

# the Garbanzo Gazette

Volume 13

a monthly newsletter of the Silver City Food Co-op

## Dozens of Reasons to Shop/Love Your Silver City Food Co-op

by Monica Rude

If you care about good food and how it is produced, at the Silver City Food Co-op you will meet others who have similar interests in food quality. **Anyone** can shop at the Co-op, even non-members. Anyone can become a member/owner for \$10 a year and receive many benefits. These include:

- Every 3 months **Member Appreciation Day (MAD)** provides an opportunity for members to save 10% on (almost) everything in the store plus another 10% off pre-ordered special orders for a whopping savings of 20%.

- August featured an extra special MAD at 15% discount for members. WOW!

- Members receive a **10% Membership Matters** discount on:

**Full cases** of regularly stocked water or grain beverages; **Full** (unopened) 25 or 50 lb. bags of products sold in bulk bins (beans, rice, flours and grains); **Coffee, Mangoes** (5 lb. bags); **Pasta** (box sizes); 25 lb. bags of **juicing carrots**; Reference book Prescription for Nutritional Healing; Reusable Chico bags and African market baskets.



Monica

- As a Member, take advantage of weekly and monthly **Member Only** offers.

- All customers should look for monthly **Co-op Deals**: items are marked with the Co-op Deals Green Logo. These sales items are posted in the store and a partial list in the newsletter, change every two weeks on Wednesday and feature items on sale from Co-op distributors.

- While you are in the store, check out the **Essentials Program**, a program to help the people in our community afford organic, non-GMO, local and sustainable products. Featured are many pantry staples that are priced well below retail mark-up and will sustain and nourish you and your family without spending too much. Included are grains, beans, etc. in bulk quantities. These items are marked by a blue dot.

- Co-op members are **member-owners** of a Co-operative business model, a member-owned, member-controlled business that operates for the mutual benefit of its members and community and is guided by co-operative principles and values. If you are a member, it is **Your Co-op**.

- At Your Co-op you will find a higher **% organic** produce and products compared to the regular supermarket, as well as **non-GMO** Product Certified products which have actually been tested for gmo ingredients.

This is especially good news for pregnant women and families with children since studies have shown organic produce contains significantly less synthetic pesticide residues, especially organophosphate and pyrethroid insecticides, which are a greater risk when the brain and nervous system are most vulnerable. [www.environmentalworkinggroup.org](http://www.environmentalworkinggroup.org)

- This higher **%** of products makes it easier to find organic/non-gmo products so **less effort** spent in reading every word on every label. You will experience a greater degree of **trust** in a business that puts value on the quality of your food.

- Grocery Buyer Lennie Buckingham has made a tremendous effort to eliminate products containing gmo ingredients from the shelves and replace them with non-gmo-containing products.

- <http://www.ewg.org> Several studies show that organic crops have higher concentrations of antioxidants and vitamins than conventional crops. For foods like apples, strawberries, grapes, tomatoes, milk, carrots, and grains, organic produce has 10 to 30 percent higher levels of several nutrients, including vitamin C, antioxidants and phenolic acids.

At Your Co-op you can find a wide variety of **locally grown** produce, organic or grown without chemicals. You might know the person who grew it or at least their reputation. Local is defined as products from New Mexico, eastern Arizona, northern Mexico, and the El Paso, TX area.

- Since conventional food is estimated to typically travel between 1,500 and 3,000 miles to reach the consumer and usually requires additional packaging and refrigeration, buying local significantly **reduces the carbon footprint** of your food and the amount of trash going to the landfill.

- Locally grown fruits and vegetables are **fresher** and more nutritious, as they grow nearby and thus can be harvested closer to peak ripeness. If you eat local produce, you know you are eating with the seasons, a recommendation for good health.

At Your Co-op you can get **locally grown, grass-fed meat, eggs and dairy**. Meat from animals raised on pasture is more nutritious – grass-fed beef is higher in “good” cholesterol (and lower in “bad”), higher in vitamins A and E, lower in fat, and contains higher levels of omega 3 fatty acids than grain-fed beef. Grass-fed animals are not fed commercial animal feeds which often contain many unsavory – and potentially harmful – substances, including arsenic compounds, dangerous pathogens (e.g., salmonella), known carcinogens (e.g., dioxins and PCBs), plastics, rendered animal products, and animal waste. [www.sustainabletable.org](http://www.sustainabletable.org).

Buying from Your Co-op, not a large chain grocery store, **stimulates the local economy** and supports small family farms which are more likely to spend their dollars in the community; in addition, food grown locally, processed locally, and distributed locally (for example, to local restaurants, stores and the farmers market) generates jobs and subsequently helps support the local economy. Your Co-op is a community asset that contributes significantly to the local economy through employee pay and benefits, as well as innumerable other ways.

By supporting our **local food systems**, you help preserve farmland by providing small family farms a viable outlet through which to sell their farm products and protecting family farms becomes a shared goal for both farmers and their local consumers.

Besides produce, **other local products** in Your Co-op are indicated by a yellow dot on the shelf edge and include soap, herbal remedies, skin care products. There are many **gluten-free products**, easy to identify by the orange dot on the shelf edge.

At Your Co-op you can find **wild-caught fish**, a good thing since PCB and dioxin contamination are a special concern in farmed fish, especially salmon. One study reports that farmed salmon is the most PCB-contaminated animal product in the US; the contamination is primarily from commercial fish feed. [www.sustainabletable.org](http://www.sustainabletable.org).

At Your Co-op you can find several **alternative sweeteners** and no high fructose corn syrup (HFCS). Shoppers can avoid the mercury which is used in the production of HFCS and has been found in varying concentrations in the finished product. As US consumption of HFCS climbs (as of 2009, per capita HFCS consumption was 50 g per day), mercury is an increasing health risk, causing neurological problems and is especially dangerous to children.

Your SC Food Co-op is a small store with a **friendly** relaxed atmosphere; maybe the employees are happy and cheerful because they love their jobs, are paid “a living wage” and work in a **clean place full of health-promoting food and ideas**. Isn’t attitude everything....

- The friendly staff is available to answer your questions, and help you find what you need.

Questions about dietary supplements can be researched in a big reference book: Prescription for Nutritional Healing by Balch, found in the supplements aisle.

Your Co-op is kept clean without the use of **toxic cleaning chemicals** or nasty insecticidal sprays to control bugs. There are minimal products with **fragrances** which may impact those with chemical sensitivities.

- There is a clean, easily accessible restroom.

Your Co-op monthly newsletter, the *Garbanzo Gazette*, is mailed to members or available in the store or online to anyone. It includes educational articles about food, gardening, recipes, Co-op news, membership specials, product info, photos from community events and more.

**Educate yourself** at Your Co-op by attending monthly **Community Forums** on issues of interest to Co-op shoppers or those interested in food and health issues. Recent programs addressed GMO foods, gluten sensitivities, raw foods, a report on the NM Organic Farming Conference, use of essential oils for healing. These are free and open to the public.

Your Co-op is a business whose goal is to gain and maintain the **health of the community** (not to make a huge profit or return on investment of shareholders, although obviously, they must make enough money to pay the bills).

- Member shoppers can have **input into decisions** impacting policies and operations via BOD meetings (aka known as the Gang of Seven), the in-store suggestion box, and participation in committees.

Shoppers at Your Co-op are supporting an organization that **gives back** to the community in many ways, including support of the Food Pantry for those who do not have enough to eat, the SC Farmers Market, Hunger for Knowledge, Just for Schools Discount Program, donations of food and money to over 60 organizations in 2012.

There are many **volunteer opportunities** at Your Co-op related to the Co-op’s numerous community-service projects; volunteers are generously rewarded for their efforts by receiving a 15% discount for a day for each 3 hours of service.

Benefit a local non-profit by **bringing your own shopping bags**; the nickel refund is donated to two different organizations every three months.

Your Co-op is **environmentally friendly**. They recycle everything possible, including shipping materials, available to customers. Customers have access to tons of produce waste that would otherwise clog up the landfill, allowing customers to feed their goats or chickens or compost pile. Easier than dumpster-diving.

**Fight aging** by shopping at Your Co-op and buying anti-aging remedies, anti-oxidants, fresh produce, fight free radicals, increase energy, boost your immune system, improve digestion and liver function, and feelings of well-being.

Heck, you don’t even have to go to Your Co-op to shop if you are **homebound**; they will

deliver to your home for free. Call for more information (575 388-2343).

Last but not least, you can get **really good chocolate** at Your Co-op... ✨

[Monica Rude owns Desert Woman Botanicals and lives in Gila where she grows herbs for the product line and cooks from scratch, using ingredients from Our Co-op.]



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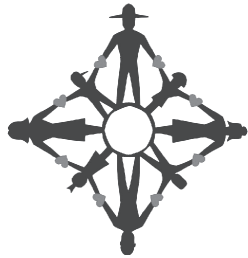
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Farming



# 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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Kim Barton  
Eric Lynch  
Michael Sauber  
Ron Shultz

## Annual Co-op Equity

\$10.00

Kids under 18 and living at home FREE

## The Garbanzo Gazette Gang

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Submissions are welcomed!

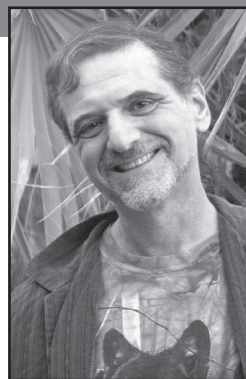
Submit letters, articles, or items of interest to:

gg@silvercityfoodcoop.com

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# Cup o' Joe by Joe Z



He had long stringy white hair and a straggly beard. Nice guy. I met him a few days previous when he first appeared at the Co-op and had a couple of very interesting conversations with him. He was into Co-ops. Said they were filled with "friendlies". "Don't bother with the others -focus on the friendlies." I was still in my twenties at the time and it seemed like wise advice. I really liked him.

But I was quite surprised when I walked into the Co-op one day and he was there in the front of the store wearing only a loin cloth and doing a bizarre pantomime/dance kinda sorta thing. Loin cloths serve their purpose I suppose but his movements challenged that purpose greatly. It was a truly a sight to behold even though one might not want to behold such a sight.

I motioned to him to stop and come talk to me. "Clear," I said, "what the heck are you doing?" (his name was Clear Marks - he authored and self published a book back in the 70's called "Friendly Shared Powers: Practicing self-mastery and creative team work for earth's community". I still have my copy. Amazingly, you can actually find used ones on Amazon).

"Joe - I'm doing a performance depicting the plight of the Native Americans and their struggle for identity and life"

"Um, Okay. But the loin cloth?"

"It's what they wore. And it gets people attention."

"That is sure does. Do you think you could wear something under it? Some folks may not be comfortable seeing such a bare display."

And then he uttered the words that I had heard so many times before and a zillion times since: "But Joe, it's a Co-op!"

Oh, whatever does that mean? Let's be clear (um - sure - pun intended): Co-ops are capitalistic entities where the equity (capital) is equally invested by each member entitling them to part ownership and one vote. It is an alternative way of raising money for a business and to have that business in the hands of those that use it. There's nothing about dancing. There's nothing about loin cloths. And there's nothing even about food although the food co-ops have become synonymous with the term.

Co-ops were started in the mid 1800s by poor oppressed people struggling for some control of the monies that swirled around them. There have been several "waves" of Co-operative success across time. What we refer to now as "Old Wave" Co-op raised to great numbers in the 1920s and 30s. They started to dwindle in the fifties and only a few were left in the 60s.

Then, as part of the counter culture, the awakening of whole food consciousness and an anti-corporation sensibility, the "New Wave" Co-ops were born in the late 60s and 70s.

While they shared the same basic structure of the Old Wave stores, they introduced many new concepts that have become identified with Co-ops. If you study the history of the Co-ops,

you'll find the majority followed very similar paths. They were started by a small dedicated group usually first forming a buying club in someone's basement or church and then opening a small storefront as the means became available. They practiced consensus decision making often leading to very long contentious meetings. Members usually volunteered at the stores in place of paid staff. Items were bought in bulk and repackaged. Small local entrepreneurs were given a venue to sell their wares. Many different personalities were tolerated and new ideas and expressions were embraced. It's also true that many were dirty, run by "hippies", drugs flowed freely and most were barely able to stay afloat. Many failed. Today there are still over 300 left and more are being created - the "Third Wave" Co-ops.

Health agencies put a stop to the dirty stores as the IRS and insurance companies put a stop to members working directly in the stores (mostly - a few co-ops still are fighting on this issue). As the Co-ops grew, they adopted more successful ways of running a business and understood that illegal activities threatened everything that they created.

But many of the ideals that fueled these co-ops are still evident today: an openness and acceptance of different types of people, personalities and ideas. A deep concern about health, the environment and humanity. An embracing of artistic expression. A striving for consensus and collaborative decision making. And a focus on peace and goodness.

This is what Clear was referring to. Weren't the Co-ops the obvious place for his type of art? Aren't the Co-ops based on people and acceptance rather than money? Where else could alternative type people go if not the Co-ops? And he was right. Sometimes though, the words, "It's a Co-op" are said rather ruefully by folks who don't fully comprehend the values deeply seated in the organization. They lament that decisions can take a long time, that different personalities are worked with rather than eliminated and that people centric policies are created rather than business oriented ones. What they see as deficiencies are actually strengths that mainstream businesses are just now starting to understand and emulate.

Co-ops are always experimenting with these ideals and trying to find the right balance. It's not easy. Where are the lines drawn? Are those lines flexible depending on the situation? When is a very different personality a too difficult personality? How many standard business practices are justified? Where is too far and not far enough?

This much I've learned over the years: if you perform, you really need something under the loin cloth. Everything else - well that line really does shift a bit, doesn't it? ✦

## What's new at the Co-op?

### Bob's Red Mill

#### Pancake and Waffle Mix

Start your day with Bob's Red Mill High Fiber Pancake and Waffle Mix that you can now find in our bulk section. Each serving of this yummy and healthy mix contains 5 grams of fiber. The all organic ingredient list is as follows: Whole Wheat Pastry Flour, Scottish Oatmeal, Vital Wheat Gluten, Wheat Bran, Cane Juice, Flaxseed Meal, Baking Powder (aluminum-free), Sea Salt, Oat Bran, and Wheat Germ. There is a three-ring binder on the shelf below the scale in the bulk department that contains recipes for a variety of bulk foods, including this yummy mix.



### Garden of Life

#### Raw Supplement Powders

Now available in our supplement department are Raw Meal, Raw Protein, and Raw Fit powders from Garden of Life, a company that has developed a wide array of dietary supplements, holding to very high standards and a commitment to organic and non-gmo. Raw Meal was formulated to be a snack or meal replacement that satisfies hunger and Raw Protein is a protein powder meant to be added to food or beverages. Raw Fit is composed of ingredients that encourage the body to burn fat, maintain healthy blood sugar, and lose weight. And...Kate, head of our supplement department, says that they are also tasty!



### Lotus Foods

#### Heirloom Rice Heat and Eat Bowls

We are now carrying all three of Lotus Foods' Heat and Eat Bowls. First of the three is Forbidden Rice, a rich black rice, historically reserved for Chinese royalty and deities, is a strikingly-colored black grain, especially high in anthocyanins, the antioxidants that also give blueberries and acai their blue-black color. Second is brown Jasmine Rice, aromatic and buttery with a soft texture, and third is Volcano Rice, a blend of aromatic brown and red rice from Indonesia. Preparation is super-simple and takes just 90 seconds. Since 1995 Lotus Foods has operated with the intent and vision to support sustainable global agriculture. This is an ethical company that produces healthy and delicious products.





# STAFF PICKS

by **Judith Kenney**

## Eric Lynch

has been employed at SCFC for a total of 1½ years. Originally drawn to Silver City to study herbalism with an Earth Medicine practitioner, he is now working as our new receiver, processing orders and keeping the warehouse in tip-top condition. His favorite product of the month is Bio Pac Biodegradable Laundry Detergent. Several points about this product are important to him, as they may also be to a number of our customers. Bio Pac is greywater safe for fresh water ecosystems, packaging can be returned to the company, and it still gets Eric's clothes clean! Collin Harris founded Bio Pac, Inc. in 1990 while volunteering at a recycling center in Maine. Shocked by the vast amount of cleaning product containers that ended up as waste, he responded by creating a line of biodegradable cleaning products sold in refillable containers. That way they continue to be used instead of simply recycled (which is, of course, preferable to throwing our used containers in the trash). At this time, SCFC does not have a bulk unit from which customers can refill their bottles. However, if customers choose to return empty containers to the company, they are refilled there and sent back into distribution. Today, Bio Pac is a family-run business that continues to provide products for the chemically sensitive and for people who want products that are as pure as possible. All their bulk products are packaged in recycled containers, biodegradable\*, ultra-concentrated, and free of petroleum distillates. Bio Pac also donates a percentage of its profits to wilderness preservation.



*\*The dictionary defines "biodegradable" as capable of being broken down, especially into innocuous products, by the action of microorganisms.*



## Misha Engel

has been at the Co-op for over two years, working as receiver, processing large orders as they come into the store and keeping our warehouse organized and operating efficiently. Soon, though, she will be exploring new horizons as she moves into the position of buyer for our freezer department. Misha told me that she loves living in New Mexico, hiking in the wilderness, making fresh fruit and vegetable juices and coconut oil. Yes, indeed, coconut oil is her choice for our staff pick column this month. She uses it on her skin, for oil pulling\*, takes one tablespoon internally in the evenings, and pretty much considers it a "miracle product."

Once considered a particularly devilish form of saturated fat, it is now commonly name-dropped as one of the latest super-foods. It turns out that not all saturated fats are created equal and we can now enjoy coconut oil in all its lusciousness in an array of delicious and beneficial ways. Cooks find it quite versatile and tasty in baked goods and as an excellent oil for stir fries as it resists oxidation and can tolerate higher temperatures than many other oils. It has been touted as a substance that is beneficial for a number of health concerns, including as an aid to weight loss! Surely, one terrific way to use coconut oil is as a conditioner for the hair and skin. I have, personally, been using it on my hair for a couple of years with great results. I apply it in the evening once or twice a week and wash it out in the morning. It doesn't matter if there is a tiny bit left after shampooing. It is a non-greasy type of oil and I figure that my hair loves that additional nourishment. Many folks, like Misha and me, also enjoy the benefits that coconut oil imparts to the skin and use it as a deep moisturizer. While it tends to have a greasier consistency, at first, it absorbs quickly into the skin.

When purchasing coconut oil, look for organic which ensures that it is 100% non-GMO. We have several brands to choose from here at the Co-op. It is not necessary to refrigerate this oil. Stored in the cupboard you will notice that it liquefies and solidifies in response to the current air temperature.

One article on coconut oil that I found online is at the New York Times, entitled *Once a Villain, Coconut Oil Charms the Health Food World*. Information on coconut oil abounds on the internet and is far too considerable to cover in this short article, so I recommend that you delve into the topic and draw your own conclusions.

*\*A simple method of swishing oil in the mouth that is reputed by some to contribute to greater oral health and whole being wellness.*



## Did you know?...

Pollens, molds, grasses and budding tree growth are common culprits, contributing to the classic symptoms of hay fever: itchy, watery eyes; runny nose; sneezing; and sinus congestion with pressure and pain. With their gentle actions and minimal side effects, botanical remedies are a good option for allergy sufferers. As you explore the options that follow, pay careful attention to the symptoms they help alleviate. Seasonal allergies produce a variety of symptoms; targeting yours specifically is the first step to success with any regimen. Remember that herbal remedies may be incompatible with pregnancy, nursing, pediatric care, and prescription drugs and medical conditions. Consult your doctor about supplement use to ensure compatibility and safety.

### Natural Remedies for Congestion

**Horseradish:** The sinus-clearing aroma and sharp flavor of freshly grated horseradish make it useful for alleviating stuffy noses and bronchial congestion. Prepare a broth by steeping several spoonfuls of freshly grated root in a bowl of boiling water or soup stock.

**Peppermint:** Perhaps the most versatile backyard provision, peppermint imbues a peppery, sweet flavor that indicates the presence of its natural menthols, tannins and bitter principles—together responsible for its ability to ease congestion and improve breathing. Steep fresh or dried peppermint leaves in boiling water for a quick, head-clearing brew.

### Natural Remedies for Coughs

**Anise Seed:** To encourage a more productive cough, prepare an infusion of 1 to 2 teaspoons of bruised anise seeds steeped in 1 cup of boiling water and drink. (Bruise seeds by partially crushing them to release their oils.) You can also add a drop of anise seed essential oil to a cup of peppermint tea, or combine a drop with a spoonful of honey for quick dosing.

**Elder Flower:** A generous assortment of flavonoids, vitamins (A, B and C), essential oils, sugars and carotenoids contribute to the medicinal action of elderberries and flowers. To benefit from the flowers' ex-

pectorant action, prepare an infusion of fresh elder flowers by steeping a handful of blossoms in a cup of boiling water, or look for elder-based remedies at health-food stores.

**Thyme:** The leaves and flowering tops of common kitchen thyme can aid in the treatment of cough, bron-

chial irritation, shortness of breath and sore throat. Prepare an infusion of 1 to 2 teaspoons dried thyme per cup of boiling water, or look for commercially prepared thyme teas at health food stores.

### Natural Remedies for Sore Throats

**Cinnamon:** The spicy aroma, fresh taste and antimicrobial action of cinnamon provide a delicious way to soothe sore, inflamed throats. Prepare a cinnamon tincture by steeping a handful of bruised cinnamon sticks in a pint of vodka. Shake daily. After about two weeks, strain and decant into a dark bottle for storage. Add a few drops of the tincture to a cup of warm water, which you can sip or gargle.

**Ginger:** Treat a dry, scratchy throat with ginger tea. Simmer 1 teaspoon of freshly grated root in 1 cup of water for five to 10 minutes. The commercially available dried, powdered ginger works fine, too. Simmer 1 to 2 teaspoons per cup of water until fragrant and spicy. Honey makes a nice addition.

**Sage:** Sage can be useful to relieve painful, inflamed membranes due to tonsillitis, sore throat or mouth ulcers. To make a mouth rinse, add 1 to 2 teaspoons of dried sage to a cup of water and bring to a gentle boil. Remove from the heat and steep,

covered, for 10 to 15 minutes, then strain. Use as a mouth rinse and gargle.

### Natural Remedies for Itchy Eyes

**Chamomile:** To help soothe dry, itchy eyes, place refrigerated, wet chamomile tea bags over closed eyes for 3 to 5 minutes or more. Chamomile contains anti-inflammatory properties that may help relieve symptoms. However, you should avoid chamomile if you are allergic to ragweed.

**Stinging Nettle:** Stinging nettle may help relieve the itchy eyes and sneezing associated with hay fever. Researchers think this may be due to nettle's ability to reduce the amount of histamine the body produces in response to an allergen. Some doctors recommend taking stinging nettle before hay fever season starts to help your body deal more effectively with allergens. Look for tea or capsules made from fresh freeze-dried leaves. ♦

*Kathy Azmeh-Scanlan is a pharmacist in Austin, Texas, who strives to promote wellness in her daily interactions with clients, supporting them in their efforts to become administrators of their own health care. In keeping with this ethic, Kathy pursues freelance writing on topics related to disease avoidance and natural medicine.*



# DANCE DANCE DANCE

Pickamania Kick-Off Street Dance

*The Dusty Buskers*

Sponsored by the Co-op

September 13th in the Co-op parking lot on 6th Street

6:30pm – 9:00pm





# KITCHEN MEDITATIONS

## SPICY ROASTED EGGPLANT

- 1/2 cup fresh cilantro sprigs, chopped
- 1/4 cup olive oil
- 2 TB lemon juice
- 2 tsp ground cumin
- 1 tsp ground coriander
- pinch of ground cinnamon
- 1 large eggplant, thinly sliced

Brush cilantro mixture on both sides of eggplant slices and transfer to greased baking pan. Broil eggplant 5-6 inches from heat until golden and cooked through, 10 minutes. Salt & pepper to taste.



## MASHED POTATOES & TURNIPS

- 4 russet potatoes, chunked
- 8-10 small summer turnips
- 1 sprig of thyme
- sea salt & fresh ground pepper
- 3 TB butter
- 3 TB olive oil
- 2 large onions, sliced
- 1# turnip greens or broccoli rabe

Place potatoes & turnips in a pot, cover with cold water, and add the thyme and 2 tsp salt. Bring to a boil and cook, uncovered, until soft, 20-25 minutes. Drain then mash, adding cooking water if needed to thin, and the cheese and butter. Taste for salt and season with pepper.

Heat olive oil, add onions and cook over medium-high heat, stirring frequently, until golden and tender, 12-15 minutes. Season with salt and pepper and turn off the heat.

Lop off the stems of the turnip greens. If using broccoli rabe, peel the thicker stems. Cook in boiling salted water until tender, 8 minutes for both. Drain, then add them to the pan with the onions.

To serve, mound the mash on a platter and smother with the onions and greens.

## SWEET POTATO GRATIN

- 2 tsp oil, plus a little for the dish
- 1 large onion, chopped
- 2 TB chopped sage or 2 tsp dried
- 3 medium sweet potatoes, thickly sliced
- sea salt and fresh ground pepper
- large handful of parsley leaves, chopped
- 1 garlic clove, minced
- 3/4 cup Gruyere, grated
- Parmesan cheese, grated
- 1 cup cream or half and half, warmed

Preheat oven to 350° and lightly oil a 2-quart dish. Put a large pot of water to boil.

Put 2 tsp oil in a skillet over medium heat and add the onion and sage. Cook giving them an occasional stir, until soft and golden, 12 minutes.

Peel the sweet potatoes, slice them as thinly as you can. Salt the water, drop them in. Allow water to return to a boil, boil for a minute or until the potatoes are partly tender when pierced, drain. Toss them with the onions, chopped parsley and garlic.

Place a third of the potatoes in the dish and even them out. Season with salt and pepper, add half the Gruyere and grate over a little Parmesan. Repeat, making two more layers and covering the last layer with a dusting of Parmesan. Pour the warm cream over all, cover with foil, and bake for 25 minutes. Remove foil and continue baking until potatoes are utterly soft and the gratin has browned, 25 minutes or so. Let gratin stand a few minutes before serving.

## Foods That Give You Glowing, Healthy Skin

Give your topical creams some backup, and care for your face naturally, as well.

Papaya - You've probably used papaya in a facial scrub, but are you eating it, too? The fruit is a vitamin C serum and exfoliant all-in-one. It contains two days' worth of vitamin C, which helps to brighten and tighten skin. It's packed with vitamin A compounds, which regulate cell turnover in much the same way that a topical retinol-A does, albeit gentler. Papaya also contains the digestive enzyme, papain, which helps decrease redness in the skin by combating inflammation.

Recipe: A golden smoothie made with papaya, almond milk, and raw honey is a skin elixir. Or try fish topped with a papaya, carrot, and cilantro salsa.

Coconut Kefir - You've heard of coconut water. Now it's time to get acquainted with its even richer counterpart, coconut kefir, which is made by fermenting coconut water with beneficial bacteria. A shot of coconut kefir contains 15 billion CFU of probiotics, which is three times more than most commercial yogurt. These beneficial bacteria keep skin clear by crowding out pathogenic microbes, which can cause acne and hormonal imbalances. Coconut kefir is naturally sweet, which means it can also help to appease cravings for our skin's biggest foe, sugar.

Recipe: Drink coconut kefir first thing in the morning on an empty stomach; this will keep more of the probiotics alive.

Black Sesame Seeds - If late nights, alcohol, and indulgent food have taken a toll (no judging!), black sesame seeds help restore your skin's radiance and elasticity. Packed with es-

sential fats, oleic acid, amino acids, potassium, and fiber, these seeds are so abundant in skin-beautifying nutrients that they deserve to be added to every meal-and probably could be!

Recipe: Sprinkle black sesame seeds over an organic green salad, add them to avocado on toast, or toss them through a quinoa salad.

Beets - Beets reverse dull skin by stimulating the lymphatic system and removing waste from our cells. Beets can also increase the oxygen-carrying ability in the blood by 400 percent, bringing brightness and vitality to the skin. They may even help reduce the appearance of cellulite by strengthening the dermal skin layer.

Recipe: 16 ounces of beet juice will have skin looking peachy and pretty for up to 12 hours. If juice isn't your thing, try a roasted beet salad or grate raw beets into a spinach salad.

Lemons - Lemon juice helps remove fat-soluble toxins and old hormones, which may trigger breakouts and worsen oily skin. Lemon juice also emulsifies fats, which helps keep skin hydrated. Not to be left out, the lemon rind contains the flavonoid limonoid, which kills bacteria in the mouth and intestines, preventing bacterial-driven acne flare-ups.

Recipe: Starting your day with hot water and lemon is no secret in the beauty world, but to get the detoxifying benefits, you'll want to use the juice of at least half a lemon. Also add more lemon into your diet by using a lemon and olive oil dressing (versus a balsamic vinaigrette) and by topping sautéed vegetables with organic lemon zest.

Red cabbage - Red cabbage contains anthocyanins, the same purple pigment found in blueberries. These phytonutrients

help decrease the formation of wrinkles and inhibit hyperpigmentation. Red cabbage has six times more vitamin C than green cabbage. It also contains the detoxifying nutrient sulforaphane, which helps clear toxins from the body that can lead to fine lines.

Recipe: Red cabbage looks pretty added to a kale salad and makes a refreshing summer slaw when paired with grated carrots and drizzled with olive oil and lemon juice.

Pumpkin seeds - If you're only eating pumpkin seeds in October, you're missing out. Loaded with zinc, vitamin E, sulfur, and omega-3 fats, the seeds heal, nourish, restore, and hydrate the skin. They can also repair blemish marks when you've had a breakout.

Recipe: Eat them raw because their delicate fats are destroyed when exposed to too much heat. Snack on them, toss them into an arugula salad, or add a tablespoon of pumpkin seeds to a smoothie.

Tomato juice - Heading to the beach or poolside? Start your day with a fresh tomato juice. The lycopene in tomatoes helps prevent UVA and UVB damage. An eight-ounce glass gives you a sun protection factor (SPF) of 5, so don't forget to add some sunscreen! Tomato juice also brings back life to dull skin-that's why a Virgin Mary is served at brunch (okay, perhaps not, but that's why you'll drink them)!

Recipe: To avoid pesticides, drink organic tomato juice. Alternatively, enjoy a tomato and watermelon gazpacho; watermelon has similar sun-protecting properties as tomatoes.



## Guide to Dairy-free Milks

Between 30-50 million Americans are lactose intolerant, and the consumption of dairy products has been linked to everything from increased risk of ovarian and prostate cancers, to ear infections and diabetes. Plant-based milks provide a convenient and healthful alternative to cow's milk. Soy, almond, hemp, coconut, and rice milks, can replace dairy in everything from your morning cereal to baked goods and desserts.

Almond Milk - Almond milk offers its own unique light and nutty flavor. It provides minerals such as copper, magnesium, manganese, and potassium, as well as antioxidants selenium and vitamin E. Almond milk can be used in baking, hot drinks, smoothies, and drunk alone.

Coconut Milk - Coconut milk is high in fiber, vitamins B1, B3, B5, B6, C and E, as well as various minerals such as calcium, iron, magnesium, phosphorous, selenium, sodium, and

zinc. It also contains high levels of omega 3, 6 & 9 fats along with essential amino acids. The only downside to coconut milk is the high content of saturated fat, and the link between this and coronary heart disease, coconut milk is seen as a food that should be consumed in moderation. Coconut milk is high in fiber, which makes us feel fuller longer, helping control consumption and weight.

Hemp Milk - Hemp milk is rich in plant-based omega-3 fatty acid ALA, which has been proven to help lower blood pressure and cholesterol. It also contains omega-6 fatty acids, all 10 essential amino acids, calcium, folic acid, riboflavin, phosphorous, potassium, magnesium, iron, zinc, and vitamins A, B1, D and E. Hemp milk is creamier and thicker than most milk alternatives and has a delicious and original flavor that cannot be easily distinguished from dairy milk when mixed in beverages.

Oat Milk - Oat milk is high in fiber and iron, and low in calories, fat and sugars. It can enhance the immune system, maintain healthy blood sugar and cholesterol levels; protects against heart disease, strokes, and some cancers. Oat milk provides important minerals including manganese, potassium, phosphorus, and vitamins A, B, and E.

Rice Milk - Rice milk is a dairy-free grain milk made from (generally) brown rice. Rice milk is fortified with minerals and vitamins, including calcium, iron, niacin, vitamins A, B12, and D, and low in fat.

Soy Milk - Soy milk contains omega 3 & 6 fatty acids, which aid blood pressure and cholesterol reduction, and helps protect against cardiovascular and neurological diseases. It is an excellent source of copper, iron, magnesium, manganese, phosphorous and zinc, helping to control blood pressure, improve blood oxygenation, and protect against other diseases.



# September 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.

## September 4-September 17



Equal Exchange  
Bulk Organic Coffee  
assorted  
reg \$12.69#  
**SALE \$8.99#**



Organic Valley  
Sliced Provolone  
reg \$4.69  
**SALE \$3.49**



Cascadian Farms  
Frozen Juice  
assorted  
reg \$4.39  
**SALE \$2.99**



Annie's Home  
Shells & Cheese  
assorted  
reg \$3.19  
**SALE \$1.66**



Alba, SPF 45  
Green Tea Sunscreen  
reg \$9.59  
**SALE \$6.49**



Nordic Naturals  
Omega 3.6.9 Junior  
Lemon, 90 ct  
reg \$19.99  
**SALE \$16.99**



Bread Shop Bulk  
Honey Gone Nuts  
Granola  
reg \$3.99#  
**SALE \$2.99#**



Brown Cow Yogurt  
6 oz  
assorted  
reg \$0.99  
**SALE \$0.75**



Food for Life  
Ezekiel Bread  
assorted  
reg \$4.99  
**SALE \$3.49**



Blue Sky  
6 pack Soda  
assorted  
reg \$5.34  
**SALE \$3.00**



Dr. Bronner's  
4 oz Bath Soap  
assorted  
reg \$3.69  
**SALE \$2.99**



Natural Vitality  
8 oz Calm  
reg \$22.99-\$23.99  
**SALE \$14.99**

## Member Only Specials

September 4-October 1



Fantastic Bulk  
Hummus Dip Mix  
reg \$5.99#  
**SALE \$5.39#**



Napa Valley  
Grape Seed Oil  
reg \$5.99  
**SALE \$5.39**



Organic Prairie  
Hardwood Smoked Bacon  
reg \$8.49  
**SALE \$7.69**



Earth's Best  
4 oz Baby Food  
reg \$0.99  
**SALE \$0.89**



Nutiva 8 oz  
Raw Shelled Hemp Shells  
reg \$9.89  
**SALE \$8.89**



New Chapter, Inc. 4 oz  
Ginger Wonder Syrup  
reg \$14.95  
**SALE \$11.99**

# Kids' Corner

## FREE FRUIT FUN

Now Kids, color in this here picture, bring it on down to the Co-op and get your free piece of fruit.  
(Produce Staff Selection)



NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

### PRODUCE COMPOST GUIDELINES

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

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

### GROCERY SPECIAL ORDER POLICY

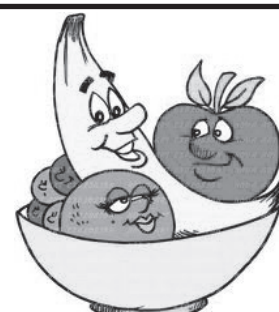
Members receive a 10% off shelf price discount on special orders of case quantity in ALL departments. HABA and Supplements will receive the 10% discount when the quantity ordered is at least six (6) of the same item). Cases of local meat must weigh 10 pounds or more to receive the discount. All CAP and 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!*



Eat your  
fruits and  
vegetables!



# From Your Board...

## Co-op Managers Rough-up 2012 Auditing Team

By Jerry Boswell, Treasurer

After a few months of data collection, The Silver City Food Co-op audit for the year 2012 is finally complete. I would like to extend a special THANK YOU to our head number cruncher, Kevin Fast and our new GM, Joe Zwiebach for “throwing down” with our auditors from Arizona. Other than Kevin’s cauliflower ear and Joe’s skinned up knees and elbows, the auditors and our in-house accounting system are in a harmony once again. These valiant young men were relentless in their quest to supply truckloads of obscure and mundane financial data to this savage band of bean-counting numerivores over the last few months, and alas, our books are in order and we are ready to forge ahead for another fiscal year.

On a more serious note, now that the audit is complete we can finally reflect a bit on how our co-op performed last year. There are many financial tools that the management of our co-op uses to help make decisions, but the audit gives us

a clear and accurate financial picture based on GAAP standards (generally accepted accounting principals). Of course, we must always keep an eye on the bigger picture as we use these audited numbers to guide us. This is where it becomes essential to have store managers with perspective, vision, creativity, and leadership.

There is a ton of data embedded in the income statement and balance sheet from an audit, which allows our managers to examine trends and changes from year to year. Usually, the first thing that everyone wants to see is whether the co-op made a profit. Then, we want to determine how we made the profit.

To determine our profit for 2012, please take a look at the Income Statement from our audit. Interestingly, our cost of the goods that we sold plus our payroll for 2012 was \$3,042,298.38. Since our net sales were \$3,024,141.53, we see that our costs exceeded our sales revenue by about \$18,157. Not good. Fortunately, we had some interest and tax income that offset this loss and we ended up with a net profit in 2012 of \$411.81. In other words, we broke even and that’s about it. Obviously, there will be no patronage refunds to our members for the year 2012 because of low profits.

Generating a profit is essential for our co-op. It provides our managers with some much-needed capital so that they can explore options for improving the store and the services that

are offered to our customers. Without profit, our managers must postpone decisions to fix or buy things like new coolers or display cases. Unless we are in a financial position to act, we can also forget about entertaining larger possibilities like expanding our floor space, remodeling for a deli, or considering a move to a larger building.

If you look at the pie chart you will see that personnel costs and the cost of goods sold make up nearly all of our costs. There are a few other assorted costs that we see in the chart,



but they are quite minimal when compared to overall costs. What can management do to lower our costs? There are several actions that can be taken but some of them, such as reducing wages or laying people off, are not considered to be favorable approaches for obvious reasons.

One important strategy that our management is currently pursuing involves the economic principle of “economy of scale.” It is common practice in the business world for wholesale distributors and vendors to offer retail stores a lower price on merchandise if they buy larger quantities. That means that if our co-op buys more merchandise, our cost per unit will be lower than it is now. And, if we can lower the unit cost of our merchandise we will increase our profit margin.

The only hitch to buying more goods is that we’ve got to be able to sell them. Basically, there are two ways to increase our sales. We can either encourage our current shoppers to buy more merchandise each time they come into the store, or we can collectively try to increase the number of shoppers that come into the store.

So, here is a challenge that I would like to throw out to our fine Garbanzo Gazette readership that will help us to increase sales and cut costs. I know that money is tight and you just can’t walk into the co-op and start jamming your grocery cart full of stuff that you don’t really need. But there are

two things you can do that will not only help you, but help our store as well: First, keep an eye out for store sales. Our managers are committed to passing their reduced costs along to you, but they need to be able to continue to buy larger quantities of products to qualify for these discounts. Take advantage of Member Appreciation Day and stock up on bargains when you run across them on the shelves.

Second, talk to your friends and help us increase our co-op membership. Chat us up. Brag on the store. Tell people about our great products. Tell them you belong to the co-op because you believe in the co-op business model, where the money stays in our community and the members decide where to spend it. Let everyone know that when you shop at the co-op you always have great visits with friends and staff. Don’t forget to mention that you are a proud member of the largest and most successful business in downtown Silver City. Tell everyone about the awesome remodel job on that old, funky bathroom by the manager’s office. Tell your friends that you love our new exterior paint job and that you recently saw Mr. Dobermyre Pinchman mistake our flamboyant red front door for a fire hydrant. Tell them that...



### 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](mailto: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/President  
Board Term: 2013-2016  
[susanvanauken@gilinet.com](mailto:susanvanauken@gilinet.com)

Carmon Steven/Vice-President  
Board Term: 2013-2016  
[yankiecarmon@gmail.com](mailto:yankiecarmon@gmail.com)

Gail Rein/Secretary  
Board Term: 2011-2014  
[rein.gail@gmail.com](mailto:rein.gail@gmail.com)

Jerry Boswell/Treasurer  
Board Term: 2012-2015  
[gboswell5275@msn.com](mailto:gboswell5275@msn.com)

Meadow Clark  
Board Term: 2012-2015  
[meadow@conflictmediation.net](mailto:meadow@conflictmediation.net)

Lynno Aldin  
Board Term: 2012-2015  
[lynno@peacemealcoop.com](mailto:lynno@peacemealcoop.com)

Lita Furby  
Board Term: 2011-2014  
[luddite555furby@montana.com](mailto:luddite555furby@montana.com)





# Climate-Friendly Food Demands Animal-Friendly Farming

## Why We Need Labels On All Factory-Farmed Food

by Ronnie Cummins



A growing number of organic consumers, natural health advocates and climate hawks are taking a more comprehensive look at the fundamental causes of global warming. And it's led them to this sobering conclusion: Our modern energy-, chemical- and GMO-intensive industrial food and farming systems are the major cause of man-made global warming.

How did they reach this conclusion? First, by taking a more inclusive look at the scientific data on greenhouse gas (GHG) emissions - not just carbon dioxide (CO<sub>2</sub>), but also methane and nitrous oxide. Next, by doing a full accounting of the fossil fuel consumption and emissions of the entire industrial food and farming cycle, including inputs, equipment, production, processing, distribution, heating, cooling and waste. And finally, by factoring in the indirect impacts of contemporary agriculture, which include deforestation and wetlands destruction.

When you add it all up, the picture is clear: Contemporary agriculture is burning up our planet. And factory farms or, in industry lingo, Confined Animal Feeding Operations (CAFOs), play a key role in this impending disaster.

The science behind global warming is complex. Without question, coal plants, tar sands and natural gas fracking have contributed heavily to greenhouse gas (GHG) pollution, the major cause of global warming.

We must unite to shut down these industries. Similarly, consumer overconsumption of fossil fuels represents another big piece of the climate-crisis equation. We absolutely must rethink, retrofit and/or redesign our gas-guzzling cars and our energy-inefficient buildings, if we want to reduce fossil fuel use by 90 percent over the next few decades.

But we also must address the environmental impact of factory farming.

When you add it all up, the picture is clear: Contemporary agriculture is burning up our planet.

Today, nearly 65 billion animals worldwide, including cows, chickens and pigs, are crammed into CAFOs. These animals are literally imprisoned and tortured in unhealthy, unsanitary and unconscionably cruel conditions. Sickness is the norm for animals who are confined rather than pastured, and who eat GMO corn and soybeans, rather than grass and forage as nature intended. To prevent the inevitable spread of disease from stress, overcrowding and lack of vitamin D, animals are fed a steady diet of antibiotics. Those antibiotics pose a direct threat to the environment when they run off into our lakes, rivers, aquifers and drinking water. CAFOs contribute directly to global warming by releasing vast amounts of greenhouse gases into the atmosphere - more than the entire global transportation industry. The air at some factory farm test sites in the US is dirtier than in America's most polluted cities, according to the Environmental Integrity Project. According to a 2006 report by the Food and Agriculture Organization of the United Nations (FAO), animal agriculture is responsible for 18 percent of all human-induced greenhouse gas emissions, including 37 percent of methane emissions and 65 percent of nitrous oxide emissions. The methane releases from billions of imprisoned animals on factory farms are 70 times more damaging per ton to the earth's atmosphere than CO<sub>2</sub>. Contrary to popular arguments, factory farming is not a cheap, efficient solution to world hunger.

Indirectly, factory farms contribute to climate disruption by their impact on deforestation and draining of

wetlands, and because of the nitrous oxide emissions from huge amounts of pesticides used to grow the genetically engineered corn and soy fed to animals raised in CAFOs. Nitrous oxide pollution is even worse than methane - 200 times more damaging per ton than CO<sub>2</sub>. And just as animal waste leaches antibiotics and hormones into ground and water, pesticides and fertilizers also eventually find their way into our waterways, further damaging the environment.

Factory farms aren't just a disaster for the environment. They're also ruining our health. A growing chorus of scientists and public health advocates warn that the intensive and reckless use of antibiotics and growth



hormones leads to factory-farmed food that contains antibiotic-resistant pathogens, drug residues such as hormones and growth promoters, and "bad fats." Yet despite these health and environmental hazards, the vast majority of consumers don't realize that nearly 95% of the meat, dairy and eggs sold in the U.S. come from CAFOs. Nor do most people realize that CAFOs represent a corporate-controlled system characterized by large-scale, centralized, low profit-margin production, processing and distribution systems.

There's an alternative: A socially responsible, small-scale system created by independent producers and processors focused on local and regional markets. This alternative produces high-quality food, and supports farmers who produce healthy, meat, eggs and dairy

products using humane methods.

And it's far easier on the environment.

Consumers can boycott food products from factory farms and choose the more environmentally-friendly alternatives. But first, we have to regain the right to know what's in our food. And that means mandatory labeling, not only of genetically engineered foods, but of the 95 percent of non-organic, non-grass-fed meat, dairy and eggs that are produced on the hellish factory farms that today dominate U.S. food production.

In 2013, a new alliance of organic and natural health consumers, animal welfare advocates, anti-GMO and climate-change activists will tackle the next big food labeling battle: meat, eggs and dairy products from animals raised on factory farms, or CAFOs. This campaign will start with a massive program to educate consumers about the negative impacts of factory farming on the environment, on human health and on animal welfare, and then move forward to organize and mobilize millions of consumers to demand labels on beef, pork, poultry and dairy products derived from these unhealthy and unsustainable so-called "farming" practices.

Opponents and skeptics will ask, "What about feeding the world?" Contrary to popular arguments, factory farming is not a cheap, efficient solution to world hunger. Feeding huge numbers of confined animals actually uses more food, in the form of grains that could feed humans, than it produces. For every 100 food calories of edible crops fed to livestock, we get back just 30 calories in the form of meat and dairy. That's a 70-percent loss.

With the earth's population predicted to reach nine billion by mid-century, the planet can no longer afford this reckless, unhealthy and environmentally disastrous farming system. We believe that once people know the whole truth about CAFOs they will want to make healthier, more sustainable food choices. And to do that, we'll have to fight for the consumer's right to know not only what is in our food, but where our food comes from.

[Ronnie Cummins is a veteran activist, author, and organizer. He is the International Director of the Organic Consumers Association and its Mexico affiliate, Via Organica. <http://www.organicconsumers.org>; <http://www.viaorganica.org>]

### ANOTHER SHORT MEMBER SURVEY

We want to hear from our members.

Please take a moment to fill out this short survey, then on your next visit, give it to your cashier. Your input is very valuable to us.

Thank You!

1. Do you shop at the Co-op on MAD (Member Appreciation Day)? ☐ Yes ☐ No

2. If No, why do you choose not to shop during MAD and receive the 10% discount?

3. We are considering changing the way we do MAD, instead of four set dates a year, we issue a punch card or coupons to each member, so they choose on which day to come in and take advantage of the 10% discount each quarter. Would you prefer to choose your own dates or continue with the set date format?



# September 2013



*New Moon 9/5/2013 at 4:36:12 pm (MST)*

*Full Moon 9/19/2013 at 4:12:38 pm (MST)*

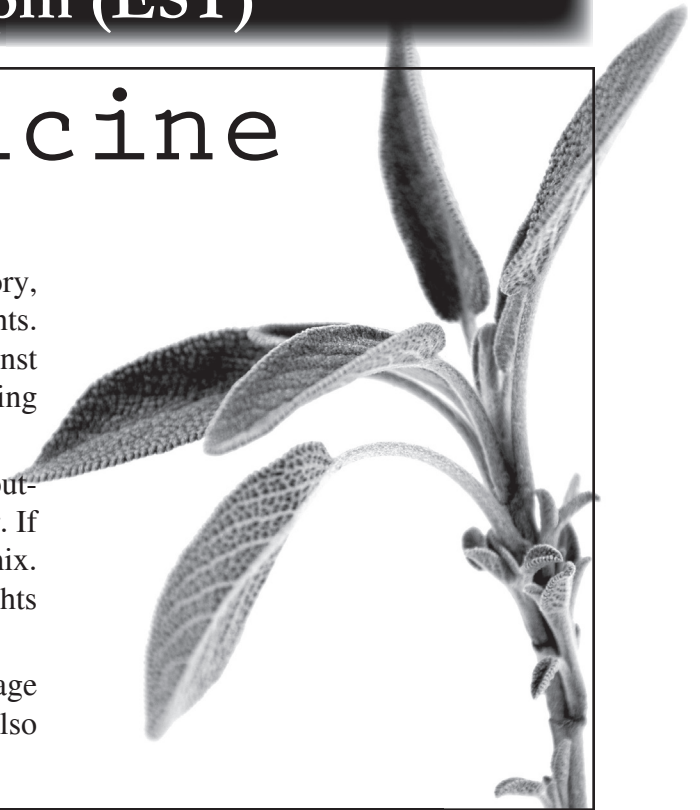
*Fall Equinox 9/22/2013 at 4:44 pm (EST)*

## Sage

**SAGE** (*salvia officinalis*) – Sage has multiple health benefits. It's been found to enhance memory, particularly in the elderly. Sage is an excellent source of vitamin K and is rich in numerous antioxidants. A 2010 study published in the Journal of Medicinal Food found sage particularly effective against oxidative stress in liver cells. Studies have also found sage to be a potent antibacterial, adept at killing common pathogens such as salmonella and staphylococcus.

**GROW IT:** A Mediterranean native, sage is an extremely hardy perennial and will survive winters outdoors in most climates. It requires lots of sun and excellent drainage, so make sure not to overwater. If growing sage indoors, include a 1 ½-2 inch layer of gravel or perlite below well-drained potting mix. Sage needs lots of sun, so unless you have a sun room, consider using a grow light or fluorescent lights placed 6 inches above the plant and left on for 14 hours a day.

**EAT IT:** Sage's robust flavor holds up to strong, rich ingredients such as meats and cream sauces. Sage is often used in sausages, stuffing, cream pasta sauces and baked goods such as cornbread. You can also brew a tasty tea by steeping fresh leaves in boiling water.



## Co-op Events

### September

10 Community Forum:

& Ice Cream Making 101

12 Noon-1:00 pm both days

11 Monthly Board Meeting 4:30-7:30pm

17 Member Linkage Committee Meeting  
10:00-11:00 am

### October

11 Monthly Board Meeting 4:30-7:30pm

10 Community Forum:

& Roots Rock by Meggie

12 Noon-1:00 pm both days

15 Member Linkage Committee Meeting  
10:00-11:00 am

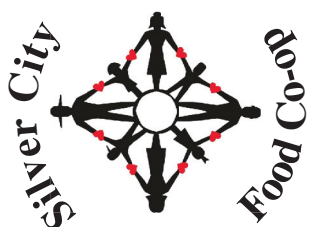
Move On.

It's just a chapter in the past.  
But don't close the book,

Just turn the page.

~ ~ Unknown

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