

Silver City Food Co-op *It's MAD!* Garbanzo Gazette

Volume 19

✧ Your Monthly Newsletter ✧ July 2019

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

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YOU
ARE
WHAT
YOU
EAT

Your Co-op Update

By Mike Madigan

Summer at the Co-op is in full swing, and while it might not be immediately apparent, we've introduced some new features to help move the lines at the cash register along a little faster. Until now, whenever our internet service has disrupted, the checkout lines come to a halt. No internet means no ability to process credit / ebt / debit card transactions. Your Co-op remedied this challenge with the introduction of an internet fail-over system. This system switches our connection to a WiFi signal when service goes down. Many thanks go out to Nick Prince at Binary Circuits for his work to get this program running. We're still working out some kinks, but overall the new system is performing admirably, and that means you get home a minute or two quicker.

We've also made your experience at the registers a little faster by streamlining the process of using your Member Appreciation Days (MAD) discount. There are no more forms to fill out, making it faster for you at the cash registers, and much more efficient for the staff members who were manually entering each discount by hand to make sure you get the right number of discounts. Things are getting a little easier at the Co-op.

We are nearing the end of the first month of our two-month MAD discount period. Each member of the Co-op receives two MAD discounts which are good for 10% off of your total purchase. This discount can be used on any two days of your choice over the months of June and July. This discount is the most significant financial benefit you get as a Member-Owner, so don't let this value slip away. Did you know that Member-Owners are also able to place special orders at the Co-op? When you place a special order for a case of your favorite Co-op foods or goods, you receive an additional 10% off of your purchase of those items. Any staff member can help you out with this easy process of placing a special order. Planning ahead really pays off and stretches your dollars at the Co-op!

In Relocation news: The Pope Street Project Committee (PSPC) made steady, and deliberate progress this month. The most recent news is that preliminary estimates for (1) raising the floor, and (2) contracting for internal demolition of 907 N. Pope St. have been received. The wheels have been set in motion! Preliminary floor plans are in the process of being finalized with the assistance of our contracted architect. In the coming weeks the committee will begin addressing electricity and plumbing infrastructure needs for the new space. The PSPC is also working with legal counsel to finalize the documents needed to begin what's being termed a Mini Member Loan campaign. The committee has identified 5 or 6 Co-op members who will loan our Co-op the necessary funds to get us through the planning process of the relocation project. Once all planning has been completed the Co-op will pursue traditional bank funding to complete the project.

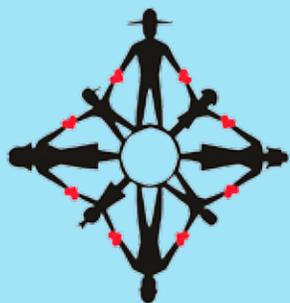
The Co-op is excited to welcome a new neighbor! Adobe Springs expects to be open for business by the time this newsletter goes to print. They're located at 614 N. Bullard St. Welcome and Good Luck to you! We're looking forward to having you around. Also, construction is slated to begin in mid-July on the Farmers' Market parking lot located between 7th and 8th Sts. by the Big Ditch. While both of these projects bring welcome progress downtown, it could mean a little more parking congestion for awhile. Remember, there is a municipal parking lot now available on N. Texas St. between Kelly and Market, and that Co-op staff are always available (and usually delighted!) to carry your groceries to your vehicle! Anything we can do to make your shopping experience brighter! Thanks for supporting your local Food Co-op. We accomplish much through community.



2076 members/owners strong and counting . . .

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop

Store Hours

575-388-2343

Mon-Sat 9am-7pm

Sunday 11am-5pm

Vision Statement

Promoting the inherently healthy relationship between food, community, and nature.

Seven Cooperative Principles

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

Mike Madigan

acting General Manager

The Garbanzo Gazette

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Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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Co-op & Community Events



Monsoon Puppet, Tuesday, July 2, 10:30 am to 11:30 am

Monsoon Puppet Theater will be at the Public Library of Silver City for an interactive presentation on giant puppets and their history. No fee or registration required. Made possible through funding from the Friends of the Library.

Parade & Celebration, Thursday, July 4, 7 am to 4 pm

Gough Park - Vendor booths, food and entertainment can be enjoyed from 7 am to 4 pm.

Parade begins at 10 am

Ice Cream Social at the Silver City Museum, 11 am to 4 pm.

Admission is FREE! Fun for the whole family. Music, games, food for purchase, hands-on activities for children of all ages, face painters, jugglers and more.

Clay Festival, Mon - Sun, July 15 - July 21

Workshops, clay-maker's market, demonstrations, youth activities.

Various locations, primarily in historic downtown Silver City. Visit www.clayfestival.com for details.

Silver City Food Co-op Board Meeting, Wednesday, July 17, 5:30 pm to 7:30 pm

Board meetings are held the third Wednesday of the month at 907 Pope Street.

Member/owners are welcome to attend.

Hummingbird Festival, Sat & Sun, July 27 & 28, 8 am to 3 pm

Hummingbirds! Hummingbirds!

Great vendors, lectures, education, children's activities, raffle, ice cream sale, tour and more.

Mimbres Culture Heritage Site museum, open and free. Visit <http://www.mimbrescultureheritagesite.org>

Sampling Wednesdays

At the Co-op!

Held on most Wednesdays of the month, great food will be sampled.

Come and find out how good organic is!

Popcorn Fridays

Each Friday from 9 am to 3 pm the Co-op offers popcorn and other food samples.

Volunteers are needed to help make popcorn.

It's fun, you get to meet lots of people, and see what is happening at the Co-op!

If you are interested in helping with this ongoing event, please contact Judith at judith@silvercityfoodcoop.coop

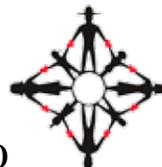


Member Appreciation Days

**It's
MAD!
June/July**

*any 2 days of your choice
to save 10%*

(excludes mark-down items)



Silver City Food Co-op Staff

<i>Judith Kenney</i> produce/outreach	<i>Tinisha Rodriguez</i> POS/HABA buyer
<i>Dougan Hales</i> produce/bulk	<i>Allie Iacocca</i> produce/HABA buyer
<i>Kate Stansberger</i> supplement buyer	<i>Mike Madigan</i> acting gm
<i>Jake Sipko</i> produce manager	<i>Leah Chastain</i> merch. specialist/receiver
<i>Carol Ann Young</i> office/GG	<i>Marchelle Smith</i> deli
<i>Jeanné Miller</i> herb buyer/produce	<i>Joy Kilpatrick</i> produce
<i>Becky Carr</i> dairy buyer	<i>Elysha Montoya</i> wherever needed
<i>Jess DeMoss</i> POS manager	<i>Judy Kenneally</i> deli
<i>Misha Engel</i> frozen buyer	<i>Christine Dalmedo</i> produce/grocery
<i>Jenny Morgan</i> office	<i>Hina Rainbowchild</i> wherever needed
<i>Marguerite Bellringer</i> finance manager	<i>Annabella Gomez</i> wherever needed
<i>Kim Barton</i> POS	<i>Gabbie Sturdivant</i> wherever needed
<i>Michael Sauber</i> grocery	<i>Melissa Yarbrough</i> wherever needed
<i>Doug Smith</i> grocery buyer	<i>Tuan Tran</i> wherever needed
<i>Evan Humphrey</i> bulk buyer	<i>Emma McKinley</i> wherever needed
<i>Lee Ann Miller</i> cashier	<i>Eric Brown</i> wherever needed
<i>Brenna Brown</i> deli manager	



Kitchen Meditations

Summer

Sliced Tomato Salad

The perfect cooling summer salad to serve with all sandwiches and burgers

Ingredients:

8 large tomatoes, cut into 1/4-inch slices
2 large sweet onions, halved and thinly sliced
1/3 cup olive oil
2 tablespoons lemon juice
1 teaspoon dried oregano
3/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons minced fresh parsley

Directions:

Arrange tomatoes and onions on a large rimmed serving platter. In a small bowl, whisk the oil, lemon juice, oregano, salt and pepper. Drizzle over top. Sprinkle with parsley.



The Frugal Co-op Chef

Calming, Cooling Coconut Rice

1 cup Basmati rice
1/2 cup coconut flakes
2 tbsp coconut oil
1/4 tsp. salt
3 cups water

- Bring water to a boil. Add rice, half of the coconut flakes, oil and salt.
- Allow the water to return to a boil. Turn heat down to a simmer and cover.
- Cook until tender, 15 – 20 minutes or so.
- Meanwhile, toast remaining coconut flakes until very slightly browned. *
- Serve rice in bowls, garnished with toasted coconut.

* To toast coconut flakes, heat over to 325°. Spread flakes on a baking sheet. They will toast quickly, probably in five minutes or less.

Watermelon Smoothie with Cucumber & Mint

Servings: 2

Ingredients:

2 cups watermelon
1/2 cucumber (peeled or unpeeled)
2 sprigs of fresh mint
Honey, as needed (optional)

Instructions:

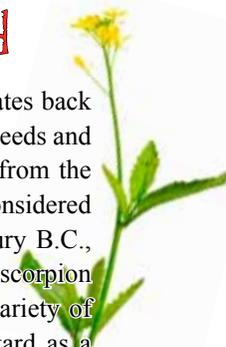
Add watermelon, mint leaves, and cucumber to a blender. Blend until smooth. Taste and add honey, if you like, and blend again.

Talk about Herbs Mustard

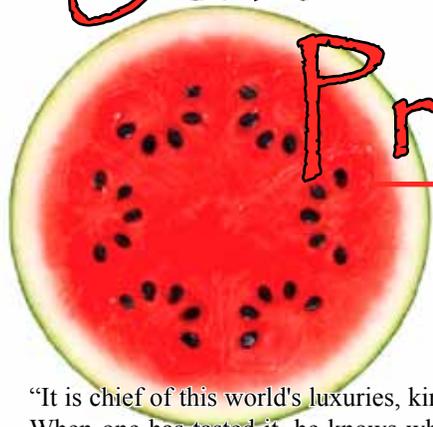
As a condiment, mustard is ancient. Prepared mustard dates back thousands of years to the early Romans, who ground the seeds and mixed them with wine into a paste, not much different from the mustards that we eat today. Even earlier, mustard was considered a medicinal, rather than culinary, plant. In the 6th century B.C., Greek scientist Pythagoras used mustard as a remedy for scorpion stings. A hundred years later, Hippocrates used it in a variety of medicines and poultices. Today, most of us enjoy mustard as a tangy and tasty spread that really spiffs up a burger or sandwich and is invariably found at summer picnics and barbecues.

The mustard plant proliferates happily throughout the world as about forty different species, and is a favorite spice used by cooks everywhere. It's flavorful, reliable and delicious in sauces, pickles, brines, dressings and condiments.

Our Co-op bulk herb department offers three different mustards for your cooking adventures: yellow mustard seed powder and brown and yellow mustard seeds. The yellow seed, ground or whole adds a spicy pungency during cooking. It's milder than brown and adds zippy flavor to condiments, pickles and other savory dishes. Brown mustard seed is more robust than yellow, but can be used in the same dishes, as well as to enliven everything from soups to casseroles. Its sharp aroma and pungency adds a spicy, peppery flavor to food and works well in combination with other strong spices like chili and black pepper.



Jake's July Produce Picks



Watermelon

“It is chief of this world's luxuries, king by grace of God over all the fruits of the earth. When one has tasted it, he knows what the angels eat.” –Mark Twain, celebrating the watermelon in his book *Pudd'nhead Wilson*.

Scientists agree that the father of today's watermelon—the ur-watermelon, was cultivated in Africa before spreading north into the Mediterranean and, later, to other parts of Europe. We've been eating watermelons for millennia. Their seeds have been found, among the remnants of other fruits, at a 5,000 year-old settlement in Libya. Seeds, as well as paintings of watermelons have been discovered in Egyptian tombs built more than 4000 years ago. The wild ancestor of this luscious fruit would've gagged any angel, though, because it was a bitter fruit with hard flesh. Selective breeding, spanning generations and cultures, resulted in the sweet, red delicacy that we enjoy today.

Watermelons are 92% water, making them a super-hydrating refresher for the hot summer months. Although they're normally thought of as a fruit, watermelons are actually a vegetable, related to pumpkins, cucumbers and squash! Every part is edible, including the rind and seeds. High in lycopene, a powerful antioxidant, watermelons also contain hefty amounts of potassium, magnesium, phosphorous, and vitamins A and B. Check our Kitchen Meditations page for an easy, delicious and refreshing Watermelon Mint Smoothie.



Enigmatic Co-op shopper Tasha selecting a package of Wensleydale Cheese



Tuan tending the Co-op's vibrant produce section

Tomatoes

The tomato (*Solanum lycopersicum*) is considered to be both a fruit and a vegetable and forms an integral part of cookery around the world, especially in the Mediterranean region. Daily consumption of tomatoes provides a great boost to health, as well as enhancing the flavor of food. You can find them in a wide variety of delicious dishes, such as pasta, pizza, ketchup, and various beverages. They are relatively easy to cultivate and grow very quickly, making them a great food source, which is a big reason why tomatoes are a staple food for many nations.

Tomatoes are believed to be native to Mexico, but the Spanish colonization of North and Central America caused tomato cultivation to spread. They are an annual nightshade plant and grow in clusters of small to moderately-sized, round red fruits. They have soft, pinkish-red flesh and a slightly sweet taste.

Nowadays, tomatoes are grown in countries all over the world and there are thousands of varieties that offer a wealth of culinary uses and unique health benefits.

Becky's July Dairy Pick

Wensleydale & Blueberries Cheese

Fruit and cheese...some foods are simply meant to be together! Think of the perfection of a sharp, aged cheddar and Pink Lady apples; blue cheese and yellow peaches; D'Anjou pears and gouda. All deliciously happy unions!

This month our dairy pick is a British cheese that features that special chemistry. It is a hand-made traditional cheese, produced from milk drawn from cows grazing the sweet limestone pastures in Upper Wensleydale, North Yorkshire. Light and creamy, with a hint of sharpness, Wensleydale is a perfect partner for fruit, and blueberries are no exception. Juicy blueberries are blended into the recipe for a sweet/tart accent which complements this mild cheese. A superb accompaniment to dessert, Wensleydale & Blueberries is so well-balanced that it stands on its own or on a cheese board.

This is one of the oldest varieties of British cheese, with records showing Cistercian Monks producing it as far back as 1150 C.E. It was originally made with sheep's milk but, over time, the formula changed to cow's milk, which is still used today.

CO-OP Community

Co-op Community Donations

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

G. C. Community Foundation
Deming Refugee Shelter

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.

Frances Trotta • Ellen O'Bryan • catherine bialopiotrowicz
Malika Crozier • Bridget O'Leary • Jane Papin • Deb James
Kim Sweeney • Betty Mishuk • Rebecca Summers
Rebecca Duprey • Jennifer Lamborn



Taste Samplers Needed!

Isn't it fun to get free food?



It's even more fun to be the gracious person giving the food. Become a sampler and hand out food samples every other Wednesday from 9 am to 12 noon or 12 noon to 3 pm. It's fun and you get to see all of your friends.

Contact: judith@silvercityfoodcoop.coop

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!

Round Up Donation Program

The Silver City Food Co-op invites you to "Round Up." This means as a customer you can round up the balance of your total purchase to the nearest dollar, thereby donating that amount to a local non-profit. Donation recipients change every month. Information can be obtained at the cash registers when you check out. Many thanks to our cashiers who make this program work so that we can all give to our community.

Round Up for July

Aldo Leopold Charter School Foundation

The charter school movement was founded on the simple understanding that different students learn best in different ways. Education is not a one-size-fits-all enterprise. The parents, teachers, and community leaders who developed Aldo Leopold Charter School shared this understanding of the need to provide a choice for this area's students and families. Years of research and months of meetings led us to adopt the following principles on which Aldo's educational approach is based: learning by doing, learning through direct experience, students pursue answers to questions that they have asked themselves, students make community connections, rigorous academic expectations, teaching to the whole child. Your help in this endeavor is greatly appreciated!

May
Round Up
\$1453.50!

SpayNeuter Awareness Program (SNAP)

SNAP provides financial assistance to low-income persons and families in Grant, Catron and Hidalgo counties to spay and neuter their cats and dogs. Our target population includes the most vulnerable amongst us: those on social security, food stamps, full-time students, people with disabilities, part-time workers, and the working poor.

All four veterinary offices in Silver City cooperate with SNAP, along with the Pet Health Shoppe, which volunteers as the go-between for clients to make the co-pay and obtain their SNAP certificate. Pet owners must make a co-pay to SNAP of \$20 to \$40, depending on the sex and size of the animal. The client then presents the SNAP certificate to the veterinary office, and the vets bill SNAP directly every month.

About 95% to 97% of the money SNAP receives goes directly to pay veterinary bills. No one receives any compensation for their work on the program.



Round Up for August

Virus Theater

The Virus Theater is an energetic community troupe based in Silver City, New Mexico. We are committed to creating original works of theater pertinent to our lives and the lives of our local audience. Through games, improvisation, exercise, and discussion, we collaboratively create our scripts. We have been working together for over a decade in this exciting process of play and growth. We bring elements of music, dance, and comedy to stories that delve into the deeper aspects of humanity, community, and philosophy.

Silver City CLAY Festival's Mud Pie Contest

• Eat Delicious Dirt!

By Jessa Tumposky



Here in the desert, we are eagerly awaiting the monsoons to arrive, and we will celebrate by dancing in the rain and playing in the mud. There's something about playing in the dirt that helps us feel grounded and connected.

With your fingers and toes and clothes covered in mud, it's easy to be reminded of the fun and freedom of being a kid. Remember mud

pies? Humans have a universal drive to sculpt and mold mud into forms reminiscent of kitchen, laboratory, or art studio creations.

Years ago, the Silver City CLAY Festival wanted to find a way to collaborate with the Silver City Food Co-op, and the idea was borne to host a Mud Pie Contest at the Farmer's Market. The event was so well loved that it has now become a tradition at the CLAY Festival. Now in its 8th year, the Silver City CLAY Festival runs July 15-21, 2019, and once again includes this fun, creative, and tasty activity – a Mud Pie Contest.

Like many culinary histories, there are a lot of versions of how the Mississippi Mud Pie came to be. Generally, most people agree that the traditional gooey chocolate pie with crumbly chocolate is so named because it resembles the muddy earth and crumbly dirt banks of the Mississippi Delta.

The Mud Pie Contest is open to children and humans of ALL ages. Here's your invitation: Have fun, be creative, and make a magnificent mud pie that tastes wonderful and looks like dirt, earth, mud, clay – however you envision and bake it. Traditional Mississippi Mud Pies are welcome, as are creative interpretations and interesting decorations.

Esteemed community members will be on hand to act as Mud Pie judges at the Silver City Farmer's Market on Saturday, July 20th at 11am, and will choose the best, most beautiful, most creative mud pies! There will be prizes for the top three pies!!!

The Mud Pie Contest is free and open to everyone, but advance registration is required. Please register at <https://clayfestival.com/youth-workshops>

The Silver City CLAY Festival will include many activities all week long. Visit www.CLAYfestival.com for more details and a schedule of activities.

If you go:

Saturday, July 20th, 11am

Mud Pie Contest at the Silver City Farmer's Market, 700 N. Bullard St.

More CLAY Festival activities:

Multi-day workshops:

July 8-19: Exploring Functional Hand Building with Sunshine Cobb

July 16-19: Imagery through China Painting and Decals with Brad Klem

July 15-17: Building with Cobb and Finishing with Earth Plaster with Jeff Le Blanc

July 15-19: Adobe Building / Mud Immersion with Mary Giardina

July 16-18: Hand Building and Carving Your History with Romaine Begay

One-day workshops:

July 13: Labyrinth Building with Lynda Aiman-Smith

July 15: Make a Bone for the Million Bones Project with artist Linda Brewer

July 20: Make a Bowl for the Empty Bowls event with artists Zoe Wolfe & Judy Menefee

Youth activities:

July 15: CLAY Play at the Gila Valley Library, grades 3-6

July 16-18: CLAY Play at the Silver City Library, grades 3-6

July 16-18: CLAY Play at the Bayard Library, grades 3-6

July 20: Mud Fun, grades Pre-K – 6

Fun for all:

July 15: Grand Opening of CURRENT Juried Exhibition, Seedboat Center for the Arts

July 15-19: Various lectures, presentations and demonstrations – visit www.CLAYfestival.com for updated information

July 18-19: Demos and stories with Pueblo potter Pam Lujan-Hauer at Copper Quail Gallery

July 20: Outdoor CLAY Makers Market with artists, music, storytelling, and dancing

July 20: Claymation films at the Silco Theater

July 21: CLAY Rodeo at the HUB on Bullard Street



Carolyn Smith slices into a perfectly delicious "mud" pie!

Continued from last month:

Don't Grow Your Own!



Many thanks to our local growers who make it possible for the Co-op to offer our customers fresh, pesticide-free produce from their farm to your table.

Rick Bohart - Poco Loco Produce

By Rick Bohart



We grow two types of tomatoes, a modern Brandy Wine and Flavorita cherry tomatoes. We also grow red, yellow, orange and patron peppers along with cucumbers. We grow hydroponically in a green house. Growing hydroponically conserves water. We produce about 7000 lbs of product using only 30,000 gallons water. That is the same amount of water used by a family of four per year. All of our produce is pesticide free. Our produce is available from the Silver City Food Co-op, the downtown Saturday Silver City Farmers' Market and the Wednesday Silver City Farmers' Market at the Ace parking lot.



Rick Bohart's hydroponic jungle.



Food Hub veggies stacked and ready to go.

Southwest New Mexico Food Hub

By Kristin Lundgren

The Southwest New Mexico Food Hub began working with local growers and buyers in April of 2018 to serve as an aggregator, marketer, and distributor of local produce throughout the state of New Mexico. Since then, the hub has worked with over 25 farmers and sold over 10,000 pounds of produce to local and regional retailers, restaurants, institutions and schools. The Food Hub is a program of Silver City based non-profit The National Center for Frontier Communities.

The SC Food Co-op is a weekly customer and the Hub is thrilled to be providing our community with fresh local produce from regional farmers. Remember when delicious local strawberries hit the fruit shelf in February? I bet some of you were wondering how in the world that was possible. Well, Jason Nicoll of Rockhouse Farms, grows strawberries and tomatoes hydroponically in greenhouses throughout the winter! We were excited to provide customers with such sweet morsels in a local, sustainable way at a time when they are typically out of season.

The mission of the Food Hub is threefold: first, to help any and all agricultural food businesses reach their goals through providing a reliable, streamlined market outlet to help our frontier growers reach markets both within the region and throughout the state. Second, to help buyers around the state access fresh, local food year round without hassle. And finally, to alleviate food insecurity in the region through capacity building and bulk food purchasing for regional food pantries. If you have any questions or think the Food Hub could help you, contact Kristin Lundgren at klundgren@swchi.org.

LFPP Funding for Southwest New Mexico Food Hub was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant 16LFPPNM0002. Contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

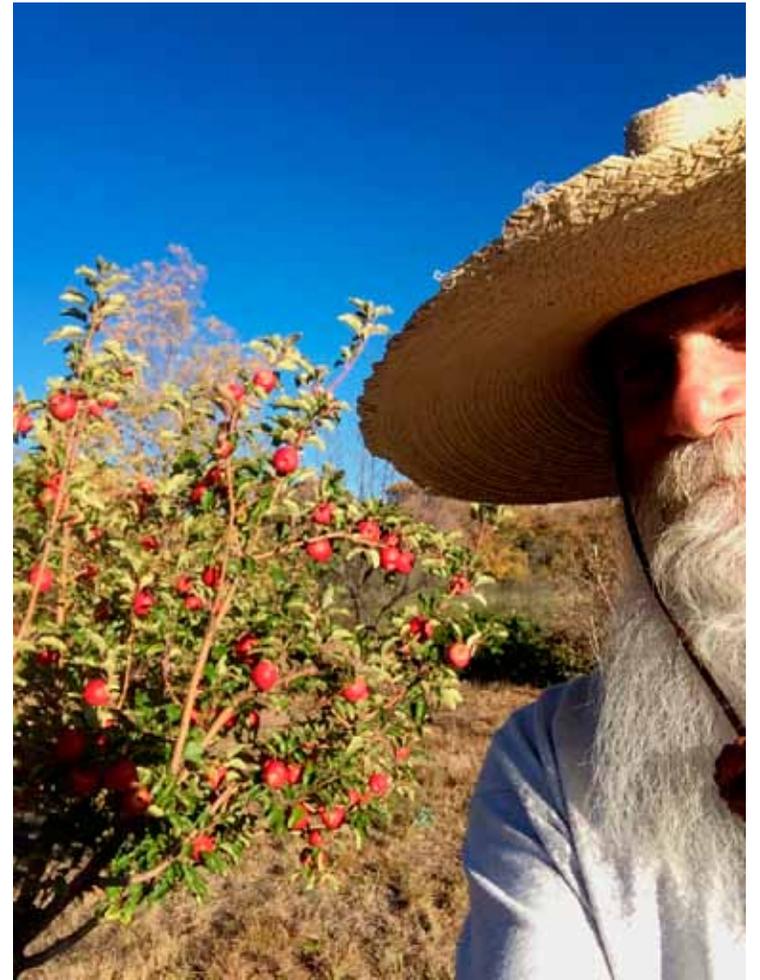
Eric Petkoff - Orbit Farm

By Eric Petkoff

A long, long time ago (well, not THAT long ago...) in a land far, far away (well, not THAT far away...) lies a forgotten valley with a small but beautiful trickle called the Mimbres river. And within that valley lies a few scattered old orchards planted over many decades. One of these orchards was planted by someone I'll call Albert. Albert's orchard used to be a pretty good size, several hundred trees, at least. Then, back a decade or two (or three) ago, a great flood came and wiped out most of that orchard. Probably a great blow to Albert, the land was forever changed. What was left are a few apples, peaches and pear trees. As time passed, the trees, fed by the nurturing waters of the Mimbres, grew to great heights, so great in fact that to reach the good fruit, two extension ladders would be tied together to reach the fruit. (highly NOT recommended!!!!) And, as time passed, the land came to new owners. My friend, I'll call Ruben, came to care for the trees. Ruben, a true farmer and life-long valley resident, knew that the trees needed care and began to put the acequia back in to the orchard, after many years without water at all. The trees were in relatively good health, just quite overgrown and crowded. That's when Ruben asked me for advice....

My experience in fruit trees isn't all that extensive. I worked for an organic orchard for 4 or five years in Washington state, long enough to solidify my love of growing things, organically, and especially fruit trees. I began a rehab project on Albert's orchard about 5 years ago, beginning with pruning some of the trees extensively, especially the peaches. I mean who doesn't like a good peach? The old trees responded well to the water and the pruning and began again to produce nice fruit. Fruit that I'm honored to pass on to the Co-op. Fruit of, and for, the community. Local. A nice heritage to keep going....

Ruben deserves most, if not all, the credit. His love of the soil and the trees emanates from his soul, a fact you can taste in the fruit. Albert deserves credit also. Although he no longer resides among us, I believe he lives on here in the valley as my wife, Jan, and I live in the house Albert grew up in. We have planted a small orchard of vintage and heirloom apple, peach and pear trees here, some 20 or so varieties. Hopefully, a small torch to sustain a legacy of fruit here in southwest New Mexico. As a sidebar, Ruben sells fruit at the orchard located in the lower Mimbres valley usually beginning in mid-July, depending on the weather. Ruben and I both will, weather permitting, continue to try to get some of this wonderful fruit to the Co-op....



Eric getting ready to share the fruit of his labors.

Pamala Maitreya & Joshua Stone - Liquid Light Pharm

By Pamala Maitreya & Joshua Stone



The serene interior of Liquid Light Pharm's greenhouse.

Liquid Light Pharm is a small family business located in Moriarty, NM. We have been growing organic wheat grass and sprouts since Mother's Day, 2002. Our mission has always been to "Deliver the freshest wheatgrass fresh or frozen in New Mexico". We deliver to various private individuals and businesses in New Mexico, including the Silver City Co-op, Mountain View Co-op in Las Cruces, and La Montanita Co-ops in Gallup, Santa Fe and Albuquerque. All of our products are grown with organic seeds, natural soil and lots of love and care for Earth and her people. We are honored to be supplying the Silver City Co-op with our products. We lived in Silver City in the 80's and loved the experience. We are grateful for the support we have had from the beginning when wheatgrass was widely unknown and throughout our time serving New Mexico from everyone. (*Facebook/Liquid Light Pharm*)



Deli Department

NEWS

Freekeh has a flavor and heft that holds up to rich broths, spicy dressings and crunchy veggies.

It hasn't quite reached the cult status of quinoa, but freekeh is an ingredient on the rise, showing up on shelves and menus with increasing frequency. Also sometimes called frik or farik, freekeh has an earthy, slightly smoky flavor and pleasantly chewy texture. Freekeh is durum wheat that is harvested while its seeds are still green and soft. It is stacked, dried and the chaff is then burned away. Because the seeds are soft and moist, they roast instead of burning. Once roasted, they are dried in the sun and rubbed to remove their husks. In fact, the grain gets its name from the unique way that it is processed; "freekeh" means "rubbed" in Arabic. Because it is harvested early, this grain retains more of its nutrients, giving it an edge over other forms of wheat. It is considered a whole grain and has a low glycemic index. It also has three times more fiber than brown rice and twice that of quinoa.

While eaten for millennia in the Middle East, freekeh is beginning to gain popularity in the West, which can be attributed to the growing trend toward choosing traditional ingredients over processed foods. It's a snap to cook, nutritious, and quite versatile. It's a flavorful, high fiber whole grain food with a subtle smoky flavor and pleasant chewy texture.

The simplest way to cook freekeh is as a side dish, but that's just the beginning. It's ideal for savory salads, spiced pilafs and as a hearty hot breakfast cereal. It's also very nice in main dish soups, stews and risottos.

The Co-op deli has created a great freekeh salad. Check for it in the "grab and go" cooler, but you can also find **Bob's Red Mill** brand here on the shelf, if you'd like to make your own. It's simple to cook in boiling water, using a two-to-one ratio of water to freekeh. Or, it can be prepared like pasta, with more water, checking it after 20 minutes or so and draining to remove excess water.



Freekeh Tabouli Salad

- 2 cups Organic Cracked Freekeh soaked in 2 cups filtered water
- 1 pint Cherry Tomatoes (cut in halves)
- 1 lg English Cucumber (cut in small cubes)
- 1 bunch Green onions (cut in rounds)
- 1 bunch Parsley (chopped fine)
- 1 bunch mint (chopped fine)
- 1 cup Lemon juice (fresh is best)
- 1/2 cup Olive Oil
- Salt to taste

Drain freekeh and add fresh vegetables, oil, lemon juice and salt. Best if allowed to set for one hour in refrigeration before serving.

Serves 6



Brenna preparing tabouli in the Co-op kitchen



The Deli Crew (l to r) Marchelle, Melissa, Brenna, and Judy

Midsummer Offerings from our Grab 'n' Go

Three quick & healthy alternatives to standing over a hot stove.

Summer Pasta Salad

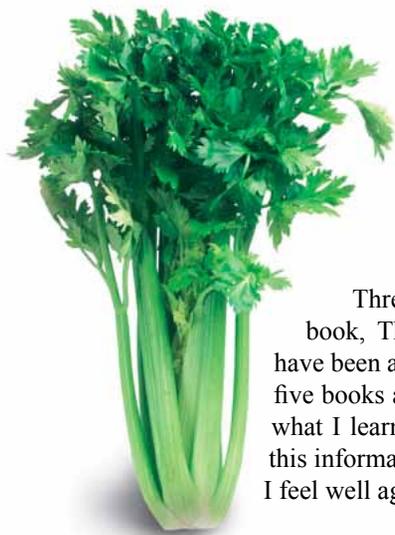
This is a classic pasta salad full of fresh vegetables of the season: carrots, red bell peppers, celery and tomatoes, all graced with a classic Italian dressing, parmesan cheese and rich, fruity Kalamata olives. Think of this deli creation as "elevated" pasta and enjoy to your heart's content!

Greek Lemon Chicken Rice Soup

This soup is a hearty dose of comfort from the Co-op's Deli cooler. Some might say that it's not the season, but who cares, really? Some of us love soup year-round. This well-prepared lemon-chicken soup is a union of clean flavors and pleasing textures: organic chicken breast, organic brown rice, lemon and chicken broths, organic carrots, organic shallots, tarragon and rice.

British Tea Sandwich

This is a great sandwich for the hottest time of the year. But, this is no dainty tea-time morsel. In addition to cucumber and cream cheese, this sandwich comes with bacon, avocado, onion, radish sprouts, dill, lemon, red bell pepper and lettuce on sprouted rye bread. It will fill you up and keep you going until dinner.



The Wonders of Celery Juice

By Jane Papin

Three years ago a friend introduced me to the book, *The Medical Medium* by Anthony William. I have been a student ever since, learning so much from his five books and endless material on the internet. Applying what I learn, my health has greatly improved. I feel like this information has saved my life and I am most grateful. I feel well again after many years of not well issues.

The voice of Spirit has come through Anthony since he was four years old when he announced to his parents his grandmother's lung cancer.

Food is our medicine and sixteen ounces of strained, plain celery juice, first thing in the morning, on an empty stomach is working wonders for people who exhibit countless conditions

Celery is one of the most powerful anti-inflammatory foods, because it starves unproductive bacteria, yeast, mold, fungus and viruses that are present in the body and flushes their toxins and debris out of the intestinal tract and liver.

Consuming celery juice daily is the most powerful way to alkalize the gut. That's because celery is high in bioactive sodium. It also contains cofactor micro trace mineral salts not yet discovered by science and research. There are more than sixty varieties of sodium and other trace minerals that work symbiotically and systematically with each other and with celery's regular sodium to raise the body's PH and rid toxic acids from every crevice of the body. This process is ideal to cleanse and repair intestinal linings.

At the same time, celery offers enzymes and coenzymes and raises hydrochloric acid in the stomach so that foods digest with ease.

The most important point to remember in experiencing the wonders of celery juice is that you must drink it plain, nothing else added, and that your stomach is empty when you enjoy it. First thing in the morning is ideal. Perhaps water as you arise, wait twenty minutes, have your juice, thirty or so minutes later your breakfast. This way, all the sodium cluster salts have an optimal chance to do their work. Yes, this is very specific, and very important, to get the most out of all this juice.

For some people, sixteen ounces is too much to begin with, so if you have digestive disturbances just cut way back to even four ounces.

To get maximum results from the wonder juice, it is recommended to exclude potential triggers from your diet. Primarily eggs and dairy. These highly nutritious foods are also big problem foods for many people.

I highly recommend having at least one of Anthony William's books to learn from and to be inspired by. I feel I'm so dedicated to this, not just because I feel better, but I'm also very educated on the topic. I have studied a lot and feel greatly inspired by Anthony. I stock the book shelves at Bear Creek Herbs, so all of the books can be found there. And his books are also available on the internet and at other stores. Our library has at least one.

Enjoy in wellness!

Iceberg Lettuce[©]

By Carla Rivers,
Songwriter

Well I like to eat healthy
And I think my diet's fine
But when it comes to dark green leaves
I gotta draw the line.

Don't talk to me 'bout arugula
Mustard greens or kale.
I'm thinkin' "iceberg lettuce"
When I hear the dinner bell.

Iceberg lettuce, iceberg lettuce
So misunderstood,
Crunchy, crunchy, munchy, munchy
Makes your salad taste so good!

Iceberg lettuce, iceberg lettuce
Go on and take a bite.
Light and airy, sanitary,
A true culinary delight!

I like radishes and peppers
Cucumbers, celery,
Tomatoes, carrots, yellow squash,
Mushrooms and broccoli.

I think I get good nutrients
From my vegetable medley
So you can take those dark green leaves
And stuff them in your BLT!

renew Kids'

How do Animals Stay Cool in Summer?

When human beings feel hot in the summer we have a few things we can do to help us cool down. Having a cool drink, taking a swim, scooting into an air conditioned building, or finding a patch of shade are all great ways to beat the heat. But what about the wild critters of the world? How do they stay comfortable when the temperature soars?

Don't worry! Animals have their own ways to stay cool, even on the hottest of days. Take bees, for example. They keep their hives from overheating by fanning their larva and each other. Did you know that they will also take a little dip in a bird bath or puddle of water if they're feeling hot?

Reptiles are cold-blooded, and so more prone to overheating than the rest of us warm-blooded Earth dwellers. In order to stay cool, in the heat of the day, they will find shelter under rocks, logs or in their own burrows, preferably near water.

Like the bee, many animals seek water to regulate body temperature. Birds of all kinds can be seen bathing in ponds, lakes and puddles everywhere. Butterflies, too, will walk through shallow standing water. This is thought to help them keep cool, as well as consume much-needed nutrients.

Mammals also seek water and shade in summer. Deer are surprisingly good swimmers and can be seen wading in rivers and lakes during high summer.

We earthlings are not so different, after all!



Fun for Kids: Co-op Explorers!

Co-op Explorer Kids get a free piece of organic fruit whenever they visit! To become a card-carrying Co-op Explorer, kids 12 and under simply need to bring your grown-up person to one of our registers and ask to join the club. That's it! You'll receive an official membership card which you can bring to the produce kitchen where a staff member will provide assistance and you can select a piece of fruit to eat on the spot or save for later. Children participating in this program also get a Fruit & Veggie Passport and a sticker to show that you're an Explorer.

We look forward to sharing the delicious fun with you!





Now Offering Bulk Olive Oil from Hummingbird Wholesale!

By Evan Humphrey

**10% off
through the month of July**

Please sample our oil using the provided sample cups and give us your feedback. How is the quality? Is the price fair? What do you think of the stainless steel container (fusti)?



Bulk Buyer Evan holding one of the handsome new bottles, perfect for storing Hummingbird olive oil.

- This oil is sold by the pound, and you must bring your own container or purchase one of our bottles or mason jars sold in the store. Please remember to tare your container before filling. Tare is the weight when empty. The bottles sold next to the dispenser are ready to use and do not need to be prewashed. You can purchase as much or as little as you need!
- The new bulk oil is located on the end-cap display just opposite from the fruit cooler. If you get lost, please ask a staff member to show you where it is and how to operate the dispenser.
- The stainless steel "fusti" is virtually air tight and the oil is then further protected with a layer of inert gas to prevent oxidation. Manufactured to the highest quality standards, these containers are made of 18/10 stainless steel and all joints are TIG welded to insure completely smooth interior and exterior surfaces. The seamless construction prevents the deposit and accumulation of organic matter and the possibility of bacterial growth. Additionally, olive oil has about a 2 year shelf life when stored properly.
- This 100% pure certified organic olive oil is imported from either Argentina, Spain, or Tunisia depending on availability.
- A 10% case discount will be given to co-op members on one gallon (7.6 lbs) or more. You must bring your own container. If you are planning on getting a lot of oil, please see a staff member to pour directly from our back-stock of 5 gallon jugs. It's faster!

This is an experiment to see what the member/customer demand is like for bulk liquid foods. Will these products justify the store space they occupy and the cost of the containers and new shelving that will have to be built to accommodate them? If you want to see more bulk liquids, the best way to support that cause is to purchase the new bulk olive oil, and let me know what other liquids you would purchase in bulk. Thank you very much for your support! evan@silvercityfoodcoop.coop



BULK

Weigh-in

BULK

Weigh-in

BULK

Weigh-in

BULK

Weigh-in



2 U From Your Board . . .

Board Retreat Updates

By Kristin Lundgren

• *Those times of transitions are great opportunities to look for recurring patterns in life and make adjustments to build on the good and reduce the bad.*

Dan Miller

• *Change is situational. Transition, on the other hand, is psychological. It is not those events, but rather the inner reorientation or self-redefinition that you have to go through in order to incorporate any of those changes into your life. Without a transition, a change is just a rearrangement of the furniture. Unless transition happens, the change won't work, because it doesn't take.*

William Bridges

With the changes happening at the co-op there has been much discussion amongst the board of how to reflect on all that has happened, integrate all we have learned, and transition our cooperative business for continued success. We see that, as William Bridges mentions in the quote above, without really focusing on the “inner reorientation” of our co-op during these changing times, we may not experience the potential transformation that we believe is possible now. And, so, the new and old board members spent June 1-2 at our Pope Street building integrating new members into our group governance, reviewing cooperative governance principles, meeting with Denise Cooper (the CPA who did our annual accounting review and prepared our taxes), beginning to revise our B policies (C and D to come), voting for our new board positions and committee chairs, and discussing the plans for two major transitional undertakings of our future: expanding our beloved co-op into the Pope Street building and beginning the search for our new General Manager (GM). It was a big agenda to get through. We accomplished a lot and there is still much more work to do.

As a new board member, I was delighted to learn more about cooperative governance and want to share some takeaways that feel pertinent in these times. First, know that cooperative governance is “the act of steering cooperatively owned enterprises toward economic, social, and cultural success by answering key questions, defining roles and responsibilities, and establishing processes for setting expectations and ensuring accountability” (CBL 101 Reader, 2019). This governance happens through all the positions in the cooperative: as member-owners, board, GM, and staff. Each of these roles has their own responsibilities, processes, skills, knowledge, and resources that contribute to the larger whole. Cooperative governance is successful when all of these roles are able to flow their work together. A helpful model is the Four Pillars of Cooperative Governance discussed in the May-June 2014 issue of Cooperative Grocer magazine (see illustration). The Four Pillars are:

Teaming: successfully working together to achieve common purpose.

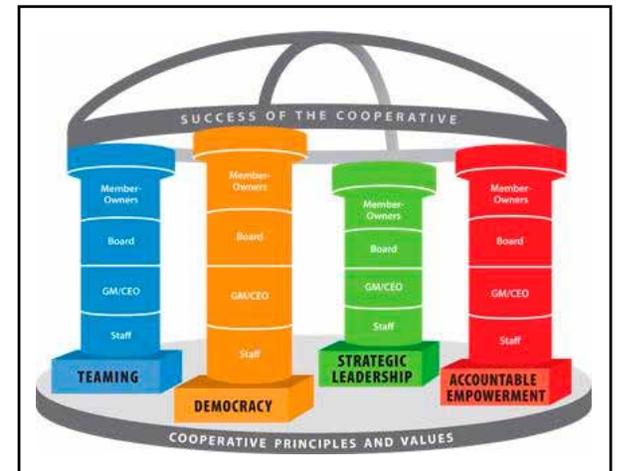
Strategic Leadership: successfully articulating the cooperative’s direction/purpose and setting up the organization for movement in this direction.

Democracy: successfully practicing, protecting, promoting, and perpetuating our healthy democracies.

Accountable Empowerment: successfully empowering people while at the same time holding them accountable for the power granted.

As you can see in the illustration here, member-owners are at the top of each pillar. In ways, a less hierarchal, web-like image would show the way our roles

interweave and flow. However, this image is helpful as a reminder of how our cooperative’s democracy functions. Our member-owners (that’s you all!) empower the board, who then empowers the GM, who then empowers the staff. Accountability moves the opposite direction. Staff is accountable to the GM, who is accountable to the board, who is accountable to the members. The relationship between empowerment and accountability is one that I hope we continue to strengthen between all of the roles of our cooperative, especially during this transitional time.



One way we, as a board, are striving to support healthy, accountable empowerment, is by revisiting and revising our policies. Over the course of the last 10 months, the board has been working with Martha Whitman and Garland McQueen, consultants with Cooperative Development Services (CDS), to provide training, support, and feedback for our cooperative’s governance. With their suggestions, we’ve got our first draft of the next version of our B policies which, along with the A policies, serve as a job description for the GM and as a tool for the board’s assessment of the GM. This revision will help us set clear expectations as we hire a new GM, leading to a tool for empowerment and accountability to flow through the roles we each play at the Co-op.

During the retreat, the board also elected members for the coming term’s officer positions and for committee chairs. Laurinda Anderson will serve as our board President, Jennifer Johnston as our Vice President, Scott Zager as our Treasurer, and Shanti Ceane will continue as our Secretary. We thought carefully and diligently about who can best handle the transitions we’re moving through. We trust that our decisions will support smooth and deliberate movement through the work that needs to be done. In addition to the officers, we’ve established our committees. Please see the list attached. I’m very excited to be taking on the role of Member Connect Chair. I have ideas for integrating more members into the happenings of the Co-op, but I would love to hear your ideas as well! If you are interested in joining the Member Connect Committee, please



Jennifer Johnston
Vice - President



Kristin Lundgren



Gwen Lacy



Shanti Ceane
Secretary



Laurie Anderson
President



Julianna Flynn



Scott Zager
Treasurer

contact me. In addition, if any of the other committees (with the exception of Manager and Board Evaluation) interest you, contact the committee chair and see if your service would be helpful! All of our e-mail addresses are listed in the bottom right corner.

Many of you have likely read to the end to learn more about our most interesting transitions: the Pope Street building and the GM search. The Board is currently evaluating the Pope Street Expansion Project and the Pope Street Project Committee is researching methods of funding the final design plans for the Pope Street location. The board would like to express gratitude to Mike Madigan for stepping into the role of acting general manager as we begin our search for the next General Manager. We know it's a lot of work and we're so grateful for his willingness to step up and support the transition. The GM job description is available at the Co-op's website. The board will review all applicants and encourages any interested staff, members-owners, or other community members to submit a resume and cover letter to board@silvercityfoodcoop.coop.

Finally, the Board would like to share that we understand that this is a time of uncertainty and questioning for our Co-op. We understand that in times of change, there is a deep desire for more information. Please know that the Board is maintaining the integrity of confidentiality to protect all involved.



Recruiting Board Members in Training

THREE MONTH TERM: If you would like a little taste of board work before buying the whole hog, becoming a B.I.T. is probably a good idea.

DESCRIPTION: Commit to attend 3 consecutive board meetings. (They are held the third Wednesday of every month at the Pope Street building, from 4:30 to 7:30 pm).

CONTACT: Laurie Anderson
laurindaa713@gmail.com
Recruitment, Orientation, and Development Chair
Or, any board member

WE LOOK FORWARD TO HEARING FROM YOU!

Pope Street Project: Shanti Ceane (Chair), Scott Zager, Julianna Flynn

Finance: Scott Zager (Chair), Laurie Anderson, Julianna Flynn

Member Connect: Kristin Lundgren (Chair), Scott Zager, and Jennifer Johnston

Recruitment and Development: Jennifer Johnston (Chair), Kristin Lundgren

Board and Manager Evaluation: Julianna Flynn (Chair), Gwen Lacy, Laurie Anderson

By-Laws: Gwen Lacy (Chair), Julianna Flynn, Laurie Anderson, Shanti Ceane

General Manager Search: Jennifer Johnston (Chair), Kristin Lundgren, and Scott Zager

Board Meeting Schedule

The SCFC Board of Directors meets the third Wednesday of each month at our new building, 907 N. Pope St.

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.

Jennifer Johnston/Vice-President
Board Term: 2018-2021
johnstonjenny40@gmail.com

Kristin Lundgren
Board Term: 2019-2020
klundgren2@gmail.com

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

Shanti Ceane/Secretary
Board Term: 2018-2021
shantifo@gmail.com

Julianna Flynn
Board Term: 2018-2019
juliannaflynn8@gmail.com

Scott Zager/Treasurer
Board Term: 2018-2019
sczager1959@gmail.com

Gwen Lacy
Board Term: 2019-2022
glacymail@gmail.com

Board of Directors



July

Members Only Specials

July 3 - July 30

20% OFF! listed prices



Shelton's
Franks
Assorted, 12 oz
reg \$4.39



Rudi's
Hot Dog Rolls
12 oz
reg \$4.69



Tierra Farm
R/S Sunflower Seeds
reg \$4.29#



Kirk's
Castile Soap
4 oz
reg \$1.99



**Wensleydale &
Blueberries**
Cheese
5.3 oz
reg \$5.39



Ester-C
with Bioflavonoids
60 ct
reg \$11.99



Tierra Farm
Crystallized Ginger
reg \$11.59#



Crown Prince
Smoked Oysters
3 oz
reg \$3.99



Food for Life
Gluten-Free
Flax Bread, 24 oz
reg \$8.49



Kettle & Fire
Chix Bone Broth
Assorted Soup, 16.9 oz
reg \$8.29



Weleda
Plant Gel
Toothpaste, 2.5 oz
reg \$6.79



World Organic
Chlorophyll Caps
60 mg, 50 ct
reg \$6.49



El Dorado
Natural Spring Water
1.5 ltr
reg \$1.29



El Dorado
Natural Spring Water
1 gal.
reg \$1.39



**Co-op Deals
flyers
available
at the front
of the store**

The Co-op flyer is also available on our website:
www.silvercityfoodcoop.coop

