

the Garbanzo Gazette



Volume 15

a monthly newsletter of the Silver City Food Co-op



Silver City Food Co-op
presents
THE BIG SUPER HUGE SALE

You don't have to be a member to shop at the Co-op! Everyone is welcome, always.

Friday & Saturday, October 9 & 10
8:30am-3:30pm at the
Silver City Food Co-op MARKET CAFE,
614 N. Bullard St. 575-388-2343

Two days only! Great deals on ORGANIC groceries, up to 68% off!!!

Organic food! Assorted rice in 25lb, 2lb, or 11lb bags. Buy individual packages or by the case: peanut butter, salsa, pasta sauce, pasta, candy, chocolate, apple juice, crackers, and MORE!

Great food for everyone! Don't miss this sale!
www.silvercityfoodcoop.com 

Market Café Grand Opening
Saturday, October 17
8:30 am to 3:30 pm
see details on page 4



Market Café Chitchat

by Mike Madigan, AM

Several times a day I end up asking myself, "What exactly are we trying to do down here at 614 N. Bullard?" The Market Café is another department of the Co-op. Our cooperative has a produce section, a bulk section, a grocery section, (you get the idea) and, now, a market café section. And the part that's most often on my mind is how we can make the market café a cooperative experience. So far, I think we've done that by being welcoming, friendly, and helpful to everyone who walks in the door. And we do it by serving food that is healthy and different from the traditional fare. We're off to good start and now it's time to take it a step further. We've been blessed with success to start (which, if we're to be sustainable certainly needs to increase) and we're reaching a customer base that doesn't necessarily shop at the co-op; that doesn't necessarily think in the same idealistic way I do; that is ripe to understand what this whole co-op thing is all about.



Joe Miranda and others enjoying the Market Café

But I get blank stares when I pontificate, so we'll do it by selling products that are local, socially-conscious, usable, artistic, intelligent, mind-expanding, fun, etc. We've found that the food service element is holding its own, now we need to give a little more focus to the retail side. I'm thinking periodicals, a small selection of books, that kind of stuff...but only things that are consciously selected to represent the values that co-ops stand for; that represent a progressive way of seeing and being in the world. Maybe we'll find a funky way to paint the Co-op Principles on the wall (when was the last time you read the co-op principles, btw?...there's good stuff in there!) We'll find and sell products that matter and then educate on why those products matter. We'll support producers who are doing the right thing. It's our little way of keeping the spark alive. I'm pretty stoked about it, and we've developed a staff, each of whom are pretty stoked about it too!

Soooo...I'm in the market for what we might be selling over at 614 that fits the bill. And I'll keep researching in my abundant off-time, but the reality is that this café thing takes a lot of time and energy, AND I'm a new dad who's trying hard to do it well. (Hi Adelaide!!) It may be a double-edged sword to say it, but we would love to hear your ideas on what you'd like to see the retail space at 614 develop into. Double-edged because we might not put your ideas into play, and we might get bombarded with suggestions and sales-pitches. We want to do it right. We want to do it cooperatively. We want to keep turning this space into a showcase for how good things can be...not just at 614 N. Bullard, but everywhere. Come check it out. Tell us what you think over a bionic burger or dish of spicy peanut pasta. We're open Wednesday through Sunday from 8:30-3:30, and we look forward to seeing you again soon!

Pick Your Own **MAD** November/December

Pick your own day to receive 10% off your purchases!
Stock up for the holidays!
Be sure to tell the cashier **BEFORE** they start ringing up your purchases that you are using your **MAD** discount!

Pre-Sorted Standard
US POSTAGE PAID
Albuquerque NM
PERMIT #260

Silver City Food Co-op
520 N. Bullard St.
Silver City, NM 88061
www.silvercityfoodcoop.com



Co-op Hours:

Monday - Saturday
9 am - 7 pm
Sunday
11 am - 5 pm

Featuring: Organic Salads and Sandwiches
Organic housemade ice cream
Fair Trade Gifts and specialty foods

Silver City Food Co-op
Market Café

Café Hours:

Wednesday - Sunday
8:30 am - 3:30 pm
575-956-6487

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

Ends Statement

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

Seven Cooperative Principles

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

Staff

- Judith Kenney - produce
- Bob Lee - bulk manager
- Dougan Hales - produce
- Jake Sipko - produce manager
- Kate Stansberger - supplement manager
- Carol Ann Young - office
- Jeanné Miller - POS/etcetera
- Becky Carr - dairy buyer
- Vicki Gadberry - office
- Jess DeMoss - POS manager
- Meggie Dexter - offsite website
- Misha Engel - frozen manager
- Jenny Morgan - office/assistant front end
- Joe Z - gm
- Marguerite Bellringer - finance manager
- Kim Barton - grocery manager
- Eric Lynch - receiving manager
- Michael Sauber - produce/stocker
- Mia Crandell - POS
- Eva Featheringill - assistant grocery
- Patricia Walsh - HABA manager
- Jody Andrews - cashier
- Evan Humphrey - cashier/office
- Lee Ann Miller - cashier
- Gabbie Sturdivant - wherever needed
- Brenna Brown - deli
- Sarah Hardisty - deli/grocery/cashier
- Tinisha Rodriguez - grocery/cashier
- Charmeine Wait - EMO manager
- Allie Iacocca - wherever needed
- Joe Riley - cashier
- Mike Madigan - am
- Chloë Eaton - wherever needed
- Adrienne Booth - EMO
- Lynne Featheringill - café
- Sarah Nevin - grocery
- Leah Chastain - produce
- Amanda McGinnis - cashier
- Sarah Horton - deli
- Ben Williams - café
- Marchelle Smith - wherever needed
- Stephen Persaud - café
- Jerome Nieblas, Jr. - café
- Paul Slattery, Jr. - wherever needed
- Carolyn Smith - wherever needed

Annual Co-op Equity

\$10.00

The Garbanzo Gazette Gang

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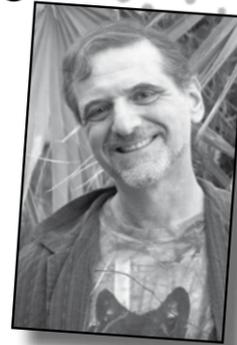
Submissions are welcomed!

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

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Cup o' Joe by Joe Z



Tra La – Tra La!! Yippie dippie doopie!!! HaZah!! It's here again! Co-op month! Oct. is Co-op Month! It happens every year the same as Oct. happens every year. To many people, though quite perplexingly, this is met with a yawn. "What's in it for me?" they might ponder. Which is kind of a weird question because our Co-ops are about US making things better for all of US which makes things better for YOU.

Let's put it in a different perspective: Think about Silver City if our Co-op was NOT here. It just suddenly disappeared. No more. Gone. Ka-put. Vanished. How would that change your life?

But wait – let's up the ante, What if our Co-op became non-existent but one of the other stores in Silver started to carry the same stuff we now do. And at a slightly lower price. What then? Would that have any effect on you? Or would the demise of our Co-op be then just greeted with a shrug with everyone being happy at shopping at those other outlets.

So the question is: Is our Co-op just about the food that we carry or is it something more? Of course I say that it is something more but what I say is not important. It's what YOU say.

This is a question facing many, if not most, Co-ops across our country. The fact is that whole organic natural foods have gone mainstream and many mainstream stores are greatly increasing their selections. The fact is that across the country Co-ops are facing this dilution of market, and it is putting their very survival in jeopardy. Their greatly loyal members weren't so loyal after all: easily swayed to a new relationship by a newer cheaper date.

As examples of this, we only need to look at the Los Alamos and the Las Cruces Co-ops. Both facing new intense competition with their sales very significantly cut necessitating up to a 33% reduction in Staff. What should these Co-ops do? Should they just accept that they are now smaller and serve less of the community and adjust? Or should they "fight back" and keep growing and serving as a positive force in every community that supports a Co-op?

Across the board, Co-ops are working to regain their membership, their market share and the ability to help our larger community grow. How they each do this is different and subjected to intense scrutiny by the other Co-ops.

As in all relationships, open honest communications must always be in the forefront. So here's what one Co-op did. They surveyed their Membership and found that most Members only bought around 35% of their food at the Co-op and the other 65% were items the Co-op didn't carry. Including diet-coke. This Co-op decided to broaden their product line to include these products along with the natural and organic ones. Diet-coke is now their number one selling drink and the Co-op has tripled in size. This is known as the "diet-coke question" amongst Co-op GMs throughout these States.

Now please excuse my populist acronym which is now apparently acceptable in at least written communication but should not be fully vocally enumerated in its entirety

unless one be labeled "uncouth" or "unrefined", but -- W.T.F.!! I mean: Really?!?

"Now, now", the proponents of this path lecture me, "we are serving what our Member's want. How can this possibly be bad? Isn't serving our Membership what Co-ops are all about?"

Now I really, really hate it when someone throws logic and reason to my emotional outbursts. But, in my world, ideology can and should top reality - "to a certain extent" (my ominous disclaimer cleverly designed to put thought and doubt into the reader's mind).

The way I see it, our Co-ops must always take the forefront in working towards a better society. I love the fact that mainstream society is starting to understand that Organic is a quality and health issue. The more people that understand that – the better it is for all of us and our planet. To me, that means the Co-ops should be the one setting new standards and raising the bar instead of the other way around.

Would that be a good thing? I think so and I think that in the long run it will serve us all well. But Las Cruces and Los Alamos don't have a long run right now. They need to react. What direction will they go? That's unknown at this point in time...

But what I think is not as important as much as what each of you think. Don't get me wrong: I do like the moniker of "King Joey the 1st" but somewhere in the deep dark recesses of my ego, I have to agree that this would not be appropriate for a Co-op. Damn.

So what do you all think about all this? While, we have no official way of collecting information right now, I encourage those of you who think it is a good idea to broaden our product selection to write to us and tell us why. You all know my stance: raise the bar in our standards – not lower it. Please convince me that this is not a good idea.

Also, please let me be very, very clear here: Our Co-op is actually growing right now and these concerns are not imminent for us. This is a broader philosophical question that we should talk about now rather than a year or so from now when we may be caught up in this changing market.

What products do you all want to see in our Co-op?? Now, before you all chant in unison, "Wine and Beer!", please know that NM laws makes it way too expensive for us to do this and that is why none of the Co-ops in the state have these. Sorry – I would like that too. So what else?

Instead of just celebrating Co-op Month this year, we should seriously be thinking about our connection to our Co-op and what would help our Co-op survive possible turbulent waters coming up. We at the Silver City Food Co-op are currently in a very good position to grow, explore and refine who we are as we set our sights to future accomplishments. ❄ ❄ ❄



DATES TO REMEMBER

Remember to sign up now for your
Artisan Vendor booth
or
Cooperative Flea booth!

- Oct. 6 - Conversations with Board at Little Toad
- Oct. 8 - Community forum @ 614
- Oct. 9 & 10 - BIG Sale Event @ 614
- Oct. 17 - Grand Opening of Market Cafe @ 614
- Oct. 24 - Art Market 9 -2 @ 614
- Oct. 31 - Community Flea Market 9-2 @ 614

Upcoming:

November/December - Choose your MAD day

THE CO-OP IS CLOSED
Thanksgiving Day, Christmas Day
and New Years Day

October Forum

Meditation Made Easy

with Jeff Goin
of Lotus Center

Thursday, October 8th

from Noon to 1 pm

Community Room @ the Market Café

614 N. Bullard St.

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

HEY – It's National Co-op Month!

by Susan Van Auken

How much do you know about the cooperative business model, or as we commonly say, the co-op?

Did you know these points about co-ops?

- A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly owned and democratically controlled enterprise.
- Cooperatives have formed to produce or distribute goods and services.
- There are consumer co-ops, like ours where the members purchase goods at the co-op they own. There are worker co-ops in which the members are the workers producing the goods or services. Some worker co-ops are farmer owned co-ops where individual farmers join together to market and sell their products. There are retail co-ops where retail businesses form a co-op to enhance their marketing, sales, and purchasing power.
- All co-ops have social values as part of their operation.
- Most co-ops promote the nine cooperative principles agreed to by International Cooperative Alliance. You can read these principles in this newsletter on page 2.
- The sixth principle is "cooperation among cooperatives."

Our co-op adheres to the sixth cooperative principal by purchasing goods and services from co-ops, and by working together with co-ops to create a stronger business for each. Our co-op supports the following other co-ops, perhaps you can too by purchasing products from them.



• Alvarado Street Bakery

This worker-owned co-op began baking bread in 1979 and became a cooperative in 1981. It now ships frozen bread and bagels all over the globe and is one of our best selling breads. They employ 100 people and use high quality organic ingredients. Their website says "We are changing the way the world eats - one slice at a time."

• Organic Valley

This farmer-owned co-op has dairy farms all over the country and supplies much of the organic milk, butter, and cheese to many other co-ops. The CEO is a life-long farmer and one of the original seven farmers who started the company in 1988. Their website states "Always Organic, Always Farmer-Owned."

• Equal Exchange

More than 100 workers, each with an equal stake and an equal vote, participate in this worker-owned co-op which specializes in fairly-traded coffee, chocolate and tea. Since the founding of the company in 1986 *Equal Exchange* has worked with a growing number of small farmers around the globe. Their website states "By enjoying Equal Exchange products you join a movement to support small-scale farmers."

• Organic Prairie

Pioneers in developing the regulations for organic meats, and in business since 1996, this farmer-owned co-op raises their animals on 100% organic pastures. These family farms provide beef, pork, chicken, and turkey. Their website states "We take pride in raising the highest quality meats for your family."

• Once Again Nut Butter

Although not a co-op, *Once Again* is a 100% employee-owned company governed as a worker-owned cooperative. They are an Employee Stock Ownership Plan (ESOP) company.

• Sweet Grass Co-op

Sweet Grass is a local co-op comprised of ranchers in southern Colorado and northern New Mexico, who have a passion for ranching in the western tradition of family owned ranches. They are committed to the raising and marketing of grass-finished beef. Their website states "These ranchers have a passion for their land, their animals, and the well being of their families and their communities."

• Frontier Co-op

This is a member-owned co-op in the wholesale business since 1976 selling herbs, spices, and teas. The members are the wholesale customers including retail stores, many of which are co-ops, and buying clubs. Their website states "Born a Co-op, Still a Co-op. We're proud of our co-op roots!"

• La Montanita Co-op Distribution Center

The distribution center of this large New Mexico co-op is supporting the local economy by helping farmers and vendors across the state. To increase the number of medium sized farms and food businesses within 300 miles of Albuquerque, CDC operates trucks with weekly stops to seven cities and towns in New Mexico, delivering products to food co-ops from vendors and farmers all over the area.

• National Co-op Grocers

This national co-op provides business services to retail food co-ops who are members. One major benefit for the 120 member co-ops, that operate 155 stores, is the joining together through *NCG* to strengthen purchasing power and gain advantages available to larger grocery chains.

• CDS Consulting Co-op

CDS is a cooperative of consultants working together to help co-ops across the country develop insight, skills, and resources they might need to adapt to market challenges. They specialize in co-op governance, leadership development, and marketing, among other topics.

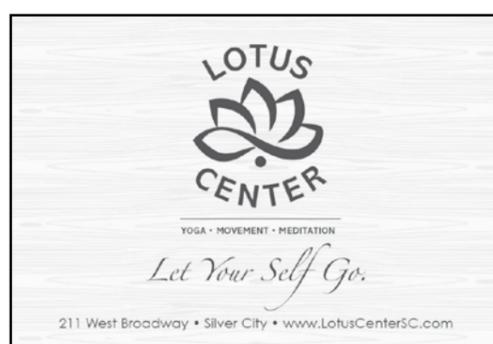
You can visit the websites of any of the above cooperatives to learn more and meet the staff or farmers who belong to the co-op.

Can we join together and CELEBRATE our participation in our Silver City Food Co-op?

When you walk into the grocery store on the corner of Sixth and Bullard, you are all aware of the bounty of organic and whole foods filling the shelves and bulk bins. But are you also just as aware that you are walking into an established cooperative business that operates differently than most other businesses. Are you aware of the inherent value of this co-op that we own? Really knowing this fact is just as important as knowing that our co-op is a place to buy healthy food.

The following is a quote from *Cooperating in a New and Nettlesome Era* an article by Dave Gutknecht in the July/August 2015 issue of *Cooperative Grocer*. "Many of our member-owners are only weakly loyal to the co-op. ...co-ops need to spread more powerfully the still-obscure notion that building community matters and that cooperative ownership is a superior form of business."

Watch a complete story about the growth of co-ops over the past century. Check out the DVD our co-op donated to the Silver City Public Library "Food for Change" ✨



On the Go with the Grab 'n Go Deli Team

If you work in the co-op warehouse, where the deli kitchen is located, each day you are teased with tantalizing aromas coming from the kitchen. Sometimes the aromas are so tantalizing, it is hard to concentrate, and you have to go and check out what Brenna Brown and her deli team are up to.

Brenna Brown hails from Kentucky and has been in the catering business for forty years. She has lived and worked in Bisbee, AZ, Nayarit, Mexico, and Santa Fe. It was in Santa Fe that she attended culinary school and became a certified chef.

In the early 1990s, Brenna worked at the Carter House B & B here in Silver City. Her recipes from that time were included in *Chile, Corn and Croissants – Delicious Recipes from New Mexico Inns* by Joan Stromquist. In that book, Brenna was quoted to say, "The presentation of food is very important to me. I want the colors, textures, and proportions of the food all to be perfect on the plate, so that everything tastes as good as it looks."

About a year ago, Brenna was asked to help the Co-op develop the Grab 'n Go department. After several other businesses left the area, there was a need for healthy lunch alternatives. She started by turning a room originally intended as a kitchen, but was being used as a storage room, into a certified kitchen. Then she attended a conference for co-op delis and states, "It has just been evolving." Due to the demand of the Grab 'n Go, Brenna now has five part time assistants. "My favorite thing is creativity – having access to the organic ingredients from the Co-op, and working with the people here. Everyone is different, but everyone has a great philosophy. My favorite foods are anything with curry and spices. I love color."



Leah

Sarah Hardisty, senior deli assistant, has been with the Co-op for almost a year. She came to Silver City by way of Oregon and Arizona, where she worked in a women's group home. Sarah's favorite deli food, bar none, is the chicken 'n dumpling soup, offered during the winter seasonal menu. She states, "Brenna is the inspiration for most of my dinners. It's simply amazing here. It's not like coming to work, but like taking a cooking class." Sarah is sharing her new talents with her son, Rylie James, winner of the Clay Festival's Mud Pie contest last month.

The expanding deli team includes Amanda McGinnis, Sarah Nevin, Allie Iacocca, and Leah Chastain. Each of these talented women are bringing their special skills to the deli.

Brenna comes into the Co-op each morning not knowing exactly what she is going to make. She goes into the produce section of the store to see what is fresh, "it's like having a fresh palate of color and taste every day. I strive to keep it fun and fresh. I never stop learning, each day I learn something new. It is really wonderful to work with a great team of assistants too."

Brenna and her deli team make delicious food that is available every day in the Grab 'n Go cooler located at the front of the Co-op.



Sarah, Sarah, Brenna & Amanda



Coffee at Risk

Growing coffee on far-flung mountain slopes in ways that respect the earth and build rural communities is quite an accomplishment, there are routine, significant challenges to overcome. Now there is a new threat that is hitting many communities hard all at once.

Coffee Leaf Rust, or roya in Spanish, is a fungus that starts with visible spots on the coffee tree's leaves. As it progresses, Rust renders the leaves unable to photosynthesize, essentially choking the plant. The fungus spreads from tree to tree, farm to farm, community to community. Its range has reached across continents. Its spread is fast and impact severe. Some farmer co-ops have seen production levels drop 80% in a span of 3 years.

The cause of this plague is due to a variety of factors, but likely one of the most significant is climate change, specifically an increase in temperature in higher altitudes where this fungus previously could not have thrived. This is an example of how unsustainable use of resources in industrialized countries contributes to climate changes that leave some of the most vulnerable communities to bear the biggest burden.

For some farmers, the solution to Rust is chemical. But the most effective fungicides are not organic and are unrealistic solutions for our farmer partners. For farmers committed to small-scale, organic production, the answers need to fit that model. Through their own field tests, farmers report that the best results come from bolstering soil health and replacing diseased trees.

Equal Exchange has responded in two ways. The first is to continue doing what we do: focusing not just on a product, but on the people and infrastructure that grow the product. We provide pre-harvest financing, support replanting projects and facilitate info-sharing between farmers. We have also dedicated \$150,000 this year to directly fund Coffee Leaf Rust projects that farmers are managing in Mexico, El Salvador, Peru, and Guatemala.

Equal Exchange products will be on sale in October and we hope to draw attention both to the serious challenge of Coffee Leaf Rust, and to the perseverance and leadership of small farmers in finding better solutions. With your help and your purchases, together we continue to fuel an alternative trade model that does more than just trade. For more thoughts and analysis on this ongoing work, please visit our website and blog:

www.EqualExchange.coop

www.SmallFarmersBigChange.coop



by Lynsey Miller,
Sales Director
at Equal Exchange



The Big Sale Event, October 9 and 10, Pallets of Great Deals!

Pallets of grocery items will be on sale up to 50% off! Yes, the Co-op wants to help you stretch your food dollars with great savings on staples you use every day. On sale will be 25 pound bags of a variety of rice. One and two pound bags of rice will also be available. Organic peanut butter will be 40% off, brown

rice pasta will be 46% off, organic pasta sauces will be 40% off, and organic salsa will be 49% off. Stock your pantry with canned beans at 39% off, and get ready for Halloween with organic candies at 55% off!! Chocolates will be on sale and fruit leathers too. You don't have to be a Co-op member to enjoy these deals, so tell your friends and neighbors about the great sale on organic staples.

Kim Barton, our grocery buyer, went to Portland to find great deals for our Co-op shoppers. Stock up for the holidays and stock up to save dollars. This humungous sale event will take place Friday and Saturday, October 9 and 10, from 8:30 am to 3:30 pm at the Market Café. We will have samples, door prizes, and the best deals in town.

Don't miss it!

Market Café Grand Opening, Saturday, October 17

The Market Café will have a grand opening on Saturday, October 17 from 8:30 am to 3:30 pm. If you haven't been to the Market Café yet, this is the day to do so. There will be music, samples of great products, and drawings for gift baskets. Our local artisans will be available with their wares for sale too. Come and meet Steve Darland of Traditional Aceto Balsamico of Monticello. He will be sampling his aged balsamic vinegar that was featured in the New York Times.

Our Community



Hearts and Hands: Dougan Hales and the Silver City Food Co-op Logo

by Adrienne Booth



Have you ever thought about the meaning of our Co-op's logo, or wondered who created it?

Dougan Hales, who was a founding member of the Co-op in 1974 and currently works in our Produce Department, is the artist who created the iconic *Hearts and Hands* image.

"Hearts and hands are what built our Co-op, and I wanted to commemorate that," says Dougan. "That cooperative spirit is what the Co-op is all about. And it also reflects the spirit of Grant County – folks here don't have a lot of money, but everyone has friends or family who pitch in when you need to fix or build something. In our community, those hands and hearts work together to make good things happen. The image shows families and multiple generations, diverse yet connected."

Dougan has deep roots in Grant County. His great-grandfather came to the New Mexico Territory from Cornwall, England, in 1879 and worked for a while at the Naiad Queen silver mine in Georgetown. This pioneer ancestor later became a truck farmer in the Mimbres Valley, supplying fresh food throughout eastern Grant County. Dougan has fond memories of the peach orchards at his uncle Jake Mitchell's farm site, which was eventually sold to the Nature Conservancy. Dougan himself is an official Space Baby, born in the no-longer-existing town of Santa Rita.

Dougan created the logo through a craft process called Kirigami. "It's like Origami, except you don't just fold paper, you fold it and then cut out the design." He started doing cut-paper art about 30 years ago. "I was Mr. Mom, taking care of my boys. So I made Superman and monster masks out of the cardboard from cereal boxes, to entertain them."



Completed Kirigami

All of Dougan's kirigami is done freehand, with scissors. The round "mandala" shape, in particular, lends itself to freehand cutting. He incorporates recycled materials in his art whenever possible, from those old cereal boxes to new projects using the round metallic-foil tops from yogurt containers. Dougan has shown his work at local shows and galleries, and you may see his work on art cards or t-shirts as well as matted/framed art. He favors primitive symbolism and imagery from nature, and some of his designs have the feel of Native American or European/Asian/African Bronze Age iconography.



Dougan creating a Kirigami



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service.

- Sophia Brugman • Miriam Richer • John Tank
- Marilyn Freeman • Dawn Sandford • Mary Ann Finn
- Deb James • Julie Williamson • Saguara Compton
- Rebecca Summer • Elizabeth Lloyd • Ben Kieler
- Mark Karagas • Rick Bohart • John Bever
- Larry Ruben • Karen Rothberg



Co-op Community Donations

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

- Silver City Arts and Culture District
- Gila River Festival
- MRAC Picmania
- KURU Flower Festival
- Grant County Food Pantry
- Gila Mimbres Community Radio

Bag Refund Donation Program

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

- High Desert Humane Society
\$103.15 August
- Gila Resources Information Project
\$83.15 August

October

Tuesday, October 6, 5 pm to 7 pm
Conversations with the Board
Little Toad Creek
200 N. Bullard Street

Thursday, October 8, 12 noon to 1 pm
Community Forum –
Meditation with Jeff Goin
614 N. Bullard St.

Friday and Saturday, October 9 and 10, 8:30 am to 3:30 pm
BIG Sale Event
Save on great grocery deals.
Stock up for the holidays!
614 N. Bullard St.

Sat., October 17, 8:30 am to 3:30 pm
Market Café Grand Opening
Come and enjoy music, special demonstrations, and fun!
614 N. Bullard St.

Wed., October 21, 4:30 pm to 7:30 pm
Silver City Food Co-op Board Meeting
614 N. Bullard St.

Saturday, October 24, 9 am to 2 pm
Artisan Market
Support local artisans!
614 N. Bullard St.

Saturday, October 31, 9 am to 2 pm
Community Flea Market –
recycle, reuse or repurpose a treasure!
614 N. Bullard St.

Fridays in October
Popcorn Fridays-free popcorn
and other food samples
Silver City Food Co-op, 520 N. Bullard St.

November

Thursday, Nov. 12, 12 noon to 1 pm
Native Plants with Richard Felger
614 N. Bullard Street

Wed., Nov. 18, 4:30 pm to 7:30 pm
Silver City Food Co-op Board Meeting
614 N. Bullard St.

Thursday, November 26
Happy Thanksgiving Day – Co-op is closed!

Saturday, November 28, 9 am to 2 pm
Artisan Market
Support local artisans!
614 N. Bullard St.

Fridays in November
Popcorn Fridays-free popcorn
and other food samples
Silver City Food Co-op, 520 N. Bullard St.

**Volunteer Grocery Shopper
for home bound members needed!
Once/week buy groceries and deliver.**



Interested?

please contact Charmeine@silvercityfoodcoop.com

Mesquite – A centuries old Tohono O'odham staple

New research on mesquite explains why the southern Arizona Tohono O'odham people have been using the sweet and tasty mesquite pods for centuries. Mesquite is about 40 percent protein, almost two times higher than most legumes. It is also a good source of calcium, manganese, potassium, iron and zinc. High in lysine, it combines well with other grains to make a complete protein. Mesquite trees grow at 5,000 feet or below from southern Kansas to southern California. When the beans are fully ripe they are brittle and straw colored.

The Co-op and the Market Café now carry mesquite flour and cookies. Mesquite tortillas can be found at the Market Café.

These are traditional Tohono O'odham mesquite recipes.

Mesquite Gruel

3 cups water
2/3 cup finely ground and sifted mesquite flour
1/3 cup whole wheat flour
½ teaspoon salt

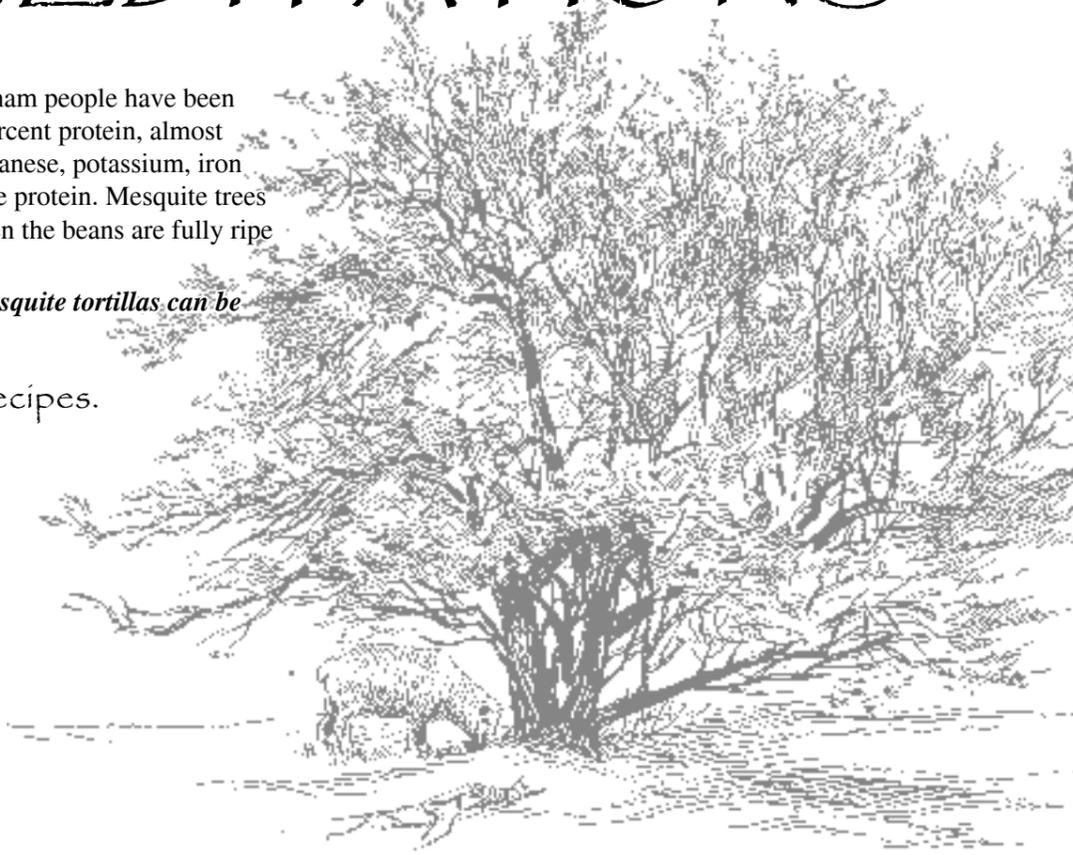
Combine 3 cups of water and the mesquite flour in a saucepan. Boil together for 10 minutes. Mix the whole wheat flour with ½ cup of water. Add to the hot mixture. Simmer, stirring constantly, until thick.

Mesquite Bread #1

1 cup mesquite flour
1 cup whole wheat flour
1 teaspoon baking powder
1 teaspoon baking soda
2 tablespoons oil
¾ cup water

Combine dry ingredients. Add oil and water and mix until dough forms a ball and cleans the sides of the bowl. (Because mesquite beans and meals have a tendency to pick up any moisture from the atmosphere, the amount of water needed will vary with the weather.) Lightly grease a cookie sheet or flat pan. Form the dough into a half-sphere loaf on the pan. Bake for 30 minutes at 350 degrees.

This recipe makes a very earthy loaf and the flavor of mesquite is quite pronounced. The less gastronomically adventurous might try the Mesquite Bread #2 recipe.



Mesquite Bread #2

To any yeasted bread recipe calling for about 8 cups of flour, substitute from ½ to 2 cups of mesquite meal and proceed as usual. This will make a darker, somewhat heavier bread than your regular recipe would produce.

The recipes on this page are from *American Indian Cooking – Recipes from the Southwest* by Carolyn Niethammer. Her excellent book provides many useful recipes using native foods of the southwest and ethnobotany of native southwest people.

More recipes are available at the Co-op and the Market Café.

NEW at the Co-op

Mesquite – Enjoy an Ancient “New” Food



According to food and farming activist Gary Paul Nabhan, “Some of the native wild fruits routinely used by early Americans not only taste great but are well-adapted to our soils and to changing climatic conditions. Of some 8 native food crops that Richard Felger and I proposed as new desert crops 40 years ago, six have already made it into cultivation, and are on the table in restaurants and home kitchens in the Southwest.” One of these is the bean-like seed pod of the mesquite tree, which grows throughout the region. Mesquite flour is high-protein and low-glycemic!

Mesquite Tortillas from Tortilleria Arevalo

Years ago, Nabhan asked the owners of Tortilleria Arevalo in Tucson if they could make tortillas out of mesquite flour. Now you can try the Arevalos’ tasty mesquite tortillas right here in Silver City! The Co-op carries these fine tortillas at the Market Café.

Sweet Peruvian Mesquite Flour

“Mesquite meal” was a staple food in the diet of early inhabitants of the desert Southwest. Nabhan says mesquite contains natural gums that help with digestion and may defend against colon cancer. The Arevalos bake with mesquite flour from Peru because it is smoother than wild Sonoran mesquite but has the same beneficial properties. The Co-op offers sweet Peruvian mesquite meal at both the main store and the Market Café.

Mesquite Cookies from Tortilleria Arevalo

Once you taste these cookies, you will know why they are so popular! They contain no added sugar – the mesquite flour is naturally sweet and has a subtle nut-like flavor.

Mesquite Pancake Mix

Need we say more? Enjoy pancakes made with naturally sweet, healthful mesquite flour!

The Frugal Co-op Chef



On your next trip to the desert this fall, collect some mesquite beans to make these recipes.

Mesquite Broth

Wash and break up about 4 cups of fully ripe, dried mesquite beans. Put them in a heavy saucepan and cover with water. Boil for 2 hours, checking the beans occasionally and adding water when necessary. The beans and the liquid will turn reddish. Mash the beans several times with a potato masher or heavy spoon while they are cooking. Remove the beans from the water and cool. Reserve liquid. Wring and tear the beans by hand or put them through a food mill to help separate and loosen the pulp from the fiber. Return the whole mass to the liquid and simmer, tightly covered, for ½ hour. Strain off the thickened liquid, and discard the fiber and seeds. The broth is now ready to use in the following authentic Indian dishes.

Atole de Pechita

Anthropologist and professor Thomas Hinton watched this mesquite beverage being prepared by descendants of the Opata and Pima Indians in rural Sonora, Mexico.

1 cup mesquite broth
1 tablespoon brown sugar
1/8 teaspoon cinnamon
sprinkle of ground cloves

Combine broth, brown sugar, and spices in saucepan. Heat and stir until sugar dissolves. Serve warm or chilled. It is very good.

Mesquite Pudding

1 ½ cups mesquite broth
2 tablespoons
whole wheat flour

Mix the flour with a little of the cool broth. Add the mixture to the rest of the broth and bring to a boil. Cook and stir until pudding is thick; it will thicken more as it cools.

Variation: This makes a very good dessert acceptable to most modern palates by adding 2 tablespoons of brown sugar or honey, ¼ teaspoon of cinnamon, a sprinkling of nutmeg, and ½ cup of raisins.

October 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.

September 30 - October 20

					
Bulk Pinto Beans reg \$2.69# SALE \$1.99#	Rumiano Chipotle White Cheddar 8 oz reg \$4.69 SALE \$3.99	Amy's Roasted Vegetable Pizza 12 oz reg \$8.69 SALE \$5.99	ginny bakes Butter Crisp Love Cookies, 5.5 oz reg \$5.59 SALE \$3.99	Alaffia African Coconut Oil for All Hair & Skin Types 11 oz reg \$10.89 SALE \$7.99	Boiron Oscillo 6 dose, 4.2 oz reg \$15.69 SALE \$10.99

October 21 - November 3

					
Bulk Whole Raw Cashews reg \$10.99# SALE \$8.99#	Wallaby Plain Lowfat Yogurt 16 oz reg \$4.39 SALE \$3.39	Udi's Pizza Crust 9 in. 2 pk, 8 oz reg \$5.29 SALE \$3.99	Eden Foods Black Eyed Peas 15 oz reg \$2.69 SALE \$1.99	Andalou Goji Peptides Perfecting Cream 1.7 oz reg \$21.19 SALE \$16.99	Source Naturals Wellness Formula Tablets 90 tab reg \$23.99 SALE \$16.99

Member Only Specials

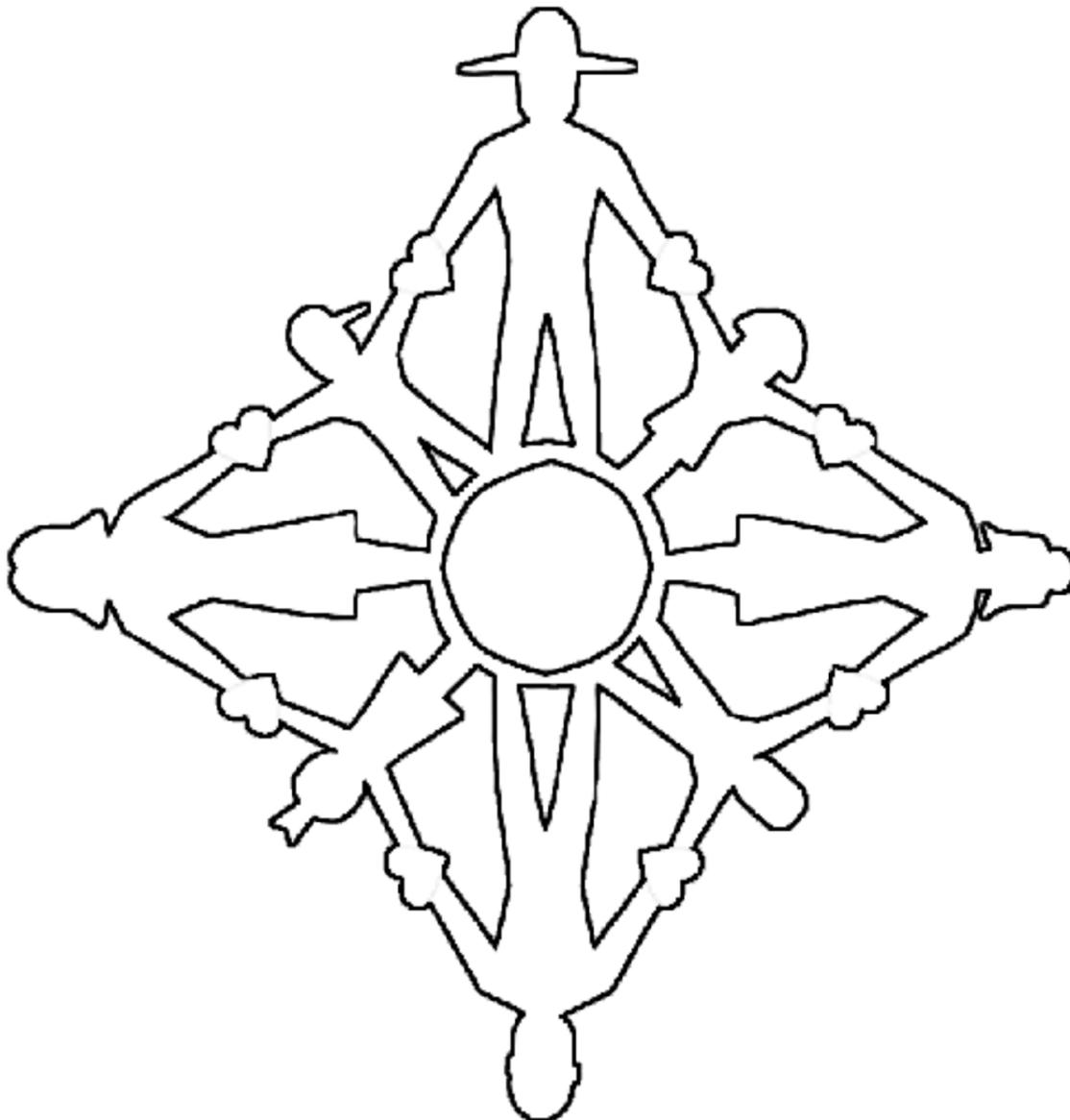
September 30-November 3

	
Rapunzel Vegetable Bouillon assorted reg \$3.39 SALE \$2.99	Organic Valley Pepperjack Cheese 8 oz reg \$6.19 SALE \$5.59
	
Tofurky 5 Grain Tempeh 8 oz reg \$2.99 SALE \$2.69	Radius Toothbrush Adult, Right-Handed reg \$9.99 SALE \$8.99
	
MegaFood Daily Turmeric 59.1 g reg \$19.99 SALE \$17.99	MegaFood Blood Builder 30 ct reg \$17.99 SALE \$16.19

Kids' Corner

FREE FRUIT FUN

Kids, color the picture and bring it to the Co-op to receive a 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 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 CO+OP Deals 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.

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.

614 MEETING ROOM POLICY

Individuals, groups & organizations are welcome to meet at 614 N. Bullard, as long as one organizer is a Co-op member. The space can be rented for commercial uses or events. Meeting and events must be held Wednesday to Sunday from 8:30 am to 3:30 pm. Contact Charmaine: charmeine@silvercityfoodcoop.com or the Co-op at 575-388-2343. Thank you!

Co-op
KID



Corner

From Your Board...



Yes, We Have Ethics!



By Karen Strelko (L) & Jennifer Johnston (R)

What happens when you speak to a board member privately? Can you expect that conversation to be confidential? When you speak to a board member does he or she speak for the whole board, or just from a personal point of view? And when will a board member agree to any changes to co-op functioning based on what you have asked?

From the board of directors' point of view, our answers to these questions are not arbitrary. They derive from our adherence to ethical guidelines. We follow written policies regarding our code of conduct and ethical behavior. Many of our ethical guidelines relate to our interactions with co-op member-owners, and they have a direct impact on our conversations with you.

So can you express concern or kudos privately? Yes. Will the board member keep your comment confidential? Yes, if you want him to. (However, your general concern may be mentioned in board discussions, without revealing you as the source.) And when you speak to a board member, in almost all instances, he or she will be speaking for the whole board, imparting views and decisions that have the support of the board. We do this because we are ethically obligated to speak with one voice. Of course, we can indicate some personal agreement or disagreement with a board decision, but we will add clearly and emphatically that we stand behind the final decision of the board.

As board members, we welcome and value our interactions with you and the opinions and concerns that you may have. However, one important ethical principle that we strive to follow is to **maintain loyalty to the interests of the membership as a whole**. We must not let "personal loyalties or sympathy toward individuals" get in the way of the board's

fiduciary responsibilities to the co-op. To us, this means that concerns and suggestions from individual members are important and may inform board decisions, but not if those individual concerns eclipse overall co-op goals or long-term responsibilities. We are always juggling members' personal needs with group needs and holding ourselves accountable to the larger vision.

And when will a board member agree to any changes to co-op functioning based on what you have asked? We won't. While a board member can refer your points of view to the board as a whole for consideration, a board member cannot, and will not, unilaterally agree to any changes in co-op functioning. We **refrain from exercising individual authority over the cooperative, except as explicitly set forth in board policies**. What this means is that we don't authorize ourselves, on our own, to act in any board capacity without board approval. Generally, board decisions are determined by an agreement process in which a board decision or resolution will not be passed if there is more than one board member who does not support that decision or resolution. In effect, we end up speaking with one voice.

Another principle that guides the board's ethical behavior is well stated in the New Mexico State Statutes for Cooperative Associations, section 53-4-18.1: "**A director shall perform his duties [...] in good faith, in a manner the director believes to be in or not opposed to the best interests of the association, and with such care as an ordinarily prudent person would use under similar circumstances in a like position**" What does this mean? It means that as directors, we should approach all

our activities and decisions with the co-op's best interests in mind. Unfortunately, there are not clearly defined standards for "good faith," "in the best interests of," or "ordinarily prudent." However, if we were held to task, a group of our peers would ask themselves, "What would we have done in the same circumstances, with the information that the board had at the time?" If those peers concluded that the board acted in an "ordinarily prudent" manner and generally came to conclusions that served "in the best interests of" the co-op, we would be considered to have acted "in good faith."

Other areas of ethical conduct we follow are **disclosure of conflicts of interest** and **protecting confidential information**. In fact, Section 4.12 of our bylaws states that "Directors shall be under an ethical code of conduct to disclose their actual or potential conflicts of interest in any matter under consideration by the board. Directors having a conflict of interest may, if permitted by the board, participate in the discussion but not in the decision of the matter." In short, if board members have a conflict of interest, which could influence their decision making, they must disclose that conflict. If a board member cannot separate competing interests, he must excuse himself from certain decision making situations or even consider stepping down from the board.

As far as protecting confidential information, not only do we keep our conversations with member-owners confidential, we also keep confidential our discussions on sensitive business information, like personnel, real estate, and legal issues. We use discretion and maintain confidentiality both in board meetings and outside of board meetings, especially when decisions are in process. Once a decision is fi-

nal, and if appropriate, we might share those decisions with member-owners and often the public in general. Again, we speak with one voice.

Not only do we follow ethical guidelines when we talk with member-owners, we even have specific ethics that guide our behavior with one another! For example, our Code of Conduct requires us to commit to **fulfilling our duties as directors** by devoting sufficient time and giving proper priority to board-related activities. We also expect ourselves to engage in "open, respectful, and thorough discussions with other directors and the general manager, while maintaining an attitude of honesty, diligence, and helpfulness." Indeed, we take our conduct and behavior so seriously that a provision in our Code of Conduct specifically enables us to ask a director who violates our ethical principles to "resign from the board and to not seek to disrupt the cooperative or the board thereafter."

Hopefully you now have a better understanding of how and why we, as directors, conduct ourselves as we do, especially when it comes to talking with you, the member-owners. It's all because we have ethics!

In writing this article, we have endeavored to describe our ethics and conduct using language from our own bylaws (section 4.12) and governance policy D4 that specifies the board's Code of Conduct. In addition, we find that our own ethics are mirrored in other cooperative organizations and leadership groups such as Cooperative Development Services and National Co-op Grocers. Resources for further reading on the topic of board ethics include:

- www.silvercityfoodcoop.com/our-coop/board
- <http://library.cdscollaborative.org/doc/code-of-conduct-sample/>
- Cooperative Grocer (1996, November). Code of ethics. Eds. D. Gutknecht and K. Zimbelman,

If you have further questions about board ethics, please contact Jennifer Johnston or Karen Strelko.

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Board of Directors

Board Meeting Schedule

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

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

Conversations with the Board

Come for conversation and refreshments with members of the Silver City Food Co-op's Board of Directors!
Oct. 6th from 5:30 pm to 7 pm
Little Toad Creek
200 N. Bullard St.

Jeanne Rose Martin was the winner of The Garden of Life supplements drawing held on September 2nd.



L to R are: Kim Barton, Jeanne Rose Martin, and Kate Stansberger.