at current book value.</b>	<b>Yes 199 No 16 No Vote 2 Passed by 91.7%</b>



**Laurie Anderson**  
President



**Kristin Lundgren**



**Scott Zager**  
Treasurer



**Shanti Ceane**  
Secretary



**Jennifer Johnston**  
Vice - President



**Julianna Flynn**



**Gwen Lacy**

Specifically, the amended Bylaws will enable the Co-op to:

- Allow member-owners to have a say in the involuntary termination of a membership. This apparently, has only happened once in the forty plus years of the Co-op's existence; and
- Provide for at least fourteen days' notice of general and special membership meetings; and
- Increase the number of directors of the Co-op Board from seven to nine; and
- Permit the Board to extend an elected board member's term of less than three years, if they were only elected-due to staggered terms- for a one-year term. This will avoid a new board member having to run for re-election in two consecutive years; and
- Allow for the sale, lease, trade or disposition of property, that is not being used to support the main purpose of the Co-op. For example, this will enable the sale of the current Co-op buildings, or the lease of unused Co-op owned buildings, to enable the Co-op to fiscally and prudently relocate to the Pope Street space.

Thanks to everyone who visited the Bylaws table in the store, offered encouragement, emailed the Board, pointed out typos, asked the hard questions, and made it clear that this is truly a cooperative democracy, one that is worth wrestling to maintain- no matter how dry the subject matter.

**THANK YOU TO EVERYONE WHO TOOK THE TIME TO COME OUT AND VOTE.  
IT IS ALWAYS A BEAUTIFUL THING TO SEE COOPERATIVE DEMOCRACY IN ACTION.**

**ONWARD HO TO THE NEXT CHAPTER OF THE SILVER CITY FOOD CO-OP!**



## Recruiting Board Members in Training

**THREE MONTH TERM:** If you would like a little taste of board work before buying the whole hog, becoming a B.I.T. is probably a good idea.

**DESCRIPTION:** Commit to attend 3 consecutive board meetings. (They are held the third Wednesday of every month at the Pope Street building, from 5:30 to 7:30 pm).

**CONTACT:** Laurie Anderson  
[laurindaa713@gmail.com](mailto:laurindaa713@gmail.com)  
Recruitment, Orientation, and Development Chair  
*Or, any board member*

**WE LOOK FORWARD TO HEARING FROM YOU!**

## Board Meeting Schedule

The SCFC Board of Directors meets the third Wednesday of each month at our new building, 907 N. Pope St. 5:30 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.

### Jennifer Johnston/Vice-President

Board Term: 2018-2021  
[johnstonjenny40@gmail.com](mailto:johnstonjenny40@gmail.com)

### Kristin Lundgren

Board Term: 2019-2020  
[klundgren2@gmail.com](mailto:klundgren2@gmail.com)

### Laurie Anderson/President

Board Term: 2017-2020  
[laurindaa713@gmail.com](mailto:laurindaa713@gmail.com)

### Shanti Ceane/Secretary

Board Term: 2018-2021  
[shantifo@gmail.com](mailto:shantifo@gmail.com)

### Julianna Flynn

Board Term: 2019-2022  
[juliannaflynn8@gmail.com](mailto:juliannaflynn8@gmail.com)

### Scott Zager/Treasurer

Board Term: 2019-2022  
[sczager1959@gmail.com](mailto:sczager1959@gmail.com)

### Gwen Lacy

Board Term: 2019-2022  
[glacymail@gmail.com](mailto:glacymail@gmail.com)

**Board of Directors**



# October

## Members Only Specials

### October 2 - October 29

### 20% OFF! listed prices



**Maple Hill**  
Whole Milk Yogurt  
32 oz  
reg \$5.59



**Food for Life**  
Sprouted Flax Bread  
24 oz  
reg \$8.49



**Living Intentions**  
Sprouted Almonds  
16 oz  
reg \$16.99



**Farmer's Market**  
Organic Pumpkin  
15 oz  
reg \$2.89



**Sushi Sonic**  
Wasabi Powder  
1.5 oz  
reg \$9.29



**Himalaya**  
Ashwagandha  
60 caplets  
reg \$21.99



**Back Roads**  
Coconut Crunch  
reg \$12.69#



**Emperor's Kitchen**  
Chopped Ginger  
4.5 oz  
reg \$3.99



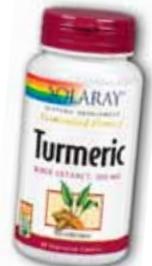
**YumEarth**  
Gummy Bears  
10/.7 oz  
reg \$6.69



**Yellowbird**  
Serrano Condiment  
19.6 oz  
reg \$8.39



**earth mama**  
Nipple Butter  
2 oz  
reg \$9.99



**Solaray**  
Turmeric  
Root Extract, 60 ct  
reg \$16.99



**Co-op Deals**  
flyers  
available  
on our website  
[www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)  
and at the front of the store

