

Silver City Food Co-op Garbanzo Gazette

Volume 20

❖ Your Monthly Newsletter ❖ January 2020

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE!

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YOU
ARE
WHAT
YOU
EAT

Remembering Our Foundational Values as the Co-op Begins Year 46

As the Co-op enters a new year (and a new decade!) we are offered an opportunity to review and reflect upon the values that cooperatives are founded upon. These values have evolved over many years since they were first articulated as a business alternative to the excesses of the industrial revolution. The emergence of the 'post-industrial' economy, corporate concentration, and corporate globalization have shaped the evolution of these values over a period of more than 150 years.

All cooperatives and cooperators around the globe are united by their acceptance of the International Cooperative Alliance statement of values and principles. While many cooperatives tend to drift away from the values and principles as they pass into the hands of successive generations they were at the root of the decision to start the business as a cooperative as opposed to an investor-owned company. It is the values and principles that make cooperatives distinctive and different. If a cooperative fails to maintain its cooperative difference it loses its distinctive market positioning, competitive advantage, and inevitably, member loyalty.

Co-operative Values

Equality - Every person is worthwhile in his/her own right and has the right to have his/her life, dignity and abilities respected and valued equally.

Equity - Each person should be treated fairly and have access to all that is necessary to live a meaningful and productive life.

Mutual Self-help - People are interdependent and benefit from joining their individual efforts with others to achieve their aspirations and improve their lives.

Self-responsibility - Each of us is responsible for our own actions and the impact of those actions upon others and ourselves. Groups are also responsible for the impact of their actions on individuals, other groups and society in general.

Democracy - The human spirit is liberated, by democratic processes and structures, through which control is shared, and each person shares in the ability to influence decisions. Every person has the right to have a say and influence all decisions that affect their lives.

The value of democracy is not limited to the actions of the state but extends to all decisions that have an impact on the lives of people.

Solidarity - Shared, coordinated action between individuals and groups is the best way to create a society and economy characterized by equity, equality and mutual self-help. After participating in an open democratic process to determine a position or course of action members support it. Solidarity limits our individual freedom, only to the extent required by a real respect for the dignity of others being equal to our own.

Personal Ethical Values for Co-operators

These are values that are logical extensions of the co-operative values. Without seeking to live by these values, co-operators would not be able to nurture strong co-operatives.

Honesty - Reliable honest dealings with members, customers, suppliers and the community rest on an appreciation for the dignity of people and are a key foundation of trust.

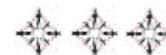
Openness - Honesty reaches full meaning only with the open disclosure of information about products and services, the way they are organized and presented and the operations and governance of the business. Openness is also the foundation of equitable access to participation.

Social Responsibility - The interdependence of people and recognition of their dignity leads to a realization that individual and group action has profound effects on individuals, groups and their relationships.

Caring for Others - Caring implies not just charity but active concern about how to act and create structures so as to enable others to realize their potential and live full and satisfying lives.

*May we all strive to keep these values close
to our interactions and near to our decisions.*

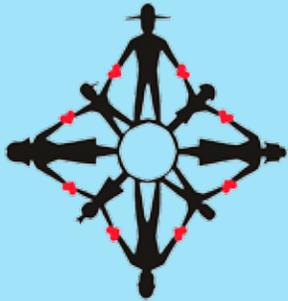
Happy New Year!



2141 member/owners strong and counting . . .

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop

575.388.2343

Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

Vision Statement

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

Seven Cooperative Principles

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

Garland McQueen

General Manager

The Garbanzo Gazette

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Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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The Co-op Finishes 2019 on an Upswing!

By Garland McQueen

Your Silver City Co-op now begins its 45th year of operation and the business landscape has changed drastically over those 45 years. In order to maintain a viable business, your Co-op must also make the necessary changes to remain sustainable in today's very competitive landscape. With the continuing competition of organic and natural products from the major chains, along with the effect that on-line shopping is having on supplement and body care categories, we must take steps to move forward with our strengths.

These strengths are many and in no specific order, we should capitalize on:

Grocery-Still the main driver of the store and all indications are that this trend will continue.

Produce-Mostly organic/local produce is a preferred choice with any health-conscious person and the expectation is that they know we carry the best.

Bulk-No one has a bulk section that compares with your Co-op, and we can only make it better.

The above categories account for almost 60% of our revenue, but the other departments are showing progress as well. Frozen, Dairy, and General Merchandise continue to gain traction. What is preventing rapid growth in these departments is the lack of space, which is evident in the current location.

The **Deli** is another department that has grown and can grow more with adequate space. We offer great products on five shelves of a single door cooler. At this time the deli is turning almost 3% of our sales from the most limited space in the store. This is the one area that will see the largest increase with more space.

The **Front End (Cashiers)**, although not an inventory department, is key to our success. Better tools for all Co-op employees help to create an exceptional staff and, also, the best environment we can for our customers.

The greatest tool in our arsenal for success is the customer service we provide to our members. We have some of the best staff in town.

As we move forward to make the decision to move, remodel, or do nothing, the considerations are:

- More space
 - More variety
 - More room in aisles
 - Expanded categories
- More parking (that we control)
- The entire operation could be under one roof, making the Co-op more efficient
- Offer more food service, which is a growing department, but limited at this time
- More registers for efficiency
- Staff has a better facility in which to work and continue their excellent customer service

All the above will benefit your Co-op but will come at a price. The cost of several options is being explored as I write this letter and a decision on how to proceed will be determined very soon.

The Co-op is now a destination place for many, but we would like to make it a destination for all. We have a great Co-op and are proud to share it with everyone.



Garland doing his magic in the Deli kitchen.





2020

A Healthful

New Year
to You!



Kitchen Meditations

Winter

Roasted Turnips

Roasting mellows the sometimes sharp flavor of turnips and concentrates their texture into a tender, melting vegetable.

Ingredients:

2 pounds turnips
1 tablespoon olive oil
Fine or coarse sea salt

Directions:

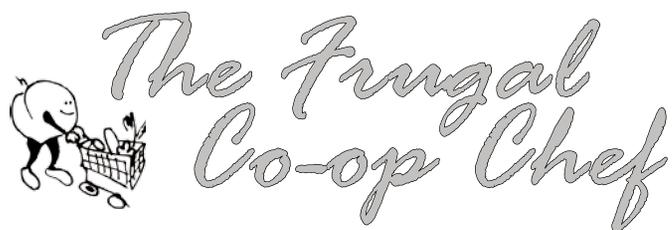
Preheat oven to 400 degrees.

Trim and peel the turnips. Cut into large-ish, bite-size pieces.

Place turnips in a baking pan and drizzle with olive oil. Use your hands or two large spoons to toss them a bit to coat them thoroughly with the oil. Sprinkle with salt.

Roast turnips until tender and lightly browned. Start checking them after 30 minutes. Depending on the turnips, it may take up to an hour for them to be completely tender.

*This recipe is really a method. Feel free to change the amounts to suite your needs. Please check the following link for yummy suggestions: <https://www.thespruceeats.com/roasted-turnips>



Roasted Beets with Purple Haze Goat Cheese

- Wash and trim your beets.
- Lay each beet on its own piece of foil. Sprinkle with olive oil and salt (salt optional).
- Roast for about an hour at 400 degrees.
- Once your beets are cooked and soft, let them cool a bit. Now you can peel them and the skin should slide right off.
- Next, make a super simple salad of chopped roasted beets topped with crumbles of Cypress Grove Purple Haze Goat Cheese or other soft cheese.- Garnish with a little parsley and finish off with a tiny splash of apple cider vinegar and some fresh pepper.

**This would also be yummy on a bed of mixed greens with a few chopped walnuts to top it off.*

Carrot, Quinoa and Spinach Soup

Ingredients:

2 tablespoons olive oil
2 medium onions, chopped
3 cloves garlic, chopped
1 teaspoon paprika
1 teaspoon ground cumin
½ teaspoon ground coriander
¼ teaspoon ground ginger
1 cup quinoa
6 cups vegetable broth
2 cups baby spinach
Salt, to taste (optional)
Freshly ground black pepper, to taste

Directions:

- Heat oil in a large pot over medium high heat.
- Add onion, carrots and garlic and saute 8-10 minutes or until beginning to soften.
- Add paprika, cumin, coriander and ginger and cook 1 minute more.
- Add quinoa and broth and stir to combine.
- Bring to a boil, reduce to a simmer and cook for 15 minutes or until carrots are tender and quinoa is cooked. Stir in spinach and season to taste with salt and pepper.

Talk About Herbs Sencha Tea

The emperor of green teas, Sencha, accounts for almost 80% of tea consumed in Japan. It is grown in full sunlight, hand-picked, deep steamed and carefully dried right after harvesting. A delicately sweet, herbaceous aroma emanates from the long, flat, dark emerald leaves. There are a number of different Senchas, which vary in quality and taste, depending on growing area, tea species, harvest season and manufacturing process.

The Co-op carries a Sencha tea from Frontier Co-op in our wonderful bulk herbs department. Brothy, vegetal and bright, it has a delicate, sweet, grassy, slightly dry and medium-bodied flavor. It's the perfect warming afternoon beverage with an uplifting effect that supports mental awareness and focus. Grab a book, get out your knitting. It's time for a cup of Sencha tea! The ideal color of brewed Sencha is a greenish-golden color, but it depends upon the temperature of the water in which it is decocted, which also changes the flavor.

To enjoy, pour 6 oz. simmering water (170° F preferred, just short of boiling) over one teaspoon of tea. Steep 2-4 minutes, strain and serve immediately.

January 1 - February 4 • Members Only 20% OFF

Jake's January Produce Picks

Turnips

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

Turnips, members of the cruciferous family of vegetables, along with broccoli, collards, kale and Brussels sprouts, grow in temperate climates throughout the world. Most commonly grown for their white bulbous roots, turnip leaves and sprouts are also edible and highly nutritious. Turnips are a valuable addition to your healthy diet. When selecting turnips, look for those that are small and heavy. The roots should be firm and the greens (if attached) should be bright and fresh looking. Turnips are in season from November through March and can be refrigerated, tightly wrapped, for two weeks. Turnips may be boiled, steamed, or stir-fried and match well with foods from the following list: apples, bacon, butter, carrots, cheese, chives, cider, cinnamon, cream, garlic, lemon, maple syrup, mushrooms, mustard, onions, paprika, parsley, potatoes, sherry, sugar, sweet potatoes, tarragon, thyme, vinaigrette, and vinegar.



*From all of us to all of you
A most peaceful & healthful New Year!*



Navel Oranges

The Navel Orange originated from a single tree that was planted in Brazil in 1820. This tree had a mutation, causing two oranges to be produced within one single piece of fruit. The second orange, developing at the bottom of the fruit, opposite the stem, is where the navel orange gets its name, as that second orange vaguely resembles a human navel. The secondary orange is of vast importance, because it causes the orange to be seedless. Since these fruits lack seeds, farmers had to use techniques like cutting and grafting to continue producing the tree. As a result, every navel orange can be considered a product of that single tree planted over 200 years ago! The Navel Orange stands alone as the ultimate orange for eating out of hand. They are easy to peel and deliciously juicy, bursting with fresh citrusy flavor. Neither overly tart, nor sweet, Navel Oranges produce outstanding juice and are easily segmented to share with friends - that is, if you're willing to share.

Becky's January Dairy Pick

Cypress Grove Purple Haze Goat Cheese



Mary Keenh, founder and owner of Cypress Grove creamery, began raising Alpine goats in the 1970s because she wanted a source of healthy milk for her children. By selectively breeding her goats, she began winning numerous awards and soon gained a reputation for being America's premiere breeder of Alpine dairy goats. Along the way, Mary's goats began to produce a LOT of milk, much more than her family could consume, so she began trying her hand at cheese making. In 1983 she founded Cypress Grove, still the best-known brand in the U.S. for fresh and ripened premium goat cheese specialties. Here at the Co-op, we are excited to be able to offer Purple Haze, one of the cheeses made by this quality company. Subtly sweet, with a tangy brightness, Purple Haze is a creamy, fresh goat cheese with the unexpected marriage of lavender and wild fennel pollen...utterly addictive! Serve it with crusty bread or crackers and a light Italian white wine. Avoid off-dry or sweet wines with this cheese. Don't heat it up too much, but enjoy on salads, pizza (crumble on after the pizza comes out of the oven) or on a roasted eggplant sandwich. For a decadent treat, stuff some luscious dates with Purple Haze and enjoy!

January 1 - February 4 • Members Only 20% OFF

CO-OP Community

Co-op Community Donations

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

**Food Pantry
UGWA**

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



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their November service.

Bridget O'Leary • Kim Sweeney • Mary Ann Finn
Sharon Bookwalter • Malika Crozier
Karen Nakahihara • Frances Trotta • Pantha Huff
Tim Garner • Jane Papin • Tasha Marshe
Logan Campbell • David Burr • Ellen o'Bryan



Calling for Guest Writers!

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

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

Members, if interested please email
judith@silvercityfoodcoop.coop

Three hours earns a 15% Volunteer Discount



RAIN CHECK

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



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

Round Up Donation Program

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

Round Up for January

November Round Up
\$1315.54

Round Up for February

Gila/Mimbres Community Radio

Gila Mimbres Community Radio, KURU 89.1, in downtown Silver City, features a



wide range of music, interviews and other programming that is tailored to the tastes of the local community. The station frequently has local guests on to discuss political and social issues and occasionally features live music, as well. GMCR is almost entirely funded by donations and membership contributions. Their mission is to provide a voice for, and music, arts, culture, and public affairs programming to underserved communities in Southwest New Mexico.

Silver Regional Sexual Assault Support Services

Silver Regional SASS is a non-profit Rape Crisis Center that serves survivors of Grant and Hidalgo Counties. SASS provides 24/7/365 crisis Intervention, legal advocacy, forensic interviews, coordination of SANE exam's, advocacy and support for survivors', family and friends affected by sexual violence, counseling and public education. Upon receiving the Round Up Program scholarship, we plan on using these additional funds to help with client services including counseling, advocacy, and outreach & education programs that are available to all members of the community. SASS is very grateful for all who participated in the Round Up Program this year and a special thanks to the Silver City Food Co-op.



The Bike Works

The Bike Works is a community-supported nonprofit that promotes creative, active and healthy lifestyles, self reliance and sustainability in southwest New Mexico. Besides the healthy food offered during bike rides, funds from the Round Up program will be used to get kids outside on bikes that they work for and earn and off their devices. Funds will be used to support the Earn-A-Bike program by allowing The Bike Works to purchase the items needed to bring bikes back to life: tires, thorn-resistant inner tubes, chains, and saddles eaten by backyard dogs and the desert sun.



Yikes! Abandoned Bulk!

by Evan Humphrey, Bulk Buyer



The photo you see shows what about three weeks worth of abandoned bulk looks like. Abandoned bulk is product that is left or forgotten in the store and not purchased. There are also several products here that were customer returns at the register and found their way into the abandoned bulk box. I put all of this product through the register and I was shocked to see it totaled \$119.13 – about 20 pounds worth of product. This amount is typical. A year's worth of abandoned bulk at this rate would be just over \$2,000! This does not include floor spillage, which would definitely be less but still substantial.

There are four main reasons why someone might abandon bulk: 1) Dispensing the wrong product; 2) Dispensing too much; 3) The product is forgotten; 4) The customer decides not to buy it. The majority of abandoned bulk are items that are very similar – i.e. Raw Pumpkin Seeds vs Roasted/Salted. Different varieties of rice can also look confusingly alike and so on.

There is usually nothing wrong with the product itself, but I can't put it back into the bin. I remove it from our inventory and allow staff members to take their pick of it. But as you can see, this really adds up. We get no reimbursement or credit for this product. From a dollar standpoint, this is a total loss. Some loss is expected and can be considered a cost of doing business, but I would ask our membership to be mindful of what they are doing when dispensing product. Thank you for supporting our co-op!

Special Orders Don't Upset Us

We are happy to offer you, our members, a service that is very rare in this day and age of the big-box and on-line stores- special ordering! Many of our members take advantage of this, and when ordering by the case, as a Co-op member, you can get a discount.

General Guidelines for Special Ordering

Remember to write LEGIBLY on your form and turn in separate forms for products from different departments, such as Grocery, HABA, or Supplements:

1. Date that you are turning in the special order form. If you need to specify that you need it by a specific date, please let us know.
2. Your Name (first and last) and phone number (including area code)
3. Item info:
 - Item description, which includes brand, name of product, size, flavor, etc.
 - Quantity desired
4. Check box(es) if you want to be called before order is placed.
5. Tell us if the store carries this item.
6. UPC (or scanning code) 12 digit #, if possible



Supplement buyer, Kate, holding examples of special order forms; produce on the right and all other departments on the left.



MAD Feb & Mar

Two Days of Your Choice

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

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

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

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

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



Taste Samplers Needed!

Isn't it fun to get free food?



It's even more fun to be the gracious person giving the food. Become a sampler and hand out food samples most Wednesdays & Fridays from 9 am to 12 noon or 12 noon to 3 pm. It's fun and you get to see all of your friends.

Contact: judith@silvercityfoodcoop.coop



Why Buy Local?

by Garland McQueen

There is much discussion concerning spending our dollars with our local businesses. Some non-local retailers sell locally produced products and use this as a marketing strategy to collect some of your shopping dollars. In all fairness, these companies do sell locally produced products, but most of the local dollars spent find their way to the headquarters that are located hundreds and sometimes thousands of miles away.

When you shop at the Silver City Food Co-op, not only do you have the opportunity to purchase local items, but you are shopping in a business that is totally owned by you and your fellow members. Co-op's are about as local as you can get.

Top Ten Reasons to Think Local • Buy Local • Be Local

1

Buy Local -- Support yourself: Several studies have shown that when you buy from an independent, locally owned business, rather than a nationally owned business, significantly more of your money is used to make purchases from other local businesses, service providers and farms -- continuing to strengthen the economic base of the community; these include case studies showing that locally-owned businesses generate a premium in enhanced economic impact to the community and our tax base.)

2

Support community groups: Non-profit organizations receive an average 250% more support from smaller business owners than they do from large businesses.

3

Keep our community unique: Where we shop, where we eat and have fun -- all of it makes our community home. Our one-of-a-kind businesses are an integral part of the distinctive character of this place. Our tourism businesses also benefit because on vacation many people want to buy local to experience the local culture.

4

Reduce environmental impact: Locally owned businesses can make more local purchases requiring less transportation and generally set up shop in town or city centers as opposed to developing on the fringe. This generally means contributing less to sprawl, congestion, habitat loss and pollution.

5

Create more good jobs: Small local businesses are the largest employer nationally and provide the most jobs to residents.

6

Get better service: Local businesses often hire people with a better understanding of the products they are selling and take more time to get to know customers.

7

Invest in community: Local businesses are owned by people who live in this community, are less likely to leave, and are more invested in the community's future.

8

Put your taxes to good use: Local businesses in town centers require comparatively little infrastructure investment and make more efficient use of public services as compared to nationally owned stores entering the community.

9

Buy what you want, not what someone wants you to buy: A marketplace of tens of thousands of small businesses is the best way to ensure innovation and low prices over the long-term. A multitude of small businesses, each selecting products based not on a national sales plan but on their own interests and the needs of their local customers, guarantees a much broader range of product choices.

10

Encourage local prosperity: A growing body of economic research shows that in an increasingly homogenized world, entrepreneurs and skilled workers are more likely to invest and settle in communities that preserve their one-of-a-kind businesses and distinctive character.

To reiterate a previous point: Becoming a member of and shopping at the Silver City Food Co-op is one of the best ways to support local and regional businesses and producers. Our buyers continue to emphasize the importance of carrying locally grown and locally made products for you, our members and customers. Together we can make a significant contribution to our economy by backing local services, growers, and makers in New Mexico by spending our dollars here at home. Help the circle grow.

Choose Local - Choose Life for our NM Communities

The Silver City Food Co-op is committed to supporting over 80 local and regional producers. Read on for a list of companies in our area whose outstanding products you'll find on our shelves.

Grocery

505 Southwestern (Albuquerque)
CHE Chimichurri (Taos, NM)
Cibolo Junction (Albuquerque)
Heidi's (Albuquerque)
Huppy Bar (Flagstaff, AZ)
Moses Garden of Eat'n Honey (Albuquerque)
Ol' Gringo Chile Co. (Las Cruces)
Red Rock Honey Co. (Red Rock, NM)
San Pedro River Valley Salsa Co. (St. David, AZ)
St. Claire's Organics (Santa Clara, NM)
Sun Mountain Honey (Radium Springs, NM)
Taos Mountain Honey (Taos, NM)
The Bossy Gourmet (Las Cruces, NM)
Tio Franks (Albuquerque)
Simply Honey (Taos, NM)
AZ Gunslinger (Mesa, AZ)
Pinos Altos Orchards (NM)
Santa Fe Seasons (Santa Fe)

Frozen

Tucson Tamale (Tucson, AZ)
Buenatural (Albuquerque, NM)
Mi Ranchito (Byard, NM)

Bulk

Heart of the Desert (Alamogordo, NM)
Del Valle Pecans (Mesilla Park, NM)
New Mexico Pinon Coffee (Albuquerque)
Old Bisbee Coffee Roasters (Bisbee, AZ)
Abbey Roast (Silver City, NM)
Adobe Milling Co. (Dove Creek, CO)
Moses Honey (Albuquerque, NM)

Dairy

Tucumcari Cheese (Tucumcari, NM)
Rasband (Albuquerque and Belen, NM)
Freanna (Clovis, NM)

Bread and Bakery

Living Harvest (Mimbres, NM)
Amigo's (Deming, NM)
Mi Ranchito (Byard, NM)

Meat

Gila River Ranch (Gila, NM)
Grande Premium (Colorado)
J Six Ranch (Mimbres, NM)
Naturally NM (El Rito, NM)
Talus Wind Ranch (NM)

Supplements

Desert Woman (Gila, NM)
Herbs, Etc. (Santa Fe, NM)

Merchandise

Cactus Street Pottery (Silver City)
Debbie Guerra Notecards (Silver City)
Kristen Harned Notecards (Silver City)
Lama Foundation (Taos)
Native Scents (Taos)
Sage Spirit (NM)
William Clift Editions (Santa Fe)

This list does not include local producers from our Produce and HABA departments. Please check the Garbanzo Gazette on our website. In June and July we featured local produce and in November and December, our Health and Beauty Aids department.

Think Local • Buy Local • Be Local!



Fascinating Facts about Stars

What is a star?

Stars are formed from clusters of gas and dust, which give off heat and light.

Why are some stars different colors?

The different colors of stars indicate how much heat a star gives off.

Red stars are the coolest of the stars.

Yellow stars, like our sun, are medium-heat stars.

White and blue stars are the hottest.

How large is our sun?

Our sun is referred to as a “dwarf star,” which, in comparison to “giants” and “super giants,” is a very small star. It appears larger than the rest because it is so close to our planet.

How many stars can we see?

On a clear night, and with very good eyesight, a person may only be able to see 2,000 to 2,500 stars at one time, even though it may look like more.

What is a constellation?

Constellations are groups of stars that look like an animal, a person, or an object when connected together by specific imaginary lines and paths.

What is the history behind constellations?

Humans have been looking at the night sky for as long as they’ve been on our planet. The origins of the earliest constellations likely go back thousands and thousands of years. People used them to relate stories of their beliefs, experiences, creation, or mythology. Different cultures and countries adopted their own constellations.

What are constellations used for?

Constellations have been used throughout the years for many different purposes, including:

Reminders for farmers to plant and harvest crops.

Navigation through deserts and oceans.

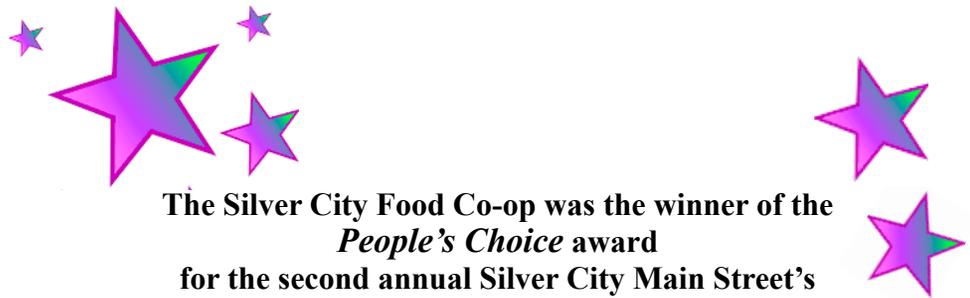
Characters for stories about heroes and mythical creatures.



Aliens Take Over the Co-op’s Front Window!

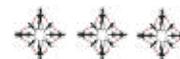


Our artists, Elysha Montoya and Annabella Gomez



The Silver City Food Co-op was the winner of the *People’s Choice* award for the second annual Silver City Main Street’s Merchant Holiday Window contest.

Annabella Gomez and Elysha Montoya, both employees of the Co-op, created a larger-than-life, very unique, vision of “An Alien Christmas.” Thank you both, for gracing our front window with your prodigious talents and sense of fun!



Celebrate Cilantro!



By Jane Papin

Cilantro, also known as coriander and Chinese parsley, is a major herb for heavy metal detoxification. The potency of its mineral rich living water is capable of traveling past the blood-brain barrier* and detoxifying the brain. These mineral salts are comprised of sodium, potassium and chloride which are bound to potent phytochemicals. These precious salts join natural pathways of other mineral salts then travel through the blood stream, lymph and spinal fluids.

Some people have a strong aversion to cilantro. According to Anthony William, author of the Medical Medium books, when a person experiences a harsh flavor from cilantro, it may mean that they have a higher oxidative rate of heavy metals in their system. This does not mean the person has a higher level of toxic metals. Rather, the metals, usually a combination of aluminum, nickel and/or copper, are rapidly corroding in the body. Corrosion means there is a toxic release which has entered into the lymphatic system and saliva. The moment the cilantro makes contact with the saliva, its phytochemicals bind onto this oxidative runoff.

In order to really benefit from the rich green herb, generous amounts should be eaten or blended into drinks. Raw is best to make use of the living waters.

According to Anthony William, cilantro also binds to Epstein Barr Virus neurotoxins which can be the culprit in many conditions. Cilantro is also both a liver cleansing and building herb. It helps regenerate nerve tissue in and around the liver — important nerve tissue that sends messages from our brains to our livers.

According to Jeff Primack, in his book *Conquering Any Disease*, cilantro is a “master of mercury.” So many physical and mental conditions are heavily mercury-influenced by the tons of mercury released into our atmosphere annually. The active compound in cilantro that explains its mercury chelation property is linalool. Aromatic herbs have greater quantities of tiny phytochemicals, terpens, than fruits and vegetables do. Linalool is one of these.

Essential oil of cilantro has been analyzed by chromatography and found to contain 60-80 percent pure Linalool. Basil oil is also high with 20% linalool.

In Ayurvedic medicine of India, translated as the science of life, cilantro is considered a balancing herb used for wellness of the digestive respiratory and urinary systems supporting plasma, blood and muscle.

The flavorful round seeds are commonly used in foods and used in medicines. The seeds frequently being used as a digestive aid, are often combined with fennel and cumin seeds to make a tasty hot tea. These seeds can also be roasted and eaten with a bit of salt. They are a good household remedy to have on hand. Many cultures serve the greens to add a balancing coolness when serving hot spicy foods. Coriander seeds are used in both sweet and savory foods. I find that the roasted or powdered seeds are a nice addition to most any food as they are quite mild.

*The blood-brain barrier is a filtering mechanism of the capillaries that carry blood to the brain and spinal cord tissue, blocking the passage of certain, possibly harmful, substances.



People around the world use cilantro as a flavorsome addition to soups, salads, curries and other dishes. In some places, it's known as coriander but, in the U.S., the leaves of this herb are referred to as cilantro and the seeds as coriander. Its nutritional content may provide a range of health benefits. It's part of the Apiaceae family, with includes carrots, celery and parsley and has been a staple of global cuisines for a very long time. In fact, it is one of the oldest spices/herbs in existence. Coriander seeds have been found in Israeli caves that date back 8,000 years and in the tomb of King Tut. The herb was brought to the Americas in the 1600s and, since then, has been widely used in dishes from the American southwest, Mexico and Latin America. The flavor of cilantro is controversial. For many folks it tastes bright and fresh with the tang of citrus. For others it tastes like soap. This is actually a well-researched phenomenon with studies that indicate that certain people may be genetically inclined to like or dislike cilantro.

For those of us who enjoy cilantro's warm, spicy, nutty flavor it is a tasty, nutritious addition to a variety of foods. Try it on sandwiches, in guacamole, soups, sauces, in casseroles and more.

By Judith Kenney

Deli Department

NEWS

Our Deli Continues to Expand and Flourish!

It provides all who shop here with wholesome, delicious food made exclusively in our Deli kitchen.

By Garland McQueen

Our deli offers outstanding products and is a great asset to the Co-op. Due to space limitations, sales in that department have not reached their potential, but fortunately, the profitability of the department is at the expected target.

You must have a trained eye to find the deli products in our Co-op. We are not trying to keep it a secret, but we have very little space to merchandise. Most larger supermarkets would have a big deli counter and food service offerings, as well as a sizable production kitchen. We are not blessed with this situation, but the deli staff and management do not let this stop them from offering some great freshly prepared items. From vegetable lasagna to garlic hummus, roasted roots to apple crisp, or the constant variety of excellent soups, you can be sure that these are prepared in our deli kitchen from the best ingredients from our store. Many may ask, "I do not see a kitchen, so where are these delicious provisions created?" The kitchen is directly behind the store with a wonderful view of the "Big Ditch". We offer these products in a one door, refrigerated case directly behind the cash registers. Since our space is limited, we make the items on a rotating basis with the exception of the sandwiches, which we make every day. We have the standard eight varieties of daily sandwiches with a vegetarian and vegan option. We also occasionally introduce a new sandwich to test the market for customer approval. Recent additions to the sandwiches have been the Italian Combo, Awesome Chicken Salad, and Blackened Chicken Salad. These have been a hit, but due to space constraints, we sometimes need to offer them on a rotating basis.



Garland, hard at work, assembling an Italian Combo sandwich, one of our Deli's newest offerings.

I personally find that cooking is therapeutic. After a hard week of walking around in the store and drinking coffee, I like to go into the kitchen on weekends after the crew has left and attempt to create new products. Recent trial production has been the two chicken salads and the Italian combo sandwich. I have experimented with banana/pecan muffins, but after the taste test, there were none left to sell, which I take as a positive response. The plans are to eventually begin to sell muffins and other baked goods.

To sell more deli products, we need a larger refrigerated case, which we do have, and plans are to set it up in the store soon. This will enable your Co-op to offer a larger variety of great products to make your day a little better and easier.



Co-op staff unloading a double-door cooler which will soon be on the floor filled with an expanded selection of foods from our Deli.



Coffee Project Update

By Evan Humphrey

BULK

Weigh-in

BULK

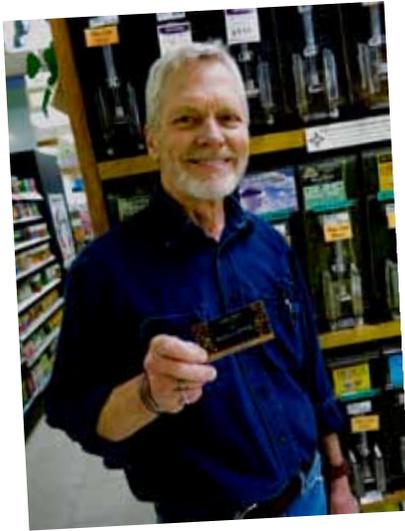
Weigh-in

BULK

Weigh-in

BULK

Weigh-in



Co-op Member David Burr

We have raised over \$3,000 for the project!
THANK YOU to the following people:

Scott Zager
Christine McIntosh
Diane LaFrance
Rachelle Bergmann
Harry Browne
Derek and Wind Markham
Karen Watson
Neal Apple and Vicky Allen
Amos England
David Burr

As well as 18 others
who elected to remain anonymous.



Co-op Member Wind Markham

If you did not receive either your discount voucher or your free bag of Just Coffee Co-op coffee, please contact me ASAP!

In other news: Our craftsman sustained an injury in early December and will need another month or so to heal, therefore delaying the construction of the coffee cabinets. We wish him a speedy recovery! I will continue to update you on our progress.

**20%
OFF**
Members Only
January 1 - February 4



Purple Karma Barley was brought to America from Tibet in 1924 and is currently grown in Oregon. This hullless heirloom variety packs three times more B vitamins than white barley and adds a splash of color to soups and salads. Cooks in 45 minutes. Certified Organic, Non-GMO, and Kosher.

Regularly \$2.99 a pound



Double Q Pecans are grown and packaged in Fort Valley, Georgia. They are certified Organic, non-GMO, and Kosher. These "Elliot" pecans are a smaller lighter colored variety offering a rich buttery flavor.

Regularly \$15.29 a pound

Purple Karma Barley Salad

1 cup uncooked purple karma barley*
2 cups chopped butternut squash
About ½ tablespoon dried sage or 1 tablespoon fresh sage, chopped
About 1 tablespoon balsamic vinegar
About 1 tablespoon olive oil
Salt, to taste
1 cup chopped spinach
Soft goat cheese (or another favorite cheese)

*To cook barley: Sort through to remove any kernels of white barley that may be present, as their hulls make them tough. Rinse, combine with 3 cups of water, and bring to a boil. Reduce heat and simmer, covered, until tender, approximately 45-50 minutes. To reduce cooking time by about half, soak the grain overnight. Drain off soaking liquid and use fresh water to cook the barley.

Mix chunks of squash with olive oil, vinegar, salt and sage. Roast at 400 degrees until softened and browned. Combine squash mixture with cooked barley, spinach and salt (to taste). Sprinkle on cheese, if desired.

For an alternate serving idea, the squash mixture, barley and chopped spinach can be placed separately into a bowl, and then cheese added on top of all.





2 U From Your Board . . .

Round Up 2020!

As a member-owned cooperative business, it is our responsibility to strive towards the seven cooperative principles with our business and our work. One of the principles that is easy to overlook as a business is that of Concern for Community. At Silver City Food Co-op, we believe in the importance of supporting the sustainable development of our community. There are multiple ways that the staff, member-owners, and board members support our larger community. Behind the scenes, the Silver City Food Co-op is very willing to support collaborative community projects and to provide in-kind donations for events. One example is the donations of food that flow into the food pantry at The Commons. It may seem small, but even providing and maintaining a community bulletin board is a pretty big gift to us all.

These are all less obvious ways we demonstrate Concern for Community, but one of the most dynamic community-focused programs we have is the Round Up program. This program allows us (member-owners) to provide financial support to non-profit organizations that strive to make our community a more sustainable place to be. Each year, 12 organizations are chosen to be recipients for one month of the year. For that month, every customer has the choice with every single transaction to round up to the closest dollar amount and donate their change to the recipient organization. This year alone, we've raised \$\$\$\$\$\$ to contribute to our recipients.

In November, the Member Connect Committee met to review and select 2020's Round Up Recipients and the votes are in. We want to share with you a little about the recipients that were selected!

January- Gila/Mimbres Community Radio (GMCR) The Gila/Mimbres Community Radio's (KURU) mission is to provide a voice for, and music, arts, culture, and public affairs programming to, under-served communities in Southwest New Mexico. Like the Co-op, GMCR supports and advances local organizations, services, and businesses in the interest of community well-being. Like the Co-op, GMCR cultivates a responsive environment for members, volunteer staff, and the entire community. Local Flavor, a locally produced live broadcast every Wednesday and

Thursday, 8-10 a.m., illustrates the station's contributions toward a responsive environment for the community, with guests representing diverse nonprofit organizations, artistic and cultural activities, and informed commentary on vital topics to our community.

February- The Bike Works

The Bike Works is a community-supported nonprofit that promotes creative, active and healthy lifestyles, self reliance and sustainability in southwest New Mexico. Besides the healthy food offered during bike rides, funds from the Round Up program will be used to get kids outside on bikes that they work for and earn, and off their own electronic devices. Funds will be used to support the Earn-A-Bike program by allowing The Bike Works to purchase the items needed to bring bikes back to life: tires, thorn-resistant inner tubes, chains, and saddles eaten by backyard dogs and the desert sun.

March- Literacy Link – Leamos

The mission of Literacy Link - Leamos is to raise literacy levels in Grant County through free tutoring and outreach. Education for all is an important component of creating a healthy, sustainable community. They help individuals with everything from learning how to read medication labels and recipes to learning to speak English. These skills can lead to healthier lives, better jobs, more family resources and a stronger community.

April- Silver City Farmers Market

The Silver City Farmers' Market provides a place where Grant and Catron County and local agricultural producers and processors can sell directly to consumers and can communicate the importance and availability of local Agriculture. The Farmers' Market works to create a weekly downtown Silver City event accessible to all Grant county residents and beyond. By including healthy local food, local musicians and local artists, we strive to create a gathering place where those of all income levels can come to shop and vend.

May- Spay/Neuter Awareness Program (SNAP) of Silver City / Grant Co.

Spay/Neuter Awareness Program of Silver City/Grant County is a non-profit organization dedicated to helping stop the destruction of healthy dogs and cats resulting

from overpopulation by providing financial assistance to low-income persons to spay or neuter their companion animals. Preventing unwanted kittens and puppies helps the pet owners, who have healthier pets and fewer veterinary bills, and they don't face the extra financial burden of feeding the young animals.

June- Mimbres Region Arts Council (MRAC)

Mimbres Region Arts Council's (MRAC) mission is to nurture a creative community. We are seeking Round Up funds to expand the region's only K-12 Art Exhibition and Awards program. The K-12 Southwest Student Art Exhibition attracted more than 450 works of art from students in four regional school districts, Silver Consolidated, Cobre, Lordsburg and Deming. Over 200 students and their families attended the awards ceremony and exhibition opening held at WN-MU's Miller Library. Award Ribbons were given to 4-6 students in four age categories. Round Up funds will be used to purchase Art Supplies for each of the participating art educators who dedicate extra time and effort to showcase the work of their students.

July- Quetzalcoatl

The mission of Quetzalcoatl is to convey the spirituality and the plant medicines of the Maya and Naga Maya through training and by growing and using these plants. They are creating a botanical garden that will allow the community to share in the knowledge of these medicinal plants of the curanderas and Vaidyas.

August- Mimbres Valley Health Action League (MVHAL)

The Mimbres Valley Health Action League (MVHAL) is committed to improving the well-being and health of the local community through events that bring residents together. They sponsor the monthly mobile food pantry, the annual fall Harvest Festival, the local elementary school's vegetable garden, the weekly Mimbres Farmers Market, and the monthly production and distribution of the Mimbres Messenger newsletter.

September- Lotus Center of Silver City

Lotus Center exists to provide a safe, serene, and sa-



Laurie Anderson
President



Kristin Lundgren



Scott Zager
Treasurer



Shanti Ceane
Secretary



Jennifer Johnston
Vice - President



Julianna Flynn



Gwen Lacy

cred place where everyone is welcome to learn and practice paths that lead to growth and transformation. They accomplish this by providing high-quality classes in meditation, yoga, and other forms of mindful practice taught by qualified, committed instructors. They strengthen community and expand consciousness both by providing a gathering place that's available to everyone, and by bringing these practices of growth and self-realization to the community through their outreach and service programs.

October- Advocates for Snake Preservation

Advocates for Snake Preservation uses science, education, and advocacy to promote compassionate conservation and coexistence with snakes. An important part of cultivating a responsive environment and healthy community is teaching people how to safely coexist with native wildlife. Their program, Living With Snakes, provides resources to help people live safely with their snake neighbors and appreciate their encounters.

November- Southwest Adolescent Group (SWAG)

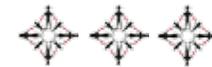
Southwest Adolescent Group's (SWAG), is to serve area youth by creating, implementing and making accessible programming that will serve to improve their quality of life. The programs will be made available regardless of race, gender, spirituality, sexual orientation, or economic status. They believe the health of our children is essential to the health of our community in both the present and in the future. Our community cannot thrive if we don't set our kids up for success. Their work is focused on helping Grant County adolescents achieve this success by helping meet their educational, vocational, emotional and recreational needs.

December- Silver City Community Theater

The objective of the Silver City Community Theatre is to enrich, educate and entertain the Silver City and Grant County communities by providing a broad range of live theater experiences on a recurring, seasonal basis.

They host theatrical experiences from monologues, to Shakespeare in the Park, to theatrical educational workshops, and larger productions. This crew of volunteers is dedicated to making theater available to our community!

What an amazing and diverse group of caring community organizations! Please consider rounding up each time you shop at the Co-op to support the dynamic and influential organizations doing amazing work right here in our community! Every penny adds up.



Recruiting Board Members in Training

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

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

CONTACT: Laurie Anderson
laurindaa713@gmail.com
Recruitment, Orientation, and Development Chair
Or, any board member

WE LOOK FORWARD TO HEARING FROM YOU!

Board Meeting Schedule

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

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

Jennifer Johnston/Vice-President

Board Term: 2018-2021
johnstonjenny40@gmail.com

Kristin Lundgren

Board Term: 2019-2020
klundgren2@gmail.com

Laurie Anderson/President

Board Term: 2017-2020
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Shanti Ceane/Secretary

Board Term: 2018-2021
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Julianna Flynn

Board Term: 2019-2022
juliannaflynn8@gmail.com

Scott Zager/Treasurer

Board Term: 2019-2022
sczager1959@gmail.com

Gwen Lacy

Board Term: 2019-2022
glacymail@gmail.com

Board of Directors



January

Members Only Specials

January 1 - February 4

20% OFF! listed prices



Cypress Grove
Purple Haze Cheese
4 oz
reg \$4.79



Edward & Sons
Not Chick'n
Bouillon Cubes
2.5 oz
reg \$2.99



Living Intentions
Sprouted Almonds
16 oz
reg \$16.99



Native Forest
Bamboo Shoots
14 oz
reg \$3.69



Hummingbird
Bulk
Purple Karma Barley
reg \$2.99#



Home Health
Liquid Lanolin
4 oz
reg \$8.99



Double Q
Bulk
Raw Elliot Pecan Halves
reg \$15.29#



Native Forest
Pineapple
Assorted, 14-15 oz
reg \$4.69



Frontier
Bulk
Sencha Leaf Tea
reg \$1.55 oz



Edward & Sons
Miso Cup with Tofu
1.3 oz
reg \$3.99



Earth Mama
Nipple Butter
2 oz
reg \$9.99



Home Health
Almond Glow
8 oz
reg \$8.69



Natural Vitality
Calm
5 pack
reg \$2.99



Co-op Deals
flyers
available
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and at the front of the store

