

September 2012

the Garbanzo Gazette

Volume 12

a monthly newsletter of the Silver City Food Co-op



FARM BILL 2012

Take Back Our Food System

From sustainableagriculture.com



The Farm Bill, that monstrosity of legislation that shapes the entire landscape of farming, is up for revision this year.

Okay, don't groan and stop reading just yet. Every five years when the bill is rewritten, there is a wave of frustration among organic, sustainable and local food activists and consumers against a formidable and seemingly impenetrable legislative powerhouse. Especially since this one has long favored industrial agriculture.

Still, we think this bill warrants our attention. This is a big bill. Even the title suggests that. Officially, it's the Food, Conservation and Energy Act and it encompasses a lot more than food and food production. All told, the 2008 bill came in at a cool \$284 billion dollars.

How those billions are used makes a big difference to our health and the environment. Simply put, the Farm Bill creates the rules for our food system and how we eat. And those rules aren't exactly in favor of local and organic food. For instance, in 1008, only \$50 million of that \$284 billion went to fruit and vegetable producers and even less went to organic producers.

A "NEW" FARM BILL?

The 2012 Farm Bill is scheduled to be enacted on **September 30, 2012**. It has already been drafted; leaders of the House and Senate Agriculture Committees have spilled a lot of ink on this bill. Consider, though, that this "representative" group consists of just four representatives hailing from Kansas, Michigan, Minnesota and Oklahoma. These states are strongholds for highly subsidized mega-crops like corn, soybeans and wheat (notice a pattern here?).

Still missing from the 2012 version of the Farm Bill has been extensive public debate. The draft process for this bill usually lasts many months, but this year there has been little discussion, let alone debate.

For instance, there has been little talk of the estimated \$33 billion worth of budget cuts targeting nutrition programs.

And this is where the bill begins to impact us, here, at the Co-op.

DON'T REDUCE HUNGER PROGRAMS

Of the billions in cuts, one of the biggest chunks comes from the food stamp program, also known as the Supplemented Nutrition Assistance Program (SNAP).

Nationwide, over 46 million people use food stamps. The proposed cuts could potentially reduce the monthly food stamp benefit for a family of four by almost \$60 and force three million people off the program altogether by tightening eligibility rules.

The National Sustainable Agriculture Coalition says it well: "Deficit reduction should not come at the expense of the poor. With nearly 50 million Americans struggling with hunger during this economic downturn, we need our major anti-hunger programs, including SNAP and child nutrition, now more than ever."

The Co-op participates in the SNAP program, we have members and non members who use it regularly and otherwise would not have access to healthy, organic food. These proposed cuts target the most vulnerable of our customers and miss the mark when it comes to saving federal dollars.

REFORM SUBSIDIES; DON'T CUT THEM

If we want to save money, we need to look no further than the Farm Bill's subsidy program. The U.S. Department of Agriculture recommends that fruits and vegetables should make up about half of the food on our plates. Yet, as we mentioned, only a tiny fraction of the Farm Bill goes to promote fresh foods (peculiarly termed as "specialty crops"), let alone the local or organic version.

The Farm Bill traditionally allots the majority of its subsidy dollars to corn, wheat and soy producers, including companies that develop genetically modified seed. These are among the largest and most profitable agricultural businesses in the country.

Theoretically, subsidies are set for massive cuts in the 2012 Farm Bill. There is talk that they will be replaced with new shallow-loss protection plans, essentially free insurance to cover revenue losses. Critics see this as mere semantics: subsi-

dies become crop insurance. Further, it is feared that most of those subsidy cuts will be disproportionate, impacting small and medium farms and organic growers much more than industrial commodity producers.

Instead of cutting the funding for subsidies, why not reform them?

The argument is well articulated by Mark Bittman of the New York Times, "What subsidies need is not the ax, but reform that moves them forward. Imagine support designed to encourage a resurgence of small and medium-sized farms producing not corn syrup and animal feed but food we can touch, see, buy, and eat, like apples and carrots, while diminishing handouts to agribusiness and its political cronies."

TAKE THE POWER BACK

Because of the complexity of this Farm Bill, we offer the following action plan:

While we certainly advocate contacting Sen. Udall, Sen. Bingaman and Rep. Pearce to let them know what you think about this Bill, we favor a more direct and proactive approach to the 2012 Farm Bill: Vote with Your Fork.

Take the power back by choosing what to eat and feed your family. You can vote with every meal by choosing to buy the food you believe in: Support Local and Organic Agriculture by Buying Local and Organic Food.

Voting with your fork may not have the same sexy appeal as a march on the Capitol in Washington D.C., but ultimately, it is the single most important decision we make.

And we make it every single day!

Contact information:

Senator Jeff Bingaman; 703 Hart Senate Office Building, Washington, DC 20510
(202) 224-5521
www.bingaman.senate.gov/contact
Senator Tom Udall; 110 Hart Senate Office Building, Washington, DC 20510
(202) 224-6621
www.tomudall.senate.gov/contact
The Honorable Steve Pearce; US House of Representatives, 2432 Rayburn House Office Building, Washington, DC 20515
(202) 225-2365

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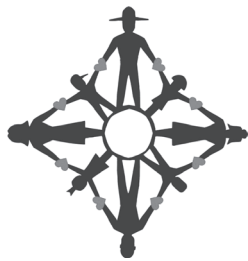
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Community Outreach Report

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

Store Hours

Mon-Sat 9am-7pm

Ends Statement

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

Cooperative Principles

1. Voluntary and open membership.
2. Democratic member control.
3. Member economic participation.
4. Autonomy and independence.
5. Education, training and information.
6. Cooperation among co-ops.
7. Concern for community.

General Manager

Doug Zilm

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Tonya Butts
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Angie Carr
Elena Taylor
Keegan Colter
Glenn Thayer
Mary Giardina
Carol Kay Lindsey
Andrea Simoneau
Richelle Price
Jarrod Swackhamer
Dan Jameson

Annual Co-op Membership Dues

\$10.00 (plus tax)

Kids under 18 and living at home FREE

The Garbanzo Gazette

Garbanzo Gang: Margarita Courney, Vicki Gadberry, Judith Kenney, Carolyn Smith, Carol Young & Meggie Dexter.

Submissions are Welcomed!

Submit letters, articles, or items of interest to:

gg@silvercityfoodcoop.com

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Greetings from the General Manager

I hope that everyone has by now seen the new bulk liquids display in the store. This was a project that was born out of requests from our members over the past several years. We are very happy with how it has turned out and the products we are now able to offer in bulk at a discounted price over their packaged counterparts on the shelves.

If you have yet to notice the display (located where the peanut butter and almond butter machines have been and still are) you should be pleasantly surprised. We were able to add olive oil, canola oil, agave, maple syrup, and honey to our previous offerings of tamari, shoyu, and apple cider vinegar.

The honey will be as local as possible with our initial supply coming from hives in the Deming area. We are also

working with other beekeepers both locally and within the state to ensure that we are able to have a steady supply.

Having these liquid items in bulk will now allow our members to purchase in more convenient amounts and allows us to offer a lower price on these items (savings as much as 40%) over the shelved equivalent, as well as a way to reduce packaging. We do ask that you try to remember to bring in your own containers for these items when possible (we can weigh the container before you fill it so you don't pay extra for the weight of the container). We do have containers for sale, but bringing in your own makes the system work much more efficiently.

Please keep giving us these great suggestions and ideas for your Co-op – we love to hear them.

-Doug Zilm

Did You Know?...

Pluots



A plum-apricot **hybrid, pluots** range in color from deep crimson to rose-speckled gold; heirloom varieties possess cheerful names like Dapple Dandy and Flavorosa. Pluots have smooth, taut skin and firm flesh like a plum, but taste less acidic (thanks to the apricot influence). Choose plump, not-too-hard pluots with a nice scent. Ripe ones give a bit when pressed near the stem. If needed, ripen at room temperature; then refrigerate. Here are a few ways to use pluots:

PIZZA – Spread soft ricotta or goat cheese on a plain pizza crust; top with discs of fresh pluot brushed with olive oil and minced fresh basil. Bake at 425 degrees for about 10 minutes, until crispy.

SALSA – Substitute pluots for tomatoes in your next salsa, along with chopped fresh jalapeño pepper, yellow onion, cilantro, and lime juice. Serve with burgers or grilled fish.

BUBBLY – In a blender, combine fresh pluot chunks with water, a splash of lemon juice, and agave or honey to sweeten; purée. Fill one-third of a champagne flute with pluot mixture and top off with Prosecco or sparkling water. Or use the purée to make beautiful ice cubes for your next pitcher of lemonade.

Help Heal Minor Injuries

When suffering from a strain, scrape, or muscle soreness, several natural supplements ease injury-related inflammation and pain while accelerating healing. Research shows the following nutrients and herbs can help people who suffer from a broad range of aches and pains, including arthritis.

OMEGA-3s – Usually obtained from fish or algae, omega-3s act as precursors to prostaglandin E3, one of the body's most potent anti-inflammatory compounds. Key omega-3s—EPA and DHA—also fight inflammation and pain.

GAMMA-LINOLENIC ACID – Technically an omega-6 fatty acid, plant-derived gamma-linolenic acid (GLA) oil behaves more like an omega-3. It's a precursor to prostaglandin E1, another anti-inflammatory compound. Some studies have found that GLA lessens rheumatoid arthritis symptoms.

CURCUMIN – An extract made from turmeric root, curcumin blocks several of the body's inflammation-promoting compounds, including COX-2 enzyme.

HERBS – Ginger and rosemary are superb natural anti-inflammatory herbs. Because herbs usually work by different biochemical pathways, taking a combination can be more effective.

VITAMIN C – This vitamin is essential to make collagen, a protein found in skin, muscle, cartilage, and bone—the tissues that get damaged when exercising. Extra vitamin C encourages healing.

VITAMIN D – Just because the sun is out doesn't mean your body is making enough vitamin D, especially if you use sunscreen or cover up with clothes when in the sun. Low vitamin D levels are strongly associated with chronic pain, particularly back and nerve pain.

PYCNOGENOL – This patented extract of French maritime pine bark contains 40 antioxidants and anti-inflammatory constituents, mostly polyphenols and flavonoids. One study found that it reduced pain and stiffness in people with osteoarthritis. Pycnogenol blocks the activity of several inflammation-promoting substances, including the COX-2 enzyme.

ARNICA – This venerable analgesic herb promotes healing. In an herbal or homeopathic topical ointment, Arnica Montana can ease sore muscles as well. Comfrey, aloe, and St. John's Wort also battle inflammation and pain.

Small is Beautiful (& Delicious)!

Eating less of a greater variety of dishes is the recipe for culinary satisfaction.

Research into the eating habits that make us fat shows that low-calorie products do little to combat obesity. It turns out we stuff 50% more low-sugar M&Ms in our mouths than we do regular ones. Low-calorie products and other products that claim to be good for us may have a positive effect on our conscience—and on profits for the M&M Company—but they don't make us healthier.

A perhaps more regrettable side effect is that we experience less net enjoyment. After all, the first bite is always the best one; after that, the law of diminishing returns kicks in. This means: each subsequent bite provides less satisfaction.

A good recipe for greater enjoyment is to eat less rather than more—by eating small, varied dishes, for example. Such as tapas: a few olives, then a little toasted bread topped with tomato, olive oil and arugula. A cube of cheese. A slice of omelet. A few roasted potatoes.

A ready batch of rice salad is the ultimate convenience. You don't have to eat it all at once because it's just as delicious tomorrow. Mix cooked rice with minced capers, lemon zest, diced cucumber, finely chopped parsley and/or cilantro and/or arugula, walnuts and/or pine nuts and sliced leek or scallion. Take your cue from the things in your refrigerator and pantry, or your children's preferences, to vary the basic recipe.

And if you're just crazy about M&Ms, make sure you leave room for one of the little devils as dessert. An old-fashioned one, of course.

Bring Us Your Ink Cartridges!

Silver City's High Desert Humane Society is trying out a new type of fundraiser. They are asking for donations of all types of ink cartridges to recycle (including laser ink cartridges). Please take your used cartridges to the shelter during regular business hours (Wednesday-Friday-Saturday 10:00 am-2:00 pm; Thursday 11:00 am-3:00 pm), and help support the shelter's H.A.L.T. spay and neuter program.

Shredded Paper for Compost!

The Document Center, located at 1004 N. Pope Street in Silver City, has bags of shredded paper that can be used for compost – and they're FREE. Call the Center to ask if they have bags available for pick up during their regular business hours (Monday-Friday 8:00 am-5:00 pm) (575) 388-1884.



Is Your Workplace Inspired by Values?

LRN Study Shows Corporate Executives and Their Employees Disagree

CEOs in Corporate America are six times more likely than average workers to believe they work in a company where people are inspired, a new study from LRN finds. In fact, employees say they are primarily coerced (84%) or motivated (12%) by carrots and sticks on the job rather than inspired by values and a commitment to a mission and purpose (4%).

Yet, the study reveals that companies that do self-govern through values significantly outperform those who don't. These companies experience higher levels of innovation, employee loyalty, and customer satisfaction, and lower levels of misconduct, employee fear of speaking up and retaliation, the study finds. Employees in self-governing companies also report stronger financial performance relative to the competition.

These, and other findings, come from "The HOW Report," a first-of-its kind study of more than 5,000 full-time employees, commissioned by LRN and independently conducted by the Boston Research Group, in collaboration with Research Data Technology and The Center for Effective Organizations at the University of Southern California. The study compares the business returns of competing models of governance, culture and leadership and the observed behavior of management and employees.

"What you measure is a window into what you value. As institutions, we've gotten incredibly good at measuring 'how much,' as in 'how much' revenue, profit, market share, resource, debt, etc.," said Dov Seidman, CEO of LRN. "As we continue to lurch frequently from one crisis to another, and generally contend with the dynamics of operating in a globally interdependent world, creating resiliency and forging a path of sustainable growth requires leaders to rethink the very nature of how their organizations operate and how their people conduct business. We have entered a new era where it is possible to measure how we operate, lead and govern our institutions. And this study demonstrates that it is, indeed, practical to be principled."

Key Findings of the HOW Report:

Rare: Self-Governance is rare in corporate America. Only

3% of respondents report they work for organizations whose purpose and values inform decision-making and guide all employee and company behavior.

Less misconduct/more speaking up: Organizations that exhibit self-governing behavior experience significantly fewer risks associated with employee misconduct.

Employees in self-governing organizations are three times more likely to report that there is no retaliation in their organizations than are employees in companies that rely on rules and policing, top-down, command-and-control leadership and coercion, and 1.5 times more likely than employees in companies that rely on hierarchy, structure, control processes, performance-based rewards and punishments to motivate people.

94% of respondents work for organizations that do not make them feel completely comfortable in speaking up (e.g. when they see misconduct), challenging the status quo, or voicing alternative opinions or views.

In self governing organizations, 94% agree that employees report unethical behavior when they see it, compared to 62% in what the study characterizes as "informed acquiescence" companies and 26% in "blind obedience" companies.

Advantages: Organizations that exhibit self-governing behavior are significantly more likely to achieve higher levels of innovation, employee loyalty and greater customer satisfaction, particularly when compared to rules-based, coercive organizations.

Employees who work at self-governing organizations are as much as five times more likely to observe that good ideas will get adopted.

Values-based behaviors result in almost nine times the level of observed customer satisfaction.

Employees at self-governing organizations are twice as likely to believe that their company has a good reputation among its customers.

Employees at self-governing organizations are nearly three times more likely to refer a friend to their company.

High performance: When viewed systemically, the four primary outcomes of a self-governing organization — less employee misconduct, greater innovation, employee loyalty and customer satisfaction — come together to synergistically deliver superior financial performance.

There is strong statistical evidence that an interdependent, synergistic relationship exists between and among these outcome behaviors; so much so that they act in a reinforcing and systemic manner to impact financial performance.

Employees in self-governing companies perceive a 15 percentage point and 40 percentage point advantage, respectively, in financially outperforming the competition compared to hierarchical or top-down companies.

Measurable: Trust, inspiration and significance can be measured and create a distinct competitive advantage.

Only 9% of employees believe they work for a high-trust organization where there is little or no fear or coercion.

Only 12% of respondents maintain that they work for companies where decisions are made based on long-term considerations. Nearly 60% said that short-term mindsets prevail.

Over 90% of respondents work for organizations that do not create an atmosphere offering sufficient levels of information sharing. Additionally, 90% work for organizations that don't effectively foster coordination between departments and groups.

Nearly 70% of respondents work for organizations fixated on traditional methods of success rather than on long-term significance.

"A super-system of culture, governance, and leadership as a conscious, deliberate, long-term strategy can be key to differentiation, success and significance for companies in the 21st century," said Dov Seidman. "Companies and leaders who pioneer and forge ahead on a genuine journey of governance, culture and leadership are the ones who will be around in the 22nd century." □

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Ancient Athens Provides a Model for the Contemporary Workplace *by Cynthia Yoder*

Princeton NJ -- Classical history scholars may not seem the most likely candidates to write a book on the modern workplace. But Princeton professor Josiah Ober and co-author Brook Manville have done just that, demonstrating that ancient Athens can serve as a model for potentially powerful organizational practices.

In their new book, "A Company of Citizens -- What the World's First Democracy Teaches Leaders About Creating Great Organizations," they suggest that greater democracy in the modern workplace could lead to the high levels of innovation and performance experienced by the self-governing city-state of Athens some 2,500 years ago during its Golden Age.

Ober is the David Magie '97 Class of 1897 Professor of Classics at Princeton, and Manville is a chief learning officer at Saba Software and a former classics professor. Published by Harvard Business School Press, "A Company of Citizens" addresses businesses in democratic societies and suggests that business leaders approach their employees as "citizens." The authors maintain that employees should be treated as free and equal members of the organization, echoing their experience in the larger culture. Consequently, employees would be invested in the company on personal and economic levels currently not experienced in most modern firms.

"Most organizations that exist tend to work against the assumptions of democracy," said Ober, who has written several books on classical history and political theory. Current practice in the workplace assumes that whatever freedoms of self-governance employees enjoy in the larger society, they are expected to leave them in the umbrella bucket when they walk through the company door.

Beyond stockholding

Even though some employees may be stockholders in their company, they may not be invested politically in the company's outcomes. When employees go to work, there often is the assumption that "now you are neither free nor equal; now you will take orders," Ober observed.

The assertion of "A Company of Citizens" is that by allowing employees to exercise the types of freedoms and decision-making responsibilities they have gained in soci-



ety within their company, organizations will enjoy greater innovation and productivity. With individuals participating in a "community" in which they feel personally invested, they can work together toward their own version of Athens' Golden Age.

Ober said another advantage to the model is that citizen-employees may sacrifice personal gains for the good of the company. For example, citizen-employees who feel appreciated and satisfied may be willing to defer some material rewards in the form of higher pay and benefits if their company faces hard times. Employees may consider their pay package just one part of a bigger rewards package that includes the satisfaction of being part of an organization that allows them to be self-actualized rather than simply "cogs in a wheel."

Citizens as decision-makers

"Athens' citizens held the right to decision-making and the responsibility for carrying out decisions," Ober noted by way of comparison. "They enjoyed not just immunities and rights, but duties, and they were enjoyable duties."

These duties included voting in legislative assemblies, serving as members of huge juries and being elected to a citizens' council. Of course, Athens' rules for citizenship itself were flawed by modern standards -- non-natives, slaves and women were denied citizenship. The authors acknowledge this fact as a possible Achilles' heel for Athens, as citizenship of all people could have strengthened the city against its eventual overthrow.

Despite its flaws, the self-governance of Athens may sound like a Utopian ideal for businesses bent on profits. Yet it's an ideal that worked to a high degree of success in Athens. Ober noted that the Athenian model doesn't require human beings to be super-altruistic or so community oriented as to be uninterested in their own personal projects. It simply requires leaders to act less like autocrats and more like democrats.

Athenian ideals at Princeton

Furthermore, the ideal doesn't exist only in the past. Although Ober said he doesn't know of any companies that function on the level suggested by the Athenian model, he points toward Princeton University's Faculty Advisory Committee on Appointments and Advancements as an example of the kind of self-governing function that individuals can have in an organization.

The "Committee of Three" oversees all faculty appointments and promotions and is elected by the faculty body. Despite its name, it has six voting and five non-voting members. And, as was true for ancient Athens, the Committee of Three runs on the interrelationship of three essential democratic values: individuality, community and accountability.

"As a member of this committee, you learn to trust the faculty," commented Ober, who has served on the committee. "If the other faculty members don't do their job, the committee doesn't work."

An essential component of the model of self-governance is trust, a behavior trait that may not emerge instantly within organizations. However, when it does develop over time, Ober said, "meetings won't be about coffee and cookies, but about working together as a team for a common goal."

Business leaders who pick up "A Company of Citizens" will find themselves at first steeped in ancient history, rather than immersed in a list of quick fixes. The authors describe the book as a "think piece" -- not surprising, coming from two classical history scholars. Yet, the authors said they attempted to present the history as a clear, accessible lesson, offering thought-provoking questions to help leaders apply the model of citizenship to their own companies. □

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KITCHEN MEDITATIONS

ICED TEA REFRESHERS!

PEACH-MINT GREEN TEA

Perfectly refreshing. Place 1 bunch (2 ounces) fresh mint in a heatproof bowl; crush or wring slightly. In a pitcher, cover 2 green tea bags with 2 cups just-boiled water, steep 3 minutes, and then squeeze and discard bags. Pour tea over mint; steep 5-8 minutes. Strain, pressing on mint. Add 1 cup peach nectar and chill. Makes 3 cups



CRANBERRY-GINGER HIBISCUS TEA

Tart and spicy. In a heatproof pitcher, place ¼ cup plus 1 Tablespoons hibiscus leaves. Cover with 4 cups just-boiled water. Steep 4-6 minutes; strain. Add 2 cups cranberry-pomegranate juice and 2 teaspoons grated fresh ginger (if desired, add a little agave or honey to taste). Chill. Makes 6 cups

MANGO DARJEELING TEA

Pleasantly fragrant. In a heatproof pitcher, cover 2 Tablespoons Darjeeling tea with 4 cups just-boiled water, steep 2-3 minutes, and then strain. Add 2 cups mango nectar; chill. Garnish glasses with pineapple slices. Makes 6 cups

VANILLA ROOIBOS TEA

Smooth and understated. Steep 2 Tablespoons Rooibos tea in 4 cups just-boiled water for at least 8-12 minutes (or longer; rooibos doesn't get bitter like other teas). Strain and add 2 teaspoons pure maple syrup, 1 teaspoon vanilla extract, and a sprinkling of ground cloves. Garnish glasses with lemon wheels. Makes 4 cups.

All recipes from *Delicious Living Magazine*

ICED FRUIT TREATS!

MELON MOJITO POPS (GF/Vegan)

¼ cup coconut sugar or cane sugar
3 TB chopped fresh mint leaves
1/4 cup fresh lime juice
1 cup sparkling lime-flavored water
2 cups finely diced honeydew, cantaloupe or watermelon



Combine sugar and mint in a blender and blend until mint is finely chopped. Scrape into a bowl and add lime juice and sparkling water, stir until sugar dissolves. Divide melon pieces among 6 pop molds and fill with lime mixture, leave about 1/4 inch at the top. Freeze 3 hours

CREAMY CHERRY KEFIR POPS (GF)

2 cups fresh pitted cherries
2 cups plain, unsweetened kefir
2 TB agave or brown rice syrup
2 tsp almond or vanilla extract

Combine cherries and kefir in a blender and blend until cherries break down and kefir turns pink. Add sweetener, extract, and a pinch of sea salt, mix until well blended. Pour into 8 pop molds and freeze 3 hours

CHOCOLATE FUDGE POPS (GF/Vegan)

2 TB arrowroot powder
3 cups vanilla hemp milk, divided
10 ounces 70% cocoa chocolate bar, chopped
1 tsp vanilla extract

Whisk arrowroot into ½ cup hemp milk. In a medium pot, stir together remaining hemp milk and chocolate. Bring to a boil, whisking constantly; boil gently for 1 minute. Remove from heat and stir in arrowroot mixture and vanilla. Cool slightly before pouring into 8 pop molds and freeze 3 hours.

Excerpt from

Following the Equator by Mark Twain

Sept. 15 – Night. Close to Australia now. Sydney 50 miles distant.

That note recalls an experience. The passengers were sent for, to come up in the bow and see a fine sight. It was very dark. One could not follow with the eye the surface of the sea more than fifty yards in any direction – it dimmed away and became lost to sight at about that distance from us. But if you patiently gazed into the darkness a little while, there was a sure reward for you. Presently, a quarter of a mile away you would see a blinding splash or explosion of light on the water—a flash so sudden and so astonishingly brilliant that it would make you catch your breath; then that blotch of light would instantly extend itself and take the corkscrew shape and imposing length of the fabled sea-serpent, with every curve of its body and the “break” spreading away from its head, and the wake



this monster of light, fifty feet long, would go flaming and storming by, and suddenly disappear. And out in the distance whence he came you would see another flash; and another and another and another, and see them turn into sea-serpents on the instant; and once sixteen flashed up at the same time and came tearing towards us, a swarm of wiggling curves, a moving conflagration, a vision of bewildering beauty, a spectacle of fire and energy whose equal the most of those people will not see again until after they are dead.

It was porpoises—porpoises aglow with phosphores-

following behind its tail clothed in a fierce splendor of living fire. And my, but it was coming at a lightning gait! Almost before you could think,

cent light. They presently collected in a wild and magnificent jumble under the bows, and there they played for an hour, leaping and frolicking and carrying on, turning summersaults in front of the stem or across it and never getting hit, never making a miscalculation, though the stem missed them only about an inch, as a rule. They were porpoises of the ordinary length—eight or ten feet—but every twist of their bodies sent a long procession of united and glowing curves astern. That fiery jumble was an enchanting thing to look at, and we stayed out the performance; one cannot have such a show as that twice in a lifetime. The porpoise is the kitten of the sea; he never has a serious thought, he cares for nothing but fun and play. But I think I never saw him at his winsomest until that night. It was near a center of civilization, and he could have been drinking. □

Student Debt, By the Numbers

What's an education worth? The financial crisis has put a heavy burden on all Americans, but students are feeling the pinch in a number of unique ways. Here are some numbers that lay behind the political firestorm.

Since the early 1980s, average tuition has gone up 439 percent, the combined result of lower state funding and a large “echo boom” of young people entering school. About 37 million Americans hold student debt—just over 1 in 10.

That's a big increase. A generation ago, students were a lot less likely to take out loans. During the 1980-1981 school year, an average student paid just over \$2,000 each year for tuition, room and board at a public, four-year school. By 2009, the average was about seven times that.

Federal aid has also dwindled. In 1980, most federal aid to students was in the form of grants, and on average, a Pell Grant could cover about two thirds of tui-

tion. These days a maximum Pell Grant covers about half that, and Washington invests much more in issuing loans.

Now, the average student debt load is reportedly just over \$25,000, but that's a little misleading. In addition to loans, students are increasingly turning to credit cards to cover rent, food, and other living expenses. An average student has 4.6 credit cards, and the average debt load for a senior is more than \$4,000. What's more, banking on campus is big business. At least 700 colleges and alumni associations have contracts with banks to market credit cards to their students. About 9 in 10 students use credit cards to pay education expenses.

But wait, here's the scary part. Unlike most borrowers, students are mostly ineligible for bankruptcy protection. In order to enter bankruptcy, student borrowers have to successfully file a lawsuit against their creditors and prove that repayment would cause them “un-

due hardship.” So it doesn't happen that often.

All this means defaults are on the rise. The default rate for federal loan borrowers is 1 in 12, and for students attending for-profit schools, it's closer to 1 in 7. Between 1995 and 2010, the number of students entering default was as high as 1 in 5. And those numbers are increasing—about 3 in 10 borrowers have payments that are at least 30 days passed due. Under federal law, a default could trigger a 15 percent wage garnishment, and even a reduction in Social Security or retirement benefits. (Hint: retirement benefits—that's the punch line.) □

[Sources: Economic Policy Institute, Project on Student Debt, FinAid, New York Times, Demos, Federal Reserve Bank of New York, College Board, Department of Education, Federal Reserve Bank of Chicago, Chronicle of Higher Education, Sallie Mae.]

September Sales

To Our Co-op Members & Customers: Please note that sales run for a **two-week period**, a few sale items are listed below. Please stop by the Co-op and take advantage of all the great offerings each month.

September 5-September 18



Bulk
Equal Exchange
Coffee
reg \$12.69#
SALE \$9.99#



Brown Cow Yogurt
6 oz assorted
reg \$.99
SALE \$.80



Food For Life
Ezekiel Bread
reg \$4.89
SALE \$3.59



Annie's Dressing
8 oz assorted
reg \$4.29
SALE \$2.79



Kiss My Face
Olive Oil Soap
reg \$3.49
SALE \$2.50



American Health
100 tab
Chewable Acidophilus
Strawberry
reg \$10.49
SALE \$5.99



Bulk
Steel Cut Oats
reg \$1.59#
SALE \$1.09#



Earth Balance
Organic
Buttery Spread
reg \$4.99
SALE \$3.99



Rising Moon
Frozen Ravioli
reg \$4.29
SALE \$2.99



Arrowhead Mills
Pancake/
Waffle Mix
reg \$4.59
SALE \$2.99



Tom's of Maine
Toothpaste
assorted
reg \$5.89
SALE \$3.99



Earth Friendly 25 oz
Dishmate
Grapefruit
reg \$4.19
SALE \$2.79

Member Only Specials

September 5-October 2



Lundberg
Bulk
Jasmine Rice
reg \$2.59#
SALE \$2.39#



Organic Valley
64 oz Milk
assorted
reg \$4.39
SALE \$3.99



Cascadian Farms
12 oz Froaen Juice
assorted
reg \$4.39
SALE \$3.99



Napa Valley 25.4 oz
CA Reserve
Olive Oil
reg \$14.89
SALE \$13.49



Thayer's 12 oz
Witch Hazel
assorted
reg \$8.79
SALE \$7.99



Cita Solv 22 oz
Spray Formula
reg \$4.69
SALE \$4.29

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: _____

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

GROCERY SPECIAL ORDER POLICY

Members receive a 10% off shelf price discount on special orders of case quantity in ALL departments. HABA and Supplements will receive the 10% discount when the quantity ordered is at least six (of the same item). Cases of local meat must weigh 10 pounds or more to receive the discount. All CAP and Essentials Program items will no longer be excluded from receiving the discount; however, a case MUST be ordered to receive the special order 10% discount. Membership Matters items sold in cases on the shelves will now receive a 10% discount (instead of 20% discount).

PRODUCE SPECIAL ORDER POLICY

Produce special order deadline is Thursday at 7 pm. The pickup date is conveyed to the customer by the buyer. The only exception of this deadline is when the Co-op is closed on Thursday due to a holiday. Check with the produce managers if this occurs.

CO-OP COMMUNITY ROOM POLICY

Individuals, groups & organizations are welcome to use the community room, as long as one organizer is a co-op member. Seating capacity is 24. Room is not intended for commercial use or events where a fee is charged. Contact Margarita: margarita@silvercity-foodcoop.com or call the Co-op at (575) 388-2343. Please allow 7 days to receive confirmation of your request. *Thank you!*

CO-OP KIDS



forever young

Our Co-op: The Next Step *by Jerry Boswell, Treasurer*

As many members may know, the Silver City Food Co-op staff recently submitted a proposal to the Board to change the management structure of the Co-op. The store currently has a General Manager who is responsible for running the business, but he will be resigning from his job sometime after the end of December. Upon his departure, the staff has indicated to the Board their interest in dividing up the duties of the general manager and sharing the leadership of the Co-op among the employees.

In response to the staff's proposal, the Board has been very busy gathering as much information as possible so that we can make an informed decision that will move the Co-op forward in a positive direction. We have had to take a close look at the issue of management restructuring from many different perspectives, some of which are out of our control, and some of which require a great deal of speculation. Unfortunately, there are no simple solutions, and at times it seems like we raise more questions as we continue our search for answers.

There are many internal factors that have to be considered if we choose to have the staff run the business using a decentralized management structure, that is, without a General Manager. For ex-



ample, the net operating profit of the Co-op has been on a downward trend over the last five years and last year we experienced a net operating loss. Even though sales continue to increase, operational costs have also been gradually increasing and are having an impact on the profitability of the store. The financial health of the Co-op must be a primary focus of current and future management. Another factor that has complicated the issue of a transition in management structure is that we have no precedent as to how to proceed. There is no established blueprint or model to guide us, so we are taking one step at a time to determine what is best for the Co-op and our members.

The Board is faced with many looming questions as we consider a change in the management of our Co-op. One important question we are wrestling with is, "Is now a good time to change our management strategy?" While we certainly need

to keep an eye on the recent financial trends and profitability of the Co-op, we also need to acknowledge that, on a local and national level, people across America are facing the worst economic crisis in our lifetime. Unemployment is high and money is tight. The fluctuation of gasoline prices, along with the uncertainty of future global petroleum markets, is also contributing to higher food costs. To make matters worse, we are seeing that the current drought across the entire southern portion of the U.S. is destined to drive up the cost of food products nationwide. This could impact the cost of many organic food items because of the way that their costs are linked to similar nonorganic food products.

These are a few of the concerns that are in play as we discuss the staff's proposal to adopt a decentralized or collective management structure. While it can be said that the Co-op faces a certain amount of risk whether we hire a General Manager or implement an alternative management model, the Board is doing its best to be creative and diligent as we seek the most promising path for the future of the Co-op in these times of uncertainty. □

Food for Thought *by Susan Van Auken, President*



Now is the season when local food lovers rejoice! Although some vegetables can be grown all year around in our area, most of the crops are harvested in August, September, and October. NOW is the

most bountiful time of the year! If you are interested in local foods you can take advantage of this bounty.

At our Co-op's General Membership meeting for the past two years, as well as during our in-store Dot survey, many members believed that increasing the amount of local foods available was a very high priority. In order to achieve this desired increase we all must be part of the solution. The Co-op does what it can by purchasing food from local producers and vendors. Here are some suggestions about what you can do to increase your own local food consumption.

Choose locally grown produce when shopping at the Co-op or at one of the three farmers markets in the area. Perhaps you could try and adjust your menus or your desires during this bountiful time and eat only produce that is locally grown.

You can help the farmers at the farmers market. Here's how. Instead of being at the market when the bell sounds at 8:30 and plucking the choicest items offered. Come to the market later in the morning perhaps just before it closes and buy the produce the farmers have left. If the farmers sell all they grow and can make a living by farming, they will grow more and continue farming. Also buying what is available rather than what is on your list might give you a chance to be creative with your cookery. Could you cook and enjoy new dishes if the only produce you had to use one week

was 15 summer squash, 20 cucumbers, garlic, and 6 large bunches of kale that you just bought at the end of the market?

Some of the vegetables available in October store easily for many months. Garlic, onions, winter squash and potatoes will last for a long time in almost any cool, dark spot in your house. If you want to make certain that you have these local foods to eat later in the year, buy as much as you might need for the next several months.

Do you have a freezer? Why buy vegetables or soups in cans or frozen packages? These ready-made foods might be very convenient, but they are not locally grown. Make your own convenience foods. Sauté onions, yellow summer squash, red peppers, and basil to make a lovely flavorful side dish and freeze in serving size packages. Again, use your own creativity to provide many local food frozen meals for the winter ahead.

Home canning might seem scary or complicated if you have never actually participated in the process. It's not scary at all but I will have to admit, it is time consuming and you will need to follow the instructions in a canning book. The results are a worthwhile way to expand the amount of local foods in your diet. Making your own dill or sweet pickles is an easy and fun place to start!

Our desert climate provides a great environment for sun-drying food, so try this easy option. Most fruit and tomatoes dry and store well. Other vegetables dry well too, just make sure that you like the results before drying great quantities.

Although this is the season for fresh vegetables, you can also find locally grown eggs, beef, chicken, and pork at the farmers market. Local eggs and beef can also be purchased at the Co-op.

available and with every bite enjoy the wonderful flavor, and feel nourished by the freshness and vitality! □

VOLUNTEER DISCOUNT POLICY

Members who volunteer for 3 hours of work receive a 15% discount on all purchases for one week. Discounts must be used within 12 months.

If you are interested in volunteer opportunities at the Co-op, email or call Carolyn: carolyn@silvercityfoodcoop.com (575) 388-2343.

Board Meeting Schedule

The SCFC Board of Directors meets the second Wednesday of each month in the Co-op Community Room, 4:30-7:30 pm, the agenda for the meeting is posted in the store at least one week prior to the meeting.

Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among those member 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.

Silver City Food Co-op Board of Directors

Susan Van Auken, President
Board Term: 2010-2013
susanvanauken@gilanet.com

Lynno Aldin, Vice President
Board Term: 2012-2015
lynno@peacemealcoop.com

Gail Rein, Secretary
Board Term: 2011-2014
rein.gail@gmail.com

Jerry Boswell, Treasurer
Board Term: 2012-2015
gboswell5275@msn.com

Meadow Clark
Board Term: 2012-2015
meadow@conflictmediation.net

Carmon Steven
Board Term: 2012-2013
yankiecarmon@yahoo.com

Lita Furby
Board Term: 2011-2014
luddite555furby@montana.com



Outreach Report *by Carolyn Smith*

There's been a lot of talk about the importance of local food and growing our own. I believe cooking our own food, from scratch, is just as important. Home cooking can ensure that we are eating the freshest and most nutritional foods available while also feeding a lot of other needs as well. For starters, preparing our own food is a feast for the senses. We experience the tactile sensations of holding a ribbed stalk of celery or a fuzzy peach or by rubbing dried beans between our fingers as we rinse them in cool water.

We are transported to other times and places as we smell the fragrance of fresh herbs and spices or bread baking in the oven. We prime our digestion with the aroma and sounds of sizzling onions and garlic, and I know my dog always comes running when he hears me chopping vegetables and other housemates and/or visiting humans within earshot will saunter into the kitchen to check it out as well.

Take a stroll in your own vegetable garden or a neighbor's or walk past the co-op produce cases and you will be treated to a kaleidoscope of colors and textures and you can recreate this beautiful palate on your own plate.

By using the freshest local and/or organic produce and herbs, pastured and/or organic meat and eggs, or wild caught fish, you not only get nutritious foods that will nourish your body, you also get the foundation for the best tasting meals.

Take a trip around the world without leaving your own kitchen. Check out the outstanding selection of dried herbs and spices in the co-op's bulk herb department and incorporate them into your own culinary repertoire. Consult your favorite cookbooks or go online for recipes or to read about an individual herb or spice and their food affinities. But beware! Reading recipes can often make you hungry faster than you can prepare a

meal. Try experimenting. As I cook, I sniff my jars of herbs and spices and even taste a small amount on the tip of my finger to help me find just the right combination to match my dish.

Another bonus: the cook gets to choose. With the exception of chopped spinach, my mom was not a big fan of cooked greens, so we never had them when I was growing up, but I love them, and now I can eat collards and kale whenever I get a hankering.

If you have been away from the kitchen or you are just beginning to learn to cook, come to one of our many Co-op Community Forums on preparing food to learn new recipes, cooking techniques, nutritional information and to eat! Cooking can be a creative endeavor in so many ways.

It not only feeds the body and the senses, it feeds the soul. □

11-16 Months to Live— A Verbal Journey of One Man's Path to Understanding His Health *by Russ Rappa*

I will speak of that time when the brain tumor was discovered; the signs that prompted me to go to a doctor, my state of health at that time i.e., mental, physical, emotional, sexual, and spiritual. At this point, being literally a dead-end, I back track to try to find what went wrong, interesting to say the least as I discover things about myself before unknown. And then bumping around in the dark till I find the path, which includes the many people, events, actions, and treatments leading from a virtually dead immunity system to superb health...without the aid of drugs, or medications. Coming to understand ultimately that one does not treat a condition individually, but rather understanding truly how the works and workings with it, which in turn allows it to heal itself. I have not even caught one cold in over 15 years, and have not used even one aspirin since 1985. Good thoughts, medita-

tion, visualization, daydreaming, self-hypnosis, art, creativity, song, prayer, positive affirmations, laughter, good vibes, doing good, being virtuous, and taking responsibility which is empowerment.

Other areas I have yet to mention out of what I have mentioned know that like the layers of an onion, I can go deeper.

Among the several reasons I have chosen not to speak until now my speech itself has been greatly impaired. Please forgive me if it proves too frustrating to listen to.

Money is a peculiar energy. If a large entry fee is charged, it will draw protest mostly among those without, for certain the attached illusion is "this must be worth listening to." If for free then it must be worthless. As much as I would like this to be a free event,

there are for certain to be costs at least for the Co-op's part. Therefore, we should discuss this, marketing and presentation. Rule of sales, the more ya see, the more you want, the more you buy. Location, location, location, the special arrangement between the store and street; parking. What's in the window front; store exterior and interior design. What's on the shelf and walls. What knowledge can be shared by the staff. What's in the newsletter, etc., Special talk on healthy skin. □

**Please join Russ
as he shares his personal path to health**

Tuesday, September 18
Noon-1:00 pm in the Co-op Community Room
Free – all are welcome – light refreshments served

What I Learned at the NCGA Convergence

by Lennie Buckingham, Grocery Buyer

The first thing I learned was on the way to the conference, and that is that if you are going to mention the loss of the rights "guaranteed" by the 4th Amendment to the U.S. Constitution, you should mention it AFTER you pass through airport security. I also learned at this time that the security personnel will tend to remove eye contact from you, their eyes will glaze over, and they will stare straight ahead and try not to speak to you.

There was a group of tremendous speakers to celebrate the UN's International Year of the Cooperative. They all spoke of the value of co-ops in international business and how we all work together in so many ways to benefit the common people. Co-ops are the primary form of business all over the world, despite being dwarfed in the news by the giant corporations.

There was also talk about the value of partnering with the giants of industry, because if we want the world to change back to a healthy, organic place, it is going to require their assistance. The giants destroyed our planet to make a profit, and they can put it back together if they can make a profit while doing so. They really don't care if they destroy or build, so long as they have economic growth.

The next few days involved various seminars from which to choose. The conference was for grocery and wellness buyers, so there were seminars about supplements and foods and drinks, how to choose products for your store, how to display those products, how to

make customers happy, how to decide what to sell or discontinue, and more.

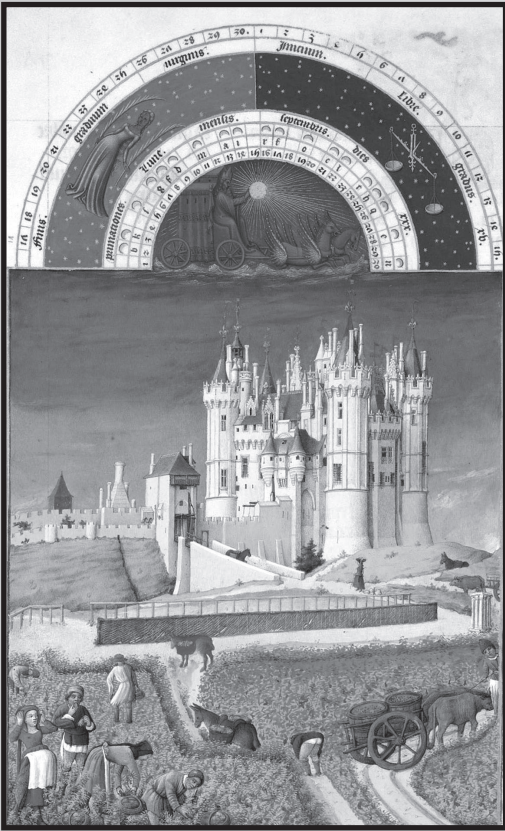
Category Management was the subject of two of the seminars I attended, which is basically about how to choose between keeping and removing products and how to display them all. If a product sells well, it is generally because customers prefer that item, and the customer is what keeps a business, well....in business. If only a few customers are buying a product and it sells slowly, it is best to replace it with something that more people are going to purchase, regardless of the emotional attachment a store may have to an item.

I attended a seminar by the company, Alter Eco. They are originally from France, but now have a branch here in the USA. They are very strict with their Fair Trade and Organic policies, insuring that their producers grow the highest quality product and are fairly compensated for their efforts. Quinoa is one of their big products, and we discussed how it is grown, cleaned, and shipped. It is grown on the moon in llama dung. Actually, the high desert in which it is grown looks a lot like the moon, except without the craters, and is fertilized solely with llama leavings. The plants have incredibly deep roots, because they have to find water. Alter Eco has helped them build a plant to wash and sort the quinoa, which is harvested similarly to pine nuts, in that the plants are essentially shaken over a sheet as the quinoa falls off. It is rinsed more than once, to remove the saponin, which is a bitter resin.

The other product seminar I attended was by Honest Tea. In case you don't know, they were purchased by Coca-Cola. This made it possible for them to go from making a few hundred bottles a day to over a million. They still maintain their organic, fair trade integrity, because Coca-Cola has found that people want this more than a chemical corn syrup goo. Soda sales are dropping and tea sales are up. From humble-ish beginnings, Honest Tea has altered the diets of a large portion of the world, assisting co-ops in India to become organic and educating villages.

There were a few other events, touring some co-ops, mental group exercises about the co-op experience, and meeting tons of co-operators from around the country.

The gist of the whole thing, what I took away from it, was that growth in an industry doesn't have to be a bad thing. It can be done sustainably, organically, with community in mind, and with planetary vision. If the large businesses want to stay competitive and grow, which is the only thing they seem to care about at all, they must join in to repair the damage they have done and stop doing the damage they are famous for, or consumers will slow down purchases of their products, leaving them with no growth, thus putting them out of business. They can still be profitable and end up out of business, because our economic model requires growth above anything else, as the newspaper industry has shown. □



September 2012

Full Moon 9/29/2012 at 9:18:32 pm (MST)

New Moon 9/15/2012 at 8:10:34 am (MST)

September is the ninth month of the year in the Julian and Gregorian Calendars and one of four months with a length of 30 days. September in the Northern Hemisphere is the seasonal equivalent of March in the Southern Hemisphere. In the Northern hemisphere, the beginning of the meteorological autumn is 1 September. In the Southern hemisphere, the beginning of the meteorological spring is 1 September. September begins on the same day of the week as December every year, because there are 91 days separating September and December, which is a multiple of seven (the number of days in the week). No other month ends on the same day of the week as September in

any year. In Latin, septem means “seven” and septimus means “seventh”; September was in fact the seventh month of the Roman calendar until 46 BC, when the first month changed from Kalendas Martius (1 March) to Kalendas Januarius (1 January). It is the sixth month of the Astrological calendar, which begins end of March/Mars/Aries. September marks the beginning of the ecclesiastical year in the Eastern Orthodox Church. American Football starts both collegiate and professional seasons in the beginning of September. Typically, families will celebrate the first week by holding parties and playing backyard football. □

SEPTEMBER

by John Updike

The breezes taste
Of apple peel.
The air is full
Of smells to feel—
Ripe fruit, old footballs,
Burning brush,
New books, erasers,
Chalk, and such.
The bee, his hive,
Well-honeyed hum,
And Mother cuts
Chrysanthemums.
Like plates washed clean
With suds, the days
Are polished with
A morning haze.



CO-OP ANNIVERSARY: Carol Ann Young- September 17th

CO-OP EVENTS

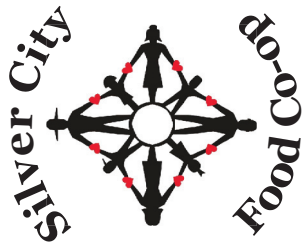
September 2012

- 3 **LABOR DAY- CO-OP CLOSED**
- 7 **FIRST FRIDAY STREET PARTY!**
6:00-9:00 pm
at the end of 6th Street
next to the Co-op
- 12 Monthly Board Meeting 4:30-7:30 pm
- 11 **Community Forum:**
& **ICE CREAM MAKING 101**
- 13 Noon-1:00 pm both days
- 18 **ONE MAN'S PATH TO HEALTH**
w/ Russ Rappa. Noon-1:00 pm
- 27 Member Linkage Committee Meeting
10:00-11:00 am

October 2012

- 10 Monthly Board Meeting 4:30-7:30 pm
- 11 **Community Forum:**
& **TOPIC TBA**
- 13 Noon-1:00 pm both days
- 25 Member Linkage Committee Meeting
10:00-11:00 am

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