

# Silver City Food Co-op

# Garbanzo Gazette

Volume 17

Your monthly newsletter • May 2017

## Co-op Hours:

**Mon. - Sat.**  
**9 am - 7 pm**

**Sunday**  
**11 am - 5 pm**

**575•388•2343**

**520 N. Bullard St.**

Silver City Food Co-op  
**Market Café**

## NEW Café Hours:

**Mon - Fri**  
**10 am - 3 pm**

**Saturday**  
**9 am - 3 pm**

**Sunday**  
**11 am to 3 pm**

**575•956•6487**

**614 N. Bullard St.**



**YOU  
ARE  
WHAT  
YOU  
EAT**



Jeanné with fair trade tea.



Evan has fair trade coffee on sale in May.

## Co-operation Among Co-operatives

**Food Cooperatives are different from other grocery stores for a number of reasons.** First, we are member owned. When you become a member of the Silver City Food Co-op, you become an owner and have equity in the business.

Second, we follow the seven cooperative principles that include Cooperation among Cooperatives. We buy from and support other cooperatives from around the country and the world! We do this because we care about the products we sell and the workers who produce the products.

Some of the Cooperatives the Co-op buys from are also certified fair trade companies, meaning the workers are paid a fair wage. May 13, 2017 is World Fair Trade Day and we are proud to support so many companies that pay fair wages.

*Here are some of the cooperatives the Co-op purchases from:*

**Equal Exchange** is also a fair trade company that produces chocolate, cocoa, coffee and tea.

**Blue Diamond** is a cooperative of almond growers producing almonds and the Nut Thins crackers, and Almond Breeze almond milk.

**Tillamook** cooperative farmers produce cheese, yogurt and butter.

**Maple Valley Farms** produce maple syrup, maple cream and candy. If you haven't noticed the cream and candy they are in the new produce cooler.

**La Riojana** produces olive oil.

**Frontier Naturals** offers many products including **Simple Organic** spices, bulk spices, teas, and household items.

**Organic Prairie/Organic Valley** this farmer cooperative produces cheese and butter, beef, pork, chicken and turkey. In our frozen section we carry their pork, beef liver, bacon, ground turkey, and sausage.

**Once Again Nut Butters** make yummy almond, sunflower and tahini butters.

**Aura Cacia/Frontier** is a wonderful line of essential oils and health and beauty products.

**Pachamama Coffee** is a 100% farmer owned coffee cooperative.

**Alvarado Street Bakery** is a worker owned cooperative located in Petaluma, CA makes breads, bagels, and tortillas. They also have the entire roof of their business covered in solar panels!

**Kerrygold** is an Irish cooperative makes a variety of delicious cheeses and butter that are grass fed with no growth hormones.

**Cabot Creamery** is a Vermont cooperative making lovely cheeses that we carry at the Market Café.

**Sweet Grass Co-op** is a cooperative of New Mexico and Colorado ranchers producing grass fed beef.



Kenyon & Elysha say,  
"Try our fair-trade chocolate!"



Jeanné says,  
"Try our fair trade bulk tea!"

When you purchase these brands of products you are voting with your grocery dollars for better farming practices, fair labor, and a better planet. Cooperation is wonderful!

We are pleased that some of these cooperatives are also fair trade companies. Look for the fair trade symbols on a great number of products at the Co-op. You will eat healthy, delicious food and enjoy it more knowing that you are helping others and the planet.

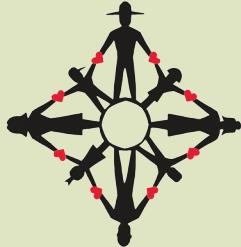
To learn more about the importance of fair trade and about World Fair Trade Day, please go to <http://wfto.com/events/world-fair-trade-day-2017>. There are many activities you can become involved with and find more fair trade products.



**2205 members strong and counting . . .**

# Silver City Food Co-op

established 1974



[www.silverycityfoodcoop.coop](http://www.silverycityfoodcoop.coop)

## Store Hours

**575-388-2343**

Mon-Sat 9am-7pm  
Sunday 11am-5pm

## Café Hours

**575-956-6487**

Monday- Friday Fri. 10am - 3pm  
Saturday 9am - 3pm  
Sunday 11am - 3pm

## Vision 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

*Editor:* Charmaine Wait

*Contributors:* Jennifer Johnston

*Layout & Design:* Carol Ann Young

Submissions are welcomed!

Submit letters, articles, or items of interest to:

[gg@silverycityfoodcoop.coop](mailto:gg@silverycityfoodcoop.coop)

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We're on facebook

# Cup o' Joe

by Joe Z



## BACK IN PRINT! YAY!! We're back in print!

What a long strange trip it's been! Our newsletter has been through a number of gyrations in the last year and a half.

It all started as a desire to reach more Members, connect better with our community and maybe save some dollars in the process. It is imperative that a Co-op is able to connect with its Members (and our greater community) yet in these changing times – that seems to becoming more and more difficult.

In ancient times, a Newsletter was the most important way a Co-op could connect with its Members. But then things got.... different. Enter the internet. Would this be a better way to connect with the Membership? Of course it would. But there is a but – a big but -- or maybe a few buts.

First – of course – you have to have the internet. Even now, we have quite a few Members who do not have internet access in their homes – either by choice or because it is not available (sure dial-up is available in most places but who wants to wait 5 to 10 minutes for a page to load).

Second, you have to choose to access it. Even if we send you a link (which we do), you still have to open it up.

Third, it's not as easy to read.

Forth, once you close it – you might not open it again.

Okay wait – let's be clear here: I LOVE the internet. I jumped on in 1996 – twenty years now. Suddenly, I was in conversations with people around the country, in Europe, in South America, in Africa, everywhere! WOW! It is by far the best communication device that humans have invented. Emails? Forums? Holy Cannoli! Talk about shrinking the world! The internet connects more people than printing presses ever did.

But then something else happened: overload. And then another thing: abbreviated communications (twitter). And then: video clips (that can be good or bad). Finally (there really is no finally): smart phones.

We've elected a President based on 148 character tweets. Really? Where's the depth? Where's the analysis? Well, they're on the internet if you take the time to search for them. But with so much going on, who has the time?

Let's get back to our Newsletter. At the start of last year, we began to print in color and, with a special deal with the Daily Press/Independent, we mailed these Newsletters inserted into the Independent to not only our Membership but to the subscriber-ship of the Daily Press as well as having it available on newsstands all over. Fantastic! Except a funny thing happened: nothing. For whatever reason, this had no impact that we can tell. So we asked the obvious question: Why are we spending money on this if we are not getting any benefit?

So we devised a new plan: let's not print the Newsletter and make it only available on line. We'll take half the dollars we saved and insert a flyer into the Daily Press and/or Independent. Here's what happened when we did that: nothing. hm mmmmmmm.....

Did I say nothing? That's not right. We had Members wondering what happened to the Newsletter. Well, it's online we

said. But while "clicks" kept increasing, we still didn't feel that we were connecting with our Members.

What to do? Maybe we had too many changes in too many ways in too short of a time period. So we decided to go back to basics. And that means printing our Newsletter again. We aren't mailing them though and the cost of the flyer inserts is about the same as printing the paper.

Of course you can still read our Newsletter online but now you can also pick up a copy at the Co-op or in a number of other Silver City locations. We should probably stick with this for a while now.

Here's what happens when you pick up a Newsletter: You take it home. Maybe you flip through it and then set it down on the kitchen counter, or the living room table, or in the bathroom or on the nightstand in the bedroom. Occasionally you come back to it and read an article or two. Then set it down again. And come back to it again. Or something like that. There's no remembering to open it up again on the internet. It's just there. Physically. Sure you can toss it out – but you'll probably flip through it again.

But this asks a bigger question – the one that we started with: how do we connect with our Membership? These times are a-changin'. Sometimes I wonder if it even is possible to connect with so many choices available.

Maybe a physical Newsletter is not the answer anymore. Personally I don't believe this. You know, I'm a voracious reader but very few books. I mainly read Magazines. I only have 10 subscriptions right now – down from 22 around 15 years ago. But I also subscribe to "Texture". An online service that makes over 200 magazines available. But you know what? It's easier to read the physical magazines than the online ones. And this is from a Magazine junkie who loves the internet.

Plus I'm not tethered to a stationary machine. And if I'm on my laptop or tablet – well the battery runs down and if I drop my tablet – well there goes a couple hundred bucks. If I drop a magazine or a newspaper – well I pick it up and keep going.

So what is the best way to reach Members? Well, as I see it, there isn't one way and we need to employ every resource available. One doesn't replace the other. Every medium has its own advantages and disadvantages. It's not an either/or situation.

Whatever manner you choose to get your information – the bottom line is that no matter the format, if the content isn't interesting and captivating, ain't anyone gonna read it. And that's a major topic for a different day.





# Silver City Food Co-op & Market Café Staff

<b>Judith Kenney</b>	produce
<b>Bob Lee</b>	bulk manager
<b>Dougan Hales</b>	produce
<b>Kate Stansberger</b>	supplement buyer
<b>Jake Sipko</b>	produce manager
<b>Carol Ann Young</b>	office
<b>Jeanné Miller</b>	herb buyer
<b>Becky Carr</b>	dairy buyer
<b>Jess DeMoss</b>	POS manager
<b>Meggie Dexter</b>	website
<b>Misha Engel</b>	frozen buyer
<b>Jenny Morgan</b>	office
<b>Joe Z</b>	gm
<b>Marguerite Bellringer</b>	finance manager
<b>Kim Barton</b>	POS
<b>Michael Sauber</b>	grocery
<b>Doug Smith</b>	grocery buyer
<b>Paul Slattery</b>	produce
<b>Patricia Walsh</b>	HABA buyer
<b>Jody Andrews</b>	cashier



# Co-op & Community Events

## Saturday, May 6, 1 pm to 2 pm

### *Co-op Explorers DIY Class – Make Fruit Burritos!*

614 N. Bullard St.

Have fun making organic fruit burritos and learn the recipe so you can make these yummy burritos for your Mom on Mother's Day. Everyone will be provided with a copy of the recipe.

## Wednesday, May 10, 10 am to 11 am

### *Savvy Shopper Tour of the Co-op*

520 N. Bullard St.

Learn the secrets of all the savvy Co-op shoppers on this free, fun tour. You will learn how to shop the best deals and receive a Co-op goodie bag!

## Saturday, May 13, 9 am to 2 pm

### *Artisan Market - Support local artisans!*

614 N. Bullard St.

Want to get a really nice and affordable gift for yourself or a friend.

Then check out the Artisan Market!

Held on the second Saturday of each month, you will find high quality, locally made gifts.

## Saturday, May 13, 11 am to 12 noon

### *Ask the Dietitian – Co-op Tour*

614 N. Bullard St.

Learn about supplements.

What supplements are best for you?

What calcium is the best to take? Get the answers to this and more at the tour.

## Wednesday, May 17, 4:30 pm to 7:30 pm

### *Silver City Food Co-op Board Meeting*

614 N. Bullard St.

Did you know that any Co-op member can attend the board meetings?

You own this Co-op and are welcome to attend.

## Saturday, May 20, 11 am to 2 pm

### *Sampling Saturday! Come by the Co-op for special samples and recipes*

520 N. Bullard St.

Come and try a dinner sample.

Our bulk section is awesome and we are cooking up and sampling different beans each month. Come and taste how good these are! You will get a sample, a recipe and a coupon for the beans.

## Saturday, May 20, 2 pm to 3:30 pm

### *Indian Cooking Class with Farzana Curmally*

614 N. Bullard St.

Learn how to make two Indian food dishes. Cost is \$10.

You must sign up by May 11 at the Co-op Office. Cash or check only.

## Fridays in May

### *Popcorn Fridays-free popcorn and other food samples*

520 N. Bullard St.

Each week in addition to yummy organic popcorn we offer samples from different departments of the Co-op. Come by and try something new!

# KITCHEN MEDITATIONS

## Spring

### Avocado Bread



#### Recipe Information

Total Time: 1 hour 20 minutes; 20 minutes active  
Servings: 12

We've all had banana bread, but have you ever had avocado bread? Creamy, lush avocado puree stands in for the bananas and replaces some of the fat with buttery avocado goodness. This is a moist, dense loaf that keeps well in the refrigerator, for eating as is or toasting throughout the week.

#### Ingredients

1 cup whole wheat pastry flour  
1 cup unbleached flour  
1/2 teaspoon salt  
1 teaspoon baking soda  
1 cup avocado, mashed  
1 cup brown sugar  
2 large eggs  
1/2 cup fat free Greek yogurt  
1/4 cup vegetable oil

#### Preparation

1. Preheat the oven to 350 degrees F. Lightly oil a loaf pan. In a large bowl, whisk together the whole wheat and unbleached flours, salt, and baking soda.
2. In a measuring cup mash avocado to make one cup, reserve any extra for another use. Put the avocado in a food processor or blender and puree. Add the brown sugar and egg and puree, scraping down the mixture and repeating until smooth. Add the yogurt and oil and process until smooth and well mixed.
3. Scrape the avocado mixture into the flour mixture and gently stir just until combined (do not overstir). Scrape the batter into the prepared pan and smooth the top.
4. Bake for 55-60 minutes, until a toothpick inserted into the center of the loaf comes out with only moist crumbs attached. The bread will be very moist. Let the bread cool in the pan for 10 minutes, then tip gently out of the pan onto the rack to cool completely.
5. Store in the refrigerator tightly wrapped for up to a week.

By: Robin Asbell & Strongertogether.coop

### Nutrition Nugget

#### Pineapple



Within pineapple's spiny shell is a treasure of sweet, juicy and nutritious fruit. One cup of the fruit provides more than the recommended intake for vitamin C and three-fourths the recommendation for manganese. Pineapple also delivers dietary fiber, thiamin, vitamins A, B1, B6, copper, folate, magnesium, calcium and potassium. Pineapple is the only source of the plant compound bromelain, reported to have many health benefits.

### Pineapple Green Smoothie

#### Recipe Information

Total Time: 10 minutes  
Servings: 2

#### Ingredients

1/2 cup milk  
1/2 cup plain Greek yogurt  
4 cups spinach leaves, washed  
1 cup pineapple chunks, drained  
1 medium frozen banana, sliced

#### Preparation

Place ingredients in a blender in the following order: milk, yogurt, spinach, pineapple and banana, and secure the lid. Blend on high until smooth. Pour into glasses and serve immediately.

#### Serving Suggestion

For a thicker smoothie, use frozen pineapple chunks as well as the sliced, frozen banana. Make your own frozen fruit for smoothies by cutting up fresh pineapple and bananas and freezing the pieces on a baking sheet; then transfer to a zip-close bag for storage. Drained canned pineapple freezes just as well as fresh.

By: Strongertogether.coop

### The Frugal Co-op Chef



### Guacamole

Guacamole can be expensive to make, but not with avocados from the Co-op! Avocados are a **coop basics** item, which means we sell them for 99 cents all the time. Great organic avocados at an affordable price.

#### Ingredients

2 serrano chiles, stemmed, seeded, finely chopped (optional)  
1/4 cup finely chopped fresh cilantro  
1/4 cup finely chopped white onion  
2 large ripe Hass avocados  
1/2 teaspoon kosher salt

#### Preparation

Combine chiles, cilantro, and onion in a large bowl. Just before serving, halve and seed avocados, scoop out pulp, and mash pulp into chile mixture with a fork until just combined. Season with salt and serve immediately.

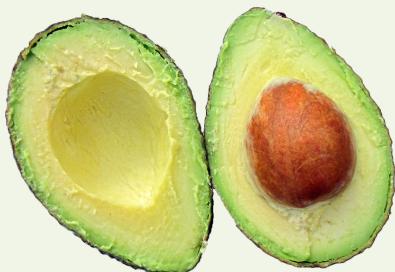
# Jake's May Produce Picks



*Jake Sipko, Produce Manager*

## Avocados

Many people have tried their hand at the avocado's claim to fame, guacamole, but did you know there is so much more to love about this nutritious, wholesome fruit than its role in a classic chip dip? Learn about this amazing fruit that's a true friend to humankind.



Sometimes referred to as a "butter pear," the avocado contains unique, monounsaturated plant-based fats that earn it a gold star from nutritionists as a heart-healthy indulgence. Avocados can help your body absorb fat soluble vitamins A and D, while also contributing fiber and vitamins B, C and E to your diet. In addition, one avocado has as much potassium as a whole banana. When was the last time butter did that?

Speaking of butter, avocado stands in beautifully for dairy products in a number of recipes, including frosting, smoothies, even milkshakes and ice cream! Vegan bakers often use avocado to replace egg or butter as a binding agent in baked goods like muffins and quick breads. Want to try it at home? A formula of one-quarter cup of mashed avocado per single egg should work to create delicious, healthier versions of bakery favorites.

## Pineapple

Ever spot a pineapple carved above a door? Dubbed the "Princess of Fruit" by Sir Walter Raleigh, the pineapple—with its crown of pointy leaves—has long been a symbol of hospitality. In Colonial days, many hostesses would display a pineapple as a centerpiece and then serve the fruit for dessert.

Pineapples are available year round, though their peak season is winter through summer. Look for pineapple that's heavy for its size, with a fragrant sweet smell at the stem end (this indicates freshness). Size is no indication of flavor or quality; small pineapples can taste just as delicious as large ones. If pulling a leaf from the crown is effortless, the pineapple is ripe. A pineapple past its prime will show spots, bruises and darkened "eyes."

Pineapples stop ripening as soon as they're picked, but you can increase the juiciness of the fruit by leaving it at room temperature, out of sunlight, for one or two days. After a couple of days, it's best to store the whole fruit wrapped in a plastic bag or a produce bag in the refrigerator, where it will keep for three to five days.

To cut a pineapple into slices, trim the sharp points of the crown. Grasp the fruit firmly, and slice off the skin with wide downward strokes, cutting off the "eyes." Cut off the crown. The fruit may then be sliced crosswise or into wedges or flat slices from top to bottom. Trim out the core. Pineapple that's been cut up should be stored in the refrigerator in an airtight container.

## Becky's May Dairy Pick

### Gouda Cheese



*Becky Carr, Refrigerated Buyer  
Yumm! Smoked Gouda!*

Holland knows it has a good thing going—more than half of the cheese it produces is creamy, sweet, perfectly balanced Gouda. While most Goudas are not origin protected, Gouda is named after a city in Holland, where cheesemakers from surrounding towns still come to have their cheese weighed, priced and sold at a cheese market.

Popular around the world, Gouda is now produced in Australia, New Zealand, Israel, Brazil, Sweden, Norway and the United States. In fact, the Gouda produced in Wisconsin and New York is very similar to the authentic Dutch Gouda.

An excellent melter, Gouda is a stellar choice for grilled cheese (especially good with dark breads), burgers, omelets and casseroles. Use it to liven up a classic beer cheese soup or fondue.

Here at the Co-op we carry **Tucumcari Mountain Cheese Factory Smoked Gouda**, a New Mexico cheese company. Check out the other varieties this company produces.



## Meet April Lee, Café Chef



April with her vegan banana muffins topped with chocolate ganache.

April is the new chef at the Market Café and we are so glad she is with the Café making new and exciting dishes and baked goods.

April was born in Pleasanton, NM and raised in Luna, NM. This local graduated from the Western Culinary Institute in Portland, OR and then interned at the Edgewater Resort in Wanaka, New Zealand before going on to work at other high end restaurants in New Zealand for two years. April then came back to Silver City earning her bachelor and master degrees from Western New Mexico University.

When you come into the Market Café now, you will immediately see the results of her skills. She is making fresh artisanal sandwiches each day, along with fresh baked goods. You will find gluten free, vegan, vegetarian and meat options and they are all organic. April uses local meat from Gila River Ranch.

Come on down and enjoy some of April's delicious foods!

Teddy and Rebecca Martin enjoying the Market Café patio



### 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!

## MAD June/July

### Pick your own two days

to receive 10% off your purchases!  
(Excluding mark-down items)

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.

## May Co-op Tour



### Learn the Secrets of Savvy Shoppers!

• receive recipes and coupons •

Wednesday, May 10th

from 10 am to 11 am

at the Silver City Food Co-op

520 N. Bullard St.

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



Corner

# Woodstock, Silver City Food Co-op and You: Learn, Share, Grow TEAM NON-GMO!

In the United States, 80% of processed food is likely to be genetically modified, and not everyone is sure how to identify which foods are genetically modified organisms (GMOs) and which are not.

This May, our co-op is teaming up with WOODSTOCK to help raise awareness about GMOs. We're making it our mission to build a team; a team of farmers, retailers and citizens. We know that together, we can make a difference. It's up to us to LEARN the facts, SHARE information, and help GROW Non-GMO!

Stop by in May and enter to win a WOODSTOCK wagon and receive a dollar off coupon for any WOODSTOCK product. You can also visit WOODSTOCK's website: [www.teamnongmo.com](http://www.teamnongmo.com) to win additional prizes, LEARN about GMOs, SHARE information, and help GROW Team Non-GMO!

## Concerned about GMOs?

- Choose organic - The use of genetic engineering, or genetically modified organisms (GMOs), is prohibited in organic products according to usda.gov
- Look for third party verifications such as the Non-GMO Project verified logo
- Visit [www.justlabelit.org](http://www.justlabelit.org)
- Contact your federal legislators and ask them to support mandatory national labeling of GMOs



Stop by in May and enter to win this Woodstock wagon!



## About WOODSTOCK - Eat Because it's Good!®

WOODSTOCK is dedicated to providing consumers with high-quality, delectable foods farmed from sources you can trust. For 26 years, they've been committed to providing foods that are both good for you and the land. They are proud supporters of the American Farmland Trust & the Non-GMO Project. Over 70% of Woodstock products are domestically sourced and over 150 products are verified by the Non-GMO Project with the rest on their way. To learn more about Woodstock, go to [www.woodstock-foods.com](http://www.woodstock-foods.com) or visit them on Facebook, Twitter and Instagram.

## Applegate Natural and Organic Meats 100 percent grass-fed beef! Enjoy at your summer BBQ.



Applegate  
Organic Beef Hotdogs

**\$ .75 Off**



Silver City Food Co-op 520 N. Bullard - good through 5-31-17

# CO-OP Community

## Gila Mimbres Community Radio Recipient of the March Round Up Donation Program



Pictured back row left to right are: Jeanie McCleary, Ken Keppler, Kenyon McNeill, Evan Humphrey, Mike Madigan, Kyle Johnson, Max Koch, Tinisha Rodriguez, Marchelle Smith, Dale Steele, and Jo Lutz.  
Front row: Candace Burke and George Carr.

### Co-op Community Donations

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

*Grant County Food Pantry  
Silver City Arts and Culture District  
Copper Country Senior Olympics*

*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.*



*Bayou Seco playing for KURU.  
We enjoyed the music! Thank you!*



### Thank You Co-op Volunteers!

*Many thanks to these member volunteers for their service.*

Athena & Two Crow Schumacher • Saguara Compton  
Mary Ann Finn • Melvyn Gelb • Sharon Bookwalter  
Ellen O'Bryan • Jane Papin • Genevieve St. John • Laurel Johnson  
Christine Dalmedo • Vicki Gadberry • Susan Allen



### Taste Samplers Needed!

**Isn't it fun to get free food?**

*It's even more fun to be the gracious person giving the food.*

**Become a Friday sampler and prep and hand out food samples on Fridays from 9 am to 12 noon and 12 noon to 3 pm.**

**It's fun and you get to see all of your friends.**

*Contact: charmeine@silvercityfoodcoop.coop*



# We're Celebrating World Fair Trade Day with 15% off Selected Fair Trade Coffee!



## PACHAMAMA

Pachamama is the first and only coffee roaster in the USA that is 100% owned by family farmers in Latin America and Africa. By roasting and selling their best coffee to you, our farmers have a deep interest in seeing that you love their coffee. This empowers small-scale farmers with a greater market incentive to invest in their organic farms, in turn leading to a better coffee harvest next year.

Pachamama is a unique story. In fact, thousands of them. The story of Pachamama is the story of thousands of family farmers who own the cooperative. Families that -- for the first time -- have the opportunity to bring their freshly-roasted coffee directly to you. Everybody wins: the coffee farmer, the coffee lover and even the coffee itself.

This is what a coffee executive should look like. Pachamama is not a Corporation. We're a Cooperative of family farmers. 100% owned and governed by the smallholder farmers who grow the coffee in your cup. Rather than fighting over how to maximize profits, we do what's best for our farmers and their coffee farms. Because they own it.

Our organic farmers are experts at what they do. They grow single origin Arabica coffee on small farms and harvest by hand. We import our farmers' best coffee and roast in small batches in California. We carefully pack and ship directly throughout the USA. All profits are paid to Pachamama's farmer owners. Our member farmers received more than \$9 for every pound of coffee sold last year.

*In addition to Pachamama coffee we will also have these brands on sale for 15% off:  
Café Fair, Aroma Coffee of Santa Fe, Dean's Beans, Terra Farms, and Mt. Hagen Instant Coffee*



## FAIRTRADE: A Primer



We all want to feel good about our food choices, and buying produce from a local farmer makes it easy. But what about food that comes from afar? In some communities around the world, impoverished workers are paid low wages while their land is depleted by industrial agriculture. Luckily, the Fair Trade Certified label can help us steer clear of foods grown under such conditions.

When a product sports a Fair Trade Certified label, it means producers were paid wages that allow them to support their families and contribute to the betterment of their communities. Fair Trade farmers deal one-on-one with importers (rather than middlemen), and Fair Trade encourages democratic decision-making, transparency, gender equity, and independence.

By choosing Fair Trade, we can support the environment, too. Since Fair Trade supports small-scale farmers, it encourages biodiversity (think shade-grown coffee and cocoa, which protect wildlife habitats) and sustainable practices like organic farming. There's no need to sacrifice quality with Fair Trade either; one emphasis of Fair Trade is supporting farmers in improving the quality of their crops.

Fair Trade Certification is not yet available for every kind of food, but it's a growing trend; you'll spot the label on coffees, teas, spices, chocolates, sugar, vanilla, fruits, wines and other foods. Fair Trade Certified non-food items like clothing and accessories, bodycare items and home and garden products are also available.

On your next trip to the co-op, try looking for the Fair Trade Certified versions of your favorite products—and feel great about helping to improve the lives of farmers and conserve the environment.

*By: Co+op, stronger together*

# Cooking with Aquafaba

*If there were a way to make amazingly tasty recipes, reduce food waste, save money, and replace eggs in baking, would you try it?*

*Well, you can thank the vegans for an exciting new phenomenon. Our plant-based diet friends have put their hive mind to the task of finding a vegan egg substitute, and in the process, created a whole new food for all of us to use. It's called "aquafaba."*



## What is aquafaba?

This amazing "new" food is actually something we have been pouring down the drain for years. Chickpea water, the solution that forms when you cook dried chickpeas, has now been christened with a new Latin-derived name. "Aquafaba," "aqua" for water, and "faba" for beans, can be made from any bean, but chickpea water works best. Because this liquid hasn't commonly been used as a food, food chemists have yet to analyze it to understand how and why it works so well as a vegan egg substitute. Since it comes from chickpeas, it stands to reason that it contains proteins and starches, and another chemical called "saponins." Saponins mix with water to create a soapy texture, which fluffs into a foam when aerated.

It's this ability to foam that makes aquafaba a fantastic egg substitute. With a little help from sugar, starch, and a little something acidic to help stabilize it, aquafaba can be whipped up to a lofty peak, with nearly the same structure as whipped egg whites.

## How to make aquafaba

Many aquafaba recipes call for draining a can of cooked chickpeas, and using that liquid. That is certainly easy, and it works pretty well. But you can actually make better aquafaba at home from dried chickpeas, and save both money and the resources that went into making the can that held the chickpeas. There are a few simple tips you'll need to follow.

*Start with 2 cups dried chickpeas, sorted and cleaned, a piece of kombu seaweed, and water. Kombu is important, as it adds some minerals that make the aquafaba work better. You'll get the best results in a slow cooker or on the stovetop, not in a pressure cooker. Long, slow cooking extracts the most active ingredients from the beans. Use 6 cups of water, and cover the pan so you don't boil off too much liquid. Slow cook on low for 8 hours, or on the stove top on low for about 4 hours. When the beans are very tender but not falling apart, they are done. I like to refrigerate the whole pot so that the beans can continue to marry with the aquafaba, but you can strain them immediately after cooking, if you prefer. Discard the kombu. Measure the strained aquafaba, and if it is more than 3 cups, put it in a pot on the stove and boil it to reduce it down and thicken it to about 2 1/2 to 3 cups. Refrigerate for up to a week, or portion and freeze it. Save the cooked chickpeas for another use (check out our tasty chickpea recipes).*

## The elegant vegan egg substitute

Now you are set to start cooking. When substituting with aquafaba, remember that it has none of the fat of eggs, so it's really more like egg whites. Egg whites give loft to angel food cakes and meringues, which are light and dry. It binds ingredients whether you whip it or not, and it holds bubbles if you whip it, but it doesn't make things rich or add thickness and body like eggs do in cakes or mousse. Because of that, a little mashed banana, pumpkin, or applesauce is often added to the recipe for a richer texture. You can add some oil, but be careful not to add it to the whipped aquafaba, or it will collapse.

## Aquafaba is great in savory recipes, too

A great starter aquafaba recipe is mayo. Once you have a jar of it in the fridge, you can use it in your favorite potato and pasta salad recipes, or stir in some garlic and herbs to make aioli for dipping. You can use it like eggs to coat meat, fish or even tofu with crumb coatings. Recipes that call for an egg or two to bind them are your best bets, like meat or nut loaves, veggie burgers, or savory breads. You can blend part tofu and part aquafaba with seasonings, then scramble to make a softer, lighter version of a tofu scramble.

## Eggless Chocolate Mousse

*A true mousse is an airy concoction, in which rich chocolate is held aloft by thousands of tiny bubbles.*

*Aquafaba does an amazing job of lifting and holding a gorgeous egg-free whipped texture.*



### Recipe Information

Servings: 2

### Ingredients

4 ounces semisweet chocolate, not chips  
1/4 teaspoon cream of tartar  
1/2 cup aquafaba  
2 tablespoons sugar

### Preparation

Melt the chocolate and allow it to come to room temperature.

In a stand mixer with the whisk attachment, or a large bowl with an electric mixer, combine the cream of tartar and aquafaba. Mix on low just to combine, then raise the speed to high. Beat for 10 minutes, until the mixture reaches firm peaks. Sprinkle in 1 tablespoon of sugar and beat for 2 minutes, sprinkle in the remaining sugar and beat for 3 more minutes.

Drizzle the chocolate gently over the aquafaba mixture, and use a rubber spatula to gently fold the chocolate into the whip. It will deflate quite a bit, but stay fluffy. Transfer to goblets, a bowl, or storage tub and refrigerate until set, about 30 minutes, then serve.

### Nutritional Information

350 calories, 15 g. fat, 10 mg. cholesterol, 40 mg. sodium, 54 g. carbohydrate, 2 g. fiber, 3 g. protein

By: Robin Asbell & Strongertogther.coop

# 2 U From Your Board...



Recently, your Board of Directors has been hanging out in the front of the store and asking you what you think on some important topics. We held a dot survey, finding out how much of your shopping is done at the Co-op, versus other stores. We asked what your top recommendation was to handle any sales shortfalls for the “company” [company means the store + the Market Café]. We also asked what you thought was the worst way to approach sales shortfalls. Then, on another day, we asked what you think the culture of our Co-op feels like, sounds like, smells like, looks like, and tastes like. We continued this discussion at our General Membership Meeting in April. Some of you focused on the current identity of the Co-op and some of you focused on what you would like the Co-op to be.

Would you like to know what many of you are thinking? Read on!

For the dot survey, there were 79 respondents—a good number, but keep in mind this represents only 5% of the total membership.

*About 63% said they spend most of their grocery dollars at the Co-op.*

*About 37% said they spend most of their grocery dollars elsewhere, yet our data indicates that number is much higher.*

In fact, less than 10% of you spent \$300/month or more at the Co-op in 2016. The typical family of two spends well more than \$300 per month on groceries. That means that almost all of you significantly overestimate what you are spending at the Co-op. It indicates that the Co-op has become more of a specialty shop for you, rather than your primary grocery source. Is that what you all want? If we are to compete with the other local grocery stores by shifting this community toward more positive choices regarding food, labor practice, and environmental impact, we need the Co-op to be the primary store for at least half of our members. What, do you think, is preventing you or discouraging you from doing the bulk of your shopping here? We would be very interested to know. Are these barriers things that the board and your general manager can work to remove? If we removed them, would you come in more, need a bigger shopping cart, and have no need or desire to go elsewhere? Please let us know what the barriers are. You can leave suggestions in the suggestion box, but it may work even better for you to send an email to a board member, to Joe Z, or talk with us whenever you see us. We want to make decisions that encourage all of you to come in more, stay longer, and find everything you need for a responsible\* price.

## 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.

**Karen Strelko/President**  
Board Term: 2015-2018  
[browserandlouie@yahoo.com](mailto:browserandlouie@yahoo.com)  
**Jean-Robert Béffort/Vice President**  
Board Term: 2016-2018  
[aspace.studiogallery@gmail.com](mailto:aspace.studiogallery@gmail.com)  
**Jennifer Johnston/Secretary**  
Board Term: 2015-2018  
[johnstonjenny40@gmail.com](mailto:johnstonjenny40@gmail.com)  
**Gail Rein/Treasurer**  
Board Term: 2014-2017  
[rein.gail@gmail.com](mailto:rein.gail@gmail.com)  
**Nancy Coates**  
Board Term: 2016-2019  
[coates@gilanet.com](mailto:coates@gilanet.com)  
**Carmon Steven**  
Board Term: 2016-2017  
[yankiecarmon@gmail.com](mailto:yankiecarmon@gmail.com)

Board of Directors

Carmon Steven • Karen Strelko • Nancy Coates  
Jennifer Johnston • Jean Béffort  
Gail Rein

By Jennifer Johnston

## DOT Survey



As a response to how to approach possible sales shortfalls, these were your top picks:

*Members make the Co-op their primary grocery store*

28%

*Close the Market Café*

27%

*Members volunteer at the Co-op more (to save on personnel costs)*

14%

*Co-op reduce the product variety/amount of stock*

14%

Accounted for 83% of all respondents

You suggested NOT responding in the following ways, top picks:

*Cut staff hours or benefits*

46%

*Raise prices*

22%

*Close the Market Café*

13%

Accounted for 81% of all respondents

What about our identity? The unique culture of the Co-op that seems to matter to you?

Almost all of you had very positive ways to describe the Co-op. For the 40 or so of you

*friendly welcoming warm community family yummy fresh spicy bright country good tunes healthy cozy laughter quality*

The Board's strategic planning sessions are taking into account how each strategy we come up with to face challenges maintains the culture and identity you want the Co-op to have. The more you contribute to our understanding of this unique southern New Mexico Co-op's culture and identity, the better we can address critical issues.

We hope you will consider all these ideas. You, personally, can make the Co-op stronger and buffer it against competition that sometimes looks like a fair comparison. All organics are not created equal and all vendors do not weigh the environmental and human impact of their product selections like we do. Can you really trust that buying organics or just “cheap” products from large corporate stores aligns with your values? If you trust our collective judgment and believe in what we have all said the Co-op stands for, then you should probably consider the #1 suggestion of your fellow members: Buy the majority of your groceries from the Co-op. If you don't, then the board and the GM may be forced to take the actions you do not want us to take: cut staff hours, raise prices, and close the Market Café.

A word about the Market Café: Clearly, the membership is torn about this venture. According to our survey, almost equal numbers of you see it as an important way to forward our mission, versus those who see it as a drain on the core business of the store. For now, we will continue to shape the Market Café until it truly supports our Co-op identity, but we will not allow it to unravel the strengths we have built in the store these many decades. You can be assured of that!

Jennifer Johnston, Secretary  
Silver City Food Co-op Board of Directors  
[Johnstonjenny40@gmail.com](mailto:Johnstonjenny40@gmail.com)



\*Look for a future GG article on responsible pricing and what it means.

# May 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.

May 3 - May 16

## coop deals



Bulk  
Organic  
White Basmati Rice  
reg \$2.99#  
**SALE \$2.39#**



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



**Equal Exchange**  
Whole Bean  
Breakfast Blend  
12 oz  
reg \$8.99  
**SALE \$6.99**



**udi's**  
Gluten Free  
Whole Grain  
Bread  
12 oz  
reg \$4.99  
**SALE \$3.99**



**Jason**  
Powersmile  
Toothpaste  
6 oz  
reg \$6.19  
**SALE \$3.99**



**Himalaya**  
Ashwagandha  
Anti-Stress & Energy  
60 ct  
reg \$19.99  
**SALE \$15.99**

May 17 - May 30

## coop deals



Bulk  
Organic  
Pumpkin Seeds  
reg \$4.39#  
**SALE \$3.99#**



**Amy's**  
Brown Rice & Veggies Bowl  
10 oz  
reg \$5.39  
**SALE \$3.99**



**Woodstock**  
Kosher Dill  
Pickle Spears  
24 oz  
reg \$6.39  
**SALE \$3.99**



**GTS**  
Kombucha  
Assorted, 16 oz  
reg \$3.29  
**SALE \$2.50**



**alba botanica**  
Pure Lavender  
Sunscreen SPF 45  
4 oz  
reg \$9.79  
**SALE \$6.99**



**Natural Factors**  
Organic  
Oil of Oregano  
1 oz  
reg \$21.99  
**SALE \$16.99**

## Members Only Specials

May 3 - May 30



**Equal Exchange**  
Chocolate  
Assorted, 2.8 oz  
reg \$3.49  
**SALE \$2.79**



**Equal Exchange**  
Teas  
Assorted, 20 bag  
reg \$4.69  
**SALE \$3.79**



**Napa Valley**  
Grape Seed Oil  
25.4 oz  
reg \$9.79  
**SALE \$7.89**



**spindrift**  
Seltzer  
Assorted, 12 oz  
reg \$1.19  
**SALE \$0.99**



**Lily of the Desert**  
Aloe Vera Gelly  
4 oz  
reg \$3.99  
**SALE \$3.19**



**Eclectic Institute**  
Milk Thistle  
120 ct  
reg \$15.49  
**SALE \$12.39**