

Silver City Food Co-op Garbanzo Gazette

Volume 17

Your monthly newsletter • August 2017

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

Silver City Food Co-op

Market Café

Café Hours:

Mon - Fri
10 am - 3 pm

Saturday
9 am - 3 pm

Sunday
11 am to 3 pm

575•956•6487
614 N. Bullard St.



YOU
ARE
WHAT
YOU
EAT

Congratulations to Our New Board Members!



Robert Fischhoff

We had a better voter turnout this second 2017 board election cycle with 322 valid ballots cast out of a membership of 2270. For a candidate to be elected at least 162 votes needed to be received which represents a simple majority (51%) of valid ballots cast. Board terms to be served are based on the number of votes

each candidate received. Laurie Anderson had 270 votes, Steve McGarity had 206 votes, Robert Fischhoff had 182 votes, and Mike Guisto had 157. There were 3 write-in candidates receiving 1 vote each. There were 20 invalid ballots.

The two candidates with the highest number of votes, Laurie Anderson and Steve McGarity, will be serving three-year terms*. The candidate in third place, Robert Fischhoff, will serve a two-year term*. Many thanks to the new board members, who will be installed at the July board meeting, for their willingness to serve the cooperative.

Also thanks to the four returning board members: Jean-Robert Beffort, Nancy Coates, Jennifer Johnston, and Karen Strelko, along with the two directors whose board terms ended in May, Gail Rein and Carmon Steven. Finally THANKS to all of you who support the Co-op.

* Please note: Technically, Laurinda and Steve will be serving two year, 10 month terms and Robert will be serving a one year, 10 month term. This will bring our election cycle back to normal – with board members being validly elected in time to begin their board term at the May board meeting.



Steve McGarity

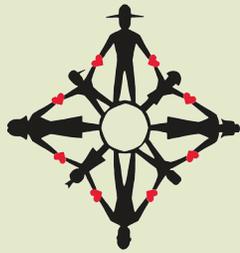


Laurie Anderson

2140 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

Café Hours

575-956-6487

Monday- Friday Fri. 10am - 3pm

Saturday 9am - 3pm

Sunday 11am - 3pm

Vision Statement

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

Seven Cooperative Principles

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

Joe Z

general manager

Mike Madigan

assistant manager

The Garbanzo Gazette Gang

Editor: Charmaine Wait

Contributors: Judith Kenney, Karen Strelko

Layout & Design: Carol Ann Young

Submissions are welcomed!

Submit letters, articles, or items of interest to:

gg@silvercityfoodcoop.coop

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Cup o' Joe

by Joe Z



You may have heard about this as it has been making the news in the last few months. It's a veggie burger! "What?", you say, "there are zillions of veggie burgers!" But this one is different. As a matter of fact it, is so different it is called the "Impossible Burger". Folks who have tried it say it's the closest thing to meat that they have had.

Artificial meat! That's sure thought to be a boon to vegetarians and vegans that all the other veggie burgers are marketed to. But while non-meat eaters may be attracted to it – that's not their target audience.

Nope – they are aiming the impossible burger at carnivores. It's only available at a few select places in California while the company ramps up production. And they're marketing it as a boon to our environment.

Meat is expensive to raise. It uses a lot of resources and contributes greatly to greenhouse gases. Our population is growing (the world's – not Silver City's). Meat is unsustainable in the long run.

This company figures that if it can cut meat consumption by 10% to 50% or more, our planet will become healthier (as well as its people). That's a great thing, isn't it? We should carry it when it becomes available to us!

I always envisioned that artificial meat would be some weird scientific concoction where meat cells grow in huge petri dishes. Who would have thought that it would come from vegetables! The secret is a component called "heme" which while available in plants is abundant in meat -- it is the thing that gives meat its color, taste and sizzle. The company has figured out how to extract it from plants and concentrate it. To do this – they ferment it using human's friend, the yeast beastly. The problem though was that the process with the yeast was too slow.

This is where our story become confounding: to speed up the process to make this affordable and available in quantity – they slightly changed the make-up of the yeast. The yeast used is a GMO.

So what does that mean to our Co-op? While not perfect, we avoid GMO products as much as we can. There's many reasons for this including how GMOs are made and what their intended purpose is. Most of them are designed so that companies can dump increasing quantities of herbicides and pesticides on the plants.

What if they made an impossible burger with organic veggies? It would be wonderful for our planet! But it would challenge our other values. What should our Co-op do? Should we carry it and help save our planet or should our values prevent us from embracing it because there is a component that is GMO? What happens when our values start to compete with each other?

But wait! There's more! I can get into the specifics of GMO production and how their simple production is fraught with questions. The fact is – that our current methods of creating GMOs will probably soon go away. There is a new technology to make Genetically Engineered food that is very different than what is currently used. Developed in the last few years, it is called CRISPR.

It is a cleaner and more precise way of creating geneti-

cally engineered products. There are currently patent fights going on and because of its accuracy and ease of use, the main target of this technique is in the medical field not the food field. Also please know, all the serious ethical issues surrounding gene modification are even more in the forefront than ever before.

It's a brave new world as they say. Our food supply will be changing in the coming decades. Small companies are being bought up by the multinational corporations who have no problem selling Organic foods right along with GMOs. As long as it makes money for them – they'll do it.

Again – what's our Co-op to do?? Everything is changing almost on a daily basis. Do we fight the technology and become a kinda modern day Amish Community though instead of being based on 1800's technology, we are stuck in what was true in the 1970s?

Personally, I do not have answers to the zillion questions that confront us in the 21st century. However, as a Co-op, we do need to decide on our direction and purpose. Our food supply is changing. Who owns our farms and food companies are changing. The big money and mega-corporations are taking over. Our little Co-ops do not have the resources to combat this change. The small hold out farms and companies will see their costs rise and our healthy foods will become less affordable to those of us who have the least.

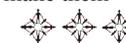
I will probably try an Impossible Burger when it becomes more widely available. My love for our environment overshadows my concern about genetically modified organisms. Doesn't mean we'll bring the product into the Co-op. But it doesn't exclude the possibility either.

When I go to other food outlets in Silver City, I always see Co-op Member/Owners buying foods we do not sell in our Co-op because of our values. But what if our Member/Owners prefer organics but really don't care if it is their whole diet or just a percentage of what they consume. Where does that leave our little perfectionist Co-op?

Here in Silver, I believe that most of us do not want to be part of the decrepit society that we see building across our world. Yet we have little compunction about shopping at Walmart which has been a major destroyer of small town America and creator of a society many of us eschew.

We vote with our dollars as well as our voices. What do you, as a Co-op Member, believe we should do? What if our beliefs and values threaten our existence? Where do we compromise? How do we make our voices heard in our Society? Time, of course, will tell. If we do nothing – we probably will fail over time.

Serious questions that have serious results. The choices are ours to make. Let's educate ourselves and make them wisely.



Co-op & Community Events

Wednesday, August 9, 10 am to 12 noon

Savvy Shopper Tour of the Co-op

520 N. Bullard St.

Learn the secrets of all the savvy Co-op shoppers on this free, fun tour.

Saturdays, August 12 and 26, 9 am to 2 pm

Artisan Markets - Support local artisans!

614 N. Bullard St.

Want to get a really nice and affordable gift for yourself or a friend. Then check out the Artisan Market! Held on the second Saturday of each month, you will find high quality, locally made gifts.

Wednesday, August 16, 4:30 pm to 7:30 pm

Silver City Food Co-op Board Meeting

614 N. Bullard St.

Did you know that any Co-op member can attend the board meetings? You own this Co-op and are welcome to attend.

A Special Event at the Market Café

The Market Café & Silver City Community Theater Present

Frost McGahey's Who Invited Falstaff?

Directed by Wendy Spurgeon

Friday, Saturday and Sunday, August 18, 19 and 20

Please see page 8 for details!

Saturday, August 26, 12 noon

Community Forum - Your Endo-cannabinoid System and You

614 N. Bullard St.

Learn about CBD oil and how it can help you.

Fridays in August

Free popcorn and other food samples

Silver City Food Co-op, 520 N. Bullard St.

We offer organic popcorn and food samples from different departments of the Co-op.

Come by and try something new!

Silver City Food Co-op & Market Café Staff

Judith Kenney

produce

Bob Lee

bulk manager

Dougan Hales

produce

Kate Stansberger

supplement buyer

Jake Sipko

produce manager

Carol Ann Young

office

Jeanné Miller

herb buyer

Becky Carr

dairy buyer

Jess DeMoss

POS manager

Meggie Dexter

website

Misha Engel

frozen buyer

Jenny Morgan

office

Joe Z

gm

Marguerite Bellringer

finance manager

Kim Barton

POS

Michael Sauber

grocery

Doug Smith

grocery buyer

Paul Slattery

produce

Jody Andrews

cashier

Evan Humphrey

cashier/bulk

Lee Ann Miller

cashier

Brenna Brown

deli manager

Tinisha Rodriguez

POS/grocery/HABA

Allie Iacocca

wherever needed

Mike Madigan

am

Lynne Featheringill

deli

Leah Chastain

merchandising specialist

Marchelle Smith

cashier/grocery/deli

Kenyon McNeill

grocery

Joy Kilpatrick

wherever needed

Mike Watson

wherever needed

Kelly Nicholas

café

Jo Lutz

wherever needed

April Lee

café

Elysha Montoya

wherever needed

Joshua Neau

wherever needed

Judy Kenneally

deli

Christine Dalmedo

wherever needed

Hallie Richwine

wherever needed



KITCHEN MEDITATIONS

Summer

Grilled Marinated Zucchini

Servings: 6

A simple lemon marinade adds big flavor to mild zucchini.

Ingredients

- 1 pound zucchini
- 2 tablespoons olive oil
- 2 tablespoons minced garlic
- Zest from 1 lemon
- 2 tablespoons lemon juice
- 1 tablespoon red wine vinegar
- 1 teaspoon dried oregano
- Salt and black pepper to taste
- 1/4 teaspoon crushed red pepper flakes (optional)

Preparation

1. Remove the ends from the zucchini and slice them lengthwise into halves or thirds.
2. In a small bowl, whisk together the olive oil, garlic, lemon zest and juice, vinegar and spices. Place the zucchini in a large dish or on a rimmed sheet pan and pour the marinade over the zucchini. Let sit for 30 minutes or more, stirring occasionally.
3. Preheat grill to medium-high heat. Grill the zucchini slices for 3 to 4 minutes on each side, basting with any remaining marinade when flipping. Serve warm.

Serving Suggestion

Garnish with lemon wedges and serve as a side dish with grilled meats and poultry, or chop and toss the zucchini with chunks of fresh tomato, feta cheese and cooked couscous for a light Mediterranean salad. Picnicking? Put the zucchini and marinade in a plastic zip lock bag just before leaving home and grill them on-site.

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Nutrition Nugget



Zucchini

Zucchini is an easy summer vegetable to grow and it is very abundant!

The zucchini is an excellent source of manganese and vitamin C and a very good source of magnesium, vitamin A, dietary fiber, potassium, folate, copper and phosphorus. It's a good source of omega-3 fatty acids, vitamins B1, B2 and B6, calcium, zinc, niacin and protein.

The edible flowers are a good source of beta-carotene and vitamin C.

Waldorf Salad with Yogurt and Honey



Servings: 4-6

Yogurt replaces the traditional mayonnaise in a refreshing version of this American classic.

Ingredients

- 2 cups apple (1 large apple), cut into bite-sized pieces
- 1 cup seedless grapes, halved
- 1 cup celery (2-3 ribs), cut into 1/2-inch pieces
- 1/2 cup toasted walnuts, coarsely chopped
- 1 lemon, juice and zest (about 2-3 tablespoons juice)
- 1/2 cup Greek yogurt
- 1 teaspoon honey
- Salt and pepper to taste

Preparation

In a small bowl, whisk together the lemon juice, zest, yogurt and honey. In a large salad bowl, gently toss the apples, grapes, celery, and walnuts with the dressing. Season to taste with salt and pepper. Substitute nonfat Greek yogurt for a lower-fat version if you like.

Serving Suggestion

Showcasing the fruits of autumn, a scoop of Waldorf salad is delicious with a brunch omelet or frittata, or served on a bed of spinach alongside spanakopita or stuffed grape leaves.



The Frugal Co-op Chef

Tomato Bruschetta

Servings: 4

So easy and so delicious, this simplicity of this bruschetta accentuates the freshness of the tomatoes and herbs. It's also the perfect way to use bread that is going stale, since the bread is toasted!

Ingredients

- 1 pound roma tomatoes, seeded and diced
- 1 red onion, diced
- 1 1/2 tablespoons fresh basil, chopped
- 1 1/2 tablespoons fresh parsley, chopped

Dressing

- 1 tablespoon olive oil
- 1 1/2 teaspoons balsamic vinegar
- 3/4 teaspoon red wine vinegar
- 1/2 teaspoon garlic, chopped
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Preparation

1. Preheat oven to 375° F.
2. In a small bowl, whisk all dressing ingredients together. Set aside.
3. In a large bowl, combine tomatoes, onion, basil, and parsley. Toss with dressing.
4. Slice baguette into 1" slices, place the slices on a baking sheet and bake until bread is lightly toasted, about three minutes.
5. Top each slice with the tomato mixture and serve.

Jake's August Produce Picks

Apples

We think of the apple as the classic American fruit, but it actually originated in the mountains of present-day Turkey where its wild ancestor still grows. Apples have been cultivated in Asia and Europe for thousands of years and were brought to North America by colonists in the 1600s. Traditionally picked in autumn and stored just above freezing, apples have been an important food for people around the world for millennia.

Did you know that the apple is a member of the rose plant family? Over 17,000 varieties have been tallied and you'll find them in all shades of red, yellow and green. They range from tart to very sweet, and from tender-soft to crunchy-crisp. Nutritionally, they are a rich source of pectin, antioxidants and vitamins A and C and also provide potassium, flavonoids, phytochemicals and quercetin.

There is no better fruit to eat out of hand, especially a sweet Honeycrisp or Gala, or a sweet-tart Braeburn or Granny Smith. Apples are versatile, enhancing every dish, be it a warm fruit compote, leafy salad, or Waldorf salad dressed with yogurt and honey. Enjoy them roasted with root veggies or with butternut squash in a bisque or casserole. Bake them with nuts and dried fruit, drizzled with maple syrup or honey. That's yummy!

While shopping, choose apples that are firm to the touch, with good aroma and smooth skin. Apples are best stored at 35-40 degrees. They will ripen considerably faster at room temperature.



Zucchini

Zucchini, a prolific grower in the summer garden, is nutritious, delicious and remarkable in its ability to adapt to a variety of recipes.

Zucchini takes about 50 days to mature. It loves warm weather and thrives in many parts of the world. Gardeners growing zucchini during this sunny season can be overwhelmed with its abundant output. Believe it or not, August 8th is "Sneak Some Zucchini onto Your Neighbor's Porch Day," just about the time that growers are trying to figure out how to unload all those squash that have continued to flourish in number and stature. Some can get immense. They come in all sizes, from just a few inches, to the current record holder, grown in Niagara Falls and measuring 8 feet, 3 inches!

Like all squash, it has its ancestry in the Americas, but was developed in Italy and brought to the U. S. by Italian immigrants to California in the 1920's. The word "zucchini" comes from the Italian word for small squash, "zucchini."

There are many ways to include zucchini in your cooking. Try it in a roasted vegetable medley or hearty minestrone soup. Whip up a summer quiche that features zucchini and creamy goat cheese. It is first-rate on the grill and as zucchini bread. With a light, delicate flavor, even the flowers are edible, a delicacy when battered and fried or baked. You can also add them to sauces, soups, tacos and quesadillas.

The zucchini is an excellent source of vitamins, minerals, dietary fiber omega-3 fatty acids.



Jake Sipko, Produce Manager



Say Feta!

Becky's August Dairy Pick

Feta Cheese

I didn't know much about feta cheese when I started researching this article, but after reading that the earliest references to cheese production in Greece were in Homer's Odessey*, I was intrigued! Odysseus and his men, sailing through the Mediterranean Sea after the Trojan War, stop at the island home of the one-eyed giants, better known as the cyclops. Hoping to ransack a cave for provisions, the voyagers find it inhabited by Polyphemos, most fearsome of the cyclops. The men discover that, aside from being a terrifying one-eyed monster with a taste for human flesh, he is a shepherd and cheese maker who has collected milk from his sheep in clay vessels and laid it away to make cheese—feta, in fact.

Feta is a soft to semi-dry cheese traditionally made from sheep and goat milk, but cow's milk is also used today. The taste varies from mild to sharp and can be packed dry, or in brine or olive oil. A staple of Mediterranean cuisine, feta gives food real zest. Sprinkle on pizza or add to soups, grains, and roasted veggies. Truly, it enhances almost any dish that calls for a lot of flavor and pep.

It may be that history has sold Polyphemos short over the years. Might we, while enjoying the salty tang that feta imparts to our favorite foods, can tip our hats to that cyclops of old and his beloved and carefully tended flock of sheep.

The Silver City Food Co-op carries a variety of feta cheeses for your culinary enjoyment.

**Written in the 8th century B.C.*

CO-OP Community

Co-op Community Donations

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

*Grant County Food Pantry
First Born*

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 • Saguara Compton • Jane Papin
Genevieve St. John • Athena and Two Crow Schumacher
Vicki Gadberry • Deb James • Bridget O'Leary
Sharon Bookwalter • Tim Garner • Malika Crozier
Janna Mintz • Susan Allen



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!



New Mexico Wild was the Recipient of the June Round Up Donation Program from the Silver City Food Co-op



Pictured left to right are: Joy Kilpatrick, Josh Neau, Kenyon McNeill, Tinisha Rodriguez, Hallie Richwine, and Mike Madigan.

The Silver City Food Co-op has a community donation program called the Round Up Program where customers can round up the balance of their total purchase to the nearest dollar and donate that amount to a local non-profit. New Mexico Wild was the June recipient receiving \$1,743.25.

Each month, the Silver City Food Co-op announces the current non-profit recipient. There is information at each register about the group, and each recipient has brochures about their organization available at the front of the Co-op. The recipient is also available at least once per month in the Co-op to talk to member/owners and customers about their organization. In July the Round Up recipient was the Guadalupe Montessori School.

The Silver City Food Co-op is proud of our cashiers who make this program work so we can give to our community. Many thanks to the members and customers who generously donate to this program each month. The Silver City Food Co-op follows the seven cooperative principles including Concern for Community and we strive to connect in meaningful ways to our community.

Current Round Up Recipient

In August the Lotus Center is the Round Up Recipient. The Lotus Center is a non-profit community center in downtown Silver City offering classes in meditation, yoga, and other types of mindful movement. Lotus Center welcomes people who seek to improve their health, relieve stress, and find inner-peace in a welcoming and serene place.



Just a Reminder...

One of my job duties is outreach. This includes participating in relevant community events and giving presentations. I love giving presentations especially when most of the people are not familiar with the Co-op. However, there are usually one or two people who are Co-op shoppers and they always tell me they learn something new.

So, just a reminder of the things the Co-op does and how we work. The Co-op is a different business model. We are a Co-op that is member owned and the members vote for a board that hires a general manager to run the Co-op. We follow the seven cooperative principles listed on page 2 of this publication. In a nutshell, we are independent, not corporate, and we care about what we sell, our employees, and our community.

We care about what we sell. We buy locally as much as possible. Local for the Co-op is all of New Mexico and a 250 mile radius around Silver City. We carry around 50 local products! Our buyers vet products before purchasing. That means organic if possible, non-GMO, no hydrogenated oil, no artificial flavors or colors, and no corn syrup to name a few of the guidelines our buyers follow.

We care about our employees. This means we pay fair wages, give benefits, and consider what is happening in employee's lives when scheduling them.

We care about our customers too and try to offer a wide selection at the best price. Look closely at the price tags on the shelves. If you see a yellow dot that means it is local, if you see an orange dot that means it is gluten free. We carry many gluten free products. We are also expanding our Co-op Basics line. These are organic products at very competitive prices. Look for the purple Co-op Basics signs. We also have Co-op Deals, products on sale at extremely good prices for a two week period.

Our bulk products, including teas and spices, are the best way to save. You only have to buy as much as you need, and we know that our fresh and organic spices are the best deal in town. Our bulk peanuts come from Portales, NM and we use these in the peanut butter machine. The taste is great and this is always sampled during our Savvy Co-op Shopper tours. People love what real peanut butter tastes like and it is a great deal!

We care about our community. The Co-op has always donated gift cards and gift bags to the community and this year we initiated the Round Up program that allows our members and customers to donate to a non-profit each month. This has been very successful thanks to our members and customers. We also participate in events that help promote the town such as Chocolate Fantasia, Taste of Downtown and the Clay Festival to name a few of the events.

Next time you are shopping at the Co-op, please remember you are voting with your food dollars when you shop. When you choose the Co-op, you are choosing to support a cooperative, not a corporation, the dollars you spend support local producers and organic farmers, and are circulated 3 times in the community instead of being sent out to a corporation. You are helping downtown Silver City to be vibrant, and you are helping to support your friends and neighbors. Thank you for shopping Co-op!

Charmeine Wait ❖❖❖



Photo by Janey Katz

Charmeine

MAD September

Thurs. 14th, Fri. 15th, Sat. 16th

Shop all three days!

to receive **15% off your purchases!**
(Excluding mark-down items)

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

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

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

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 mike@silvercityfoodcoop.coop

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.

Silver City Food Co-op Lip Balm



Have you tried our new Silver City Food Co-op lip balms? Made locally by Desert Woman Botanicals, they come in Ginger Peach and Cherry flavors.

You can find them at each of the registers. Try one today!

CO-OP
KID



Corner

From Kelly:

Thanks to everyone who took part in the Market Café celebration July 1; as a newbie to Silver City and to the Co-op, it gladdened my heart to give back a little to those who have shown the Market support and encouragement. For those of you unable to make it, folks of all ages got sparkly face decorations through the skills of Auntie Lisa, the cupcakes April made were off-the-chain delicious, and everyone who won a gift basket looked happy with their goodies. Perhaps most importantly, two of the five dogs up for adoption that morning through the High Desert Humane Society found new owners. A very special thanks to Heidi Ogas and her crew of volunteers for coming out with

the pooches. We hope to have dog adoptions become a regular fixture at the Market, so stay tuned.

In other news, we now have a “kid’s corner” at the Market. Over the past several months, we’ve directed our merchandise purchases toward local and Southwest producers and artists whose production methods are in keeping with Co-op values and standards, as well as items that are fun, useful and easy on the pocketbook. With this in mind, we’re also gearing our purchases to be engaging. Look forward to more items that hopefully spark kids’ curiosity, creativity, and imagination.

Lastly, thank you for “liking” us! Our Facebook presence has been on the interwebs for a few weeks. Use it to keep up to date with our latest merch and special events (like game night every first Monday!), and tell your friends.

April, whatcha got cookin’?



Heidi Ogas and her volunteer ran the dog adoption.
Thank you Heidi!



These girls helped walk the adoptable dogs.

The Market Café
&
Silver City Community Theater
Present

Frost McGahey's
Who Invited Falstaff?

Directed by Wendy Spurgeon

<i>Friday & Saturday</i>	<i>Sunday</i>
August 18th & 19th	August 20th
Doors Open: 5:00 pm	Doors Open: 4 pm
Dinner: 5:30 pm	Dinner: 4:30 pm
Show: 6:15 pm	Show: 5:15 pm
Closing: 7:15 pm	Closing: 6:15 pm

Menu

*Bread, Tomato Soup or Salad
Meat or Vegetable Lasagna
Tiramisu and Coffee*

*This is NOT a gluten-free meal

BYOB

Please, no one under 21

Buy Your Tickets in Advance at: The Market Café,
Gila Hike & Bike or Vintage Fantasies
\$25.00 per person



Dinner Theater Event at the Market Café
Friday • Saturday • Sunday
August 18th • 19th • 20th

He is bawdy, outrageously hilarious, and such a favorite of Elizabethans that his creator, the master of comedy who could have out-written Monty Python, wrote a sequel just to carry his star.

Now comes Silver City's very own comic playwright, Frost McGahey, with her satirical rehash of the Bard's cast of characters—Who Invited Falstaff? A Comedy in One Act. (McGahey has sent Falstaff to Weight Watchers and has ditched Merry Olde England for L.A., which in her lexicon is Merry but not Olde.)

The Silver City Community Theatre will permit audience guffaws, giggles, and gasps as it reads dramatically, or better said, comedically.

Seating will be limited for the three performances. The dining will be superb. Purchase your tickets at once. Bring your own beer or wine, for as Falstaff saith, “Now a good sherry sack hath a two-fold purpose. It makes the brain quick, nimble, and fiery which becomes an excellent wit.”



Meet Tinisha Rodriguez. She loves our *Udder Delight* line of products!



Here's Tinisha showing off our Udder Delight goat milk-rich lotions.

Tinisha Rodriguez loves our *Udder Delight* line of products and if you'd like to give them a try, you're in for something special. Locally based in Glenwood, NM, *Udder Delight* has been making distinctive, natural skin care products since 1997. What gives their soaps, lotions and creams such a rich and healing character? It's goat's milk, which is very high in vitamins, minerals, proteins and lactic acid. Lactic acid can help remove dead skin cells and soften skin, so it's a natural exfoliant. Rich in nourishing natural oils, herbs and clays, *Udder Delight* lotions and soaps "feel great and smell amazing," says Tinisha. She also commented that the soaps leave a clean-feeling on her skin, without drying.

Our skin is our largest organ and studies have shown that 60% of what we put on it is absorbed into the bloodstream. It pays to use clean, natural skincare products! *Udder Delight* lotions and creams contain no alcohol and some are infused with herbs that work medicinally for certain skin conditions. One soap with therapeutic effects is the unscented neem bar. It can offer relief for problem skin and scalp and even adds body to fine hair. Check out their website and find out more!

During the two years that Tinisha has been employed at the SCFC, she's worked as a cashier, grocery stocker, helped out with pricing and special orders in the POS department and as a buyer for the health and beauty section. She enjoys "being outdoors in my spare time, camping by the river, mostly. I also love being around family, which is very important to me."

The next time that you're in the Co-op please stop by the health and beauty section to ask about *Udder Delight*. Tinisha might just persuade you to try one of their fabulous products. We think that you'll be quite happy with the results.

Your Endo-cannabinoid System and You

Community Forum: Saturday, August 26th, 12 noon at the Market Café, 614 N. Bullard St.



Hemp growing

Did you know

that you have evolved receptors in your body for many of the components of the cannabis/hemp plant? Did you know these components, called cannabinoids, are even found naturally in breast milk? And that they are available from U.S. harvests without the “psychoactive” component of cannabis (THC)? Did you know that our own Grant County has two pioneers in the new hemp sphere? Come hear local hemp entrepreneurs discuss what the endo-cannabinoid stem is, what parts of the hemp plant are nutritional, and which have nutraceutical applications. Also hear stories about how Grant County’s Doug Fine was forced to cultivate in Vermont due to New Mexico Gubernatorial vetoes of bi-partisan hemp bills. Also hear how Co-op member Doug (with his Family Green Vermont group) craft their products. Products will be available for purchase following the forum. Info: doug@familygreenhemp.com



The Family Green



The families in Vermont’s Family Green worked for a year to plant, grow, harvest, and process their flagship product, *Hemp in Hemp*. Inside each bottle is the Family Green’s small-batch hemp seed oil infused with its own flower. Makes a lovely muscle and bath oil and may cause relaxation on Sweetheart’s shoulders as a massage oil. Importantly, it’s a 100% farm to market product, which is a mode helping launch the independent farming Renaissance. And which is going to play a big role in climate mitigation and, ya know, just saving humanity.



Hemp in Hemp products

Why don't you bring in this Product?

.... A buyers perspective

Here at the Co-op we receive many requests for products from our member/owners and customers. We strive to offer what everyone would like the Co-op to carry, but we are not always able to do this for a variety of reasons. These reasons are:

- *We cannot get the product from our distributors.*
- *The company that makes the product has such a large minimum order that we cannot purchase from that company.*
- *The product does not meet our guidelines.*
- *We don't have room for the product.*
- *The product is unavailable due to a manufacturer shortage or product change.*

The buyers at the Co-op give strong preference to products that are:

- *Organic*
- *Local*
- *Free from GMOs*
- *Free from High Fructose Corn Syrup*
- *Free from Hydrogenated/Trans Fats & Lard*
- *Free from MSG*
- *Free from animal testing*
- *Free from antibiotics and growth hormones*
- *Free from unsafe additives*

In general the Co-op aims to carry a wide variety of high quality products that are healthy, supportive of local producers, help to build a sustainable food distribution system, produced in an environmentally sound and socially conscious manner, and available at a fair price.



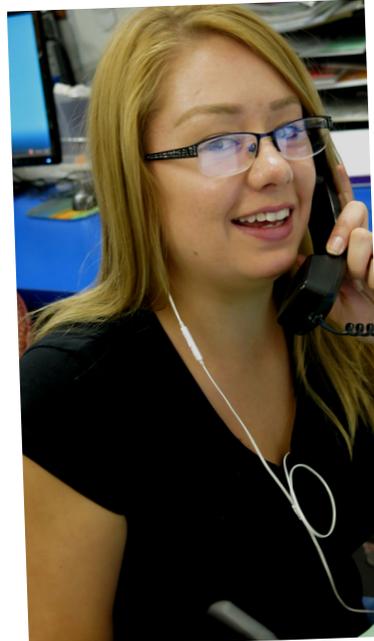
Around the Co-op:



Jake is teaching the Girl Scouts about organic produce. The girls were able to sample fresh organic fruit and taste freshly ground peanut butter.



Dougan teaching Girl Scouts about our bulk department.



Tinisha is the person who orders all of your special orders. Thanks, Tinisha!

Doug is our grocery buyer. He is acting shy, but he isn't.



Board Meeting Schedule

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

Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among those members who would like to speak. If ten minutes is insufficient, a special meeting may be called on another day. If a member wants more time, they can contact the president and ask to be added to the agenda. Please make this request at least one week before the meeting.

Karen Strelko/President
Board Term: 2015-2018
browserandlouie@yahoo.com

Jean-Robert Béffort/Vice President
Board Term: 2016-2018
aspace.studiogallery@gmail.com

Nancy Coates/Secretary
Board Term: 2016-2019
coates@gilanet.com

Laurie Anderson/Treasurer
Board Term: 2017-2020
laurindaa713@gmail.com

Jennifer Johnston
Board Term: 2015-2018
johnstonjenny40@gmail.com

Robert Fischhoff
Board Term: 2017-2019
robertfischhoff@gmail.com

Steve McGarity
Board Term: 2017-2020
samcgarity@gmail.com

Board of Directors

Member Connect Wants YOU!



The purpose of the member connect committee is to connect the board with the member/owners. Additionally the MC plans the annual General Membership Meeting and organizes the annual board elections. The MC also writes articles for the Garbanzo Gazette. We would like to invite new member/owners to this committee that meets once/month, the first Wednesday of the month at 11am in the community room of the Market Café. We need your ideas and energy to help us engage the wonderful members of your Co-op.

August Sales

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

August 2 - August 15



Bulk Organic Whole Raw Cashews
 reg \$11.99#
SALE \$9.99#



Rumiano Smoked Mozzarella
 8 oz
 reg \$5.49
SALE \$3.99



Cascadian Farms Frozen Vegetables Assorted, 10 oz
 reg \$2.89
SALE \$2.00



Annie's Organic Salad Dressing Assorted, 8 oz
 reg \$4.69
SALE \$2.69



Alba Botanicals Green Tea Sunscreen SPF 45, 4 oz
 reg \$9.59
SALE \$6.99



Nordic Naturals Vitamin D3 Gummies Wild Berry, 60 ct
 reg \$13.49
SALE \$10.99

August 16 - August 29



Bulk Dark Chocolate Almonds
 reg \$10.99#
SALE \$6.99#



Perfect Bar Assorted, 2.3 oz
 reg \$2.99
SALE \$2.00



Rising Moon Organic Wild Mushroom Ravioli Assorted, 8 oz
 reg \$5.39
SALE \$3.50



Crofter's Just Fruit Assorted, 10 oz
 reg \$4.59
SALE \$2.99



Acure Repairing Shampoo or Conditioner Assorted, 8 oz
 reg \$9.99
SALE \$5.99



Hyland's 4Kids Calm 'n Restful
 125 tab
 reg \$7.99
SALE \$5.99

Members Only Specials August 2 - August 29



Tofurky Threehouse Tempeh Smokey Maple Bacon
 7 oz
 reg \$3.99
SALE \$3.19



Food for Life English Muffins
 16 oz
 reg \$5.39
SALE \$4.39



Rudi's Wheat Hamburger Buns
 18 oz
 reg \$5.19
SALE \$4.19



Heavenly Organics Honey Patties Assorted, 1.2 oz
 reg \$1.49
SALE \$1.19



At the Market Cafe Teas'Tea Green Tea
 16.9 oz
 reg \$2.19
SALE \$1.79



Kirk's Original Castile Bar Soap
 4 oz
 reg \$1.99
SALE \$1.59