

the Garbanzo Gazette



Volume 13

a monthly newsletter of the Silver City Food Co-op

A Month Without Monsanto

by April Dávila



April Dávila wondered what it would take to cut the GMO giant out of her family's life. She found that it was far more entrenched than she'd ever realized.

In January 2010, while procrastinating on Facebook, I followed a link to an article reporting on evidence that there may be health effects associated with consuming Monsanto's genetically modified (GM) corn. Clicking on that link was one of those moments on which I look back and laugh. I had no idea how my life was about to change.

Monsanto's Reach

The article I stumbled onto concerned a study done in 2009 by a group of French scientists investigating the safety of genetically modified food. Their results, as published in the *International Journal of Biological Sciences*, pointed toward kidney and liver damage in rats fed GM corn.

I began to research where exactly Monsanto corn appeared in my family's diet. With a little online sleuthing, I learned that in addition to producing the genetically modified corn, Monsanto produces several other genetically modified crops such as soy, sugar beets, and cotton. Many of these crops form the foundation of our diets: 70 to 80 percent of American processed foods contain genetically engineered ingredients, according to the Grocery Manufacturers of America. A large percentage of the cotton in our clothes and homes begins in Monsanto's labs.

Probing a little deeper, I was surprised to learn that a company specializing in genetically modified plant

crops also had an enormous influence on America's meat industry. Sixty percent of genetically modified corn goes to feed America's beef cattle. Additionally, Monsanto's recombinant bovine growth hormone (rBGH) is used to increase milk production in many dairy cows.

Tracing Foods Back to Their Source

I decided to see if I could go the entire month of March without consuming any Monsanto products. I committed to an all organic, vegan diet, and reluctantly invested in a small organic cotton wardrobe. It was an experiment born of curiosity: I wanted to know just how deeply my life was influenced by Monsanto, a company I knew little about before that click of my mouse in January.

By day two of my attempt to remove Monsanto from my life, I realized I was in way over my head. For the past 10 years Monsanto has bought up seed companies around the globe. They now own a majority of the seed lines in America, including a large percentage of organic seeds. For everyday purposes, a Monsanto seed that is grown organically is still organic, but in my attempt to avoid Monsanto, I was left without any easy way of knowing what foods fit my experiment. I retreated to subsisting on wild-caught fish while I dug deep to try to figure out where exactly my foods came from.

With the help of sustainable food advocate Cassie Gruenstein, I got in touch with dozens of health food stores and manufacturers to ask where they sourced

their products. I spent hours at the farmers' market asking farmers what seed companies they bought from, googling on my iPhone before making purchases. It took several weeks, but I slowly built a somewhat normal Monsanto-free existence.

Unfortunately, with the exception of a few national brands (Annie's, Inc. Massa Organics, and Lundberg Farms), there is no easy way to avoid Monsanto. It requires talking with the person who grew your food—every ingredient of every bite.

Good First Steps

While it's extremely difficult to entirely avoid Monsanto, there are some basic guidelines that anyone can use to minimize the genetically modified organisms in their lives.

1. Avoid processed foods. In particular, eliminate High Fructose Corn Syrup (HFCS) from your diet and be sure to read labels. HFCS appears in everything from sodas to wheat bread.
2. Consider going vegetarian, limiting your meat consumption, or buying grass-fed varieties. Over 60 percent of genetically modified corn goes to feed cattle on polluting concentrated animal feeding operations (CAFOs) in America.
3. Buy organic dairy products to make sure animals weren't given Monsanto's recombinant bovine growth hormone.
4. Buy organic cotton when you can. Monsanto is a major player in the cotton industry. Even though cotton makes up only 2.5 percent of the world's crops, it is doused with 16 percent of the world's pesticides. Cotton pesticides, most of which are listed as "extremely hazardous" by the World Health Organization, turn up regularly in water sources around the globe.

What most amazed me during my month without Monsanto was the influence that one corporation had in my daily life—without me knowing anything about it. Once I started looking, Monsanto was everywhere. Once I started making the effort to avoid it, I found something else that surprised me: the confidence that comes from really knowing what I'm eating. ✦

[April Dávila wrote this article for YES! Magazine (www.yesmagazine.org), a national, nonprofit media organization that fuses powerful ideas with practical actions. April is a freelance writer living and working in Los Angeles. Find out more about her at AprilDavila.com. Reprinted with permission.]

NONSANTO:

A Month Without Monsanto

by Sarah Newman

When I first heard about April Davila's quest to live without Monsanto for a month, I thought she was doing something noble in a public setting. But, would it really be that hard? As a locavore, I pride myself on purchasing my produce from farmer's markets, so couldn't she just do the same? When we decided to meet, I soon realized that my arrogant assumptions had enough hot air to heat a compost bin.

After many attempts to find a place to meet, we settled on having organic herbal tea at a local coffee shop. She greeted me in her new wardrobe. No, she's isn't an Angeleno fashionista. Rather, Monsanto owns most cotton seeds so she had to purchase clothes and shoes made from other sources. April is plain and soft-spoken—I wouldn't pick her to stand with a bull-horn outside of a McDonald's protest. Despite her demeanor, her month without Monsanto was her own small but very impactful way of positively affecting our food system.

April wasn't a food activist before she saw *Food, Inc.* She's a scientist, writer and mom who was a conscious food consumer but hadn't let it define her life. After seeing the film, she started reading more about Monsanto and was disturbed by an article about the possible harmful kidney and liver effects of the company's genetically modified corn. She decided to go Monsanto-free for a month after casually mentioning it to a friend who challenged her to do it (and this friend was critical in helping her succeed as the volume of research became more than a full-time job).

Nonsanto continued on page 6

In This Issue

Page 2

Cup o' Joe
Did You Know?...

Page 3

Staff Picks
Experiencing Qi
With the Breath

Page 4

Kitchen Meditations
Golden Ghee

Page 5

Co-op Deals
Monthly Specials
Kids' Corner

Page 6

From Your Board...
Nonsanto *continued*

Page 7

Community
Outreach Report

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

Store Hours

Mon-Sat 9am-7pm

Ends Statement

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

Seven Cooperative Principles

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

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\$10.00

Kids under 18 and living at home FREE

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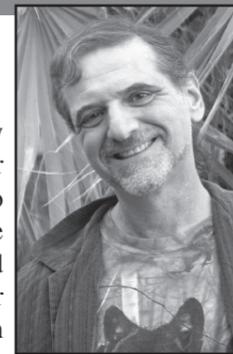
Submit letters, articles, or items of interest to:

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Cup o' Joe by Joe Z



I like spiders. Well, certainly not all spiders - and I don't want them sharing my bed or hanging out on the couch with me - but rather the normal average house-style spider who spin their webs from the corners of ceilings. I've always seen them as nature's helpers aiding me in keeping the mosquito, gnat and other notorious insectual botherments at bay.

Though my overall curiosity of the species is high and our symbiotic relationship is appreciated, it was no surprise that when I suddenly encountered a rather ugly black 1/2 inch spider scurrying across the bathroom floor, I instinctively put my best foot forward and put an immediate and permanent end to its journey.

Now I don't anthropomorphize insects as I may with mammals and birds and, though I admit to perhaps limited perceptions, senses and understanding, I don't observe or feel any sentient life from insects so I have no qualms in taking that step. Besides, this was an unknown entity in my space and spiders are known to bite and that might cause a reaction and it was scurrying instead of hanging out by a web and it was ugly and I didn't want it there. Done. Yet, as I stooped to remove the carcass, I began to self evaluate my reaction. Self-evaluation is a uniquely human endeavor (to our knowledge) and I always take pleasure in the process (yes, yes, yes, - some say I think about stuff too much).

My thoughts chewed on the fact that I reacted instinctually rather than thoughtfully. The outcome might have been the same - though with the path I chose - there was no option. While the actual incident is of no matter, I pondered other possible scenarios wondering if I might react unthinkingly and reflexively.

One imaginary occurrence after another was mentally sorted through and I pretty much reassured myself that it's a rare situation where I would react as I did. That is, until I applied the concept to... ideas. But certainly I always embrace new ideas with an open mind and an active curiosity. Or.... do I?

Like spiders, ideas are all around us and some are good and are our allies. And many are just bad ideas. The ability to quickly discern as to which is which is a very good skill to have. The reflex to dismiss an idea because it seems to be similar to other ones or because I'm too busy to pay it any mind or because it's espoused by a person I don't respect or because it's hairy and ugly is really a detriment to creative thought.

Though I've only been at our Co-op a very short time, I'm already aware of the challenges that not only face us but also co-ops all over. Our Co-op is growing but the walls remain rigid - how will we cope with this over the next 3 years or so? Small national natural food chains are opening up in more and more towns and the chain supermarkets are offering more natural and or-

ganic foods - sometimes at very low prices subsidized by their aisles of junk foods. How do we respond? Should co-ops be leaders in their towns or should they just quietly serve their members? How do we mesh the tenets of Cooperation, Economic Democracy and Right Livelihood with the reality of our marketplace?

Should our Co-op move across the street from Walmart and compete with them head to head? Now there's an ugly and hairy spider that deserves a reflexive swat. But wait - maybe there's merit to that idea - maybe it should be explored - maybe it's the direction we need to embrace. Nah - that one is dangerous. Squoosh! At least I gave it a quick moment of consideration though.

But what if there is another idea similar to the previous one scurrying across our Co-op's floor? Does the big foot immediately descend again or do we stop once more - even momentarily - to study its merits? For the record - this is a hypothetical situation and is being used for illustrative purposes only. No need to panic. The questions posed though are real (as are many others that remain unstated). Solutions do need to be explored. And an answer might be contained in a brief idea that is mindlessly dismissed with the flick of a hand or a stomp of a boot. Of course, there is no reason to play with every Black Widow or Brown Recluse one encounters in the hope that we found a nice one or that it offers something different from all the rest. Yet there are other spiders that look like those two but aren't harmful and are beneficial. Proper identification is a must and an open mind is a very valuable tool.

Here's an example: Around 10 years ago at a large co-op conference, the owner of our largest distributor said that co-ops should unite under one national management structure so that it can compete with the larger retailers. That idea was stomped darn quickly by most co-op folks with nary a nano-second of consideration. Yet a few others examined the idea more closely and developed the NCGA (National Cooperative Grocers Association) - a voluntary organization which links the co-ops into a virtual chain for more purchasing clout yet leaving their boards and management independent. It's far from perfect but it is effective in many ways and was spawned from an ugly idea put forth by an organization often criticized for its predatory practices.

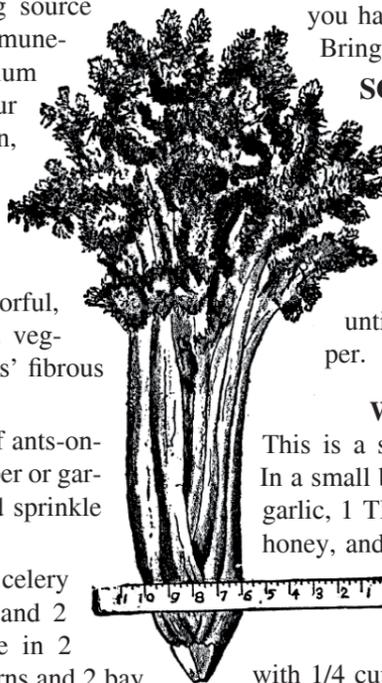
My position here at the Co-op attracts ideas as a puppy or a child attracts smiles. Only a very few can ever be implemented but all need to be heard clearly. A gem of an idea may be found in a fleeting thought that escapes the unthinking swat. All ideas are always welcome! Tell me yours. ✦

Did you know?...

Celery is an outstanding source of blood-fortifying vitamin K, immune-boosting vitamin C, and natural sodium and potassium, which balance your body's fluids. Look for bright green, tightly bunched stalks that snap apart easily. Pat dry and refrigerate, wrapped in a barely damp towel. Celery leaves should look fresh and perky; they're particularly flavorful, so include them in recipes. Use a vegetable peeler to remove celery stalks' fibrous strings if you prefer.

SNACK For a grown-up version of ants-on-a-log, fill celery sticks with red-pepper or garlic hummus; top with edamame and sprinkle with paprika or cayenne.

HOMEMADE STOCK Cut 3 celery stalks with leaves, 1 large onion, and 2 large carrots into chunks; combine in 2 quarts water with 6 whole peppercorns and 2 bay leaves, plus any other herbs or vegetable cuttings



you have. (Include chicken bones if you like.) Bring to a boil, and simmer 1-2 hours. Strain.

SOUP In a little olive oil, sauté until fragrant 1 bunch chopped celery and leaves with 1 chopped onion, 3 chopped garlic cloves, and 3 chopped Yukon gold potatoes. Add 4-5 cups vegetable stock, bring to a boil, and simmer until vegetables are tender. Purée in batches until smooth and season with salt and pepper.

CELERY SALAD WITH MISO VINAIGRETTE

This is a simple and surprisingly delicious salad. In a small bowl, thoroughly whisk 2 cloves minced garlic, 1 TB light miso, 1 TB Dijon mustard, 2 tsp honey, and 4 TB olive oil. Slice 8 stalks of celery diagonally into 1-inch pieces, place in a bowl, and sprinkle lightly with salt and pepper. Toss with dressing and top with 1/4 cup chopped, toasted walnuts. Serve alone or on top of baby lettuces. Serves 4.



Staff Picks for April

by Judith Kenney

Lennie Buckingham, our grocery buyer, selected Seeds of Change Madras Simmer Sauce. Lennie, has worked at SCFC for four plus years, is a fount of information about the products that he orders and passionate about his work. Simple and to the point, his reason for selecting Madras Sauce is that, "it tastes good and the bottle is very re-useable. I like it on rice, mixed veggies, and sometimes chicken." This is a high quality convenience food that allows you to make a meal with an Indian flair almost immediately, a delightful compliment to steamed or sautéed onions, spinach, broccoli, and potatoes served over jasmine rice.



Seeds of Change research farm and gardens was founded in 1989 in Gila, NM in order to make organically grown seeds available to gardeners and farmers and to preserve heirloom seed varieties in danger of being lost to the modern practices of industrial agriculture. In 1996 the farm moved to a site closer to the company's Santa Fe offices. The farm included over a thousand varieties of plants on six acres of land along the Rio Grande in El Guique. Then, in 1996, the company was purchased by the Mars Corporation. Mars, which started as a candy company in 1911, has grown into a California-based multi-national with more than \$28 billion in annual sales, and is now a leading producer of pet foods and products, Uncle Ben's Rice, Wrigley's gum, candy, and soft drinks. In 2010 Mars moved its entire Seeds of Change operation from New Mexico to California.



The acquisition of small, independent, natural and organic food companies by big business empires has been a common trend since the mid-1990s. With the sharp rise in consumer spending on green and ethical products, buy-outs are a tactic by which big corporations can boost their image and procure consumer credibility. Seeds of Change began as a small, idealistic, entrepreneurial startup and, although being bought out by a corporation may have been a difficult decision, it seems as if the owners sought ways to preserve their integrity as part of their buy-out transition. Most corporations are savvy enough to know that they cannot change too much of the essence of their acquisition, or they risk ruining their reputation. As consumers, we have the power to influence the market by making intelligent, informed choices. To the best of our ability, the Silver City Food Co-op is committed to providing you, our customers, with the healthiest food possible.

Vicki Gadberry, has been a member of the SCFC staff for a total of seven years, currently works as an office assistant dealing with a variety of paperwork or, as she puts it an "office minion." However, rounding out her experience here, she's also served as stocker, cashier, and grocery buyer. She chose sweet potatoes as her favorite food for this month because they are "tasty and versatile and can be mashed, sautéed, added to soup, stews and more." One of Vicki's favorite ways to prepare this vibrant veggie is to mash it with cinnamon and a dab of butter. Yummy!



Did you know that sweet potatoes were cultivated before the white (or Irish) potato? The earliest cultivation records date to 750 BCE in Peru, although archaeological evidence shows that it may have been grown as long ago as 2500 BCE. When Columbus arrived in the New World in the 15th century, sweet potatoes were a well-established food plant in South and Central America. He carried them back to Spain and, hence, to the gardens of Europe. Europeans referred to the sweet potato as the "potato" and it wasn't until after the 1700's that the term "sweet potato" began to be used by American colonists to distinguish it from the white potato.



Sweet potatoes may be one of nature's unsurpassed sources of beta-carotene. Several recent studies have shown the ability of sweet potatoes to raise our blood levels of vitamin A. These super healthy tubers are also full of fiber and have anti-oxidant properties and blood sugar benefits. Given the limited space allotted for this article, it is impossible to go into the aforementioned attributes of this super-healthy tuber in detail so, if you are so inclined, continue to research on your own. It is important to eat some fat with a meal or snack that includes sweet potatoes because it significantly increases our absorption of beta-carotene from this nutritional powerhouse. One very simple and delicious way to cook sweet potatoes is to cut them into strips as you would for thick French Fries, toss them with a little olive oil and roast them in the oven. Bon appetit!

Experiencing Qi with the Breath

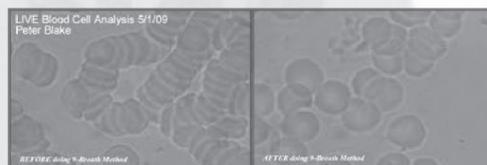
by Martha K. Everett, Qigong and Breath Empowerment Facilitator

Qigong is an ancient Chinese system that uses movement, breath and mindfulness to gather intrinsic life force energy, or Qi, for healing, meditation and exercise. Qigong is said to be over 4,000 years old and many varieties of Qigong have been formed, using Chinese Medicine for curing and preventing disease, using philosophy for reaching enlightenment, longevity and meditative practices. Contemporary Qigong blends these principles together, using physical training in either static postures or dynamic movement, engaging mental training, using visualization and focusing on the movement of Qi and practicing slow, rhythmic breathing or other Qigong breath exercises. Qigong is also supported by the ingestion of medicinal herbs, foods with high Qi content or interacting with the elemental forces.

Qi travels within the blood, so true to the adage "where the blood flows, the Qi goes." Areas of tension, tightness, injury and restriction does not allow the Qi to flow, causing stagnation. Chinese Medicine believes stagnation is the root to dis-ease. Qigong can be a great way for people of all ages to increase blood flow and circulation, because the practitioner is using breath, movement and visualization to increase the flow of Qi. Breath work can be especially beneficial to bring more Qi and oxygen to the blood, as well as aiding in the shifting the emotional composition in the areas of tension or tightness.

The Breath Empowerment breathing exercise is known as Pranayama in the Indian Vedic system, using a Warrior's Breath. It is initiated by the contraction of the diaphragm, which draws in a full breath to the chest. The breath is performed in and out through the nose, with a strong focus on the inhale, filling the lungs deeply. For a moment, hold in your mind the image of an athlete in their prep for sport. Where is their breath? It is not the deep, relaxed breath to the belly, but rather a full chest breath. It has a strong inhale, with sound through the nasal passages. It is not a hyperventilation breath, but controlled and deliberate. This type of breath brings a lot more oxygen into the lungs than normal respiration.

This oxygen is for both the respiration process of breathing and fueling all metabolic processes of the body. The oxygen is shared through the process of diffusion from the lungs to the blood. Transfer to the blood allows the



hemoglobin protein in the blood to distribute the oxygen throughout the body. The repetition of this Warrior's Breath in the Breath Empowerment will greatly amplify the amount of oxygen coming into the body, therefore oxygenating every cell. With this breath, as it increases more blood flow in the body, Qi is simultaneously increased. The Qi can be felt in the body as heat, pulsing or a sense of inflation to the limbs. The Qi and breath can help move through the emotional blocks, as the emotions and the breath are so closely related. The Breath Empowerment ends with returning to slow, deep breathing as to relax and feel the increased Qi, blood flow and a new sense of peace. Most people who have done this breath have reported feeling more energy (Qi) in their body than they have ever had and a great deal of peace and love, as they have let go of old traumas and emotional pain.

The oxygenation of the cells that occurs in the Breath Empowerment is very important for the health of the physical body. In 1931, Dr. Otto Warburg was given the Nobel peace Prize for discovering a very close link between oxygen and cancer. His studies showed that the primary cause of cancer is directly related to a deprivation of oxygen in the cells. Dr. Warburg found that cancer cells are anaerobic; that

the cells go through their metabolic processes with no oxygen. This meant cancer cells actually thrived in an oxygen-deprived environment. Performing breath exercises, like the Breath Empowerment will flood the body with oxygen, creating an environment in your body that cancer cells do not thrive.

The 9 Breath Method is another technique, which brings Qi and oxygen to the body in 45 seconds. This technique uses the Warrior's Breath, bringing Qi, oxygen and peace as felt in the Breath Empowerment. These breaths are done in a powerful series, creating the 9 Breath Prayer Circle, where the participants are breathing together for the same concept, idea or location. For example, we begin the circle focusing and sending Qi around the circle to the participants to build the connection, expanding out as we breathe for the town, the country, to every man, women and child on the planet. In this prayer circle, where two or more are gathered together in minds and hearts, the units of Qi are amplified up to ten fold. Healing can happen in this group field, as the energy vibration is raised high enough to push through the blocks in the nervous and circulatory system of each person in the circle.

In conjunction with the World T'ai Chi, Qigong Day events held around the world. Martha K. Everett will be holding a 3 Hour Breath Workshop, including the Breath Empowerment, 9 Breathe Method and the 9 Breathe Prayer Circle with DJ Curtis Pink. This event is Saturday April 27th from 1-4 pm at the UU Fellowship at 3845 N. Swan. Space is limited, so sign up for this life altering event for \$35 or \$25 if you've attended a previous Breath Empowerment with Martha. 575-388-2098 - www.abundancetherapeutics.com - for more information or to register. ❖





KITCHEN MEDITATIONS

POTATO LEEK SOUP

- 2 TB organic ghee
- 4 cups leeks, whites only, rinsed/chopped
- 1 celery stalk, peeled/chopped
- 1 potato, diced
- 1/2 cup dry white wine
- 4 cups stock or water
- sea salt & fresh ground pepper

Place ghee in soup pot. Add leeks, celery and potato and cook over medium heat.

Season with 1 tsp salt and stir occasionally for 10 minutes until leeks have softened. Add wine and allow to cook about 5 minutes.

Add stock or water, bring to a boil, lower flame and simmer, covered 20 minutes, or until potato is soft. Remove one cup of soup and purée in blender. Return purée to pot, check seasonings.



CHARD & ONION TORTA

- 4 TB organic ghee
- 1 cup bread crumbs
- 1 large onion (yellow or white)
- 2 pinches saffron threads
- 1 tsp fresh or 1/2 tsp dried thyme
- 2 bunches chard, sliced from stems, chopped
- salt and pepper to taste
- 2 garlic cloves, crushed
- 1 cup Gruyère cheese
- 1/4 cup grated Parmesan
- 3 eggs
- 1 cup light cream

Preheat oven to 350°

Mix 2 TB ghee with bread crumbs, then press into baking dish, filling bottom and coming up slightly on sides.

Heat remaining ghee in heavy skillet over medium-low, add onion, garlic and saffron and cook stirring often until onions are soft and starting to caramelize. Add chard, season with salt and cook until chard is tender and wilted, about 8 minutes.

Transfer to a bowl, stir in any extra bread crumbs, cheeses, eggs, cream and black pepper. Transfer to the baking dish, sprinkle top with more Parmesan. Bake until golden and nearly firm throughout, about 30 minutes. Let torta rest 15 minutes.

MAKING GHEE AT HOME

Melt two cups of unsalted butter in a heavy-bottomed pan over a medium flame. Stir with a wooden spoon and make sure it does not spill over. When it starts to develop a foam, reduce the heat and let simmer. You can use the spoon to stir the surface, but try not to disturb the curds that are forming. The butter's moisture is being cooked off, and you will hear a crackling sound; when it quiets down, in about 20 minutes, the ghee is ready. Be sure not to let it burn; the liquid should not be brown. Between the solids resting at the bottom of the pan and the foam at the top, you will have a clear golden liquid. Scrape off the foam and let the ghee cool, then strain it into a very clean glass jar, using a muslin cloth or a strainer. It is important to keep only the clear liquid, or the ghee can spoil. Pure ghee can be kept at room temperature for about 3 months or refrigerated for longer. The separated milk solids are nutty and delicious and can be saved for baking flaky breads.

While you are preparing the ghee, consider Girard Maxon's words:

Dharma is the essence of life. It is that which supports all things and is the truth of all things. Just like ghee is hidden in milk, so dharma is hidden in the midst of life. It is the Buddha who revealed this hidden truth He did not invent it, he discovered it, revealed it. Ghee is like the dharma in that it must be considered and performed correctly for it to reveal itself.

*(All recipes courtesy of Ancient Organics
www.ancientorganics.com)*

GOLDEN GHEE

A Recipe From The Essence Of The Sun

By Noa Jones

Once, in a fit of industry, I set out to make the thickest whipped cream in the world, as if the density could somehow finally satisfy my childish desire for it—on ice cream, in hot chocolate, straight into the mouth from the nozzle. So I poured a carton of heavy cream into a bowl, stood on a stool, and blended and blended until the motor started to smoke. The blades could no longer cut through the solid hunk of dairy stuttering around in the mixer; I'd accidentally made butter. Though I was disappointed, the experiment was eye-opening. I now understood the link between milk and butter. It's so easy to forget where our basics come from when they are dealt to us by the industrial food complex. A 2012 survey in the UK found that fewer than half the young adults polled knew that butter even came from a cow, and a third didn't know that eggs come from hens.

Probably no one would think to say that butter comes from a star. But behold a jar of golden ghee, clarified butter, and it's not such a stretch to think that you are gazing at a direct product of the sun. "Ghee is the essence of milk, which is the essence of grass, which is the essence of the sun when it gets impounded on earth in the form of green growing things," says Matteo Girard Maxon, whose company, Ancient Organics, makes the most gorgeous ghee imaginable. "Similarly, a burning log can be viewed as the unwinding of stored solar energy. That essence of life is most clearly expressed in ghee."

The first block of butter ever made was probably an accident like my own. I picture nomads packing up their yak milk in leather pouches and heading across the steppe on horseback, only to find their milk solidified by the natural churning of the gallop. Butter kept well in the Himalayas but spoiled in warm climates. Somewhere along the way, about 3,000 years ago, someone discovered that separating the milk solids from the butter could prevent spoilage.

The result of that separation, ghee, became a central part of ayurvedic medicine and is to this day considered by Hindus as one of the highest forms of offering. On the banks of the Ganges you will find the Vedic myth of creation, in which Prajapati, the lord of procreation, bred his children by churning butter and dripping it over a flame, reenacted through the ritual of pouring ghee into fire. "Ghee is the supreme offering," my own lama told me with confidence. I've seen him offer great gobs of it in fire pujas, and his attendants make butter lamps from pure ghee whenever possible. This mingling of ancient Hindu and Buddhist rituals reminds me of the followers of the Buddha who gathered at Nalanda University over time to passionately argue the finest points of philosophy with believers in atman.

Ritual and history aside, ghee is just plain delicious, lighting up almost any dish that calls for

fat or oil. Beware of hydrogenated vegetable fat labeled as ghee, which has infiltrated the Indian market with its artery-hardening trans fats. Pure ghee contains Omega-3 and Omega-6 fatty acids; vitamins A, D, E, and K; and phenolic antioxidants. And though it is essentially butterfat, many doctors, like Andrew Weil, are now recommending it for good health.

Girard Maxon says there are many conditions that have to be met to make pure ghee. "When we are extracting the essence of something, we must touch the realm of the sattvic, or the most subtle, and so every aspect of the process must be performed properly," he says.

The conditions for ghee are the materials, the moon phase, the place, the tools, and the cook. Using organic unsalted butter is the best. Girard Maxon only prepared his ghee during the full and new moon phases. "The waxing moon increases the vitality of all living things, and we acknowledge the support nature provides during this period. Harmonizing ourselves with the cycles of the moon deepens the awareness of the process and in turn yields a superior product." On those days, his staff chants mantras while preparing the ghee in a clean, well-lit space. ✦

Noa Jones writes fiction and creative nonfiction. She is based in the Kingdom of Bhutan.

Article appeared in Tricycle – the Buddhist Review, Spring 2013.

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April Sales

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

April 3-April 16



Bulk Bread Shop
Honey Gone Nuts
reg \$3.99#
SALE \$2.89#



Brown Cow
Yogurt
32 oz
assorted
reg \$3.49
SALE \$2.50



Rudi's Bread
22oz
assorted
reg \$4.79
SALE \$3.49



Crofter's
Just Fruit
10oz
assorted
reg \$4.39
SALE \$2.99



Natural Dentist
Peppermint
Mouthwash
reg \$8.69
SALE \$6.79



Nutrition Now
PB 8
60 tab
reg \$14.99
SALE \$8.79

April 17-April 30



Bulk
Golden Temple
Fruit & Nut Granola
reg \$3.79#
SALE \$2.79#



Millenium
Kombucha
16oz
assorted
reg \$3.29
SALE \$2.50



Straus
Ice Cream
16oz
assorted
reg \$4.79
SALE \$3.49



Blue Diamond
Nut Thins
assorted
reg \$3.19
SALE \$1.99



If You Care
100ct
Basket Coffee Filters
reg \$2.59
SALE \$1.79



Avalon
Lavender Lotion
12oz
reg \$10.39
SALE \$7.99

Member Only Specials

April 3-April 30



Goodbelly
Probiotic
Straight Shot
reg \$3.49
SALE \$3.19



Wildwood
Teriyaki Baked Tofu
6oz
reg \$5.19
SALE \$4.69



Organic Valley
Ground Turkey
reg \$8.19
SALE \$7.39



Napa Valley
Grape Seed Oil
12.7oz
reg \$5.99
SALE \$5.39



Alba
Sunscreen Lavender
SPF 45, 4oz
reg \$9.59
SALE \$8.69



Organic India
JOY!
90vcap
reg \$19.05
SALE \$17.19

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)

Earth Day

2013



NAME: _____ AGE: _____

PRODUCE COMPOST GUIDELINES

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

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

GROCERY SPECIAL ORDER POLICY

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

PRODUCE SPECIAL ORDER POLICY

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

CO-OP COMMUNITY ROOM POLICY

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



Meow
more milk
please

From Your Board...

FOOD FOR THOUGHT *by Susan Van Auken*



I want to talk today about the bulk bins that take up most of the north wall of the co-op. I imagine many of you purchase at least a few items in bulk and I thought you might be interested in a few of the statistics about our bulk bins.

- Bulk sales account for about 16% of the co-op's total yearly sales exceeded by produce sales at 18%, and packaged grocery at 28%.

- There are 265 items in bulk! Impressive!

- The products in these bins and jars include: 16 dried beans, 23 whole grains, 22 nuts and seeds, 20 flours, meals and flakes, 13 granolas and cereals, 20 snack items, 4 pastas, 9 dried food mixes, 3 condiments, 19 coffees, 20 teas, 90 herbs and spices, and 8 liquid products.

- Another 40 items in the store are repacked by staff from bulk amounts to sizes convenient for purchase.

What do customers consider to be the reasons for purchasing food in bulk? A 2011 survey conducted by the Food Industry Leadership Center at Portland State University asked customers that question. The top three reasons given were:

- Ability to purchase the quantity needed,
- Cost savings, and
- Less packaging.

Indeed, those are the main reasons that I purchase from the bulk bins, and I will talk a little more about each point. To me, however, there is another top reason for purchasing food in bulk, one that is quite an advantage: Much of the food sold this way is whole food or only minimally processed food (shelled, hulled, or ground etc.) Many of the beans, grains, nuts, seeds, herbs and spices are raw, and contain no other ingredients. This is a great advantage to those of us who want to eat pure, whole foods.

The ability to purchase any quantity is great! Sometimes I buy 5 or 8 pounds of one item when I want to stock up on a product I use frequently. Other times I want a small amount of a salty snack or 2 goji bars, and my total purchase of that item is 31 cents. This is great for me because that small amount satisfies me, but if I bought a whole bag I would probably eat more than I think is wise.

The survey research I quoted above indicates the cost savings on bulk is way higher than I would have thought. It says "customers save an average of 89% by purchasing bulk foods versus packaged." It appears to be quite an extra expense to sell food in small packages. I imagine the price increase is because of the effort it takes to put food in small packages, the extra packaging involved, the process of packing these small containers into the cardboard box for shipping, and possibly larger and heavier packages to ship.

Although purchasing food in bulk bins uses less packaging, it is important to remember that all the items in the bulk bins have to be shipped in some kind of package, so it is not "packaging-free." It is also important to remember that how we carry the product home is up to each one of us. The co-op provides plastic and paper bags for this purpose. However, if we really want to reduce the amount of packaging, we can choose to bring our own container. One option is to reuse plastic bags over and over again. Another option is to bring a glass, plastic or metal container and fill it up so it is ready to sit on the shelf at home. Think of the difference it makes to have no extra cardboard, plastic or foil wrapping on the food you purchase, so much less to "throw away." Remember, though, that if you bring a container you need to have a cashier weigh it before you fill it up so the container weight is not included in the purchase price.

Of course, to some people a potential drawback of many bulk foods is that you have to cook the food before being able to eat it.

But on the bright side, if you do cook it, you can prepare it exactly the way you like, with just the added ingredients you want to use -- that is a big benefit!

If you haven't purchased from the bulk bins, now might be the moment to begin. If you have questions on how it is done, please ask a co-op employee.

Two years ago I asked our general manager for information on my purchases in 2010. One of the interesting tidbits I learned was that I bought 337 pounds of food from the bulk bins during that year. If my math is correct that equals almost 1/2 pound each, for my partner and me, every day of the year! Oh my.

For more information about the survey I quoted please visit www.bulkisgreen.org ✦

Volunteer Discount Policy

Members who volunteer for 3 hours of work receive a 15% discount on all purchases for one day. Discounts must be used within the same calendar year of their volunteer work.

If you are interested in volunteer opportunities at the Co-op, email or call Carolyn: carolyn@silvercityfoodcoop.com (575) 388-2343.

Board Meeting Schedule

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

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

Silver City Food Co-op Board of Directors

Susan Van Auken
Board Term: 2010-2013
susanvanauken@gilnet.com

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

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

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

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

Carmon Steven
Board Term: 2012-2013
yankiecarmon@gmail.com

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

Nonsanto

continued from page 1

April's life radically changed from shopping at farmer's markets and purchasing organic products at supermarkets to one where she was tracking the source of every seed of everything she ingested and wore. She was caught flat footed when she began her journey as she didn't realize the extent of the company's reach. Her first few days consisted of wild fish and seaweed because she couldn't confirm anything about the company (she nearly gave up at this point). She learned that Monsanto controls many, many seeds (and seed subsidiaries) and even owns major organic seed companies (e.g. Western Seed). She switched to heirloom-only produce (non-Monsanto) and started contacting companies and their suppliers about their seed sources. She received responses from CEOs who did their own research on their seed sources (for example, Lundberg rice and certain Annie's macaroni and cheese were confirmed to be non-Monsanto). Farmers might not be aware, even if they grow organic, because they order from seed distributors who don't list their sources.

It wasn't just that Monsanto owns most seeds. April started to examine them through her scientific lens. It turns out, not surprisingly, that some of their scientific evidence is questionable as they have paid off scientists. It doesn't help either that former Monsanto executives are now part of the Food and Drug Administration, approving products.

Despite the volume of painstaking effort she went through to live Monsanto-free, there were rewards (aside from the obvious Monsanto-free life she enjoyed). She told me she "had a moment of quiet bliss, while hosting a Nonsanto brunch. . . I looked

down at a delicious spread and knew exactly where everything came from. I knew the farmer and where he bought the seeds. There were no mystery foods and I felt a great pride in that."

How did we get to the frightening point where one company is controlling most of what we eat? April says it's one word: convenience. "We are a nation addicted to convenience. I am no exception. Monsanto has thrived by supplying our addiction. . . . Our food system is about the quick and the easy because as consumers that is what we demand (along with copious amounts of high fructose corn syrup)."

April's personal challenge will stay with her. She told me, "it really seems like there is no definitive answer as to their safety and I'm not willing to be Monsanto's test subject." I don't want to be a test subject either. This mom has made even people such as myself who proudly try to live up to the locavore label think twice.

If you want to join April in bucking the food system by saying no to one of convenient, genetically modified foods whose safety is dubious and happens to be controlled by a single company, she's already done much of the homework for you (and will continue to do it through her blog). Here are things we can each do. It starts in the kitchen by cooking our own meals, knowing our food sources (talk to your farmers and visit farmer's markets), ask companies—including organic ones—about their seed source and start planting your own heirloom seeds. In our own way, we can each be a rebel who is helping to galvanize a movement that begins with each of us in our kitchens. April is an unlikely trail blazer but this mom is helping to steer us on a better path for all of us. ✦

[Reprinted with permission]

Outreach Report

by Carolyn Smith



When you read this, spring will have sprung. Officially, spring begins on March 20th, but thoughts of spring and gardening emerge for many with the arrival of seed catalogues in January and it's hard to fight the urge to go out and start planting the garden right then and there. Of course some vegetables prefer cooler temperatures and can be planted early such as peas, beets, carrots, and winter greens, but for others we have to bide our time. I've found that the next best thing to gardening is talking about gardening, and one of the very best venues is the NM Organic Farming Conference in February. This year I traveled to Albuquerque with fellow co-op employee Jessie Gauthier to attend this conference. 725 people came from around the state to teach and learn about a wide range of agricultural topics.

The keynote speaker was Mace Vaughan, Pollinator Program Director for the Xerces Society and the Joint Pollinator Conservation Specialist for the NRCS West National Technology Support Center. His keynote address was a workshop in and of itself. Mace holds Masters Degrees in Entomology and Teaching from Cornell University and he is the co-author of *Attracting Native Pollinators: Protecting North America's Bees and Butterflies* and the *Pollinator Conservation Handbook* and he is the lead author of *Farming for Bees: Guidelines for Providing Native Bee Habitat on Farms*.

We learned that 84% of flowering plants need a pollinator to set fruit and 35% of produce crops are completely or mostly dependent on pollinators. In fact 1 in 3 mouthfuls of the food and drink we consume depend on pollinators! In addition, 25% of the diet of birds and many animals are dependent on pollinators.

The main groups of invertebrate pollinators include butterflies, flies, beetles, wasps, and bees. Bees are the most important of the pollinators because they

exhibit flower constancy. This means that bees will bypass flowers that may have more nectar in favor of flowers of the same species. This ensures the cross-pollination and future of these preferred plants and prevents clogging the stigmas of other flower species. North America is home to 4000 species of bees: bumblebees, sweat bees, tiny sweat bees, long horn bees, leaf cutter bees, miner bees, and honey bees.

Honey bees are not native to the New World; they were brought over by the Europeans. The native bees are divided into three groups: bumblebees which are social, ground nesting bees and wood nesting bees both of which are solitary.

70% of solitary bees are ground nesting. Single moms dig nests and come out once a year for 4-8 weeks in the spring, late spring, and early summer. These bees nest in bare sandy soil, areas without tillage, deep mulch or landscape fabric. They line their nest chamber with wax and leave pollen balls for emerging larvae. From the surface their nests look like ant nests.

Wood nesting bees make up the remaining 30% of solitary bees. They make their nest in hollow stems and their nest partitions are constructed of mud, leaves etc. There are 45 species of bumblebees. Bumblebee hives consist of a queen and between 100-300 workers and these colonies last one season. They nest in abandoned messy areas, e.g. wood or brush piles. The queen spends the winter underground.

Native bees are important pollinators. They are active earlier in the season and pollinate flowers before honey bees begin foraging. Through "buzz pollination", grabbing flowers and vibrating flight muscles, they release more pollen from the anthers which in one study tripled the production of sungold tomatoes. Managed honey bee hives have experienced a 50% decline since 1950, feral colonies a 75%-100% decline since the 1990s. Some of the causes have been attributed to disease and pests and the fact that low honey prices have led many bee keepers to abandon this occupation.

In 2006 large numbers of honey bee colonies abruptly disappeared. This phenomenon was named Colony Collapse Disorder (CCD). While there had been colony collapses before, this represented a drastic rise in the number of disappearances of western honey bee colonies. Pre-CCD, 1995-2006, 15%-22% of bees died each year, mainly due to mites. Post-CCD, 2006-today, 24%-36% of bees have died each year due to diseases, pathogens, pests, poor diet, insecticides stress and genetics (lack of diversity). At the same time as honey bees are declining, the crops being grown, that are dependent on bees for pollination, are doubling and tripling. As an example, it takes 2 hives/acre of almond trees; 2/3 of U.S. hives travel to California to pollinate these groves. The price/hive went from \$35 to \$155. To make more money, many beekeepers take their hives on the road. 40% of the Chinese apple crop is hand pollinated. Beekeepers refuse to put their bees in apple orchards because of pesticides and there are no longer wild bees because of pesticides and the lack of crop diversity. In Hawaii farmers are hand pollinating squash. There is a huge need and value to creating pollinator habitat. As they say, "Build it and they will come." It is recommended that 30% of farmland should be devoted to wild habitat. While this may seem like a huge loss in production to farmers, there are mutual benefits: an increase in pollinator habitat, increases pollinators and other beneficial insects which increases yields/acre. There are programs to help farmers promote pollinator habitat: Conservation Resource Program, Environmental Quality Incentives Program (EQIP) and Organic Initiative. Organic farms are already serving to provide good pollinator habitat because they provide greater crop diversity and use less or no herbicides and pesticides.

Check out this website and these books for more information:

• www.xerces.org/pollinator-resourcecenter

• *Attracting Native Pollinators: Protecting North America's Bees and Butterflies*

• *Pollinator Conservation Handbook*

• *The Forgotten Pollinators*

• *Farming for Bees: Guidelines for Providing Native Bee Habitat on farms*

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New Mexico Organic Farming Conference

NMOFC Jake Sipko Produce Manager

Hello everyone. As some of you have gathered I am the produce manager, Jake, and for those who don't, you are now in the know.

On Valentine's Day of this year I embarked on a journey to Albuquerque for the New Mexico Organic Farmers Conference of 2013. I have been managing produce for five years now and this would be the first conference I would attend and speak at. My nerves had a couple of months to chew this over. The drive was beautiful! From high pines of the Black Range to the desert outside of Hillsboro, fol-



Jake (far right) with other presenters and co-op employees from around the state

lowed by the gorgeous oasis of the Bosque Del Apache. Arriving at the hotel a huge sense of relief came over me having survived rush hour traffic.

The next day was the start of the conference and the actual workshops. There was a tremendous amount of useful information distributed that day, though I probably didn't catch half of it. One of the fantastic workshops I attended was about pollinators, how they benefit farming and most of all, the environment. If anyone is interested in this information you can log onto the NRCS website or just talk to me. Attending the workshops was great, but actually speaking at one was awesome. This gave our store an opportunity to connect with growers from all over the state. I personally made four new contacts with local growers, and met a man all the way

from Espanola who wants to sell us produce. The workshop went over well with people saying "you're the real deal", meaning we're looking out for local growers in our state. I was also invited to give a talk in Lordsburg about local food production. All of these things made the trip fun, but one of the best things was getting to meet our sales representative from Veritable Vegetable, Rebecca Hilderbrand. She has been a phenomenal sales agent and a truly kind person to our little Co-op. The Organic Farming Conference is a great event for gathering and sharing useful information. If you have an interest in local and safe food production this is the venue for you. Thanks for reading and thanks for buying local!

Jake Sipko, Chief Produce Rising

April 2013



New Moon 4/10/2013 at 2:38:49 am (MST)

Full Moon 4/25/2013 at 12:59:57 pm (MST)

HERBAL ANTIOXIDANT



Medicinal Mushrooms

Mushrooms contain polysaccharides and other ingredients that both enhance immunity and have anti-cancer properties. Most research has been done on mushrooms such as reishi, shiitake, maitake, and cordyceps. However, all edible mushrooms have benefits. Even the common button mushroom enhances immune-cell functions and can fight cancer. Women who regularly eat mushrooms have a reduced risk of breast cancer. Note: Some mushrooms (reishi and cordyceps, for example) are too rare or woody to find in grocery stores. Look for supplements containing these mushrooms.

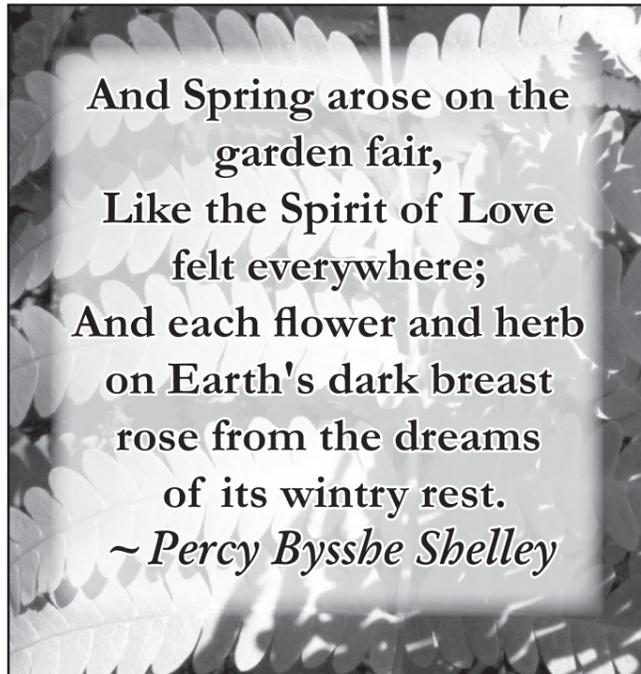
Staff Celebrations

Anniversaries

April 12 Mary Giardina
April 15 Misha Engel

Birthdays

April 14 Carol Kay Lindsey
April 27 Kate Stansberger



And Spring arose on the
garden fair,

Like the Spirit of Love
felt everywhere;

And each flower and herb
on Earth's dark breast
rose from the dreams
of its wintry rest.

~ Percy Bysshe Shelley

Co-op Events

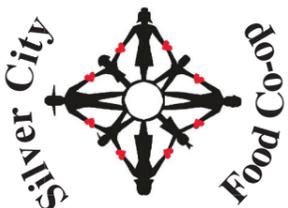
April 2013

- 9 Community Forum:
& Topic to be
- 11 Noon-1:00 pm both days
- 10 Monthly Board Meeting 4:30-7:30pm
- 20 Earth Day Celebration @ Gough Park
10:00am-3:00pm
- 24 General Membership Meeting
@ the Church of Harmony
- 25 Member Linkage Committee Meeting
10:00-11:00 am

May 2013

- 8 Monthly Board Meeting 4:30-7:30pm
- 14 Community Forum:
& Topic to be
- 16 Noon-1:00 pm both days
- 27 Memorial Day- CO-OP CLOSED
- 30 Member Linkage Committee Meeting
10:00-11:00 am

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