

Silver City Food Co-op

GARBANZO GAZETTE

Our monthly newsletter • January 2016



Volume 16

Welcome!

Welcome to the Garbanzo Gazette, the monthly newsletter of the Silver City Food Co-op. Nestled on the corner of 6th Street and Bullard in historic downtown Silver City, the Silver City Food Co-op has been serving our community with dedication and joy for more than 40 years!

Many people are not familiar with Co-ops. They are simply businesses with a twist. Instead of being owned by an individual or a faceless corporation, they are owned by the people of the community dedicated to serving themselves, their families, their friends and people everywhere.

Our Silver City Food Co-op serves Silver City, Grant County and New Mexico by offering the finest and highest quality foods that we can find. Many people do all their shopping at the Co-op and some just come in for their favorite treat (Energy Chunks! Chocolate Bars!) or a quality supplement.

Everyone is welcome and can shop at our Co-op! If you want to (you

don't have to), you can join as a Member (\$10 a year) and you actually become a part owner of the business. That's incredible! We are actually a democracy and you can then vote to choose our Board of Directors who guide our Co-op.

There are other benefits from joining too, such as Member specials at a lower cost and periodic discount days. You can also order products by the case and receive an additional discount. You'll probably find brands you have never heard of at the Co-op. They're the same food products that you'll find in other stores but made with higher quality ingredients. Many of the people who shop at the Co-op are concerned about their health and the health of their families. They believe that eating the best foods available contributes to their life and vitality!

Do you have a question about a product or need help finding something when you're in the store? Just ask! Our knowledgeable and friendly staff loves to help. We

want everyone to enjoy their time while at the Co-op. If we don't know about something, we'll find out. We'll call you back if we can't get an answer right away. We are about people helping each other! We're the little store with a heart!

Come on downtown and see us! We are open 7 days a week, 9am to 7 pm Monday thru Saturday and 11 am to 5 pm on Sunday. Fridays are "Popcorn Fridays" when we have free popcorn for all as well as other samples of some of our delicious products. We look forward to serving as many people in our community as we can!

The Silver City Food Co-op opened the Market Café last year, serving delicious organic deli food to eat in or take home. The Market Café also offers made in New Mexico gifts and foods and is located just steps away from the Co-op at 614 N. Bullard. The Café is open 8:30 am to 3:30 pm Wednesday to Monday. We always offer free samples of our deli items and look forward to seeing you! ❖



Co-op Hours:
Monday - Saturday
9 am - 7 pm
Sunday
11 am - 5 pm
575•388•2343
520 N. Bullard St.

Silver City Food Co-op
Market Café

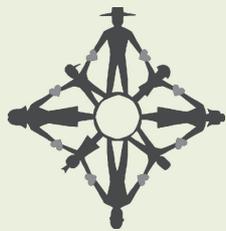
Café Hours:
Wednesday - Monday
8:30 am - 3:30 pm
575•956•6487
614 N. Bullard St.

Featuring:
Organic Sandwiches,
Salads,
Wraps, Soups
& Desserts
Fair Trade Gifts
& Specialty Foods

 **YOU ARE WHAT YOU EAT**

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

Café Hours

Wed-Mon 8:30am-3:30pm

Ends Statement

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

Seven Cooperative Principles

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

Joe Z

general manager

Mike Madigan

assistant manager

The Garbanzo Gazette Gang

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& Meggie Dexter, Consultant

Submissions are welcomed!

Submit letters, articles, or items of interest to:
gg@silvercityfoodcoop.com

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Cup o' Joe

by JOE Z



Hi! Who are you? Me? Folks around here call me Joe Z and the title that they give me is General Manager of the Silver City Food Co-op. Feels a bit pretentious to me. For regular readers of this column, they may wonder, “why the heck is he introducing himself? We’ve been reading this column for 3 years now!” Well this issue, as well as future ones, are reaching a much larger audience than just our Shoppers and Members so I thought a reintroduction is appropriate!

I actually moved here three years ago to work at the Co-op. I moved here from Phoenix (yuk) and am having a wonderful time here in Silver City! It reminds me a lot of my college town in upstate NY which I loved. That town had about 10,000 people, a college, one movie theatre, was isolated (closest larger town was Syracuse at 50 miles away – and this is when cars only went 55 mph – what silliness that was) and it wasn’t a very affluent area. I certainly feel at home here.

“Why the heck is he telling us this stuff?” the new reader may query. The veteran readers would roll their eyes and say, “It’s because he tells us all kinds of weird stuff such as his Mom is the world’s worst cook, he hates the cold and he likes beer”. Which is mostly true except I do not believe that what my Mom did to food could actually be called cooking. It was more like destructive art. I do like beer. I don’t like the cold.

What I try to do with this column is to just have a casual conversation with all who use the Co-op and share what I see and experience here. Being the GM of a Co-op is a bit different than being the Manager at a typical store. There is much more of a personal connection between the Manager and the Staff and all who come in and out of our doors. Plus we try to accomplish a lot more than just sell food.

Have you seen the Co-op logo? It’s called Hearts and Hands and exemplifies what we are about. People. People working together. People who care about each other and our community. It was actually created by one of our Founding Members who still works at our store! Isn’t that amazing? Well, I think it’s amazing. Phooey to you if you don’t think it’s amazing.

We sell good wholesome foods at our Co-op. But that is not what we are all about. We are about service, sharing and helping. Many people – if not most – form a healthy bond with our Co-op because they know that the Co-op is on their side. Most other stores might carry some of the products we have but that is because they want your money. They don’t care about you or your health. If you are willing to buy it – they are willing to sell it. It’s only about money. And there is nothing wrong with that overall and just as all of you, I certainly shop at other stores and eat other foods than just what

we sell. Everything has its place. But I see more happy people shopping at our Co-op than anywhere else. For many of us – that’s important!

And it’s not only those who use the Co-op that are the ones we are concerned with. We are concerned about our Staff also. We provide a living wage and as many benefits as we can afford. Creating fulfilling and rewarding jobs and working in a fun place is an important Co-op value! We are not perfect. We are human-beings and we try not to deny that aspect of ourselves in our workplace or as we interact with others.

We are very small. Some folks say that we are crowded. Most of us think of it as cozy. Sure, we would like more space to be able to offer more selection and wider aisles but we are what we are and we don’t have deep corporate pockets to simply move to a larger space. Besides – we like being downtown and part of that community too despite the difficulties that it can cause at times. Nor do we want to be larger for the sake of being larger. If and when we grow, it will be slowly, efficiently and economically feasible.

But wait – we HAVE grown this past year. We opened up another part of our Co-op called the Market Café! Have you seen it? Have you been there? We offer foods you might have never heard of but give them a try. They are WAY tasty! Give a Bionic Burger or an Ali Baba sandwich a go and I will bet you that a smile will appear on your face. Not only that but our meals are made by folks who really love the foods we have, really love sharing them and really love their jobs (no need to tip – we pay all our Staff a living wage – but instead of tips we have a donation jar which is used to make the Market Café even more awesome)!

So what more can I say about our little Co-op? Actually I can write a book on our Co-op – I have lots to say and am never shy about saying it! But ultimately, we are about you. We are about all of you. And that turns into all of US. Everyone is welcome to come in and enjoy our Store and our Market Café. If you want to, you can become a Member! You don’t have to of course and we have many folks who have shopped here for years and never joined. And they are as welcome as everyone else!

Oops – I’m running of room. I’ll have to wait for another time to tell you about how my Mom was able to destroy a spaghetti dinner by boiling the pasta until it resembled porridge and topping it with Ketchup. Cold Ketchup. Sigh.....



Cooking the Perfect Pot of Brown Rice *by Susan Van Auken*

Last month I wrote about five whole grains that are easily cooked whole. These grains are buckwheat, millet, quinoa, oats, and brown rice. This month I want to talk about how all pots of grain do not taste the same, and give you a few tips about how to make grain taste better. I want to start with a little story.

Ten or fifteen years ago I received a wonderful compliment. A friend came over for dinner with her four-year old. I had made rice. My friend said “oh my daughter doesn’t like rice.” Well her daughter’s actions told me she liked my brown rice because she ate a couple of bowls. Many adults also say the rice I cook is the best rice they have tasted. Even at a recent gathering several people commented on how delicious the rice was and wondered what I did to make it so yummy. It is not what I add to the rice, it is how I cook it. So here it is – my way to cook the perfect pot of rice. (Please remember whenever I use the word rice; I am referring to the whole grain brown rice.)

Susan’s Perfect Pot of Rice

- Measure 2 ½ cups short-grain brown rice
- Put 4 cups of water on to boil
- Wash the rice well in a pan of water and rinse in a strainer
- In a heavy bottomed cook pot stir the rice on high heat until the moisture is gone, then lower the heat and keep stirring until the grain is hot but not browned
- Add the boiling water. Enjoy the intense steam event. Add a pinch of salt, turn down to a simmer, cover, and let cook on the lowest heat possible for 60 minutes. Do not lift the lid until the hour is up. Eat hot. Enjoy.

A lot can be learned from the above recipe. It says a lot more than the standard rice recipe of “use twice as much water as rice, bring to a boil, turn down, and simmer for 45-50 minutes or until done.” What do I do differently to make the rice so yummy that a four-year-old will chow it down? I will tell you.

*Wash the rice. All grains are raw agricultural products and need to be washed. Put the rice in the pan, fill with water, and rub with your hands, swish, drain, and rinse. You will be surprised at the dirty water you toss out.

*Choose a good pot with a tight fitting lid. Much of the moisture can leave the pan as steam with a loose lid; a good pot helps the cooking process.

*Water-to-rice ratio. The standard ratio is 1 cup rice to 2 cups water, but I have found that this cooking method for short-grain brown rice uses a little less water and so I use 1 ¼ cups of rice to 2 cups water. I also find that rice cooks better when more than one cup is cooked, which is why the recipe above calls for 2 ½ cups of rice.

*Add a pinch of salt. Grain likes to have a bit of salt to enhance the cooking process.

*Make fluffy rice. Dry the washed and wet rice in the pan by stirring over a medium high heat. When the rice is dry and hot add the boiling water. The hot grain and hot water together make a blast of steam and it starts cooking all at once. This technique makes the rice fluffier and a much nicer consistency for eating straight from the pot than the standard cold water cooking method.

*Let the rice cook undisturbed. Leave the pot to simmer on the lowest flame possible. Do not lift the lid to check on it and do not stir. Give the rice a full hour to cook. When the time is up you will know it is perfectly done when you put a spoon straight down in the pan and feel a slight sticking on the bottom. (If your stove does not have a super low flame, you might want to invest in a flame tamer to disperse the heat or slightly adjust the cooking time. It is best to let the rice cook the full 60 minutes.)

This hot water and hot grain method also makes a delicious pot of fluffy mil-

let, quinoa, kasha (toasted buckwheat), and long-grain brown rice. It works for oats too but with a little different result due to the high oil content of oats. Refer to the chart below for cooking times and water-to-grain ratio, which varies with different grains.



Cook a Whole Pot of Grain!

Cook more than you need for tonight’s meal. I always cook at least two cups of grain. Grains last a couple of days at room temperature and longer in the refrigerator. Having a pot of grain ready allows for fast-food cookery, and the creation of many dishes where you begin with a cooked grain.

Use the cooked grain with your favorite salad dressing and some vegetables for a grain salad. Make patties or grain balls. Refry the grain with onions, tofu and tamari. Mix the grain with left-over cooked vegetables, herbs of your choice, and some cheese for a quick casserole. Heat up the plain grain with raisins, nuts, cinnamon, and maple syrup and top with plain yogurt for a breakfast cereal. Be creative, try different combinations. If you want another meal which tastes like the fresh cooked grain, refresh yesterday’s grain by reheating the cold grain in a pan and tossing in a tiny bit of water, and cover to briefly steam the grain.

If you want to make patties, nori rolls, or a refry, you may prefer to start with a dense and sticky grain. To achieve a denser result, use cold water and a cold grain, bring to a boil, and then simmer for 60 minutes. You will be surprised at the different texture and taste of grains when cooked with the hot method as opposed to the cold method.

Want a Different Taste - Toast the Grain

Try toasting the grain before cooking; this changes the color of the grain, as well as creating a nuttier flavor. Toasted buckwheat (kasha) has the most transformed flavor, but quinoa, rolled oats and millet are nicely changed by toasting too. In my opinion though, toasting rice does not change the flavor much.

I love eating whole grains; they are so nourishing and delicious. I hope you try new grains and that these few suggestions help you to make the perfect pot of rice. Enjoy!

	WATER	GRAIN	TIME
Short-grain rice	2 cups	1 ¼ cups	60 min
Long-grain rice	2 cups	1 cup	60 min
Millet	3 ¼ cups	1 cup	50 min
Kasha	2 cups	1 cup	20 min
Quinoa	2 cups	1 cup	20 min
Rolled oats	2 cups	1 cup	20 min
Whole oats	2 cups	1 cup	60 min
Steel-cut oats	2 cups	1 cup	40 min

Start with dry grain or reduce the water amount a tad. Start timing when the pot boils and you reduce the heat to a simmer. These are the cooking times and water-to-grain ratios that I use, although I usually don’t cook whole or steel-cut oats with the hot water and hot grain method. You may find you need slight adjustments with your stove and your cook pots.

KITCHEN MEDITATIONS



Oh winter greens! You don't have to give up healthy greens just because it is winter. The cold months provide kale, chard, and spinach full of vitamins A and C, antioxidants and minerals to name a few of the health benefits of these greens. They are also considered good detox foods, especially kale, and a great addition to your diet in the New Year.

Pasta and Chard Soup

This is a quick and delicious soup perfect for a cold winter day.

- 2 t. olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 4 cups vegetable broth
- 1 can diced tomatoes
- 1 can cannellini beans, rinsed and drained
- ½ c. orzo
- 1 bunch chard, chopped
- ¼ t. salt

In a large soup pot, sauté onion and garlic in oil until onion is soft. Add broth, tomatoes, beans and pasta, cook until pasta is al dente. Add Swiss chard and salt and cook until chard is wilted. For added flavor serve with grated parmesan cheese and black pepper. Serves 6.

Kale with Pasta or Rice

Another quick comfort food for the winter. This is a good side dish and can be served over 1 cup of rice, cooked, or 12 ounces of pasta, cooked.

- 2 T. olive oil
- 8 cloves garlic, minced
- 1 t. red pepper flakes
- ½ c. almonds, chopped and toasted
- 1 bunch kale, chopped

Toast chopped almonds and set aside. Sauté the garlic in the olive oil until you just smell the garlic, (don't let it turn brown or it will become bitter), and then add the pepper flakes, sauté 1 more minute stirring constantly and then stir in the chopped kale. Stir occasionally for 5 to 10 min until the kale is just wilted. Remove from heat and stir in almonds. Serve as is or over cooked pasta or rice. Serves 6.

Arroz Verde (Green Rice)

This is one of my favorite rice dishes using fresh spinach and cilantro.

- ½ c. tightly packed fresh cilantro
- 1 c. tightly packed fresh stemmed spinach leaves
- 1 ¼ c. vegetable stock
- 1 ¼ c. milk
- 1 t. salt
- 3 T olive oil
- 1 ½ c. long grain rice
- ¼ c finely minced onion
- 1 clove garlic, minced

Finely chop cilantro and spinach and set aside. In a 3 quart saucepan, heat olive oil and sauté rice until it begins to brown in 3-4 minutes. Add onion and garlic and cook 1 minute stirring constantly. Add spinach and cilantro, milk and vegetable stock. Turn heat to high and bring to a boil. Cover the pan and reduce to low heat and cook for 20 minutes or until done. Remove from heat and let sit for 10 minutes before serving. Serves 6.

The Frugal Co-op Chef



Hoppin' John

This is a traditional southern dish served on New Year's Day to bring good luck in the new year.

- 2 T olive oil
- 1 can black-eyed peas
- 1 onion, finely chopped
- 1 celery rib, finely chopped
- 1 green bell pepper, finely chopped
- 2 cloves of garlic, minced
- 1/2 t chili flakes
- 1 cup white basmati rice, cooked
- 2 T smoke flavor or 1 t smoked paprika

Cook basmati. Meanwhile saute onion, celery and pepper and chili flakes in oil until onion is clear. Add peas, cooked rice and smoke flavor or paprika. Serves 6.

What if Everyone Shopped in Bulk Bins?

260 million pounds of foil packaging would be diverted from landfills each year if all Americans purchased coffee beans from the bulk bins.

About 749 million pounds of waste would be diverted from landfills each year if all American families bought freshly ground peanut butter from the bulk bins.

78 million pounds of waste would be diverted from landfills each year if Americans purchased raw almonds from the bulk bins.

These natural/organic foods from the bulk bins can *cost 10 to 89% less* than pre-packaged:

- flours and grains
- nut butters
- coffee and tea
- beans
- dried fruit
- granola
- spices
- confections



Courtesy of Frontier Co-op

New to shopping the bulk foods aisle? Enjoy these benefits:

- Buy only what you need; less food waste and lower food costs.
- Examine the food, see exactly what you get before you buy.
- Store safely and sustainably, use recycled containers and store in a cool, dark place in your pantry.

Bulk Foods Section: Buy as Little or as Much as You Need

by Adrienne Booth

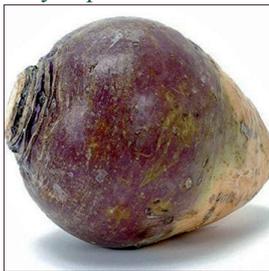
One of the great things about buying items from the Bulk Foods section is that with bulk items, unlike prepackaged foods, you can get as little or as much as you need. If you're cooking for one person or just for one meal, you might not want to buy a 25-lb bag of rice, or even a 1-lb bag; but when purchasing from the bulk bins, you can get exactly the amount of food you need, no matter how large or small. This can help save money, because you buy only what you plan to use and nothing is left to go stale or go to waste.

Buying a small amount of a bulk item is also a good way to try new foods – buy just a little, until you know for sure that you like it! This allows you to experiment with new foods and new recipes, in ways that you might not if you could only purchase a large, fixed quantity.

Want to try the Hoppin' John recipe? Start with dried black-eyed peas from the Bulk section. Other bulk legumes such as dried lentils, peas, and beans are hearty additions to winter soups and stews.

Jake's January Produce Picks

- *Beets*
- *Tangerines*
- *Navel Oranges*
- *Turnips*
- *Rutabagas*



The Misunderstood Rutabaga – Sounds Funny, Tastes Great!

A friend of mine who grew up in Texas says her brother loved rutabagas so much, he would make it a point to go back home when his mother cooked them; he would sit on the back porch with a pan full of nothing but rutabagas and butter, his eyes half-closed in dreamy delight as he ate that home-grown, home-cooked winter vegetable.

Did you know that turnips and rutabagas are part of the cabbage family? Rutabagas are less bitter than turnips, and can be used in many of the same ways as potatoes. When baked or steamed, they have a creamy golden-yellow color. In northern Europe, rutabagas are often cooked with onion and carrot to blend the sweet and savory flavors.

Peel and dice rutabagas and add them to winter soups and stews. You can mash them with a little milk and butter, just like potatoes – or add a bit of cooked rutabaga to regular mashed potatoes for an extra burst of flavor. Rutabagas are a good source of fiber, carbohydrates, and perhaps surprisingly, Vitamin C.

Recipe:

Smoked Paprika and Rutabaga Bisque

Ingredients

- 3 tablespoons unsalted butter
- 1 medium yellow onion, coarsely chopped
- 2 medium celery stalks, coarsely chopped
- 1 1/2 pounds rutabaga, peeled and coarsely chopped (about 4 1/4 cups)
- 4 cups (1 quart) low-sodium vegetable broth
- 2 cups half-and-half
- 2 1/2 teaspoons sweet or hot smoked paprika
- 1 teaspoon ground white pepper

Instructions

1. Melt butter in a large pot over medium heat. Once butter foams, add onion and celery, and season generously with salt. Cook, stirring occasionally, until vegetables are tender but not browned, about 5 minutes.
2. Add rutabaga and broth, bring to a boil, then reduce heat to low and simmer until rutabaga is tender when pierced with a fork, about 30 minutes. Add half-and-half, smoked paprika (available at the Market Café), and white pepper and stir to combine.
3. Allow soup to cool slightly, then puree in a blender until smooth. (Do this in batches.) Taste and season with more salt and white pepper as needed.

SOURCE: <http://www.chowhound.com/recipes/smoked-paprika-and-rutabaga-bisque-11551>



Organic or Natural? What's the difference?

INGREDIENT/PROCESSING	ORGANIC	NATURAL	CONVENTIONAL
Artificial flavors	NEVER	No	May be used
Artificial colors	NEVER	No	May be used
Artificial preservatives	NEVER	No	May be used
Artificial fertilizers	NEVER	May be used	May be used
Artificial pesticides	NEVER	May be used	May be used
Irradiation	NEVER	May be used	May be used
Genetically Engineered Ingredients	NEVER	May be used	May be used

INTRODUCING

CO+OP™ basics

Great low prices everyday for everyone.

Co-op Basics is a program the Co-op is offering to all our customers, members and non-members alike. The program makes staple pantry items available at affordable prices every day.

The Co-op Basics program features Field Day products. The people at Field Day state, "At every step of the way, we ensure that our products meet the highest quality standards. We put all of our ingredients and products through third party certifications such as **USDA Organic, Non-GMO Project, Whole Grains Council, Gluten Free and Fair Trade**. You will never find preservatives, artificial colors or artificial flavors in any of our products. What you will find is delicious, good-for-you and genuinely simple products.

If we wouldn't serve it to our families, we wouldn't serve it to yours! We know that kids are all about the taste, which is why we make sure that all of our products pass the "mmm" test. Kid-approved taste and parent-approved nutrition are Field Day's driving factors in getting goodness in every meal."

In addition to the Field Day products, the Co-op offers Co-op Basics in the bulk, frozen, dairy and paper product sections of the Co-op. Look for the purple Co-op Basics tags throughout the Co-op.

(Co-op Basics are offered at such a low price that other discounts do not apply)

Pick Your Own **MAD** February/March

Pick your own day to receive 10% off your purchases! 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**.

Co-op
KID
Corner

Bag Refund Donation Program

Thank you for using your own shopping bags! For each shopping bag used, we will give you a chip valued at 5¢ to donate to one of two non-profit organizations. The non-profit organizations are currently changed every two months. The Co-op is proud to work with members and donate to these worthy organizations:

Puppy Dog Ranch
\$111.55 November

El Grito Head Start
\$92.25 November

Volunteer
for home b
buy gr

please contact

Our Community



Market Café Chitchat

Come Eat a Bionic Burger

by Mike Madigan,
Co-op Assistant Manager
& Market Café Dreamer

I love greasy double cheeseburgers with crispy bacon and green chili that gets all melty with the cheese and gets all over my chin when I take that first honking bite. If you see me out to eat at The Little Toad, or the Buckhorn, or even Blake's chances are good you'll find me with a burger in my hand. Yum. I love it. I want one right now.

It's a treat for me. It's a special, every-once-in-awhile kinda' thing. I'm no vegetarian by any stretch of the imagination but I am trying to live a reasonably healthy and aware life. I like variety and I appreciate having lots of different options when it comes to food. Honestly, I'm not doing much cooking for myself at home, so it's nice to be able to go out and get something quick and homemade to eat that fills me up with delicious goodness.

With that said, let me introduce you to the Bionic Burger. It's our take on the classic burger but we make ours out of grains instead of beef. Imagine a burger with all organic avocados, tomatoes, red onions, and sprouts. Then we top it off with mayo and our made from scratch salsa. Then there's the patty. We take brown rice, green lentils, and pearled barley and cook them all together until they're well done. Then we mix all those grains together with some falafel mix and tamari for flavor, form them into patties, and bake them in the oven until they're good and brown. It's a MEAL OF A SANDWICH.

We're offering something different down here at the Café. We're happy to serve and we have a great time doing it. Our food is full of flavor and almost always organic and made from scratch. And the Bionic Burger has been a mainstay menu item for us since day one. Have you tried one yet?

Next Month:

Have you tried Ben's gourmet pizza yet? Every Thursday at the Market Café!



er Grocery Shopper

ound members needed!

Once/week:

oceries and deliver.

Interested?

ct charmeine@silvercityfoodcoop.com



Thank You Co-op Volunteers!

Many thanks to these member
volunteers for their service.

Sophia Brugman • Christine Dalmedo

Mary Ann Finn • Deb James • Pamela Morgan

Saguara Compton • Bridget O'Leary

Sharon Bookwalter • Laurel Johnson



January

Friday, January 1, 2016

Happy New Year!

Co-op is closed!

Saturday, January 9, 9 am to 2 pm

Artisan Market

Support local artisans!

614 N. Bullard St.

Thursday, January 14, 12 noon to 1 pm

Community Forum

Nuevos Comienzos/Community Kitchen

with Rita Herbst

614 N. Bullard St.

Wed., January 20, 4:30 pm to 7:30 pm

Silver City Food Co-op Board Meeting

614 N. Bullard St.

Saturday, January 23, 9 am to 2 pm

Community Flea Market

614 N. Bullard St.

Fridays in January

Popcorn Fridays-free popcorn

and other food samples

Silver City Food Co-op

520 N. Bullard St.

February

Saturday, February 6, 11 am to 4 pm

Chocolate Fantasia

Market Café

614 N. Bullard St.

Thurs., February 11, 12 noon to 1 pm

Community Forum

614 N. Bullard St.

Saturday, February 13, 9 am to 2 pm

Artisan Market

Support local artisans!

614 N. Bullard St.

Wed., February 17, 4:30 pm to 7:30 pm

Silver City Food Co-op Board Meeting

614 N. Bullard St.

Saturday, February 27, 9 am to 2 pm

Community Flea Market

614 N. Bullard St.

Fridays in February

Popcorn Fridays-free popcorn

and other food samples

Silver City Food Co-op

520 N. Bullard St.

CO-OP Community



Co-op Community Donations

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

- Grant County Food Pantry
- Gila Mimbres Community Radio
- Lotus Center
- Silver City MainStreet
- Guadalupe Montessori School
- San Lorenzo School
- The Volunteer Center - 6th Street School

January Forum

Nuevos Comienzos Community Kitchen

with Rita Herbst

Thursday, January 14th
from Noon to 1 pm

Community Room @ the Market Café
614 N. Bullard St.

For more information call the Co-op at 388-2343

Co-op and Community Events (Volunteers Needed for Co-op Events)

Artisan Markets

Artisan Markets will continue in the New Year! The next market will be January 9 at the Market Café from 9 am to 2 pm.
Contact adrienne@silvercityfoodcoop.com if you are interested in selling your handmade art.

Seed Library and Permaculture Workshops

Did you know that on the third Saturday of every month the Seed Library has a workshop from 11 am to 12 noon? That is followed by a permaculture workshop from 1 pm to 2 pm. Both are held in the community room at the Market Café.

Community Flea Markets

The Community Flea Markets will also continue in the New Year! The next market will be January 23 at the Market Café from 9 am to 2 pm.
Contact adrienne@silvercityfoodcoop.com if you are interested.

Chocolate Fantasia

The Market Café will be the location for the Co-op's booth this year. Be sure to get your ticket and stop by the Café for some scrummy chocolates on Saturday, February 6 from 11 am to 4 pm.

Popcorn Fridays

Each Friday from 9 am to 3 pm the Co-op offers popcorn and other food samples. Volunteers are needed to help make popcorn. It's fun, you get to meet lots of people, and see what is happening at the Co-op! If you are interested in helping with this ongoing event, please contact us.

Volunteer!

When you volunteer to work for the Co-op, for every 3 hours of volunteer service, you receive a voucher good for 15% off for one day. It's a win-win!
To volunteer, please contact Charmaine at 388-2343 or email charmeine@silvercityfoodcoop.com



Cecilia "Ceci" McNicoll
Integrative Nutrition Health Coach
Traditional Foods Specialist
575.574.8549
ccmcnicoll@gmail.com
www.gilariverranch.com

Traditional Foods Sustain You and Mother Earth
Free Health Workshop Jan 9, 2016 • Call or email to sign up



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How to Shop on a Budget at the Co-op

We all want to eat healthy organic foods, but sometimes good organic food seems more expensive than the conventionally produced foods. The conventional foods may seem like a good deal, but they are not when you factor in the cost to our environment and the poor nutritional value received from this food. You can get better dollar and nutritional value by purchasing organic staples.

To get the most value for your food dollars follow these tips:

- **Plan** – Start by planning each of your meals for the week around what you currently have in your pantry and items that can be purchased in bulk. This will require cooking meals from scratch but in our busy world, what better way to nurture yourself and your family both physically and mentally, than by taking time to prepare and share a delicious organic meal! Take your shopping list to the Co-op with you.
- **Learn to Cook** – It is easier than you think! Start with simple pasta meals and add soups and stews and other one pot dinners. These types of meals can be made in as little as 20 minutes. On the days you just don't have time, stop by the Grab 'n Go deli cooler or the Market Café and get a nutritious to go dinner.
- **Shop your Co-op** - If you are not already a member, join the Co-op. This will make you eligible for Co-op member sales and the Member Apprecia-

tion days when you can really save some food dollars! Stock up on the hundreds of items that are on the monthly Co-op deals. You can fill your pantry with items that are on sale. Buy in bulk when those items are on sale. Buy in season when prices on those items are lowest. You can freeze or can the seasonal items. Special order a case, and receive 10 percent off. Use the Co-op coupons that are posted around the Co-op.

- **Don't Waste Food** – Each year Americans throw out 33 million tons of food per year, which is 40 percent of the food in the U.S., or \$165 billion worth of food! This food waste then goes into landfills, producing methane, which is a potent greenhouse gas. Plan for a “leftover dinner night”. Make it special by adding one new item, such as a salad or dessert. We also sell products in the produce department that will help extend the freshness of your produce.

When you spend your food dollars at the Co-op, you are supporting the local economy, your friends and neighbors, sustainable agriculture, and family farms. You are not supporting big corporations that are polluting our environment and feeding us GMO's.

By using the tips in this article, you can feed your family fresh, local, and organic food at about the same prices as the conventional food. You and your family are worth it!



Kudos for Organics!

As a Co-op shopper, you already know the importance of purchasing organic food. It is healthier and the practices to produce organic food are sustainable. The Rodale Institute has been conducting The Farming Systems Trial, a side-by-side comparison of organic and conventional agriculture to prove that organic growing methods are superior to conventional systems. After 30 years, the scientific data is indisputable.

- Organic yields match conventional yields.
- Organic outperforms conventional in years of drought.
- Organic farming systems build rather than deplete soil organic matter, making it a more sustainable system.
- Organic farming uses 45% less energy and is more efficient.
- Conventional systems produce 40% more greenhouse gases.
- Organic farming systems are more profitable than conventional.

By purchasing organic products at the Co-op, you are part of the solution to a sustainable future. Kudos to Co-op shoppers!

Your choice of diet can influence your long term health prospects more than any other action you might take.

Former Surgeon General C. Everett Koop

The Co-op's Best Kept Secret We Want to Share

Our bulk herb, spice, and tea section is a delight for home chefs. So much is available and the cost per ounce for many organic products is less than the large retailers!

Oh the aroma of organic ground cinnamon, and more than 80 other spices. Oh yes, tea too; we have 19 types of bulk tea. Bulk spices and tea let you purchase just the amount you need, and save on packaging. It is a great way to try something new.

The bulk herbs and spices are not the only thing you can purchase in this section but also citric acid for canning, vitamin C powder, baking soda and powder, popcorn spice, and the latest addition, salad sprinkles.

So spice up your dinners with bulk spices and try a new tea, it's less expensive than you think!



HABA & Supplement Sales



Kate (left) and Patricia (right)

Patricia Walsh, Body Care Buyer

Patricia loves her job at the Co-op. Who wouldn't have a great time ordering hair products, soaps, lotions, skin creams, oils, bath essentials, and many more health and beauty products!

Like Kate, Patricia selects items from reputable companies that focus on pure, natural ingredients and the best processing methods. Many of the products in the Body Care Department are exclusive to the Co-op. Don't miss the section devoted entirely to made in New Mexico treasures. There is something for everyone!

If you have questions or need further information Patricia can be reached 4 evenings a week, Wednesday through Saturday. With limited space, she cannot accommodate all products, and is happy to special order items not on the shelf. Patricia truly appreciates feedback from the Co-op customers.

Kate Stansburger, Supplement Buyer

The Co-op is lucky to have Kate because of the great care and dedication she has for her job. Before bringing in any product, Kate researches the company for the following:

- makes sure the company accurately lists the ingredients and that they do not contain contaminants
- looks for both company and independent lab testing of those ingredients
- looks to see if the company bases the product on research and clinical trials

In addition to this rigorous research, Kate is working toward getting supplements that are GMO free. This is a long process because of all of the different ingredients in each product, and each ingredient has to be verified.

Although Kate cannot diagnose or prescribe a supplement for you, she can discuss the product, how it is made, the ingredients, and can direct you to in-store resources to help you decide which product is best for your needs. Kate is always happy to try to special order supplements that we may not carry. Rest assured that when you purchase a supplement at the Co-op, Kate has done her best to choose high quality product lines.

Kate states, "We have a new line of homeopathic products in the supplement department- Liddell Laboratories. They are all in spray bottles, making them convenient and easily-absorbable. There are six different formulas, including "Back Pain + Sciatica" and "Insomnia". Please ask for more details!"



Boiron
Oscilloccinum
12 doses
reg \$24.99
SALE \$18.99
(Dec. 30 - Jan. 19)



Garden of Life
Wild Rose
Herbal D-Tox
reg \$29.99
SALE \$24.99
(Dec. 30 - Jan. 19)



Avalon Organics
Biotin B
Shampoo or Conditioner
14 oz
reg \$9.59
SALE \$6.99
(Dec. 30 - Jan. 19)



South of France
Liquid Soap
Assorted, 8 oz
reg \$5.59
SALE \$3.99
(Dec. 30 - Jan. 19)



Alba Botanica
Very Emollient
bath & shower gel
12 oz
reg \$8.19
SALE \$5.99
(Jan. 20 - Feb. 2)



Alba Botanica
Very Emollient
body lotion
32 oz
reg \$15.69
SALE \$10.99
(Jan. 20 - Feb. 2)



Herb Pharm
Kids
Immune Avenger
reg \$12.99
SALE \$8.99
(Jan. 20 - Feb. 2)



nutiva
hemp protein
16 oz
reg \$21.29
SALE \$14.99
(Jan. 20 - Feb. 2)

January Sales

To Our Co-op Members & Customers: Please note that sales run for a **two-week** period.
 Each month 100s of items are on sale. To see a complete list, please visit our website.
 The pictured items are just a sample of the great values you will find at the Co-op each month.

December 30 - January 19

coop deals



Bulk
Organic
Rolled Oats
reg \$1.69#
SALE \$1.19#



Straus
Whole Milk Yogurt
Assorted, 32 oz
reg \$5.39
SALE \$4.69



Organic
Bulk Hulled
Sunflower Seeds
reg \$3.69#
SALE \$2.99#



Rising Moon
Ravioli
reg \$4.59
SALE \$3.00



Biotta Naturals
Beet Juice
16.9 oz
reg \$6.59
SALE \$5.39



Wallaby
European Style
Sour Cream
16 oz
reg \$4.69
SALE \$3.69



Woodstock
Dark Sweet Cherries
10 oz
reg \$6.39
SALE \$4.39



Biotta Naturals
Sauerkraut Juice
16.9 oz
reg \$6.59
SALE \$5.39

January 20 - February 2

coop deals



Organic
Bulk
Brown Flax Seeds
reg \$2.19#
SALE \$1.99#



Cascadian Farms
Assorted Vegetables
10 oz
reg \$2.89
SALE \$1.66



Rumiano
Fontina Cheese
8 oz
reg \$4.99
SALE \$3.99



Organic
Bulk
Green Lentils
reg \$1.99#
SALE \$1.69#



Bobo's
Assorted Oat Bars
3 oz
reg \$2.89
SALE \$1.99



Nancy's
Lowfat
Cottage Cheese
16 oz
reg \$5.99
SALE \$4.99



Rudi's
Rocky Mountain
Sourdough
22 oz
reg \$5.29
SALE \$3.00



Traditional Medicinals
Assorted Teas
16 bags
reg \$5.19
SALE \$3.39

Members Only Specials

December 30 - February 2



Equal Exchange
Bulk Coffee
reg \$12.69#
SALE \$8.99#



Live Soda
Assorted Kombucha
12 oz
reg \$2.69
SALE \$2.49



Guru
Energy Drink
12 oz
reg \$2.99
SALE \$2.69



Badger
Lip Balm
Assorted, .15 oz
reg \$2.49
SALE \$2.29



Grandpa's
Pine Tar Soap
3.25 oz
reg \$3.99
SALE \$3.59



Similasan
Computer
Eye Relief
.33 oz
reg \$13.79
SALE \$12.49



Future

FOCUS

From Your Board...

by Gail Rein,
President

Governance, the Board's Job

At our October board meeting, we discovered board members and general manager did not have a shared view of what governance is. It is not an easy concept. Neither is there a single definition that all boards would accept. We talked about governance more at our November board retreat and came to a greater shared understanding of what governance is for us. Also, there is a gray area where governance and management overlap, and this keeps things very interesting!

Because the concept of governance is so central, I thought I would expound on what governance is to me and make it INTERESTING for you, so please keep reading. To kick this off, please take this little quiz. Fill in each blank with Governance (if easier, think "board of directors"—it is the governance body) or Management (think "general manager").

1. _____ prepares the budget.
2. _____ appoints the auditor.
3. _____ hires the general manager.
4. _____ recognizes volunteers for their efforts.
5. _____ sets the future direction of the co-op.
6. _____ evaluates staff performance.
7. _____ sets equity share price.
8. _____ writes personnel policies.
9. _____ authorizes the sale of real estate.
10. _____ ensures compliance with the law.

Answers: 2, 3, 5, 7, and 10 are Governance and 1, 4, 6, and 8 are Management. Number 9 is neither and I'll address why in a bit.

So, what can we conclude from this quiz? Governance is how the board (and therefore the member-owners who elect the directors) set and control the overall direction of the co-op. Management takes care of the day-to-day business of the co-op to achieve the goals and priorities set by the board.

All of the examples so far are very straightforward, clearly falling to management or to governance. What about that gray area I mentioned earlier? Here's an example: _____ pursues new business ventures. Whether this falls to management or governance depends on so many variables: cost, size, alignment with the co-op's future direction, real estate acquisition, and so on. In fact, most complex undertakings like this are a collaborative effort between governance and management, especially at the onset and at key milestones.

Now, what about question 9? It is neither Governance nor Management, but Membership... membership authorizes the sale of real estate. New Mexico law for cooperative associations requires an affirmative vote of not less than two-thirds of our member-owners to dispose of our real estate—wow! I had to keep this question in there, because I came across this surprising finding when I was verifying the answers for the quiz. You see, governance ensures compliance with the law, which means the board must always be checking the law. I learned something new and important while writing this article.

Next, how does the board carry out its governance responsibilities? A major way

is by writing and monitoring policies. Since the general manager is the only member of staff who is accountable to the board, every month the general manager has to prepare monitoring reports for specified policies for the board (most policies are monitored once a year). The board reviews these reports and either accepts them or requires more information and/or a plan for addressing problem areas with or without a follow-up monitoring report. The board also writes and monitors policies that describe the board's job as the governing body of the co-op. These policies explicitly describe standards for group and individual behavior to which the board holds itself.

Finally, what is the ultimate outcome of this governance activity by your board of directors? It seems to me that governance, done effectively, enhances the prosperity and viability of our cooperative. This is why we are putting so much effort into revising our policies this year and tackling this challenging project with four new board members. Governance is the board's job, and we all want to do it better than it has ever been done!

New Mexico State Statutes, Article 4, Cooperative Associations, Section 53-4-21.1, Disposition of Property, downloadable from <http://www.silvercityfoodcoop.com/our-co-op/board/> (scroll down to the bottom of the page).

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Board of Directors

Board Meeting Schedule

The SCFC Board of Directors meets the third Wednesday of each month at 614 N. Bullard Street, 4:30-7:30 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.