



Silver City Food Co-op Garbanzo Gazette

It's MAD!

Volume 20

✧ Your Monthly Newsletter ✧ September 2020

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

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**YOU
ARE
WHAT
YOU
EAT**



Remodeled Co-op Coffee Section Lays Roots From the "Grounds" Up

By Mike Madigan

In November of last year, Evan Humphrey, former Bulk department buyer at the Co-op introduced a plan to expand the offerings of our Bulk Coffee section. After more than 10 months of working with vendors, deciding on product selection, soliciting funding both publicly and privately, designing fixtures, building out the new cabinetry, and moving every thing into place, we are proud to unveil our new Bulk Coffee Section! We have expanded our bulk coffee offerings from 21 to 35. You'll find that all of your old favorites are here, and we've introduced quite a few new varieties as well.

This project initially got off the ground in October of 2019, as a result of a recognized desire to do something about our aging bulk coffee bins. These bins had been in service for more than a decade, and are notoriously difficult to keep clean. Thousands of pounds of coffee have passed through these bins, and after time, the effort needed to remove the accumulation of the oils in the beans, became problematic. New BPA-free bins were identified and a project began to take form. With the addition of new bins, it was also recognized that a number of new bins would fit in almost the same footprint as what we had before, but the price tag was pretty steep.

One of the values of being a cooperatively owned business is the principle of Cooperation among Cooperatives. This is a pillar of the cooperative model. By working together through local, national, regional, and international

structures, cooperatives are dedicated to improving services, bolstering local economies, and dealing more effectively with social and community needs. We reached out to Equal Exchange and the Just Coffee Co-op, both of whom are cooperatively owned and operated businesses to see how they could help finance our expansion. Both companies provided us with very low or zero-interest loans to pay for the purchase of our new bins and the construction of our new cabinetry. We simply would not have taken on this project without their generous support, and we are proud to showcase their product offerings in the store.

Another principle that defines co-ops is Member Economic Participation, and our project has been a success because of it! In addition to the loans secured from our coffee suppliers, we were very pleased to also raise over \$3000 in donations from a group of Member-Owners who participated in our homegrown investment program designed specifically for this project. Thanks go out to David Burr, Amos England, Neal Apple and Vicky Allen, Karen Watson, Derek and Wind Markham, Harry Browne, Rachelle Bergmann, Diane LaFrance, Christine McIntosh, Scott Zager, and 18 other anonymous donors for contributing to this project. Thank you for your investment and for your patience! We're also very pleased to recognize another member who contributed greatly to this project. Joe Vencill is a longtime member-owner at the Co-op and his excellent craftsmanship can be found throughout the store. His work is not only beautiful to see, but is built to last, too! Thanks for your work, Joe.

With several new bins of coffee to choose from, you'll notice several varieties that we haven't carried in the Co-op before, or that have previously only been available in pre-packaged form.



Long-time Co-op member Julie McIntyre is excited about all the new coffee varieties!

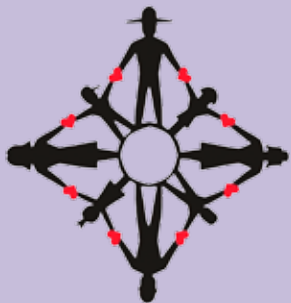


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1879 member/owners strong and counting . . .

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

Kevin Waters
General Manager

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Waters' Words to the Wise

By Kevin Waters



You go to war with the food system you have, not the food system you want. As society battles the COVID-19 pandemic, the weaknesses that the continual consolidation of our food producers, packers, marketers and retailers have been exposed. While there are varying opinions about the actual risk of large scale commodity shortages in the United States in the near future, most signs point to that not being a high risk. Which is not to say the level of food insecurity in a nation of such as prosperous the U.S. is anything but outrageous.

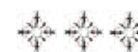
But from an everyday shopper perspective, many might look around various stores and wonder “what is happening?” The higher rate of empty shelves that are apparent both in the Co-op and other food retailers has caused a lot of questions and speculation. We are six months into the pandemic and the accompanying societal shutdown/restart/shutdown cycle. At this point the vast majority of the out-of-stocks are packaged foods, and are simply due to the lag time of the food supply chain being able to get back to proper inventory levels. While some commodities such as rice, have experienced real shortages, that was caused by the confluence of an extremely tight rice market (i.e Australia at 10% of prior years production) that existed at the time of a massive hoarding (WORLDWIDE). Put that together with the global trade system becoming a little more cautious, and individual countries keeping more product for themselves, and you get empty rice bins for awhile. All signs point to the upcoming crops being sufficient and the market normalizing. If you think about the produce department, you’ll notice it has escaped this crisis with relative normalcy. (OK, but you know what I mean.) So if the food is there, why can’t the supply chain keep up?

The first rule about the supply chain. Don’t talk about the supply chain. Independent and privately owned, Joe Dirt’s Eco Hemi Organic Gluten Free Crackers may not want it out there that they are produced and packed at the exact same facility as ULTRA MEGA MART private label crackers. It may be the same cracker. However, many small and medium size natural and organic companies use contract manufacturing and do not own their production facilities. When something like COVID 19 hits, it was wallop to this supply chain. The system was not designed for this intense level of sales lift. The best way I have heard it put, is that the grocery supply chain experienced 12 years of sales increases in one month. In an overall slow growth industry that typically carries three to four weeks of inventory supply up and down the chain, this was a massive shock. Many now understand that there are really two food supply chains, food service (restaurants/schools/hotels etc) and retail/grocery. Surprisingly those lines of production are highly separated, and are not quickly able to transfer from one

category to the other. So, at the start of the pandemic, those two categories had virtually equal dollars produced annually. Within weeks, the food service channel had dropped 70+%, and the grocery channel skyrocketed. Some companies were able to adapt more than others. A large cheese company in the northwest operates in both spheres. As early as January, they saw the writing on the wall, and began shifting production from food service to grocery and building inventory as fast as they could. When the panic hit in March, that safety buffer was instantly gone, and within days were loading directly from the production line into trucks. Now, as the grocery sales increases have remained high, companies such as this have been adapting at remarkable rates. However, in the current environment, rapidly bringing in employees to work on a production line so you can produce round the clock, is not simple. Many strategies to increase production may require specialized equipment to upgrade with, and that takes months, not weeks. There are now new restrictions in terms of employee social distancing and safety that may decrease productivity. The meat packing industry did go through what could be called a shortage when COVID-19 ripped through their workplaces. Any processed products with meat, down the production line would have felt the ripple effect.

Even raw materials for packaging may be delayed because of the spike, for instance paper and plastic packaging for cereal manufacturers. There is even some level of shortage from China in tin and steel for canned foods that cause delays. Most larger food manufacturers are rationalizing and cutting SKU’s by up to 10%, to try and keep up with demand on their most popular offerings, and hopefully build an acceptable inventory. This is diametrically opposed to their typical thinking. At a co-packer level, Field Day organic beans were dropped by UNFI’s contract packager, so they could devote all of their production to conventional beans.

What does all this mean for your typical shopping experience? A gradual progression of better in stock conditions, but without a lot of visibility into what and when items will be out. As the suppliers endeavor to catch up and keep up, some level of “rationing” will go on from manufacturers to distributors, and distributors to retailers. An example last week, one order from a large distributor had 9 pages of out of stock items we had ordered. Three days later we ordered again, many of the same items, and 70% of those items were now in stock. Next order, it may be back to nine pages again. We expect improvement, but if you asked me whether you should stock up for your holiday meal needs now, I wouldn’t say no.....



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Kitchen Meditations

Summer

Cilantro, Lime & Black Bean Rice

Ingredients:

2 tablespoons oil
1 medium red onion, finely diced
2 cloves garlic, minced
1 cup white basmati rice
1 ½ teaspoons ground cumin
½ teaspoon cayenne pepper
½ teaspoon powdered turmeric
Salt, to taste
¾ cup black beans
Juice from 1 lime
3 tablespoons chopped cilantro

Preparation:

- Heat oil in a large saucepan or skillet, add onion and sauté for about 4-5 minutes. Add garlic and cook for another minute.
- Add rice and mix well, stirring for 2-3 minutes. Stir in cumin, cayenne pepper, turmeric and salt and mix well.
- Add 2 cups water and bring to a simmer. Cover and cook for 10 minutes. The rice should still be wet and mostly cooked.
- Stir in beans and reduce the heat to low. Cook for another 10 minutes. Remove cover, add lime juice and stir in the cilantro.
- Let rice rest undisturbed for 10 minutes. It's ready to eat!



The Frugal Co-op Chef

Hibiscus Herbal Cooler

Ingredients:

¼ cup dried hibiscus
¼ cup dried chamomile
2 tablespoons dried rosehips
1 cinnamon stick (or more, according to taste)

Directions:

- Blend herbs together in a ½ gallon jar.
- Pour boiling water over herbs to fill jar and let steep for 30 minutes. Alternately, add drinking water, cap, and place in the sun for several hours.
- Add honey to sweeten, if desired, stir well, and chill in the refrigerator.

Honest Stand Garlic Parm Roasted Root Veggies

Ingredients:

4 oz. Garlic Parm Style Dip
1 bunch beets, peeled and sliced
1 bunch carrots, sliced in half lengthwise
1 onion, quartered
3 garlic cloves peeled
Extra Virgin Olive Oil
Salt and pepper

Directions:

- Toss beets, carrots, onion and garlic with a few teaspoons of olive oil. Spread evenly on a sheet pan and add salt and pepper.
- Bake at 400° for about 25 minutes, or until veggies are tender with crispy edges.
- Serve roasted veggies while hot with Garlic Parm dip.

Enjoy!

*This makes a lot, so feel free to adjust amounts
to suit your appetite.*

Nutrition Nugget

Hibiscus

A Favorite Summer Herb



Also known as Jamaica Flower, hibiscus is a popular summer herb, easily infused into cold water for tea, so heating up the tea kettle is unnecessary. It's a showy member of the Malvaceae (mallow) family, native to subtropical and tropical regions around the world. It appears in a variety of colors, but we are most familiar with the ruby-red flowers that are used to make beautiful, crimson-colored tea with a cooling, tangy-sweet flavor that is delicious, both hot and cold. Because hibiscus tea is naturally tart, you might choose to add a little honey or maple syrup for a slightly mellower drink.

Research on hibiscus indicates that the flowers are anti-inflammatory and high in antioxidants. For people with existing high blood pressure, it can be helpful at lowering it. It does not, however, have the same effect on those with normal or low levels, so it's safe for them to drink. It has also been shown to improve cholesterol and triglycerides in folks with pre-diabetes and diabetes. The heart health benefits associated with hibiscus tea are believed to be due to compounds called anthocyanins, the same naturally occurring chemicals that give berries their color.

It is September and fall is coming, but we still have some warm weather ahead. Take time, if you can, to enjoy the effects of a cup of soothing, cooling hibiscus tea; simply-prepared and satisfying.

Jake's September Produce Pick



Cilantro

Some very nice people hate cilantro. A few have even been known to run from the room at the very sight of it! The fragrant herb, a member of the parsley family, elicits strong opinions among certain folks, especially those who find its taste objectionable, referring to it as “soapy.” In actuality, some folks may be genetically predisposed to cilantro intolerance, which can manifest as an intense aversion to the smell and flavor of the plant. Even the name is confusing. In the U.S., the leaves are called cilantro, while the seeds are called coriander. In Europe, the leaves and seeds are both known by coriander. To confuse matters further, cilantro leaves are also known as Chinese parsley. Take your pick! It’s an ancient, worldly herb that graces the pots of cooks everywhere. Even King Tut, the Egyptian Pharaoh, passed into the afterworld accompanied by cilantro seeds in his tomb. Pliny the Elder, Roman naturalist and philosopher, wrote that the best coriander was to be found in Egypt, and that the seeds were used as antidotes for snake bite.

We know, not everyone loves cilantro, but those who do are often passionate about its citrusy, pungent complexity. Although it is enjoyed in a myriad of dishes around the world, here in the Southwest, we associate it with Mexican foods. Where would guacamole be without cilantro? What would happen to tacos without this flavorful herb? It imparts a refreshing, cooling spiciness to all foods Mexican; rice, salsas enchiladas, huevos rancheros, you name it! It’s so much more than a garnish. Cilantro’s delicate, lacy green leaves are often added to a dish just before serving to retain its freshness, but the strength of the raw herb mellows nicely when cooked. Its leaves



Jake and a cilantro bouquet!

and stems (the whole plant is edible) pair well with piquant foods, and are commonly part of the cuisines of Latin America, Southeast Asia, India, the Middle East and northern Africa.

We have not touched upon the health benefits of cilantro, of which there are many. If you’d like to read up on the subject, please see “Celebrate Cilantro” by Jane Papin in the January 2020 issue of the Garbanzo Gazette. When you go to our website, click on “newsletter” and then scroll down to “archives” at the bottom. There are also a number of excellent articles online that cover the health-supportive effects of cilantro. See “Cilantro: Why You Should Choose This Unique, Pungent Herb,” on the ProHealth website or “Why is Cilantro (coriander) Good for You?” at Medical News Toay.



Becky's September Dairy Pick

Honest Stand

Gluten-Free and Dairy-Free Dips

Honest Stand is a Denver-based company started in 2010 by Alexandra Carone after she was diagnosed with celiac disease and an intolerance to dairy products. In response to this daunting diagnosis, she set out to formulate a cheese dip alternative for people who, for a variety of reasons, do not eat dairy and/or gluten. From the start, Alex and partner Jeremy Day have had a driving vision to develop plant-based, convenient, satisfying foods that do not compromise on ingredients, taste or texture.

The Co-op now carries two of their dips, Garlic Parmesan and Spicy Nacho, and they are yummy, maybe even landing in the comfort food category! The ingredients are plant-based, organic, and gluten and dairy-free. Honest Stand dips are a perfect match for roasted veggies, wraps, pasta, enchiladas, tacos, and as a topping for any Buddha Bowl you dream up. Of course, they’re great with chips or fresh cut vegetables, too. The Honest Stand website has recipes with tempting pictures to get you inspired. Not a recipe person? No need to get complicated. Stir a dollop of Garlic Parmesan Dip into a bowl of your favorite pasta and top with avocado and cherry tomatoes and dig in!

CO-OP Community

Co-op Community Donations

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

Food Pantry

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 July service.

**Jane Papin • Jennifer Lamborn
Tim Garner • David Burr
Sue Childers • RJ Jones**



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 September

The Lotus Center

Lotus Center exists to provide a safe, serene, and sacred 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.



**July
Round Up
\$790.00**

Quetzalcoatl

Quetzalcoatl Temple would like to thank the Co-op and its hundreds of generous members for the donations to our non-profit organization in July.

The contribution will be used to finish the deer fences for the botanical garden, and to put fresh organic soil in the greenhouse given to us by Silver Health Care. From these two locations we are growing medicinal seeds for low-income communities. Our organization is very grateful for your support and help in this effort. We appreciate the Co-op's intent to improve our community by supporting non-profit organizations.

With love and respect,
Athena Wolf, director



Round Up for 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.



The Winner!



Congratulations! to Julianna Tow, the winner of the Solaray Beach Cruiser bicycle.

Her son, Devlin appears with her in the photo.

Our thanks to all those who entered the drawing.

We featured the entry box as part of a display that offered several Solaray products at a promotional price.

Solaray products constitute a major portion of our Supplement Department.



Roasted Salted Cashews



Raw Walnuts



Mango Slices



MAD September

One Day of Your Choice

receive **15% 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 \$20/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!



Produce Compost Guidelines

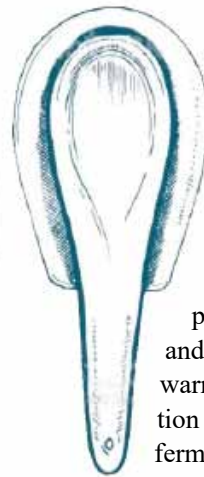
This is a free service provided for our customers. We are not able to honor "special" requests for specific produce in bags and keep this service free. Please note:

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



Food and Time: The Magic of Miso

By Jennifer Lamborn



In his 2012 book *The Omnivorous Mind: Our Evolving Relationship with Food*, John S. Allen chronicles the rise of what he calls “diets of enlightenment,” ways of eating that are marked by the move away from a focus on eating for weight loss and the ideology of “nutritionism”¹ that drive much of food marketing. On Allen’s account, nutritionism is increasingly rejected in favor of homemade, experiential, and locally sourced options. Given the specter of supply chain disruptions caused by the current pandemic, many of us are reclaiming a simpler relationship with food, making use of quarantine time to reflect on and slow down enough to prepare food that resonates not just with the mind, but with our whole person. In our present situation, we might consider incorporating miso, the ancient, fermented bean and grain paste, into our meals, or simply remember the value of this unique, healing food.

Natural food experts have cautioned us against the dangers of processed foods, but not all processing is harmful. The rise in status of kombucha, kimchi, sauerkraut, and kefir as “superfoods” has taught us that the process of fermentation enhances food’s flavor, storage life, digestibility, and promotes a healthy balance of bacteria in the body’s microbiome.

Just as Westerners have fermented milk to create cheese and yogurt, or grapes to make wine, Easterners have fermented soybeans and grains to create miso, tamari soy sauce and tempeh for millennia. In the 1960s, when macrobiotics gained popularity in the West, miso found a following among vegetarians who savor it not only for its taste but for its healing properties and high protein content. “It brings a savory flavor to vegetarian meals that is very hard to find,” writes William Shurtleff in *The Book of Miso*.



“Miso provides a bridge between a steak and a vegetarian diet.”

All varieties of miso impart the taste of *umami*², “pleasant and savory,” considered by the Japanese to be one of the five basic tastes (along with sweet, sour, bitter, and salty), often associated with broths and cooked meats. Slow-cooking and fermentation frees the *umami* in food. Such rich flavor takes time to develop.

The process of miso making can be traced to China, 3rd century BCE. It was introduced to Japan in the 700s by Buddhist priests. In those times, using fermented mixtures of salt, grains and soybeans was the primary method for preserving food during warmer months. Yet, making miso evolved from mere preservation to subtle art. All (natural) miso is prepared using a two-part fermentation process. First, steamed rice is “inoculated” (mixed) with a small amount of *koji* starter made from the mold *Aspergillus Orzae*. In the same way that artisan bread bakers cherish their sourdough starters, miso masters likewise prize their favorite strains of *koji* mold, some which have been handed down for generations and permeate every inch of their workshop. The inoculated rice is incubated for almost two days and becomes bound into a mat by a bloom of fragrant white mold; this mold-covered grain is called *koji* and produces the enzymes that will later break down proteins, starches and fats into more digestible amino acids, simple sugars, and fatty acids. This is the first fermentation. Then the *koji* is crumbled and mixed with cooked soybeans and some of the cooking liquid, salt, as well as some “seed miso,” or mature miso from a previous batch, just as we do when making yogurt or bread. These ingredients are mashed together (traditionally, underfoot!) and packed into cedar vats and weighted to create a sealed, airtight environment. Thus, the second fermentation begins. The complex beans and grains are broken down into simpler forms allowing yeasts and bacteria to flourish. It is time that mellows the sharpness of the salt, allowing it to harmonize with other deepening flavors. Slowly, the color of the mixture turns from its initial light tan to richer shades of brown.

The length of time and temperature at which miso is aged, the ratio of soybeans to *koji* and the type of grain and beans used all influence the final product. Combinations of these factors yield myriad varieties: misos range from cream-colored to dark chestnut or cocoa brown. As a general rule, lighter misos are sweeter and younger and contain less salt. Darker misos are thicker and saltier and have been aged longer. Therefore, a straightforward way to categorize miso is by color and ingredients.

White or *shiro* miso is made from soybeans and a high percentage of rice. It has a light, slightly sweet taste and is perfect for soups, dressings and marinades. Red or *aka* miso is

¹The ideology of nutritionism is founded on the following principles: (1) food is best understood as the sum of its nutrient components; (2) nutritional scientists are necessary to uncover the hidden realities of food; and (3) that the main point of eating is to maintain the body and its health. Thus, foods are seen simply as delivery systems for their component parts, and, consequently, there is no difference between whole and processed foods. This view has been exploited successfully by food corporations for decades.

² *Umami* is a neologism borrowed from Japanese that is formed by *umai* = “pleasant” and *mi* = “taste.” *Umami* has been recognized by Western scientists as “the fifth taste” only recently. Scientists tell us that our mouths contain taste receptors dedicated to *umami* flavor.



made from soybeans, barley and other grains and it is fermented for a long time; it has a “mature” taste, rich in umami. It is a good choice for hearty, robust dishes. Mixed, or *awase* miso is a blend of white and red miso, making it a versatile choice for all kinds of dishes.

Here at the Co-op, we sell miso made by Miso Master, a company founded in 1978 under the aegis of macrobiotic gurus Michio and Aveline Kushi and a willing Japanese mentor, Mr. Takamichi Onozaki. Originally called The American Miso Company, Miso Master produces miso using traditional methods and has unwaveringly used organic ingredients since its inception.

Initially, the company produced just the traditional red, or *aka* miso, but then branched out and developed brown rice, mellow white and mellow barley misos. Chickpea miso, an American invention, is a good choice for a versatile, soy-free miso. It is made from brown rice and chickpeas and is typically aged for one to three months. Its flavor is stronger than that of white miso but not quite as rich as red miso.

We also sell red miso created by Cold Mountain, a company that was incorporated in 1976. Cold Mountain employs traditional Japanese methods for fermenting miso and uses all organic products.

A simple miso soup is easy to prepare and is recommended as an alkalizing, calming substitute for morning coffee that still provides a real “pick me up.” People report that a bowl of hot miso soup helps them feel more grounded and focused. Since miso soup is meant to be brothy, be careful not to add too many vegetables—keep it simple. On the other hand, miso can be added to blended soups to deepen and enhance the flavors, e.g., creamed broccoli, parsnip, carrot, squash and corn chowders can be seasoned with miso at the end of cooking.

Indeed, miso is wonderfully versatile. It can also be added to sauces, used as a marinade or as a glaze for roasting the eggplants and summer squash varieties that presently abound. Adding a light miso to a simple vinaigrette will boost flavor remarkably. Many excellent traditional and fusion recipes

are available on the Internet, but remember to *never boil miso* if you desire the benefits of its bacteria and enzymes. Accordingly, it is best to add miso as close as possible to the end of the cooking process. Further, since miso is a live food, always avoid miso that has been pasteurized.

Miso will darken and intensify its flavor with time, but it is a stable food that will last for at least a year when refrigerated. While the price of a tub of miso may *seem* high, it is important to use small amounts to avoid overwhelming the flavor of a dish. Thus, miso is actually an inexpensive food when we take into account its concentrated, intense flavor and many benefits.

Eating just a teaspoon of miso daily acts as a protein booster, allowing the body to better assimilate proteins from other sources, promotes better digestion, provides a source of Vitamin B12 (especially important in a vegan diet), and is said to neutralize the effects of smoking and air pollution. Further, studies show us that miso consumption can prevent or diminish radiation sickness and counteract the harmful effects of eating too much animal food, sugar, or alcohol. Thus, in Japan, miso has long been considered a cure-all. From a macrobiotic perspective, all types of miso have a strong polarity of yin (expansive) and yang (contractive) elements which gives miso the capacity to balance out extremes.

Sit with a bowl of hot miso soup, breathe its aroma, enjoy the spectacle of ingredients suspended in the moving, living broth, and simply contemplate this ancient traditional food. Sip slowly. Savor the umami. Take your time, and then examine how you feel afterward. Observe the effects on your digestion, vitality, and overall feeling of wellbeing. Remember that eating is fundamentally more experiential than ideological, and try to forget the marketing ploys of food companies’ “experts.” *You* are the expert of your own body and mind. With awareness, this traditional, delicious condiment may well enlighten your relationship with food and yourself.

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Kids' Corner

September 22 National Elephant Appreciation Day



To some, it's just another animal, but the more you know about the elephant, the more you come to appreciate these fascinating and wonderful creatures.

- Elephants are highly intelligent and social. They have their own special language that makes it easy to form strong bonds with each other and with other species.
- Elephants are one of the few animals with self-awareness. Like apes, dolphins and humans, they can recognize themselves in the mirror.
- World Elephant Day is celebrated on August 12, and was created to bring awareness to the plight of African and Asian elephants throughout the world.

- Their trunks have 40,000 muscles and tendons, and it takes about a year for them to learn how to use them. Sometimes baby elephants will even trip over their trunks!
- They follow the oldest female in their group because she has the most memory, where food is and where to go in a storm. In other words, she's very wise.
- Elephants have the longest eyelashes in the world. They're about 5 inches!

*Q. What time is it when an elephant sits on your fence?
A. Time to get a new fence!*

Co-op
KID



Corner

coop explorers



Fun for Kids: Co-op Explorers!

Co-op Explorer Kids get a free piece of organic fruit whenever they visit! To become a card-carrying Co-op Explorer, kids 12 and under simply need to bring your grown-up person to one of our registers and ask to join the club. That's it! You'll receive an official membership card which you can bring to the produce kitchen where a staff member will provide assistance and you can select a piece of fruit to eat on the spot or save for later. Children participating in this program also get a Fruit & Veggie Passport and a sticker to show that you're an Explorer.

We look forward to sharing the delicious fun with you!



Bulk Department



Remodeled Co-op Coffee Section

continued from page 1



Our cabinet maker Joe Vencill (left), Mike, and Will (a leg and an arm) move in the new shelf.

Local favorite, **Abbey Roast** now has it's own dedicated bin for their popular Brazilian Roast.

Another newcomer is **Peace Coffee** from Minnesota, whose Treehugger and Birchwood Blends are available in two of our new bins.

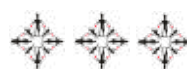
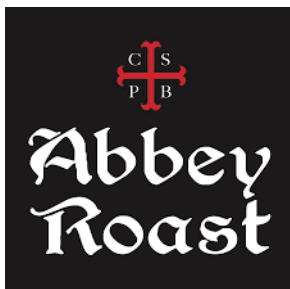
SCFC favorite, **Solar Roast Coffee** has been allotted a full cabinet to highlight their offerings. The Solar Roast story is a good one which can be checked out on their website: www.solarroast.com. Starting with just an old satellite dish, a hundred plastic mirrors, and a broccoli strainer, the folks at Solar Roast have developed a slow roasting process powered by the sun, making their coffee a unique (and sustainable!) product. Also, their located in Pueblo, Colorado, making which isn't so far off the beaten path from us. Costa Rica is our newest selection from them for a total of ten Solar Roast offerings.

Because of their generosity in our upgrade project, we've also allotted significant space to the **Just Coffee Co-op**. The Just Coffee Cooperative is a worker-owned coffee roaster dedicated to creating and expanding a model of trade based on transparency, human dignity, and environmental sustainability. They began

as an effort to support Zapatista farmers in Mexico, and themes of Social, Economic, and Environmental Justice are apparent in their products and artwork. Along with varieties like Runner's High and Bike Fuel, you'll attention to justice issues in their Revolution Roast and (currently unavailable) Solidarity Roast. Give them a try!

Rounding out the offerings within our new bulk coffee offerings is **Equal Exchange**. Since 1986, Equal Exchange has set an example for fair-trade and worker-owned business models, while holding fast to their mission to contribute to a more just, democratic, and sustainable world.

As we figure out the best way to merchandise in this new space, you'll see things move around a bit. If you don't see what you're looking for just let us know. We'll also be introducing sale items here and there to get you to try some of these new varieties, as we learn how to best make use of the new space. As always, if you have any questions or ideas, just let us know. Comment cards can be found at the front and rear of the store, or just pull one of us aside. We're glad to help.





Recycling Is Back!

On a sunny Saturday morning last week, around ten volunteers (all masked, of course!) gathered downtown with box cutters and pliers in hand, at the former home of Custom Steelworks on S. Bullard St. We came, not to loot or riot, but to separate plastics into designated groupings. We all have seen the three interconnected triangles that appear on nearly every piece of plastic we encounter. The numbers inside those triangles denote the makeup of the plastic contained, and have to be separated in order for the plastic to be usefully recycled. Removing labels and those pesky plastic rings around the tops of bottled beverages never felt like so much fun.

Looking around the old steel yard, I saw about 20-25 5ft cubes filled with plastics, which have been collected by Co-op members Stuart Egnal and Stephen Lindsey as part of their new business endeavor: Trash to Treasure (T2T, for short). When Egnal was laid off in April as a result of Covid-19 cutbacks, he started thinking about what's really important to him.

"There has been a lot to despair about lately, but the lingering disappointment I felt about the collapse of the US recycling industry after China stopped buying our trash was still a big deal for me," Egnal said. "That system never really made much sense, but it did allow us to feel like we were being environmentally responsible—even if the reality was much more complicated."

"I had a lot of leftover resources from my steel fabrication and construction business, so the project really started on second base, which was very helpful when you have only slightly more than \$0 to invest. My plan was to build a business that could support me financially and allow me to be down at my shop full time so I could start assembling the pieces of a complete local recycling ecosystem. Our goal is simple, to turn trash into treasure."

T2T has stepped up, according to their website, to help people who want to recycle by making it as easy and convenient as is financially viable. They work with commercial partners to do primary processing of recyclable waste streams and develop manufacturing processes to turn those waste streams into useful products. They then expect to sell those products and invest the money back into the business.

"The goal is to complete the ecosystem - to provide a fully local solution to the waste problem. In order to do that, waste must become a commodity that has value," says Egnal.

"In order to do that, we must perfect small scale processes that turn waste streams into useful products. We grind the plastic, then mold it into flower pots or frisbees. We collect all the organic waste, compost it, and sell it as organic fertilizer. We turn the cardboard into pulp and make new paper products. We turn the paper into cellulose insulation. It's all possible, it just requires expensive infrastructure."

That's where the general public comes in. T2T is providing a subscription service for pickup of your recyclable materials on a bi-weekly or monthly pick up schedule. Customers subscribe to the service at \$30 or \$20 per month, respectively.

The Silver City Food Co-op has signed on for the service, with pickups scheduled for the first and third Fridays of the month. It's been difficult for us, throwing out so much recyclable material over the course of the last several months, and we're glad to have an alternative to the landfill for much of our waste. While we make



Co-op Members Stephen Lindsey and Stuart Egnal

Opportunities Emerge and Volunteers Sought for New Recycling Subscription Service

by Mike Madigan

efforts to reduce and reuse as much of our waste as possible, the reality is that we send tons of material to the landfill each year. T2T provides us with an opportunity to hopefully lessen our footprint, and by subscribing we're showing that recycling matters and that we're willing to pay for it. It's helpful knowing that this investment hopefully goes towards the development of local infrastructure that allows us to recycle, start to finish, right here in town.

Says Egnal, "We can build it all. Once it's there, it becomes self funding as we bring our recycled products to market. My hope is that we can develop the whole ecosystem to the point where we can show that with a certain level of investment, any community can turn a large portion of their trash into enough treasure to justify the initial investment."

All in all, this is a community-wide effort, and would not have reached this stage of development without the collaboration from several other organizations. Stephen Lindsey and Gabe Farley from the Future Forge Makerspace have been instrumental, as well as Chris Lemme and Alex Taeger from the non-profit Silver City Recycles. They have been instrumental in getting glass processing going and coordinating volunteers to help whenever volunteers are needed.

And volunteers are definitely needed. To find out more, reach out to Silver City Recycles at: silvercitynmrecycles@gmail.com. You can also find more information on Facebook by searching Silver City Recycles.

With a good running start under their belts T2T is off to an excellent start. At last count there were 119 subscribers to the service, here in Silver City.

"We had a lot of people express interest in recycling who live out in the county," says Egnal. "We decided early on that it just wouldn't make sense to leave town to collect, so we needed a drop off option. We tried to think of ways to make that a paid service like collection since the real goal is to fund the infrastructure to deal with the waste, but no plausible solution came to us. So, we decided that the last Saturday of every month from 10AM to noon would be free drop off at our facility at 305 South Bullard. If folks who use that service (or anyone else) would like to contribute to the cause, there's a "donate" button at T2T.green that will lead you to page where you can give directly to T2T or to the Future Forge."


"Our members are paying for the idea that it's wrong to be wasteful. That it is our responsibility as decent human beings to really deal with our waste as much as possible, not bury it," Egnal said. So far 119 subscribers agree. The Co-op will be number 120, if it hasn't gone up already, once our membership becomes official.



Volunteers busy sorting recyclables.



Loaded up and ready to go!

If you'd like to join the cause, it's easy. 
Go to www.t2t.green to sign up today.



From Your Board . . .

Do you know what our Co-op's Strategic Values are?

These strategic values are always available at Silver City Food Co-op's website, but we thought a refresher here in the Garbanzo Gazette would be helpful for our members and readers to see!
In these statements, "we" refers to the people of the Silver City Food Co-op.

1. Cooperative Model

The cooperative model is of paramount importance—we apply the seven cooperative principles in all aspects of our work and business practices.

The cooperative principles are:

- (1) voluntary and open membership
- (2) democratic member control
- (3) economic participation by members
- (4) autonomy and independence
- (5) education, training, and information
- (6) cooperation among cooperatives and
- (7) concern for community.

2. Quality of Products

Our co-op commits to providing high quality products. Our focus is on organic, whole, nutritious, and minimally processed food.

3. Quality of Service

Our co-op is a great place to shop and work because we are responsive to all individuals (member-owners, customers, vendors, employees, visitors, ...) and cultivate relationships with them.

4. Local and Regional Resources

We prioritize the use of local and regional resources. Resources include growers, producers, distributors, lenders, member-owners, employees, and professionals such as contractors, plumbers, electricians, lawyers, and CPAs.

5. Care for the Environment

We strive to reduce our negative impact on the natural world in all our decisions by considering the impacts of production, transportation, packaging, storage, waste, construction, and renovation.





Shanti Ceane
President



Julianna Flynn
Vice President



Scott Zager
Treasurer



Emma McKinley
Secretary



Kristin Lundgren
Member



Gwen Lacy
Member



Tuan Tran
Member



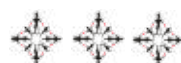
Susan Golightly
Member

Helping the Community Go Round with our Round Up Program

The application process for our monthly Round Up donation program is right around the corner! Through the month of October, we will be accepting online applications from community Non-Profits to benefit from our customers' generosity at check out. Each month for the past 4 years, we've selected local organizations to benefit from this Round Up fundraising program. Customers are invited to donate the change from their purchases to the nearest dollar to contribute to a charitable cause each month. Since December of 2016, we've donated \$57,530 to organizations around Grant County! We are excited to continue this program and select Non-Profits to receive the donations throughout the year of 2021. If you are part of a Non-Profit that could use financial support, please consider applying. Selected organizations will characterize the cooperative community values and mission. Keep an eye out for more information and an application available on the Silver City Food Coop's website next month!

Co-op Presence at the Farmers' Market

Soon you will see a Silver City Co-op booth in the parking lot at our Pope St location during the Farmers' Market and at other events such as Earth Day, WNMU's Welcome Back Bash, 4th of July Festival, Pride Celebration, etc. Of course, these events will not take place until we get the all clear from Covid-19. This pandemic has made it clear to us that we need to start eating healthy to boost our immune systems and to increase our part in moving toward a sustainable future. The Co-op's commitment to organic, fresh, and local foods ensures that we are healthier in our bodies and that our relationship to our planet is stronger. The Co-op also has an extensive line of vitamins, minerals, and other supplements to support healthy living. There are still people out there that have not seen the value of healthy organic foods. So, we are hoping this new outreach will help make the Silver City Co-op a household name and shopping choice.



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 fourth Wednesday of every month at the Pope Street building, from 5:30 to 7:30 pm).

CONTACT: Julianna Flynn
board.scfc@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 fourth 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.

Shanti Ceane/President
Board Term: 2018-2021

Julianna Flynn/Vice President
Board Term: 2019-2022

Scott Zager/Treasurer
Board Term: 2019-2022

Emma McKinley/Secretary
Board Term: 2020-2023

Kristin Lundgren/Member
Board Term: 2019-2021

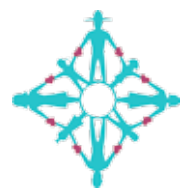
Gwen Lacy/Member
Board Term: 2019-2022

Tuan Tran/Member
Board Term: 2020-2023

Susan Golightly/Member
Board Term: 2020-2021

Our new email address:
board.scfc@gmail.com

Board of Directors



September

Members Only Specials September 2 - September 29

20% OFF! listed prices



Grandpa's
Pine Tar Soap
3.25 oz
reg \$3.99



Wild Tonic
Kombucha
Assorted, 16 oz
reg \$4.49



Base Culture
Almond Butter Brownie
2 oz
reg \$2.49



KA•ME
Bean Threads
3.75 oz
reg \$1.99



South of France
Green Tea Soap
6 oz
reg \$3.89



Kuli Kuli
Moringa Green Energy
Raspberry, 2.5 oz
reg \$3.99



Edward & Sons
Brown Rice Snaps
3.5 oz
reg \$3.99



VitaCoco
Coconut Oil
14 oz
reg \$9.19



Amy's
Veggie Pot Pie
7.5 oz
reg \$3.99



South of France
Liquid Soap
Assorted, 8 oz
reg \$5.59



Co-op Deals
flyers
available
on our website
www.silvercityfoodcoop.coop
and at the front of the store

