

**It's MAD!**

# Silver City Food Co-op Garbanzo Gazette

**Kids' Corner!**  
**Page 8**

Volume 18

Your Monthly Newsletter March 2018

## 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**



*The Solbergs of Sun Mountain Honey*

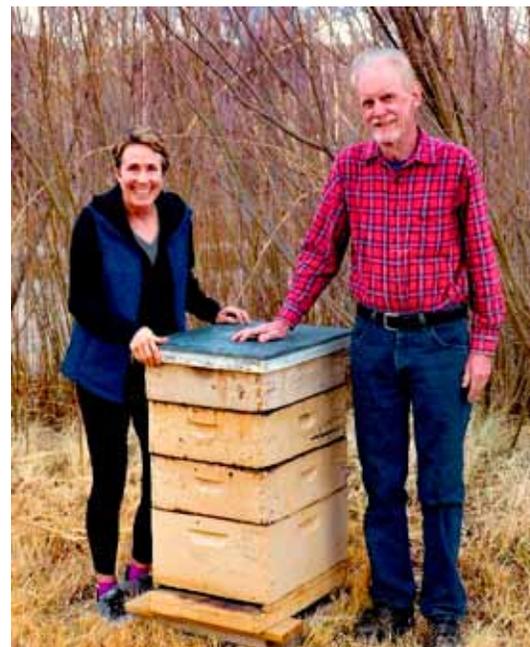
"Life didn't begin for me until I went back to the land," says Gordon Solberg, planetary astronomer, beekeeper, farmer, builder and philosopher. Gordon and his wife Laura manage Sun Mountain Honey, a bee farm along the banks of the Rio Grande in Radium Springs, about 20 miles north of Las Cruces. You may have already seen or bought the Solbergs' bee products on our shelves--look for the Sun Mountain Honey label.

Beekeeping has allowed the Solbergs to live freely without having to fully succumb to the economic and time-related pressures of mainstream society. A participant in the counter-cultural "back to the land" movement of the 1970s, Gordon sought ownership of his life and a deeper understanding of the natural world at a time when a million other young Americans also uprooted themselves from the cities and suburbs in favor of a simpler, saner life in the country.<sup>1</sup>

Gordon has a wonderfully active and engaging mind. In 1968, he graduated from NMSU with a degree in physics and worked with the university's Planetary Astronomy Group, researching Jupiter's atmosphere. His time at the university was cut short in 1969 after he and fellow students started the Students for the Improvement of Education group and launched the underground newspaper, the *Conscience*, in which students harshly criticized the university's policies and mission, spoke out against the Vietnam War, and appealed

## Beeing on the Land

by Jennifer Lamborn  
Co-op Member



*Laura and Gordon Solberg of Sun Mountain Honey*

on behalf of our Home Planet. "We were idealistic young punks . . . and we were very insulting and in-your-face about it all," Gordon writes. "We were trying to be a total consciousness-raising package . . . We thought we were on to something . . . and we were . . ." However, as soon as the students revealed their identities to a furious administration, Gordon was promptly fired from his university job, a blatant violation of his First Amendment rights. The ACLU took up his case, fortunately, and in 1970, the university settled out of court, offering Gordon the opportunity to take the money and run . . . back to the land.

Influenced by *The Whole Earth Catalog* and *Mother Earth News*, Gordon and his first wife Judy homesteaded in the Ozarks. The learning curve was steep, but, for the first time in his life, he felt free from social programming ("school, church, and television") and self-actualization was possible. Eventually, however, New Mexico called him back home. "I was driving over to visit a neighboring commune one night," he recalls, "and as we crested a hill, I could see mountains in the distance, and I was overwhelmed with longing for New Mexico." Gordon and Judy moved to Radium Springs in the fall of 1973, and he has been there ever since, beekeeping, gardening, and building. "I appreciate being close to Nature," he writes. "Nature can be a merciless taskmaster, but unlike human reality, there's no bullshit. This has strongly colored my perception of reality."

Laura Solberg was drawn to southern New Mexico when she worked as a counter-espionage agent for the Army at her final post on the White Sands Missile Range. She and Gordon met in 1986 at Mountain View Market Co-op as volunteer members: Laura was working the information booth and Gordon was the handyman repairing the booth. "One thing led to another . . ." recalls Gordon. They married in 1988 and, in 1989, Laura gave birth to their son Neil, who now

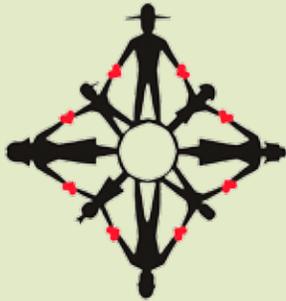
*continued on page 10*

<sup>1</sup>In fact, the 1970s is the only time in our nation's history when more people moved to the rural areas than into cities, a momentary reversal of two centuries of steady urbanization (Knupfer). Food coops, although they had existed before, grew in number as part of the back-to-the-land movement in the 1970s as well.

**2092 members/owners strong and counting . . .**

# Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop

## Store Hours

575-388-2343

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

**Joe Z**

*general manager*

**Mike Madigan**

*assistant manager*

## The Garbanzo Gazette

*Editor: Whitney Bustillos*

*Staff Writers: Judith Kenney, Whitney Bustillos*  
*Guest Writers: Susan Van Auken, Jennifer Lamborn*

Submissions are welcomed!

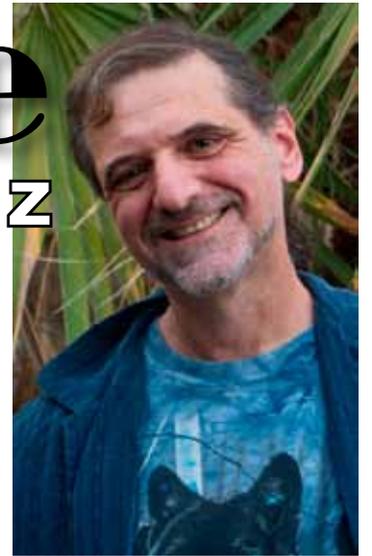
Submit letters, articles, or items of interest to:  
**whitney@silvercityfoodcoop.coop**

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# Cup o' Joe

by Joe Z



**Ain't March great!** The end of winter, the beginning of spring and, my favorite, the return of daylight savings time and longer days! March, April and May are our busiest times all over including our Co-op. It's about renewal and rejuvenation. It's about digging in the dirt and planting. It's about enjoying the colors and fragrances that pop out of the ground. It's about forward thinking and the making of great plans. It's about events in the park and folks venturing out of their hidey-holes after the dark cold winter.

Our Co-op is shaking off the doldrums of the short days and cold nights. Actually – that's not exactly true as the last few months have been hopping in terms of business and how many folks visit/use our Co-op. We did have a couple of bouts of flu and colds but that seems to be behind us now just in time for allergy season (don't forget about our local honey which folks claim ease the intensity).

The new year's seeds are in (all at \$1.99!) and, hopefully, our big bags of compost will be arriving soon! We have seeds at the beginning of our food chain and freshly prepared sandwiches at the other end. What fun! Our local producers are getting going and we'll see more of their flow in the next few weeks.

Super-Duper! The energy and vigor are obvious at our Co-op. We are planning a major Spring Cleaning and touch up of our facilities. We keep exploring new ways to focus on smaller and smaller details so eventually every nook and cranny is spic and span.

So what's the plan? Where is our Co-op going? And how do we serve more and more of our community? Not only have we been talking about our cramped conditions with limited parking over the past years, we seem to have become even more cramped. And there is so much more we would like to do!

Most Co-ops I visit have water machines to ensure Members are getting clean water in their refillable bottles. Almost every Co-op has local Kombucha on tap (often 3 or more taps). Our prepared foods from our Grab and Go are great but very limited selection compared to our sister and brother Co-ops across the country. Do you know that we do not even have a stove and we prepare everything on table-top hot plates? No room. Do you know that we do not have a proper breakroom for our Staff? Do you know that the standard in grocery stores is to be able to fit a case plus 3 of each product on the shelves. We are not even close to that which necessitates constant stocking all day long to keep up with the demand. That's very inefficient and adds to our costs. Most Co-ops have space for meetings and classes. We do not and bop around town to find various spaces for our many meetings. Our two register lanes often get jammed (but move relatively quickly) and another lane would certainly be a benefit.

As we grow, it is difficult to keep our operation moving forward. We all experienced this over the years and we know we need to do something about it. There are many suggestions of course (put on a second story – move offices to another building – make our shelves higher) but they are all stop-gap measures that do not really address the problem: too small space for our volume and very limited parking.

Shopping in general responds better to convenience rather than adventure. We're more adventure than convenience and truly we may love our cozy Co-op but our size is limiting our ability to reach more folks and to even adequately serve the folks that we have.

We know this: we need a bigger space. The Board knows this too and has declared that we start the process of moving our Co-op. This process will take a bit of time. Maybe 5 years or more to get to the point where we can do this. "What's the hold-up?" you may wonder.

Two things are holding us back right now. The first is dollars. Moving is going to be quite expensive – we're talking in the neighborhood of \$1 mill (or more). While we are healthy – it would take us quite a few years to save that much with considerable scrimping which would actually work against us. So we will need to finance though in our small town, most banks are reluctant to invest that much in our tiny business. Part of our goal right now is to increase our cash reserves as to minimize the risk to any loaner.

The second thing is: where the heck do we go? To do everything well, we would need about 5000 square feet of retail space (we currently have just over 2000) and then at least 2000 -3000 more for offices, backstock, prep areas, meeting rooms and other support services. And we need parking. Do we move out of downtown to accomplish this? I'd hate to do that but where in downtown is there a space that we can buy that could accommodate our store? Maybe we need to knock something down and build. But that will add to the costs.

We have no great fixes right now but we do have plenty of time to consider our options. This spring, our attention is on honing our efficiencies and moving forward with what we have. As always, we will be surveying and asking questions of our Membership which will lead to a huge Membership Survey this coming Oct! We are never stagnant and we will certainly find solutions. Join us and enjoy us in all our endeavors this year because it is each of us as individuals that come together to make our Co-op great!



# Community Events

## ***The Grant Co. Art Guild's 5th Annual Southwest Birds Show***

March 1-March 31  
Bear Mountain Lodge  
For information please call 534-9400

## ***Aldo Leopold Charter School Presents One Act Play Festival***

March 1 - March 4  
Thurs. Fri. Sat: 5pm, 6pm, 7:10pm, 8pm  
Sun: 11am, noon, 1:10pm, 2pm  
El Sol Theater, 406 N. Bullard St.  
Free! Donations Accepted

## ***Silver City Community Theater***

Agatha Christie's "A Murder is Announced"  
March 2 & 3 at 7:30 PM; March 4 at 2:30 PM  
Penney Playhouse, 405 N. Bullard St.  
\$10 per ticket-available at Vicki's Eatery, Morning Star and at the door

## ***Free Yoga for Veterans***

Every Tuesday in March 5pm-6pm  
Native American Center  
For more information contact Cate Bradley at 520-235-4313

## ***Third Thursday Yoga***

March 22 @ 5pm  
The Center for Gender Equity  
Students, Faculty and Staff are all welcome.

## ***Presidents Chamber Music Series: Oboe Quartet***

March 27 @ 7pm  
Light Hall Theatre  
Tickets \$15 each  
Tickets can be purchased at WNMSU Office of Cultural Affairs

## ***Colt Home Baseball Games***

March 20th	Mayfield	4-6 PM
March 20th	Deming	4-6 PM
March 22nd	Deming	4-6 PM
March 29th	Hatch	6 PM

## ***Colt Home Tennis***

March 6 Gadsden 3 PM

## ***Colt Home Golf***

March 19th Silver Invite 9AM

## ***Colt Home Track***

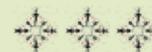
March 29th Mike Castillo Inv. 3PM

## ***Colt Home Softball***

March 8th Centennial 4/6 PM

# Silver City Food Co-op Staff

<b>Judith Kenney</b> produce/outreach	<b>Jody Andrews</b> cashier/grocery
<b>Dougan Hales</b> produce/bulk	<b>Evan Humphrey</b> bulk buyer
<b>Kate Stansberger</b> supplement buyer	<b>Lee Ann Miller</b> cashier
<b>Jake Sipko</b> produce manager	<b>Brenna Brown</b> deli manager
<b>Carol Ann Young</b> office	<b>Tinisha Rodriguez</b> POS/HABA buyer
<b>Jeanné Miller</b> herb buyer/produce	<b>Allie Iacocca</b> produce/HABA buyer
<b>Becky Carr</b> dairy buyer	<b>Mike Madigan</b> am
<b>Jess DeMoss</b> POS manager	<b>Leah Chastain</b> merch. specialist/receiver
<b>Meggie Dexter</b> website	<b>Marchelle Smith</b> deli
<b>Misha Engel</b> frozen buyer	<b>Joy Kilpatrick</b> wherever needed
<b>Jenny Morgan</b> office	<b>Jo Lutz</b> wherever needed
<b>Joe Z</b> gm	<b>Elysha Montoya</b> wherever needed
<b>Marguerite Bellringer</b> finance manager	<b>Judy Kenneally</b> deli
<b>Kim Barton</b> POS	<b>Christine Dalmedo</b> produce/grocery
<b>Michael Sauber</b> grocery	<b>Hallie Richwine</b> wherever needed
<b>Doug Smith</b> grocery buyer/receiver	<b>Jarrod Swackhamer</b> cashier/grocery
<b>Paul Slattery</b> produce	<b>Whitney Bustillos</b> emo
	<b>Abel Lazzell</b> wherever needed



# Kitchen Meditations

Spring

## Double Potato & Halloumi Bake

### Ingredients:

1 large sweet potato  
1 large red firm potato  
1 red onion  
1 green pepper  
1 red pepper  
½ head garlic, cloves peeled  
4 tablespoons olive oil  
Freshly ground black pepper  
4 ½ ounces halloumi cheese, thinly sliced

### Directions:

Preheat the oven to 400 degrees F.

Cut the sweet potato into rough 1 ½ inch cubes and the red potato slightly smaller (1 inch cubes) as the sweet potato will cook more quickly. Halve the red onion, then cut each half into 4 to 6 segments, discarding any tough outer skin. Seed the peppers and cut into 1-inch squares, and separate the cloves of garlic. Put everything into a 2-quart casserole dish, or whatever you want to use (it should be big, otherwise use 2 dishes) and, using your hands, give the vegetables a good coating of olive oil. Season with black pepper, but no salt as the cheese will make it salty.

Bake for 45 minutes, by which time the vegetables should be cooked through and tinged with brown, here and there. You'll need to turn the oven up to maximum heat or light the broiler for the endgame: so place the thinly sliced cheese on top of the bake, and put it back in the very hot oven or under the broiler until the cheese has melted and turned slightly brown on top, about 5 to 10 minutes. Serve straight out of the casserole dish.

## Halloumi Cheese with Lemon & Olive Oil

What a great recipe! It's quick and easy, using simple ingredients. The result is a chewy, salty cheese with a lovely lemony, peppery crust. Serve with a salad or atop a toasted sesame bagel. Use your imagination!

### Ingredients:

5 ounces halloumi cheese  
Juice of ½ lemon  
1 ounce olive oil  
Cracked black pepper

### Directions:

Slice the halloumi into ¼ inch thick slices.  
Grill or pan-fry the cheese in the olive oil until lightly browned.  
Drizzle lemon juice over the cheese when finished and sprinkle with black pepper.

## Nutrition Nugget

### Tips For Spring Nutrition

As the year turns, so do our bodies adjust to the changing seasons. The foods that we craved during the winter months were heavier and grounding, to sustain us through the cold. Now that we are moving into spring, our bodies' cleansing time of year, we may notice that a vegetable-rich diet has become more appealing. Now is the time to reduce body fat and help the liver do its job. Light salads and other dishes composed mainly of freshly veggies are much needed after a long winter. Check out our fruit and veggie department when you visit the Co-op. As we move more deeply into the year, we will stock as much local and regional produce as we can and, starting in May, the Silver City Farmer's Market is a bountiful source for food grown by local farmers and ranchers.

## The Co-op Chef



### Strawberries with Balsamic Vinegar

2 pints strawberries: quartered  
2-4 tablespoons sugar (Use your judgement)  
1 tablespoon balsamic vinegar  
Zest from ½ orange, peeled with a knife or vegetable peeler into large strips  
Zest from ½ lemon, peeled in the same way as the orange  
Pinch of salt  
Freshly ground black pepper, to taste

Mix all ingredients in a bowl, cover, and refrigerate for at least 2 hours. The longer it sits, the better it will taste. Serve over ice cream or topped with whipped cream. Remove the orange and lemon peels before serving.

# March Produce Picks

## Strawberries

The heart-shaped silhouette of the strawberry is a clue to some of the ways that it can benefit your health. These plump and juicy fruits are packed with nutrients that have been found to protect the heart, increase HDL (good) cholesterol, lower blood pressure and guard against cancer. They contain high levels of polyphenols, antioxidants known for their ability to combat cell damage. In fact, strawberries are among the top 20 fruits in antioxidant capacity and are also a good source of manganese and potassium. Just eight berries provides more vitamin C than an orange.

Wild species of strawberries have been found in many areas worldwide, but the first garden variety was grown in Brittany, France during the late 1700's. It was mentioned referenced in Roman literature for its medicinal properties. The French began taking it from the forest to their gardens in the 14th century and, one hundred years later, western European monks depicted wild strawberries in their illuminated manuscripts. Soon after, in 1551, Spaniards arriving in the Americas found the Mapuche and Huilliche Indians of Chile cultivating their own strawberry species. Many animals in the wild also seek out for the fruit of this wide-ranging plant, also consuming its blossoms and leaves. We all enjoy them!

Strawberries are a nearly perfect food. They are juicy and tangy...almost addictive. You don't have to do a thing to them when in their fully ripened state but, if you like, there are many luscious recipe options to select from. They are heavenly together with cream, ice cream and chocolate and also very nice in a bountiful spinach salad, sprinkled with pecans. See our "Kitchen Meditations" page for a simple, yet delightful recipe that pairs strawberries with balsamic vinegar.



## Green Onions

Green onions, also known as scallions, are actually the young shoots of onion bulbs, and are known for their milder taste. They have a small, partially developed white bulb end with long green stalks. Low in calories and fat, this vegetable contains a variety of nutritional benefits, including healthy macronutrients and vitamins.

A relative of garlic, leeks, chives and shallots, green onions can be eaten cooked or raw as an ingredient in salads, salsas, soups, curries and stir-fries. They add flavor and crunch to food and, with the exception of the roots, are entirely edible. Chopped raw, they can instantly enhance almost any food as the ultimate finishing touch for your dish.

# March Dairy Pick

## Halloumi Cheese



Did you know that you can grill cheese? I'm not referring to grilled cheese sandwiches, which we've come to know and love for their own creamy, crispy qualities and do not mean to belittle the familiar in any way, but maybe it's time to try something different!

Mt. Vikos Halloumi is a mild and tangy, semi-hard cheese with a hint of mint made on the Mediterranean island of Cyprus. It is one of the only cheeses in the world that does not melt when heated, making it just right for grilling or frying! Made from sheep's milk, it is free of rennet which makes it suitable for vegetarians who do not consume this by-product of veal production.

Mt. Vikos creates their cheeses with pure, authentic ingredients, with the intention to bring "beauty and ancient wisdom to the modern table." No antibiotics are ever given to their animals and finished cheeses do not contain preservatives or calcium chloride. All products are non-GMO.

Enjoy Halloumi as a simple kebab, skewered with zucchini, bell peppers and onions for a protein-rich vegetarian meal. It's also divine when combined with watermelon in a salad, but you can also experiment with different types of melon or citrus fruit, which are similarly delicious. This month we've included a couple of halloumi recipes on our "Kitchen Meditations" page that you might like to try.

# CO-OP Community

## Co-op Community Donations

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

**Grant County Food Pantry  
Guadalupe Montessori School**

*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 service.*

Ellen O'Bryan • catherine bialopiotrowicz  
Malika Crozier • Tim Garner • Jennifer Lamborn  
Debaura James • Susan Van Auken  
Sophia Brugman • Jane Papin



## 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!**



## March Round Up



### Mimbres Valley Health Action League

This month, shoppers will have the opportunity to "Round Up" for the Mimbres Valley Health Action League. Their mission is to improve the health, well-being and quality of life for the people of the Mimbres region by promoting safe and healthy environments, educational opportunities, access to health and social services, preventative health education, economic stability and food security.



## January Round Up \$1293.12!

The Beginning Years Program was the recipient of our January Round Up. The mission of this non-profit organization is to support families during pregnancy and until their child turns 3 years. Their team will use the money raised to fund:

- A primary home visitor
- In-home GED tutoring
- Prenatal, infant and toddler nutrition support
- Breastfeeding support
- Brief mental health support
- Help connecting and navigating Community Services
- Car seat safety consults
- Child development consults, as needed

## Round Up for April 2018



When you "Round Up" in April, you'll be helping to sustain the Silver City Farmer's Market, a critical component of our local food economy. Please use your change to foster this community-building, community-sustaining and community-defining part of life here in Grant County.



# Chocolate Fantasia 2018 Travel through Time!



*The Silver City Food Co-op's chocolatier booth. We chose Aztec as our theme, given that the Aztec God of Wisdom rewarded the people with cocoa beans.*

Silver City Food Co-op is proud to announce that we placed Second this year in the Chocolate Fantasia! Millie's (next door) placed first, and we have to admit it was well deserved! From their window art and chocolate display to their staff dressing up they submerged themselves in the culture of their theme!

Following are the award winners for Chocolate Fantasia 2018. A committee of 5 judges rated business host site decorations and the highest average scores gave us the top winners. Three chocolate judges worked in seclusion sampling the chocolates and rating the sweets in blind taste testing, before they were told the identity of the chocolatiers. Mimbres Region Arts Council is very grateful to the business owners, chocolatiers and other volunteers who participated this year!

## For Chocolatiers

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| People's Choice Award                 | ♥ Morning Star                  |
| 1st Place Star Chocolatier Award      | ♥ Millie's Bake House           |
| 1st Place Wonderful Chocolatier Award | ♥ Gila Hike & Bike              |
| 2nd Place Wonderful Chocolatier Award | ♥ Silver City Food Coop         |
| 3rd Place Wonderful Chocolatier Award | ♥ The Jewelry Lady              |
| Maverick Award for Non-Candy Treat    | ♥ The Marketplace (OPO Variety) |



## MAD Feb. Mar.

*Pick your own two days  
to receive 10% off your purchases!  
(Excluding mark-down items  
25% maximum discount)*

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

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

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

## 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!

If interested please email  
[whitney@silvercityfoodcoop.coop](mailto:whitney@silvercityfoodcoop.coop)

Three hours earns a 15% Volunteer Discount



## Popcorn Poppers Needed!



*Ever notice how happy people are  
when you give them something?  
Make lots of people happy making and  
giving out popcorn and food samples  
on Fridays at the Co-op!*

*Shifts are:*

*9am to 12noon and 12noon to 3pm.*

*It's fun and you get to visit with your  
friends and meet new friends.*

Email Judith at [emo@silvercityfoodcoop.coop](mailto:emo@silvercityfoodcoop.coop)

## 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

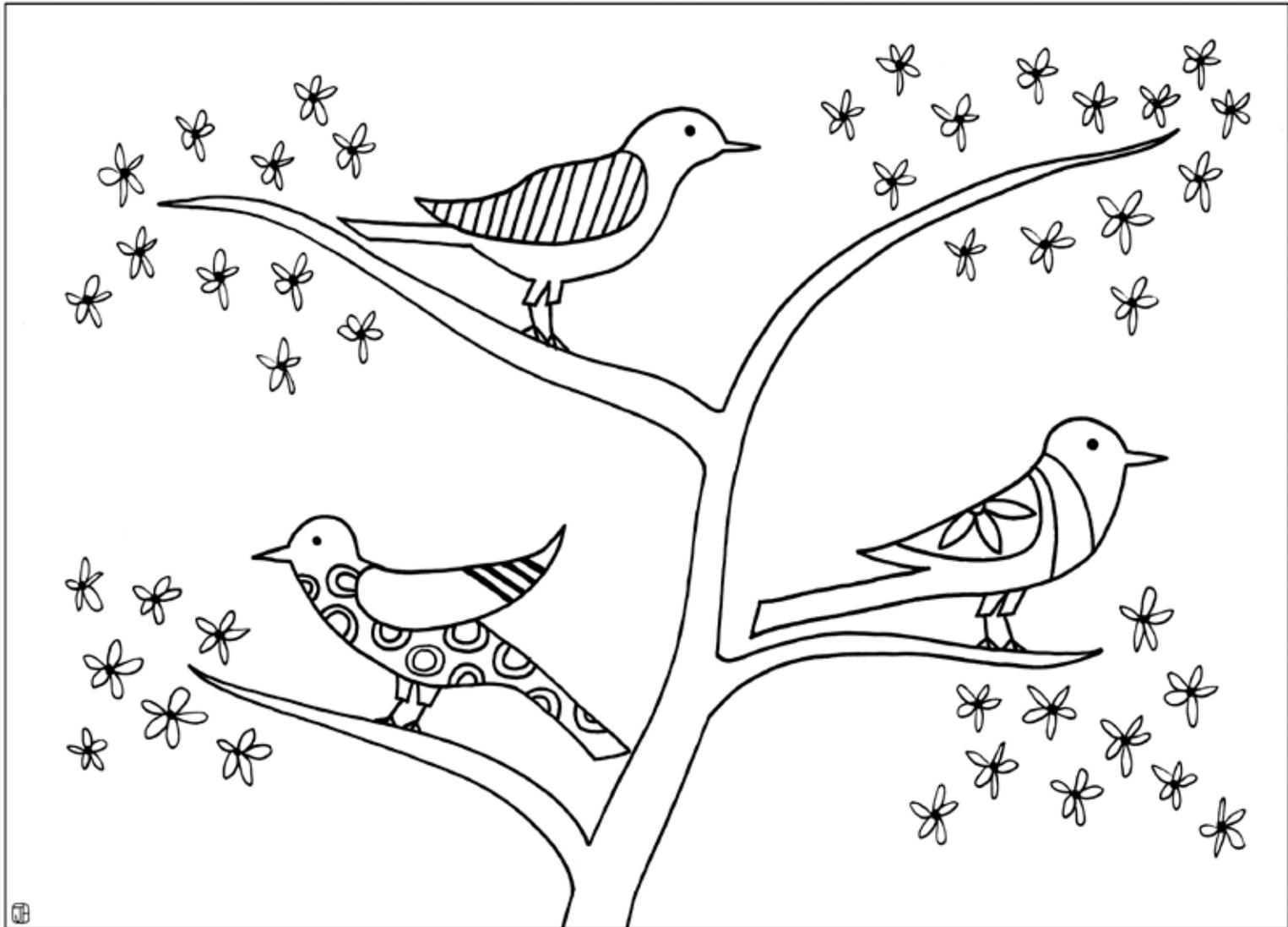
# Kids' Corner

## FREE FRUIT FUN

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

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

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



### *Fun Nature Facts for Kids (and parents, too)!*

- Around 75% of the volcanoes on Earth are found in the Pacific Ring of Fire, an area around the Pacific Ocean where tectonic plates meet.
- Despite its name, the Killer Whale (Orca) is actually a type of dolphin.
- Giant water lilies in the Amazon can grow over 6 feet in diameter.
- The largest ocean on Earth is the Pacific Ocean.
- Unlike humans, cows and horses sleep while standing up.
- When an insect touches the hairs of a Venus Fly Trap it triggers the plant to close, trapping its victim before killing and dissolving it in acid.
- Although Polar Bears have white, fluffy fur, their skin is actually black.



# Behind the Scenes at the Co-op

*This column will feature people who keep our co-op running smoothly, and in future months, you will learn here about the stocker/cashiers, the buyers, the assistant manager, and the finance team.*



*by Susan Van Auken  
Co-op Member*

## ❖ The Delicious Deli ❖

When you enter the deli kitchen, which is tucked away in the back corner of the warehouse, and the luscious aromas of soup and garlic meet your nose, you know you have entered a special place, one unlike any other “behind the scenes” place at the co-op. The kitchen—with its stainless steel counters and sinks, food processors and blenders, convection oven and hot plates, freezer and refrigerators, and lots of shelving—bustles with activity between 9:30 and 2:30 Monday through Friday. Soups are created for customers to carry home for dinner after a busy workday; sandwiches and salads are prepared to eat now or later; desserts are made here, too.

Very different from other restaurants and delis, our deli uses only the organic and high-quality ingredients found on the shelves of the co-op. The soups, salads, grains, and bean dishes are all made from scratch, with the freshest of vegetables, scrubbed, sliced, and diced right before cooking. Deli Manager Brenna Brown has a great reputation as a chef, with a long history of cooking and catering in the Silver City area. In the spring of 2014, when the idea of a Grab 'n Go began to form, Brenna was recruited to open and operate it. A certified chef, she has been cooking professionally since she was 20 and graduated in 1990 from Santa Fe Community College with a Culinary Arts



*Marchelle building scrumptious tamales.*

degree. Her experience and education, as well as her love for organic and natural foods, makes the co-op's Grab 'n Go deli very special.

Since the co-op is a retail grocery store, a core concept of our deli is to use food that might otherwise be marked down or go to waste. Conservation-minded in her cooking, Brenna is a perfect match. Contents of cans with torn labels or from damaged boxes, vegetables deemed ugly or misshapen, bruised fruit, and dairy products on their last sell-by date become gourmet

delights in the hands of the four women working in the deli kitchen. This attention to conserving also means that all parts of the produce are used, too, with some parts going into salads and others into soups.

Although many of the recipes have come from Brenna, her co-workers also have creative license to contribute recipes, and the number continues to grow. Over 200 delicious soup recipes have been enjoyed by our customers! Responsibilities in the deli are shared, but Brenna makes most of the soups, sauces, and hummus; Marchelle creates nori rolls, salads, and desserts; and Judy is the primary preparer of sandwiches. Hallie provides help when one of the main workers has the day off. All are state-certified food handlers. Since this job is complex and requires much training, skill, and a passion for cooking, as well as state certification, care is taken to find employees who will want to stay at their job for a while.

Every one of the hundreds of different items prepared by the deli has its own name, category, and code number. This data, as well as the ingredients and price, all come together when making labels, recording inventory, and tracking how products sell. Just knowing how to create scrumptious and yummy food is but one part of the job, as its administrative aspect is always present.

Of course the many pots, pans, dishes, and utensils, as well as all the counter space used for preparation, need a lot of cleaning every day. Marchelle and Judy always make sure the whole kitchen is spotless before they leave at the end of their day.

In the Grab 'n Go cooler you can regularly find sandwiches, soups, veggie salads, veggie salads with added protein (grains, nuts, and seeds), nori rolls, casseroles (such as lasagna), and desserts. Vegan, vegetarian, omnivore, and gluten-free products provide something for everyone. Best sellers include the rainbow salad, little tubs of curried egg salad, hummus, chicken salad, and the turkey, avocado, and bacon sandwich. If you need food for a meeting or social gathering, larger amounts of the items carried in the cooler can be ordered ahead of time.

For those of you who love the co-op's garlic hummus, the recipe is included here, so you can make this hummus at home or simply appreciate it at the co-op even more. Bon appetit.

*This column was started in November 2017; you can read previous columns in the Garbanzo Gazette on the co-op's website.*



## Brenna's Garlic Hummus

*(Yield 5 cups)*

*3 cups garbanzo beans*

*(cooked and skins removed)*

*1 cup sesame tahini*

*1 cup lemon juice, fresh squeezed is best*

*6 cloves garlic (more or less)*

*3 Tablespoons olive oil*

*or sesame oil or combo*

*2 teaspoons salt*

*Beans should be cooked soft. Skins removed after cooking by rinsing in water and rubbing between the palms of your hands and rinsed away. Save broth from cooking garbanzos to use in soups or sauces.*



*In the food processor, first fine chop the garlic, add olive oil, salt and lemon juice. Add tahini and slowly add beans. Combine the ingredients and process until smooth. You can add more liquid (lemon juice or broth) to thin, if desired. Adjust salt to taste.*

*Use as a dip, sandwich spread, dressing or add to any dish that needs a protein boost. I add some to my greens and to savory smoothies. Most of the time I just eat it by the spoonful or, of course, with warm pita bread. Use your culinary imagination the uses of hummus are limitless.*

## ***Beeing on the Land*** *continued from page 1*

works in the film industry in Albuquerque and visits home often. Naturally curious and captivated by the world of bees, Laura quickly developed expertise in their ways. When describing to me the elegant social order of the hive, her face expresses a calm joy and knowing; she is a natural teacher. Laura also remains dedicated to service: she has volunteered in the public schools, educated co-op members about apitherapy<sup>2</sup>, served on the co-op board of directors, and taught non-violent communication to the inmates at Dona Ana County jail. These days, Laura is fascinated by brain science and its relation to meditation. She and Gordon continue to deepen their practice with a quiet zeal.

### **The Bees**

Gordon and Laura tend to ~200 hives in Dona Ana County. In early February, the bees are still wintering, relying on their stores of honey and “shivering” their wings just enough to maintain a steady 92° inside the hive. The bees begin gathering nectar and pollen as the first flowers appear, sometimes as early as March, if the winter’s been wet. Gordon tells me that the hills surrounding their home turn completely purple during these moist springs. The Solbergs’ bees gather nectar and pollen from mesquite, wildflowers, alfalfa and salt cedar, as you can see from the different labels on their honey jars.

Some beekeepers talk about “robbing” the hives for honey, but Gordon prefers the verb “to harvest.” He explains to me that in the mid 19th century, Lorenzo Langstroth developed the modern hive design that quickly became the standard in the U.S. and around the world, revolutionizing the honey business. Langstroth, a minister and bipolar eccentric, was motivated to eliminate the “disagreeable necessity of cutting the attachments of the combs from the walls of the hives.” Beekeepers before Langstroth were forced to destroy the hive and the bees in order to collect the honey. Langstroth designed the bee hive boxes you see everywhere, a hanging file cabinet-style hive with removable frames wide enough for a two-sided sheet of honeycomb. Each frame is exactly one “bee space” apart from the next and from the sides of the box, mimicking the precise measurements of natural hive construction. To harvest the honey, the vertically-hanging frames from the “super” (see picture) are removed, but the honey for the bees, including their winter store, is left intact in the brood box. Given sufficient nectar, pollen and space, bees are hardwired to continue building comb and storing honey nonstop; bees don’t sleep. Thus, the honey that is harvested is “extra” honey, and gathering it does not impact the health of the hive.

Gordon gives me a tour of the honey processing house where he and Laura collect the honey, beeswax, royal jelly, and pollen<sup>3</sup>. The smell of honey--the very essence of flower nectar--is intoxicating; each noseful of air brings an increased sense of pleasure and comfort.

After removing the frames from the super, the next step in the collection process is the “uncapping” of the combs. The frames from the supers are placed in the uncapping machine, and a spinning lash chain pops the wax exterior off of the combs. Then the frames are spun in the extractor where the honey is forced out of the combs, ultimately collected from a spigot in the bottom into 5 gallon pails. From there, the honey is strained (not filtered) and finally bottled. The empty combs can be reused by the bees.

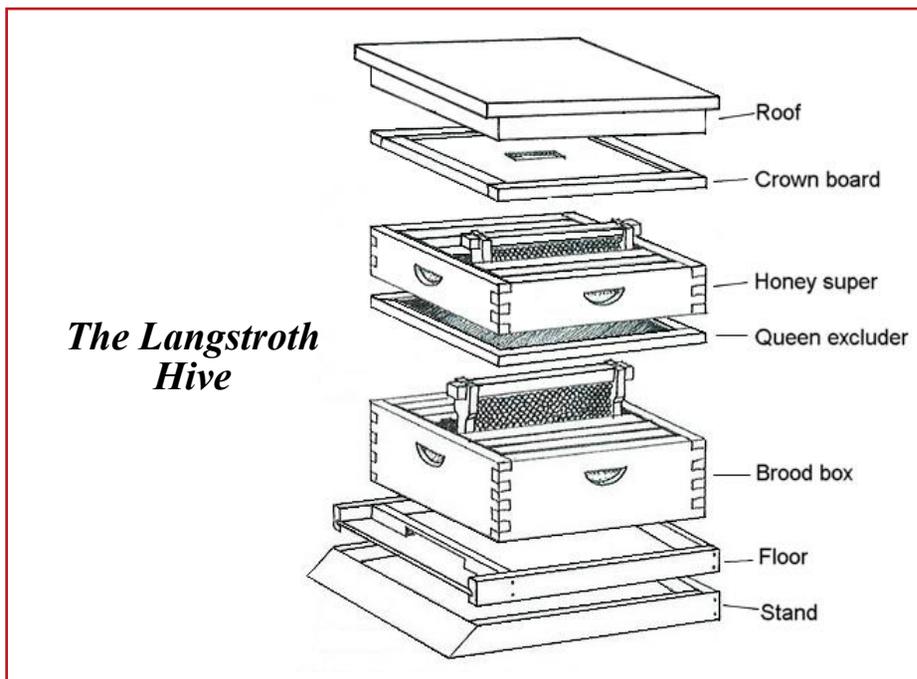
### ***Beeing in the World***

Examining the world of bees and experiencing the sensuality of bee products changes one’s state of mind. Perhaps it is because doing so brings us closer to the laws of nature and reminds us of our interconnectedness, easy to forget in the hectic, divisive world we’ve created. Gordon tells me, “One thing I like about bees is that they’ve been around much longer than we have. We are a very new species, still learning the ropes. With bees I’m partaking of a much more ancient reality that has nothing to do with humans. A bee colony is an organism. A single bee is a dead bee.” Scientists estimate that bees have been on the planet for over 80 million years--a sharp contrast to our 250,000 years.

As you may know, the bees and other pollinators are in crisis across the world. Our world’s food crops depend on pollinators for survival, and this fact is the Achilles’ heel of modern agribusiness. In short supply, bees must be trucked cross country to

<sup>2</sup>apitherapy: the use of products derived from bees as medicine, including venom, honey, pollen, and royal jelly.

<sup>3</sup>See the December issue of the Garbanzo Gazette for a description of the Solberg’s bee products. Sun Mountain Honey website is also a good source for information: [www.sunmountainhoney.com](http://www.sunmountainhoney.com)



pollinate crops. Millions of colonies of honey bees have been wiped out by urbanization, pesticides, parasitic mites, lack of genetic diversity, and, most recently, CCD, or “Colony Collapse Disorder.” While scientists try to determine one cause for CCD, it is more likely a combination of factors that have contributed to the problem. The natural world is a complex tapestry: pull on one thread and all threads as well as the pattern of the weave are affected. Since the Industrial Revolution, many “threads” have been “pulled.”

What can we do to save the bees? Gordon tells me it is not just the bees we need to save but the entire biosphere. He directs me to read Gary Snyder’s “Four Changes,” written in 1970, but with insights that are still relevant today. In his essay, Snyder reminds us that we have what it takes to find an authentic and healthy way of being in the world if we’re willing to look beyond the sphere of humanity and consider the evolutionary destinies of other life forms.

Small beekeeping operations offer hope. Gordon explains that keeping bees in isolated areas can maintain a genetic reservoir of bees that can be expanded into other areas if needed. Thankfully, his bees were not affected by CCD. If you’re interested in the issues upon which bees can shed light, you can talk to co-op staff member Doug Smith about his backyard hive, consider beekeeping, or simply let the flowers grow, even dandelions. It is encouraging that Mayor Ken Ladner is enthusiastic about making Silver City a pollinator-friendly community. Google “Grant County Beekeepers” for more information.

For decades, the Solbergs have had their eyes on the planets and stars as well as in the perfect hexagonal cell structure of the bee hive, made in the dark by an ancient species. They mention the importance of “watching one’s breath.” On their view, calming the mind is the path to a deeper experience of reality. These are some of the lessons that come from going back to the land. 

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# The Lost Art of Balance



by *Whitney Bustillos*  
*emo manager*

## **There must be a lost art of finding balance.**

It seems like it would be simple but it also seems impossible and completely out of reach. Time is the most precious resource we have as human beings. We need to make time for work, family, fun, adventure, and we must not forget to stop and breathe in order to take it all in. We must still make time to cook healthy meals, maintain our homes and give our children enough love and attention.

Last night left me with a complete sense of failure. My dinner was toast and my husband came home to a gourmet bowl of cereal. I felt exhausted and depleted scraping the bottom of the bucket for more time and more energy. Today in society we are expected to be super moms, super wives, super career driven, and excelling in all aspects of our lives. Of course, we would like nothing more than to succeed at everything!

However, I think the most important part of balance is to somehow take time for ourselves; meditate, do yoga, or read a book. Time that does not require giving pieces of yourself but rather the nurturing of yourself. This is difficult when you feel like time is constantly counting down and it's hard to remove yourself from the demands and obligations of life. However, we must keep in mind that nobody can pour from an empty cup.

To be healthy is about more than nutrition; some days health can be as simple as toast and rest. Some days it is a beautiful meal you make for your family. Health is about balance, and balance is about accepting the imperfections. It's about taking time to fill your own cup. That way we can make sure we have everything to offer, and that we have everything to give. Time is our most precious resource; we can never get it back nor refill it. We are being forced to dig deep into the lost art of balance and find it in order ensure self-preservation. It starts with a new level of consciousness. It starts by being aware of to whom and to what we give our energy.

Balance is not only necessary in our personal lives but required to maintain a healthy business as well. Here at the co-op

we are trying to manage implementing change to keep up with the demands of the new times as well as stay true to the history and roots of the business. From trying to decide how to navigate the trends of social media and our new blog while still catering to our original membership and the appeal of the original newsletter for all members alike, we are seeking balance.

We are merging new staff with people who have worked here at the co-op for 10 plus and some even 15 plus years. The older idea with new ideas trying to find balance in a business that is cooperatively ran. The democracy is what makes this co-op beautiful and unique while also presenting us with some challenges. How do we find balance with a vast variety of personalities and opinions while still being a progressively run business? How do we listen to every opinion and every concern while maintaining a professional stance? It is not often we are able to merge passion and personal opinion with our professional lives and that is what makes the co-op such a beautiful place to work while also presenting us with the challenges of balance. We are trying to take on the task of balancing a tremendous amount of passion with logic and emotion with reason.

I have come to the conclusion that my job as the EMO Manager here at the co-op is really just a fancy name for the seeker of balance! My job is trying to bridge generation gaps; keeping the old while merging with the necessary new. I respect all opinions and ideas while implementing the best choices for the business. I arrive as the new comer trying to implement change in a business that has worked for generations and this task has proven to be both demanding and rewarding.

This is why I am encouraging the community to provide me with the feedback necessary to complete this task! Please email me and let me know your ideas, opinions, and explain to me what being a member of our co-op means to you. I'd love nothing more than to connect to the community that makes this co-op possible.

*Whitney@SilverCityFoodCoop.Coop*



# Spring Cleaning: *The Non-Toxic Solutions*

By Whitney Bustillos  
*emo manager*

Toxic cleaning supplies are something I became aware of two years ago when my first child was born. I would put him in another room to clean or wait until my husband was home to take him outside to play. I felt like the fumes couldn't be safe for a young child. I was suddenly aware of what I was exposing him to without ever thinking what I had been exposing myself to. That is when I realized there had to be another way to clean.

The average household contains about 62 toxic chemicals, say environmental experts. We're exposed to them routinely — from the phthalates in synthetic fragrances to the noxious fumes in oven cleaners. Ingredients in common household products have been linked to asthma, cancer, reproductive disorders, hormone disruption and neurotoxicity.

Manufacturers argue that in small amounts these toxic ingredients aren't likely to be a problem, but when we're exposed to them routinely, and in combinations that haven't been studied, it's impossible to accurately gauge the risks. While a few products cause immediate reactions from acute exposure (headaches from fumes, skin burns from accidental contact), different problems arise with repeated contact. Chronic exposure adds to the body's "toxic burden" — the number of chemicals stored in its tissues at a given time.

The main concern is daily, weekly, chronic exposure over a lifetime. Maybe if you're exposed to a chemical a handful of times it wouldn't cause harm, but some chemicals build up enough or cause enough harm in your body over time that it triggers some kind of disease outcome. The concept [of body burden] is that pollution is not just in our air and in our water — it's also in us.

No one can avoid exposure to toxic chemicals altogether, but it is possible to reduce it significantly. But the most dangerous cleaning products are corrosive drain cleaners, oven cleaners, and acidic toilet bowl cleaners. Ingredients with high acute toxicity include chlorine bleach and ammonia, which produce fumes that are highly irritating to eyes, nose, throat and lungs and should not be used by people with asthma or lung or heart problems.

At the co-op we sell a variety of natural and safe cleaning supplies such as Seventh Generation. They are one of the only cleaning supply lines that fully disclose all ingredients in their products. We also sell the natural ingredients you need to make your own cleaning supplies, such as the ones listed below.



## *Lemon & Lavender Linen Spray*

- Mix three drops of essential oils to three ounces of rubbing alcohol or Vodka into a glass (Either will work)
- Use 15 drops of lemon oil and 15 drops of lavender oil
- Add 1 1/2 cups of distilled water to the mixture
- Pour into spray bottle
- Shake the bottle before each use

## *Mattress Freshener*

Mix 5 tablespoons of baking soda with 5 drops of lavender oil. Let it set on the mattress for one hour and then vacuum.

## *All Purpose Cleaner*

- 1/2 cup white vinegar      Kills bacteria and mold.
  - 1 1/2 cups water
  - 10 drops tea tree oil
  - Pour into spray bottle
  - Shake before each use
- DO NOT USE**  
on marble  
or travertine.

# Sage 101

By Whitney Bustillos  
emo manager

Growing up as a native New Mexican, I thought about sage the same way I thought about our blue doors and window seals — as a way to keep out negative spiritual energy. When a negative energy entered your presence or your home, you would be expected to “smudge” the area, object or person to rid any leftover negative energy and prevent it from being absorbed.

Smudging is the practice of burning a bundle of sage. You mainly focus on doors and windows to bless and “wash off” the outside world. These practices are believed to keep all negativity out, while allowing the good spirits and good energy to enter your presence and your home.

As I started the tradition of smudging in my own home, I began to notice an actual physical difference. It had a sense of cleanliness and freshness once the smoke cleared. It made me feel renewed and energized.

I never questioned the practice of smudging, because there are some things we do through our culture and traditions that offer comfort. For me, smudging was one of those practices. Nevertheless, my curiosity was piqued and I dove into some research.

According to Lifehack.org, “research has proven that burning sage removes 94% of bacteria in the air. When the researchers tested the air a day later, it was still clean. Unlike chemical air ‘purifiers’ that only mask the smells in the air, sage is 100 percent natural and will not cause allergic reactions for people with scent sensitivities.”

Smudging is usually credited as being a Native American practice, but its roots can be dated as far back as 6,000 years to Hindu culture. Smoke purification was practiced in Babylonia, Greece, Rome, Japan, Tibet, China and among the ancient Hebrews. Smudging is part of the world’s oldest medicine.

But according to mindbodygreen.com, “The use of dried white sage, however, is a 2,000 year old Indigenous American practice. The shamans used dried sage plants on their fires as a ritual of calling upon ancestral spirits. Any conflict, anger, illness or evil was absorbed by the sage smoke to be released or cleansed from the energy field of a person.”

Sage can be used in various forms. For example, fresh sage mixed with vinegar and water can be used to clean surfaces of your home. It can rid surfaces of *E. coli*, *Salmonella typhi*, and *Candida albicans*, among many other microorganisms. Sage is both antibacterial and antimicrobial. It can be used as an effective cleaning solution that is also completely safe for your family.



## Sage Infused Vinegar

### *What you'll need*

- Bunch of fresh (not dry) sage
- 2 cups of white distilled vinegar
- Water
- Spray bottle



With your hands twist the sage, like wringing a wet cloth, until very fragrant. Place in a glass container along with the two cups of white distilled vinegar and let it infuse for a minimum of two weeks; I prefer to infuse for at least four weeks.

### *To use*

Using a spray bottle, add equal parts of sage infused vinegar and water, spray any surface and wipe using a cloth rag.

For other amazing tips on how to use sage in recipes, medicine and more visit our website.



# 2 U From Your Board . . .

## Seeking Co-op Board Candidates

*Dedicated  
Collaborative  
Experienced  
Ready to Serve and Promote Our Mission*

“The Silver City Food Co-op is a member-owned cooperative that provides healthful food and products, supports local growers and vendors, and cultivates a responsive environment for members, staff and community.”

Co-op Members,

It is time to elect a few of you to serve on the board of directors for the Silver City Food Co-op. Candidate statements are due March 15, and a question and answer orientation will be held the following week. The election will be held from April 7-20. Candidate statements should be 500 words or less, expressing your interest in board work and the Co-op, as well as anything else you would like to tell members. Finally, all candidates will be asked to answer the following six questions so members can evaluate their readiness for serving on a cooperative board:

1. Have you participated in Board Member in Training (BIT) this year?  yes  no
2. Have you served on a Co-op Board committee?  yes  no If so, how long? \_\_\_\_
3. Have you served on a previous board?  yes  no If so, where and how long?  
\_\_\_\_\_
4. Have you attended a board meeting this year?  yes  no If so, how many? \_\_\_\_
5. Have you ever volunteered for our Co-op?  yes  no If so, how long? \_\_\_\_
6. Have you ever worked for a Food Co-op?  yes  no If so, how long? \_\_\_\_

If you would like feedback on your statements or if you have any questions about the election process, please reach out to someone on the Recruitment, Orientation, and Development Committee by March 5. We will send you a candidate information packet and answer any questions.

Please consider enhancing the future viability and presence of our wonderful Food Co-op in the Silver City community. If you have the skills and a commitment to serve, we need you!

ROD Committee:

Jennifer Johnston, [johnstonjenny40@gmail.com](mailto:johnstonjenny40@gmail.com)

Laurie Anderson, [laurindaa713@gmail.com](mailto:laurindaa713@gmail.com)

Robert Fischhoff, [robertfischhoff@gmail.com](mailto:robertfischhoff@gmail.com)





**Jennifer Johnston**  
Secretary



**Jean-Robert Béffort**  
Vice-President



**Robert Fischhoff**



**Laurie Anderson**  
Treasurer



**Karen Strelko**  
President

# The Co-op Is Shopping—for People and Ideas!

The Silver City Food Co-op’s new Feasibility Committee is eager to receive your creative ideas. We’re certain that, while shopping at the food co-op, you have occasionally thought about a service we might provide that would enhance your shopping experience or simply make buying groceries more convenient. And while considering the service, you probably even thought of a few ways the co-op could offer that service. So, we need your idea, and we need you!

The Feasibility Committee’s approach to making great ideas a reality is simple: invite co-op member-owners to submit ideas; assess submitted ideas for feasibility; assign a research team, under the guidance of a project leader, to explore ideas that have passed the first test of feasibility; and finally, if the researched studies and supportive data reveal the idea to be practical and feasible, the idea will be passed on to management for possible implementation.

As a first step in assessing feasibility, the committee will ask that you complete a questionnaire that briefly describes your idea. After that, the committee will ask to speak with you—in person or by phone—to better understand the scope of your idea. If the committee decides your idea has merit and the potential to provide benefits to member-owners and guest shoppers, the research team will begin investigating the idea. Although not required, you will be strongly encouraged to assist in the research effort, to better evaluate the idea you have envisioned.

Let’s consider an example: what about a grocery-delivery service? Perhaps your physical mobility is limited, and the person who routinely helps you with your grocery shopping has been called out of town. By contacting the co-op, either by phone or email, we could offer you a simple solution to your unexpected problem.

We hope you’ll give this invitation serious thought. We love new ideas! Even an idea you initially think may be too humble to submit to the committee could result in a greatly appreciated convenience, as well as an improved shopping experience for you and others. There is no cost to submit an idea, and it could result in measurable cost savings for you and other shoppers.

Please submit your idea by dropping a memo (directed to the Feasibility Committee) in the co-op suggestion box, or send an email to the Feasibility Committee at [board@silvercityfoodcoop.coop](mailto:board@silvercityfoodcoop.coop)

## The Board of Directors Wants You!

Want to lend a helping hand to our Co-op? The Board of directors is looking for a member-owner volunteer to be our board Scribe. The job entails attending monthly board meetings, preparing and editing board meeting minutes, and performing a few other administrative tasks. The Board Scribe is entitled to a monthly Co-op gift card with a \$49.00 value.

If you are interested and would like more information, please contact board president Karen Strelko ([Karen@silvercityfoodcoop.coop](mailto:Karen@silvercityfoodcoop.coop)) or any of our current board members. You can also leave an email for us at [Board@silvercityfoodcoop.coop](mailto:Board@silvercityfoodcoop.coop).

## Board Meeting Schedule

The SCFC Board of Directors meets the third Wednesday of each month. Check at the Co-op for the meeting location.

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  
[karen@silvercityfoodcoop.coop](mailto:karen@silvercityfoodcoop.coop)
- Jean-Robert Béffort/Vice President**  
Board Term: 2016-2019  
[aspace.studiogallery@gmail.com](mailto:aspace.studiogallery@gmail.com)
- Laurie Anderson/Treasurer**  
Board Term: 2017-2020  
[laurindaa713@gmail.com](mailto:laurindaa713@gmail.com)
- Jennifer Johnston/Secretary**  
Board Term: 2015-2018  
[johnstonjenny40@gmail.com](mailto:johnstonjenny40@gmail.com)
- Robert Fischhoff**  
Board Term: 2017-2019  
[robertfischhoff@gmail.com](mailto:robertfischhoff@gmail.com)

**Board of Directors**

# BACKROADS GRANOLA

*Feed Your Spirit*

**Members Only  
Specials**  
February 28 - April 4  
**20% OFF!**  
listed prices



## March Sale

# 15% OFF

all

# Back Roads Granola



*At Back Roads, Virginia is in charge of sales, marketing and all things customer service. Peter is the master baker.*

Back Roads Granola is a small family bakery in southern Vermont that produces a variety of delicious granolas composed of high quality organic ingredients. Peter is master baker in charge of operations. Virginia is head of sales, marketing and customer service, and daughter, Coral, handles online marketing and other operational tasks. Barb, family friend, helps run the office.

Peter has been perfecting his recipe for 40 years and was finally convinced by friends and family, in 2010, to take it to the marketplace. Loaded with all certified organic and non-GMO ingredients, their granola is super delicious and nutritious. A number of customers have said that it's the best granola they've ever tasted. Some of them even shop and work here at the Silver City Food Co-op!

The folks at Back Roads enjoy their work and make an extra effort at customer service. If you check out their website, you'll find a picture of an inquisitive llama looking right at you. Find out more about this great company at [backroadsgranola.com](http://backroadsgranola.com), and don't forget to treat yourself to their yummy, nourishing creations, found in our bulk department.



**Shelton's**  
Turkey or Chicken  
Franks  
12 oz  
reg \$4.39



**Fantastic  
World Foods**  
Bulk  
Instant Black Beans  
reg \$6.19 lb.



**Swerve**  
Sugar Replacement  
Granular  
12 oz  
reg \$8.49



**Maple Hill**  
Drinkable Yogurt  
Assorted, 12 oz  
reg \$2.99



**European Gourmet  
Bakery**  
Choc Brownie Mis  
13 oz  
reg \$5.69



**Napa Valley**  
Grapeseed Oil  
25.4 oz  
reg \$9.79



**BioSil**  
Hair•Skin•Nails  
30 caps  
reg \$19.99