

Silver City Food Co-op Garbanzo Gazette

Volume 19

❖ Your Monthly Newsletter ❖ January 2019

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE!

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**YOU
ARE
WHAT
YOU
EAT**

Relocation Is Our Main Focus for 2019

As 2019 breaks out of the starting gate, all of our efforts this year will be focused on our relocation.

With the amount of work that still needs to be accomplished, it will be difficult to actually move the store in this coming year. But by the end of year the move should be imminent within one to five months.

Our donation program will continue. While the goal has not yet been reached, it has generated over \$22,000 which will be used to fund the next phase of the project, namely, hiring an architect or team to get us through the permitting process and to have accurate plans and costs to enable us to obtain the major financing that is needed.

Coming up in the spring will be our Member Loan program. Details are still being worked out with this endeavor. We absolutely need to be sure that all parameters are in place before the program will begin.

In an unexpected turn, our new Fundraising Coordinator has uncovered a semi-private grant that helps businesses in underserved areas provide easier access to healthy foods. This is the first year these grants have been offered and can provide some significant funding to our relocation. The deadline is mid-February, so we have accelerated some avenues so that we have adequate information to apply for these grants.

The Pope Street Project Committee (PSPC), formed in August, as a work sub-committee of the Board, has been meeting weekly and has talked with 14 prominent local individuals. These folks include architects, construction contractors and prominent community members

as well as the folks at the Small Business Development Center (SBDC).

Also coming up are our Board Elections. While that is not until April, interested candidates are encouraged to think about it now. Of our seven Member Board (1 seat currently unfilled), there are four openings. At this point in time, it is too early for current Board Members to announce if they will run again.

Visionary Members who believe they can help with our relocation are always wanted and welcome.

Beyond the Elections in April will be the annual General Membership Meeting on Sunday, May 5th. Details are not known yet, but the current thinking is that it will be on the new property. That of course can change as there are many variables in this undertaking and there is always the possibility that construction may be started by then.

The Co-op encourages feedback and participation from all our Members. Of course, the absolute best possible way to support our Cooperative is simply to keep shopping at our store as we prepare for our new home.

Joe Z

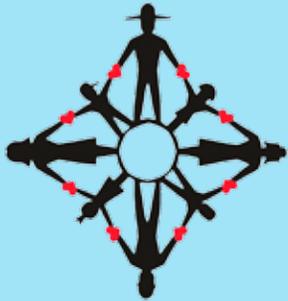


Update!

2015 members/owners strong and counting . . .

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop

Store Hours

575-388-2343

Mon-Sat 9am-7pm

Sunday 11am-5pm

Vision Statement

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

Seven Cooperative Principles

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

Joe Z

general manager

Mike Madigan

assistant manager

The Garbanzo Gazette

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Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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What do you think will happen to Silver City when our Co-op moves to a bigger place? We know it will be great for all our Members and will be a place of joy and happiness powered by great food. But will it impact our town?

Now I'm sure you have heard some folks say, "The Co-op is one of the reasons I moved here". Maybe you said this yourself. And it's true for many of us. But the Co-op isn't the main reason folks move here, just one of them.

Silver has many things going for it. You all personally know what they are and how it impacts your decisions to stay or go. But as great as we are here, our population is dropping. Will the relocated Co-op help keep folks from moving out of or into Silver?

I will guess, "no". Now it may help make that decision for someone contemplating moving to Demming or Truth of Consequences but over-all, the vast majority of folks will not move here simply because our Co-op is here no matter how wonderful we are.

Perhaps the main limiting factor is simply jobs. Not much opportunity here. There are the mines of course as well as the university as well as health care jobs. But as young families look at their options, Silver simply has limited offerings and often they move to the bigger cities.

We do have a lot of retired folks moving in and that is great as they do not really change the tenor of our town. But what if we did get a large employer that might be able to provide 500 plus well-paying jobs? Well, that would certainly boost us but also would change us. On the other end of the spectrum, what if the mines or university cuts back? How many jobs can Silver afford to lose? That would change us too.

For a long time, it appeared that our tiny place wanted to become an art haven – a southern, more affordable Santa Fe. Great idea. But the effort to do that means it has to happen all the time over many years. Sometimes it's just spontaneous and it just happens but often it is an identity that a city adopts and puts in ordinances that favor the development.

And I've now seen – being here for 6 years – major unique restaurants, which have greatly helped the tourist industry, fail or close for various reasons. Folks like unique. While often packed, people don't come to Silver to go to Denny's or Sonic. Hey – we just got a Del Taco!

The fact is that Silver can collapse easier than it can grow or even maintain itself at our current level. Which brings us back to our Co-op.

All Co-ops think of themselves as community organizations and often make decisions that are more in the community's interest rather than their own. Not quite accurate though, as a stronger community often creates stronger Co-ops. It's a symbiotic relationship.

I said that I do not think our new Co-op will bring more people to Silver – either moving here or coming in as tourists. But I do think it will strengthen our community. Currently we have 350 to 400 people visiting our Co-op every day except

Sunday (about 225 people). We battle for parking spaces that are needed not only for us but for all the other businesses too.

We are not moving out of downtown. Our move off of Bullard will help ourselves but also all the other local businesses as parking becomes available to them. One of the main reasons that our new location is so perfect for us is that we still will be part of the downtown community. It is one of the main reasons we decided to buy the property and plan to relocate.

Our expected growth in revenue can also help stimulate our town. Not so much by ourselves but by having the means to partner with other businesses and organizations to create events and happenings.

I can see our Co-op being a major player in creating a stronger community and a more vibrant downtown. We need to think long term – 5 to 10 years down the road.

I've seen a lot of impressive entrepreneurial energy in this town over the last 6 years. I'm particularly impressed with the folks who have the Little Toad. Not only did they create a significant hot spot in downtown but also are starting a brewery and creating a lot of community theatre. They are renovating the old el Sol for theatre. How great is that?!

Can the new Co-op help power more of all this community spirit after we settle in to our new digs? You bet! Already we have a bunch of our Staff who volunteer for these plays. Community is in our blood.

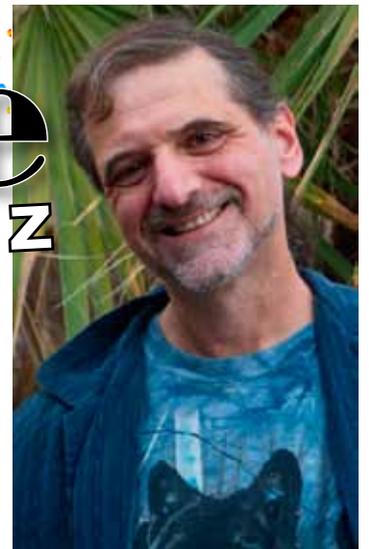
Back in high school and college, I spent a bit of time in the town of Woodstock, NY. This is in the 70's. It was one of my favorite places. It was funky and hip and very small. Its main attraction was summer stock theater. I loved the theater back then. Summer stock was where lots of aspiring actors would ply their trade for little dollars but love of acting. Folks would come from all over and jam the town in summer.

Why couldn't Silver add a summer stock theater to its draws? It would start slow as Woodstock once was. Woodstock now is big time with lots of dollars. We're mostly talking pro theatre there now.

I wouldn't want the incredible growth of Woodstock mimicked in Silver City. I think our isolation would limit it somewhat. Sometimes, when you get community spirit mixed with energy and great ideas, those elements take on a life of themselves and are not controlled by anyone.

That's the chance that we take. It would change our town. Each of us has to make that decision if vibrancy is worth the tradeoff. Not just for ourselves personally. But also what quality and opportunity we want our town to have for our kids and the generations yet to come.

These are exciting times.





2019

A Healthful New Year to You!



Kitchen Meditations



Winter

Fancy Toast



Ingredients:

Sprouted bread toasted
Tahini
Sunflower seeds
Chia seeds
Chopped dates
Banana slices
Blueberries
Toasted Coconut
Small squeeze of lemon

Instructions:

1. Toast your bread and then pile on the toppings.
2. Add as much as you like of each ingredient and skip an ingredient if you don't like it.

Perfect for breakfast or a snack anytime during the day.

Orca Bean Soup

Ingredients:

1 generous lb. of orca beans
2 beef or chicken bouillon cubes
(or a vegetarian version)
2 TBS olive oil, divided
1 large sweet onion, diced
2-3 cloves garlic, minced
2-3 stalks celery, chopped
2-3 carrots, sliced
Salt and pepper to taste (Add salt very near the end of cooking)
1-2 tsp dried herbs, such as basil, oregano, sage, or parsley, if desired



Instructions:

Sort beans to remove any debris. Place in a deep pan or bowl and cover with fresh, cold water by 2 inches. Place in the refrigerator and let soak for eight hours or overnight. Drain and rinse well before using. Or, after sorting, place the beans in a large pan with enough water to cover them and bring to a rolling boil. Let boil for a minute, then drain and rinse.

Place the beans in a Crock-pot or regular soup pot, along with the bouillon cubes, and cover with water. Add 1 TBS olive oil (for flavor and body).

Sauté chopped onions and garlic in 1 TBS olive oil over medium heat until softened. Add celery and carrots and cook until softened, as well. Add to your Crockpot (or regular soup pot).

Cook on low for 6-8 hours, or on high for 3-4. If you're not using a Crockpot, simmer, covered, until beans are soft.

Adjust seasonings and enjoy!

For Members Only:

Orca beans are 20% OFF for the month of January

The Frugal Co-op Chef



Ethiopian Cabbage Dish

Carrots, cabbage, potatoes and onions: nutritious and inexpensive!
Do not add liquid.

The cabbage and potatoes release enough moisture on their own.

Ingredients:

½ cup olive oil
4 carrots, thinly sliced
1 onion, thinly sliced
1 teaspoon sea salt (optional)
½ teaspoon ground black pepper
½ teaspoon ground cumin
¼ teaspoon ground turmeric
½ head cabbage, shredded
5 potatoes, peeled and cut into 1-inch cubes

Directions:

Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric and cabbage and cook another 15 to 20 minutes. Add the potatoes and cover. Reduce heat to medium-low and cook until potatoes are soft, 20 to 30 minutes. Use a lid or aluminum foil on your skillet to keep the food moist and cooking evenly.

Health Nuggets

Garlic - Honey Tea

This is a tea for the family when throats are sore and coughs are deep. It is actually strangely delicious, despite its inauspicious ingredients.

Ingredients:

- 4-6 cloves garlic, depending on your taste preference
- 1 quart boiling water
- 4 teaspoons honey

Directions:

Peel garlic cloves and add them to a quart jar. Pour the boiling water over the garlic, cover the jar, and steep for ten minutes.

Strain tea from garlic. Use one teaspoon of honey per cup, more if desired. Stir and sip slowly.

Jake's January Produce Picks



Tangerines

It's cold outside! Just as it seems that the only fruit available to us is shipped from distant lands, bright, sweet citrus fruit comes into season in the warmer climes of North America. Citrus becomes abundantly available in November, bringing juicy relief to winter diets. One member of this fruity group, the tangerine, is indigenous to Southeast Asia, but cultivation spread easily throughout other subtropical regions of the world, especially southern Europe and the southern United States. It is actually a small, thin-skinned variety of orange belonging to the Mandarin Orange species of the family Rutaceae. It possesses a lovely, tender and juicy pulp, and is rich in vitamin C. Oil extracted from the fragrant skin of the tangerine is a characteristic ingredient in a number of flavorings. As a rule, tangerines are easy to peel and make for great snacking. You can also enjoy them atop a fresh spinach salad for delicious nutritiousness!



A cheesy new year to all!



A Peaceful New Year from all of us to all of you!

Black Sphinx Dates

The Black Sphinx is a distinctive variety of date discovered as a rogue seedling in Phoenix, Arizona in 1928. It is, most likely, the result of a genetically unique seed that fell from an established Havani date tree.

Unlike the more familiar Medjool date, the Black Sphinx is plump and tender with a very thin, mahogany-colored skin. It melts in your mouth with a lovely aftertaste of caramel and vanilla. Most Americans know dates as a dried fruit. Black Sphinx dates are a fresh fruit. Think of the difference between a grape and a raisin. They are a true delicacy that shouldn't be missed. Dates are healthy and an excellent source of fiber, which may explain, in part, why they are such a satisfying snack. Dates are high in potassium and magnesium, among other important nutrients. They're a real food, not just sugar and flavoring.

Much like honey or maple syrup, dates can be used in place of sugar in many dessert recipes. Toss one or two dates into your smoothie as a delicious, nutritious sweetener. Add chopped Black Sphinx dates to Greek yogurt and granola or sprinkle on top of a crunchy salad along with pecans, pear or apple pieces and fresh vinaigrette dressing. Dates can also serve as a binder when making homemade granola with oatmeal, seeds, nuts and dried fruit. Most Black Sphinxes probably never make it into a prepared dish, though, because the best way to eat them is whole and one at a time. Indulge yourself freely!

Becky's January Dairy Pick Cotija Cheese

Named after the Mexican town of Cotija in Michoacán where it originated, Cotija cheese has a robust, salty flavor and is most often used as a topping or mixed into sauces. Traditionally, Cotija is made with cow's milk and is a seasonal cheese produced by artisan cheese makers living high in the mountains. Cotija is one of Mexico's most recognized cheeses. Similar in flavor to parmesan, romano or feta, with a dry, granular texture, Cotija is a flavor enhancer that does not melt. Sprinkle with abandon over grilled corn, pinto beans, tacos, and soups for a salty tang.

For Members Only: 20% OFF Cotija Cheese for the month of January

CO-OP Community

Co-op Community Donations

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

Food Pantry
Beginning Years

We would like to thank the members who give generously each month with donations to the Food Pantry through the Food Co-op's "Chili" program.



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service.

*Ellen O'Bryan • Bridget O'Leary • Vicki Gadberry
Sharon Bookwalter • catherine bialopiotrowicz
Caroline Metzler • Athena and Two Crow Schmacher
Logan Campbell • Tim Garner • Jennifer Lamborn
Janna Mintz • Malika Crozier • Alexa Davis
Jane Papin • Debaura James*



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!

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



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 January

Life's a Variety Show, Inc. nonprofit's mission is to provide a safe educational entertainment stage for our young & the young at heart to experience the joys of performing in a theatrical production. We produce 2 fundraising shows. Our very successful Silver City Grant Co Has Talent Show, "G" rated Family entertainment talent show for kids from ages 3-103. Our third annual show is Aug. 23 & 24, 2019. Also the annual \$1.98 Show for our adult community, Feb. 8 & 9, 2019, now in its 15th season. With the closing of the WNMU theatre dept. & the retirement of the drama teacher at the high school, there is a void we hope to fill for our children to gain experience in the Fine Arts of entertaining, comedy, acting, singing, dancing, directing, stage craft, lighting design, production & promotion in the Theatre. Thank you for your consideration & support.

November Round Up \$1390.55!

G. C. Community Food Pantry

The Commons: Center for Food Security and Sustainability (formerly The Volunteer Center of Grant County) split its Roundup dollars between two of its ongoing programs. A portion will be used to fund the gardens, while the remainder will go to "ROOTED: Youth Growing Change," which is a paid summer internship for high school students. Participants learn all about the local food economy by engaging in it directly. They help grow and harvest the food, they process it and turn it into value-added products in the commercial kitchen, and then they sell it at the Farmers Market. This beneficial program will be funded for another summer, thanks in part to the Silver City Food Co-op's Roundup dollars.



Round Up for February

Southwest Center for Health Innovation

The Southwest Center for Health Innovation (CHI) is a nonprofit organization focusing on community health and is designated the New Mexico Public Health Institute by the National Network of Public Health Institutes.

Our mission is to work with communities to advance health and social justice through innovative and effective policies and programs. We envision thriving communities with healthy people.

A Thank You Note for LifeQuest

As the SCFC looks ahead to an exciting move to 907 Pope Street, it seems fitting to acknowledge Life Quest, from whom the Co-op purchased the new building on August 1, 2018. For 45 years, Life Quest, Inc. (LQI), a non-profit organization, provided services to adults with disabilities and young children with or at risk for developmental disabilities. This dedicated group of people was a very important part of the community, serving the southwest New Mexico region. Throughout the years, Life Quest was the only provider of Early Intervention services, which prepared thousands of children for the transition to school and helped adults with developmental disabilities to become more fully part of their communities, which included Grant, Luna, Hidalgo and Catron counties.

The closing of this organization is an immense loss for our area. As the Food Co-op continues its journey to a larger store from which to better serve the region, we'd like to extend a special recognition and a giant "thank you" to Life Quest and all the people who made it such a great success for 45 years.



Memories of LifeQuest

This plaque commemorates the many years that Life Quest occupied 907 Pope St., the building that will house and shelter the Silver City Food Co-op in the years to come. Deb Frasca, CEO of Life Quest, and its board, had the plaque made to pay tribute to all the good work accomplished by this organization that benefitted so many people in our community over its long tenure. The plaque will be placed outside the building in a distinct place of honor.

SILVER CITY FOOD CO-OP RETURN POLICY

*We want you to be satisfied with your Co-op purchases,
but please be aware:*

- All returns must be made within 30 days of purchase, be unopened, and accompanied by their original receipt. If not, it will be up to the discretion of the Department Manager (Buyer) or the Manager on Duty (MOD) to approve or deny the return.
- Markdowns, special orders, and clearance items are not returnable.
- Bulk, Frozen, Dairy, and other refrigerated items are not returnable. This includes deli items and refrigerated supplements. NM health codes do not allow the re-sale of bulk, dairy, and frozen items once they have left the store or have been dispensed out of a bulk bin.
- Produce returns are up to the discretion of the produce department or MOD and must be accompanied by a receipt.
- Returns over \$10 always require the respective Buyer's or MOD's approval at the time of the return.
- Simply not liking a product (product is opened) is not sufficient grounds for a return. However, you may still ask to speak with the Buyer or the MOD to request an exception.
- If there is a problem with the product (stale chips or moldy yogurt), the Buyer or MOD will be called upon to make an exception to our policies.
- If you are a co-op member and used your membership when purchasing the item(s) in question, we can look up the receipt in our register, however this can be a long process, so remember your receipt!
- Refunds are issued in the form that the original payment was received. All returns without a receipt and check payments will be refunded onto a Co-op Gift Card.

Thank you for your cooperation!

MAD Feb. Mar.

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

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

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

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

Calling for Guest Writers!

Do you love your Co-op?
Do you want to help get
the word out
about the issues
facing the Co-op?

We would love your help writing articles
for the Garbanzo Gazette!

Members, if interested please email
judith@silvercityfoodcoop.coop

Three hours earns a 15% Volunteer Discount

**We will happily carry
your purchases
to your vehicle,
wherever you're parked!**





SEEDS: The Power of Life in Dormancy

by Jennifer Lamborn

You know that the seed is inside the horse-chestnut tree,
And inside the seed there are blossoms of the tree, and the chestnuts, and the shade.
So inside the human body there is the seed, and inside the seed there is the body again.
-Kabir

The Role of Seeds in the Cycles of Nature

Now it is wintertime. Like the bears, we, too, experience a kind of dormancy or hibernation as we take time for introspection and go into our “caves” while much plant life and our active, outward selves slow down. In winter, the rhythm of our lives changes as we spend more time inside, savoring coziness, warmth, and time to enter into quiet or what some indigenous tribes call the Dream Lodge. On this view, now is a time to experience *involution*, or a “turning in” on one’s self as we make more contact with the often-instructive forces of the unconscious.

Our gardens have been put to sleep, yet seeds from the harvest remain. Metaphorically, we, too, have “gathered seeds” from the experience of the past year, and now we have time to consider what this experience has meant to us.

Life and its renewal begins and ends in the seed, for a seed is a living plant, dormant in its embryo form. We can think of a seed as representing the transition between seasons of life’s flourishing, creating, as it were, a bridge over death. Like the bear in her cave, a seed waits in stillness for spring.

Involved, a seed can develop into a plant when conditions are favorable, or a seed can develop into us, if we eat it.

Eating the Body of the World: Food Energetics

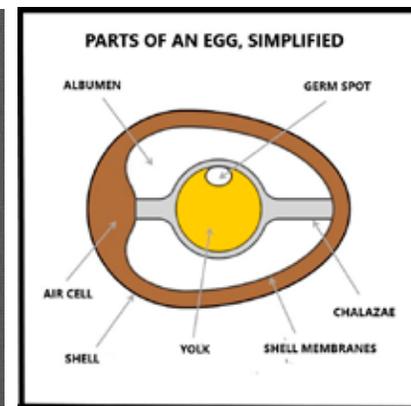
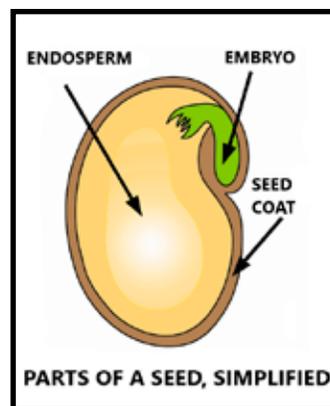
In *The Omnivore’s Dilemma*, journalist and food activist Michael Pollan writes that “the way we eat represents our most profound engagement with the natural world. Daily, our eating turns nature into culture, transforming the body of the world into our bodies and minds.” We have all heard the saying “you are what you eat,” but in his work, Pollan focuses not just on *what* we eat, but encourages us to consider the nature and extent of our awareness about the *ways* in which we seek, prepare, eat, and relate to food in general.

Pollan takes a strong stand against “nutritionism,” the scientific approach to food that has, on his account, benefited

the Big Food industry far more than our collective health.¹ When we make food choices based solely on scientific analysis, we not only strip food of its aesthetic qualities and ethnic traditions, but we cause ourselves “food anxiety” since few of us are actually biochemists. For example, how many of us can explain exactly why selenium is an important mineral for metabolism? It is both intimidating and disempowering to make choices based on information we don’t fully understand. Within this scientific framework, our relationship to food thus becomes abstract and remote instead of intimate, resonant, and pleasurable.

Complementing Pollan’s critical stance on “scientific eating,” proponents of the principles of “food energetics” likewise believe that the food we eat is more than the sum of its constituent nutrients. Food energetics is a cornerstone in Ayurvedic philosophy, macrobiotics, traditional Chinese medicine, and other traditional cultures. On this

view, characteristics of food such as how it grew, where and when it grew, its color, its structure and shelf-life as well as its effect on one’s physical and psychological constitution are to be considered when choosing what to eat. In the introduction to his book *Food Energetics*, Steve Gagné explains that the study of “the energetics of food” is actually a study of *self-knowledge* insofar as “the qualities of yourself are what you will naturally tend to seek in the foods you choose.” Thus, he advises that “you must be able to recognize what you are—or



what you would like to be—in order to consciously recognize the foods that will nourish that.”

Eating Seeds

So, when we think carefully about what it means to “eat” part of the natural world and turn it into ourselves, a seed shows up as most apt winter food, especially when we think of the seed as “life in hibernation.”

It is remarkable that a plant seed is analogous to an egg in the animal kingdom; both eggs and seeds develop from the union of male and female sex cells, and both act as structures that protect and supply nutrients to a developing embryo.

Plant seeds have three basic parts: the multicellular **embryo**, a tiny plant, the **endosperm**, the source of stored food, and the **seed coat** which consists of one or more protective layers. Analogously, eggs have a **yolk** (with germ, if fertilized), the **albumin** or white, the source of stored food, and the protective **shell** and its membranes. We, too, require a protective layer in these cold months as we provide sanctuary and nourishment for our winter dreaming, still embryonic.

Because of their similar function, both seeds and eggs are nutrient-dense. While seeds, if stored in a cool and dry place, can last for years (depending on the variety), refrigerated eggs have a shelf life of 5-6 weeks, and unrefrigerated eggs have a shelf life of 7 to 10 days. Whereas eggs are more protein-dense than seeds (one egg provides ~ 6 g of protein compared to ½ cup of pumpkin seeds for the same amount), unless a chicken egg has been fertilized—unlike a seed—it is not alive. If we think in terms of *chi*, or life force, the seed remains a living food until it is cooked or eaten.² Furthermore, on the macrobiotic view, foods that have a long storage life are more *yang* or contractive, helping us to retain our warmth in the colder months.³

¹In his 2008 book, *In Defense of Food*, Pollan explores the case of the low-fat diet campaign that was recommended by government panels, nutrition scientists, and public health officials beginning in the 1970s. This doctrine rested on the (now disproven) assumption that that dietary fat is responsible for chronic disease—especially heart disease—and should be avoided at all costs. The result of this shift in the Standard American Diet since then is responsible for the dramatic increase of obesity and diabetes millions of Americans live with today. As people avoided dietary fats, they increased their consumption of refined carbohydrates and sugars. While this shift was profitable for food business as subsidized wheat, corn and soy can be processed into cheap “vitamin fortified” food that is “low fat,” the overall health of Americans has declined. Such is one legacy of “scientific eating.”

²Thanks to Evan, our bulk buyer, the organic sunflower seeds at the co-op are no longer pasteurized ever since he began buying them from Tierra Farms last year. Pasteurized seeds may still bear the label “raw,” but they are no longer living plants.

³Macrobiotics views all food and substances on a continuum between *yin* (expansive) and *yang* (contractive). Yin foods have a loose, upward moving structure, perish easily, and are cooling. Yang foods have a dense, inward or downward moving structure, store well, and are warming.

Grains grow from the seeds of grasses while nuts come from the seeds of a tree, and beans are the seeds of legumes. All these foods have a similar structure and function and therefore store food for the development of a future plant-food that we animals can eat. Most seeds and nuts, however, do not require any processing to be edible, whereas all grains and legumes must be soaked, fermented or thoroughly cooked in order to avoid sickness. Our ancestors were likely eating seeds and nuts well before they began cultivating grains and beans.

Seed Nutrition

To be clear, “nutritionism” isn’t *wrong*; rather, the problem is that it can lead to a reductionist view of food, i.e., the view that reduces food to nothing more than a vehicle for nutrients. Scientific analysis of food is undoubtedly valuable and has helped us address many illness-causing nutritional deficiencies. Nonetheless, if we succumb to a reductionist view of food, we will tend to view eating mechanistically and perfunctorily rather than holistically and pleasurably. It is useful to explore the nutritional analysis of seeds as long as we don’t lose sight of their “energetic profile”: the conditions in which they grow, how they store, and how they appear to us within the contexts of the meals in which we eat them, the lives we lead, and the world in which we live.

Seeds are often overlooked as a staple in people’s diets even though most of us are generally aware that they benefit overall health. Some people worry that seeds are too fattening as they are undeniably packed with calories; others may not know how to incorporate them into meals. Studies show us that seeds can improve digestion, boost our immune system, protect our hearts, reduce the risk of diabetes, build strong bones, help us sleep, prevent disease (they are high in anti-oxidants), reduce inflammation, and eliminate unwanted weight.

Nutritional analysis reveals that seeds contain high levels of essential mono- and polyunsaturated fatty acids, a wide range of the amino acids needed to form protein, vitamins A, B, C, and E, and the minerals calcium, magnesium, potassium, zinc, iron, selenium, and manganese. Low on the glycemic index, seeds are a good source of slow release energy, helping to stabilize blood sugar levels. Because they are such

For brief descriptions of the histories and origins, the nutritional benefits, and ways to eat some of some of the many seeds sold at the Co-op, you can check out the Silver City Co-op website at <https://www.silvercityfoodcoop.coop>

a dense food, seeds tend to satisfy our hunger by keeping us feeling fuller longer than other foods.

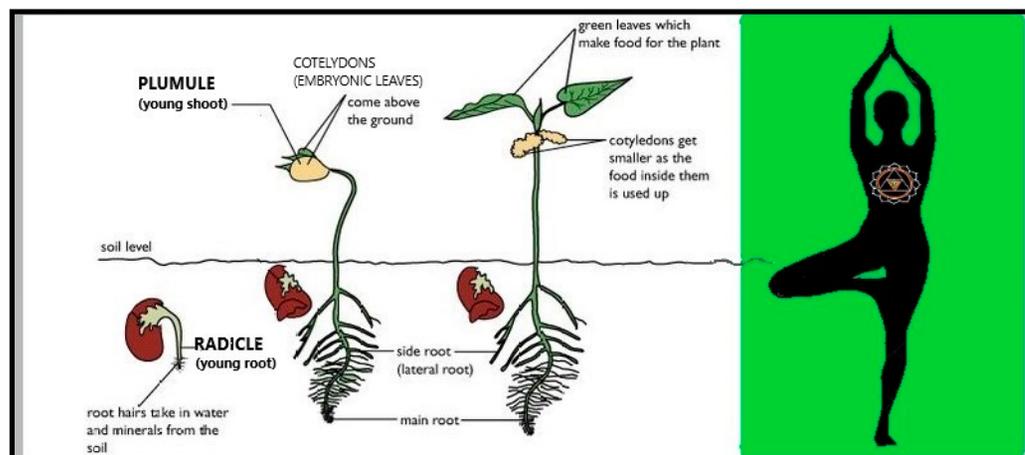
The Question of Phytic Acid

All seeds contain phytic acid, or phytate. Some people worry about the presence of this chemical in seeds (as well as in nuts, whole grains, and legumes). Phytate is called an “anti-nutrient” because it impairs the absorption of iron, zinc, and, to a lesser extent, calcium. Seeds store phosphorus in the form of phytic acid. When a seed sprouts, phytic acid is degraded and phosphorus is released to nourish the young plant. It’s important to note, however, that phytic acid only impairs the absorption of minerals *during a particular meal*, but not throughout the day. Moreover, people with healthy intestinal flora usually produce enough phytase, the enzyme that breaks down phytic acid, to eat seeds freely. For most of us who eat a well-balanced diet, phytic acid doesn’t cause mineral deficiencies. By contrast, in poor countries where people’s diets consist mostly of grains, phytate-induced mineral deficiencies do occur.

Nevertheless, for those of us with compromised digestive systems, soaking seeds effectively degrades phytic acid and may be the best option. To make the soaked seeds more palatable, they can be dried in a low oven or dehydrator.

The phytic acid story, however, is not so simple. Phytates are also beneficial! They are powerful anti-oxidants, and research indicates that they may improve bone density, prevent and fight cancer, block starch absorption (thereby stabilizing blood sugar levels), and escort toxic metals such as lead out of the body (Schlemmer *et al*). Dr. Andrew Weil and others believe that the benefits of eating seeds as well as the benefits of phytic acid outweigh concerns for its mineral-binding properties.

The “controversy” over phytate is just one example of how “scientific eating” can stand between us and our food, causing us disquiet and inhibiting our confidence in the power of intuition to choose food wisely.



Sprouting Seeds

The fact that we can sprout seeds only adds to their allure. Sprouting unlocks even more nutrients from seeds, creates new vitamins, and reduces tannins and lectins.⁴ Seeds contain compounds that keep them from sprouting until conditions are right. But once a seed sprouts, those compounds are broken down by a flood of enzymes that makes the nutrients in the seed more available so that the baby plant has the energy it needs to grow. The theory is that when we eat sprouted foods, their nutrients are more available to us as well.

If we leave the science lab for a moment, the question of whether or not to sprout seeds might hinge on whether we are attracted to *yang*, contractive, enfolded food or *yin*, expansive, unfolding food. Each one of us is different, and each day is different. As Gagné suggests, we must be able to recognize what we are and what we would like to be in order to recognize the foods that will support us.

The Mystery of a Seed

Behold a seed in the palm of your hand. The power of the tiny seed is hard to fathom. No amount of scientific investigation can explain the mystery of “life longing for itself.”⁵ Anat Vaughan-Lee, a Sufi dreamworker, compares the seed to breath. It is *given*. We, too, come from a seed and share in this mystery of *givenness*. Perhaps the quiet time we spend in the stillness of our “caves” will allow us to remember that when we eat, we merge with specific qualities of the natural world.

Albert Einstein believed that “the intuitive mind is a sacred gift and the rational mind is a faithful servant.” He understood that “we have created a society that honors the servant and has forgotten the gift.” Let us remember the gift.



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⁴Tannins and lectins are also considered anti-nutrients; both play roles in a plant’s defense system.

⁵This phrase is borrowed from Kahlil Gibran’s meditation on children in *The Prophet*.

Bulk Department

NEWS



HUMMINGBIRD Wholesale *Nourishment with Integrity*

Come January, all dried beans in our bulk department will be sourced from Hummingbird Wholesale, an Oregon company committed to “transforming the world toward a sustainable food production system which supports the health of the people who depend on it, as well as the earth’s precious ecosystems.” They have developed beneficial, long-term relationships with all stakeholders. In their own words, “Hummingbird Wholesale serves people and, like the hummingbird, seeks to sip the nectar of the Earth without harming the flower.”

Bulk department manager, Evan Humphrey, has been paying attention to your requests for fresher products. Some customers have reported that our legumes often take an extra-long time to cook and, occasionally, never do soften up during preparation. This can be an indication that the beans are past their prime in the age department. So, by the middle of January, we will switch over to what should be fresher, better quality beans from Hummingbird. Please, dear Co-op shoppers, remember that higher quality sometimes translates to somewhat higher prices. Evan spends a lot of time and energy seeking out the best products that he can at a reasonable cost. We appreciate you all very much. May we all work together with eco-conscious companies like Hummingbird Wholesale to lighten our load upon precious Mother Earth!



Orca Beans from Hummingbird

These are beauties...these legumes reminiscent of yin yang symbols or tiny Orca whales. Also known as calypso and Dalmation beans, you can imagine what they look like. Little nuggets with an eye-catching black and white coloration, orcas are a cultivated hybrid of the common kidney bean. Thought to have originated on the American continent, they were known to exist in the Caribbean at least 400 years ago. Yes, orcas are stunning, but are they good? Not to worry! They taste, well, pretty much like all beans, maybe just a tad bit nuttier, with a pleasant starchy flavor and smooth texture. Prepare them the same way you would any other bean.

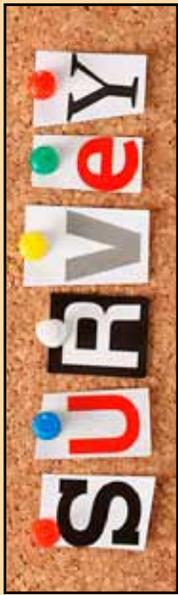
Orcas can be used in any bean-based meal and are, in particular, a great substitute for pinto, kidney and black beans. Unlike some patterned legumes, such as Anasazi and pinto beans, they retain a lot of their unique surface design after cooking, which is fun and cool.



For Members Only: Orca Beans are 20% OFF for the month of January
See Page 4 for a delicious Orca bean soup recipe

“Please! No Packaging in Bulk!!”

By Evan Humphrey



I want to sincerely thank all of you who took the time to complete the survey and especially those who wrote in responses to question number 12: “How well does the bulk department serve your needs?” While 766 people said that the department serves their needs well and had no suggestions, there were 199 who wrote in responses and 88 who said they don’t use the bulk department at all. Generally, the responses fit into a few specific categories. I will address them one by one, but I can only address one topic in this issue of the Garbanzo. I will post the rest of my responses on the website.

I don’t like the plastic bags that you are using to package things like dried fruit, nutritional yeast, or sesame sticks - By far, this was the most mentioned sentiment in the survey when it comes to bulk. It is a complex issue with no easy answers.

I am well aware of the cons of prepackaging. Packaging products like this is expensive. Not only does it take a lot of time (close to half of the hours in bulk), but the bags and labels aren’t cheap either. It is also wasteful from an environmental standpoint. While the bags do have some limited reusability, they are not recyclable here in Silver City. I also understand what you mean when you say that it “isn’t truly bulk” or in the “spirit of bulk”. In a dream world, I would only sell things in bins with no plastic involved.

However, there are many compelling reasons as to why I have chosen to re-pack bulk products like this in the plastic bags:

- **Sales of the prepackaged products are much higher than they were or would be in bulk bins.** I have seen anywhere from a 10% to 50% increase in sales for the products that used to be in bins. Products like the chocolate espresso beans and the maple coconut used to just sit in the bins moving out at a glacial rate. Now, in their prepackaged form, sales are steady. A big part of this is the grab-and-go convenience of a packaged product.

- **I am able to offer a fresher product.** Because these products are moving faster, they stay fresh. Additionally, oily products like the sesame sticks would routinely go rancid in the bins. I’ve had to throw out entire bins full of sticks because of this. This is not good for the co-op!

- **Prepackaged or repackaged products eliminate abandoned bulk waste.** As per my previous article, thousands of dollars worth of product is left behind by customers every year.

- **Dried fruit doesn’t work well in a bin.** I’ve seen dried fruit in bins at other natural food stores and co-ops. It’s a mess. The fruit sticks together and sticks to the bin. The bins must be constantly cleaned. Because the fruit is exposed to the air, its shelf life is greatly reduced. It is also very difficult to properly rotate. While there are a few items such as banana chips that I might consider offering in a bin, this is a no-go.

- **Unless you bring your own container, you are also using a plastic or paper bag to purchase products out of the bins.** We go through a huge number of plastic bags that people use to bag up product from the bins, almost as many as the repacks. I have been trying to encourage people to bring their own container by offering the 5 cent container credit, but this has had only marginal success so far.

- **Space efficiency.** It didn’t make good business sense for products to take up a lot of space and see very little movement. Now, these products are seeing greater movement and taking up less space – less than half the real estate in some cases. I was able to move the sugar closer to the rest of the department because there was suddenly a lot more room there underneath the beans and grains. Along these same lines, I was able to free up some congestion in this area. Often times I would see people stepping on each other’s toes to get product from those 3 tiers of bins.

I am certainly looking at other options and possible solutions. I hear your concerns, and I generally agree with them. Prepackaging in the zip closer bags is working in some ways and not in others. From a business standpoint it seems to be working well, but from an environmental side, it’s not a sustainable solution. I’m hearing that many of you would rather purchase these products in bulk or at least not in the existing bags.

- **In the new building I will have more ability to solve the issue.** For certain types of items, I would like to offer them in both a bin and bag/container so you have the option of one or the other. I think this would work very well for certain products like the nutritional yeast which already saw good movement in a bin. That way I can make everyone happy. Those who want the convenience of a prepackaged product can grab and go, and those who want to purchase larger or smaller amounts will be happy as well. There is also a possibility of a refrigerated bulk section where I can offer things that would otherwise go stale or rancid in warm open air.

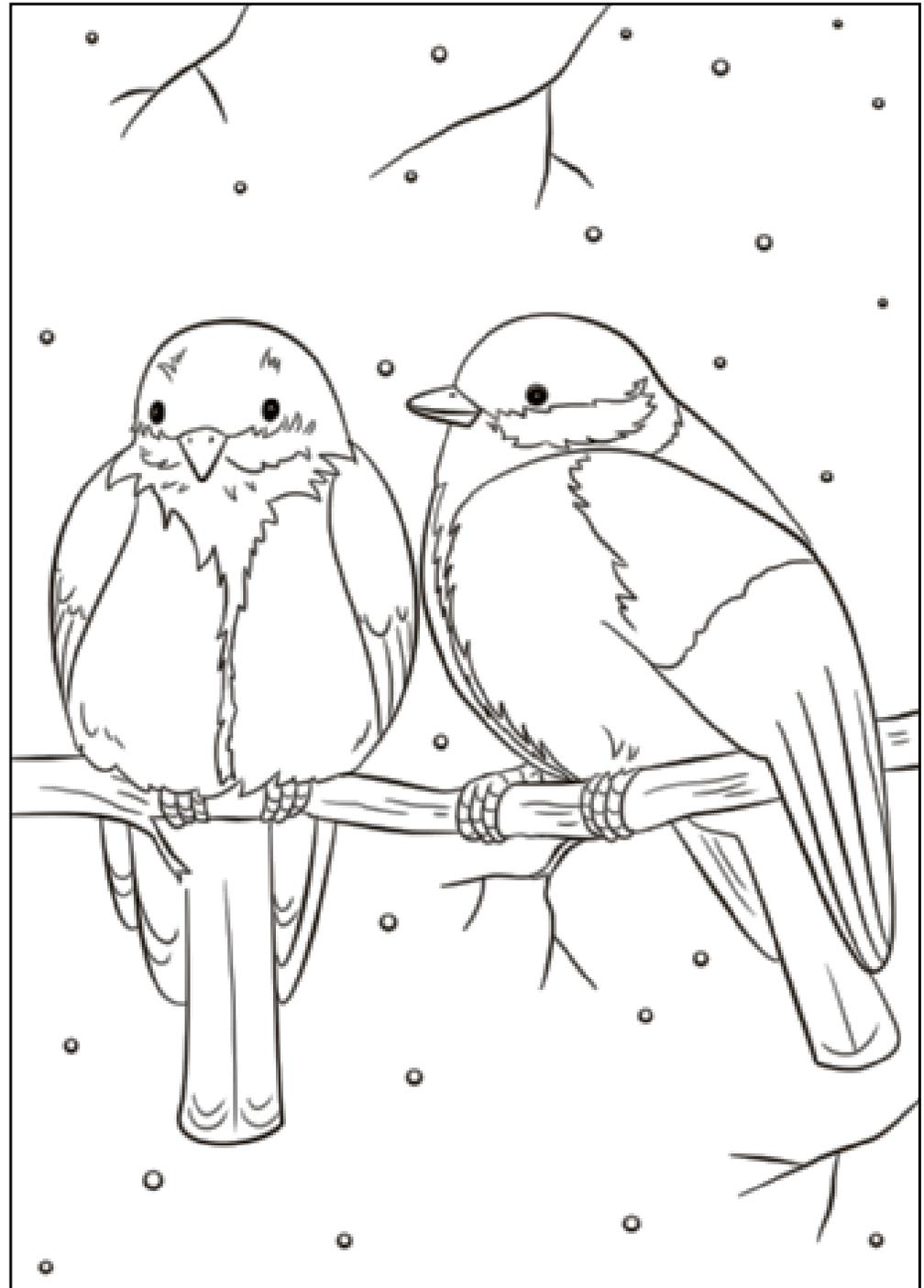
- **You are welcome to ask me or another staff member to have access to a bag or box or bucket of whichever repackaged product you would like to purchase in bulk.** We will weigh it and print a scan label for it. I will communicate to the rest of the staff that this is a legitimate option for our members and customers. We don’t always have a full or partial container of product though and this will be subject to availability. We also now have a program in place where if you get 10lbs or more of a product that is currently being prepackaged, I will pack it for you myself and you will get a 10% case discount on it as a member. You must treat this as a special order using one of the green special order slips.

- **I can get a hard plastic container from Tierra Farms for their full line of products.** They come in 4oz, 8oz, and 16oz sizes. These are more reusable and recyclable and also saves us the cost of packaging them ourselves. But, if I choose to go this route, you may see a slight increase in prices across the board for these products. Because they are a hard plastic container, they will take up more room than the bags.

Please come talk to me if you have questions or ideas about this particular issue. - Evan evan@silvercityfoodcoop.coop

FREE FRUIT FUN

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



A Few Interesting Facts about Birds in Winter

Birds are well-equipped to survive the coldest of temperatures. They store fat during the coldest winter days and fluff their feathers to trap heat and can slow their metabolism to conserve energy. Some species can grow additional feathers as the temperature drops, which thickens their insulation. Very social birds, like chickadees, stay warm at night by roosting with their companions in nest cavities or on branches.

Not all birds fly south or to a lower elevation for the winter, common ravens for example. If there is sufficient food in their home grounds, many remain in the area where they spend the summer. Of those that do migrate, most go together in flocks. However some, like American robins, common nighthawks, swallows, starlings and hummingbirds, to name a few, go it alone. Imagine a young hummingbird that has never migrated before, yet it knows when to fly, where to fly, how far to fly and when to stop. It does this all by itself!

If you'd like to feed some of your local feathered friends during the winter, check out birdwatchersdigest.com.

NAME: _____ AGE: _____



Twenty Reasons I Love Buying My Food at Our Co-op!

by Susan Van Auken

1 I really like supporting a local co-operative business. It is here in our town, and we own it. Our co-op supports other local businesses, and the cooperative principles and values.

2 I know that the buyers carefully select the products they purchase. If an organic choice is available then that is what will be on the shelf.

3 For such a small grocery store, our co-op carries a relatively large selection of products. It amazes me when I break out of my habitual shopping pattern and actually look at all the interesting items on the shelf. One day on the top shelf of the yogurt section I found a yummy a non-dairy product called Cashewgurt!

4 I regularly use the special order program to purchase products not found on the shelves. It is so easy to do, and can be used in a timely way to receive a MAD discount.

5 Our co-op does not carry many conventional grocery items, foods which do not meet our product selection guidelines. I am thankful that the co-op only carries the best.

6 Since many successful companies offering organic products have been bought by larger commercial companies, I appreciate the buyers searching for smaller companies, some family owned, that have higher standards – in both product and the work place.

7 Co-op Basics provides low prices on about 100 products many people consider staples.

8 Because our store carries a variety of products grown or produced by other co-ops such as Organic Valley, Sweet Grass Co-op, Alvarado Bread Company, Equal Exchange, and Once Again Nut Butters, I can support other cooperative businesses too.

9 I find the staff friendly and always very helpful.

10 The store is filled with local products: produce, body care products, meat, herbal tinctures, fresh bread and muffins, raw milk, and more. I am glad I can shop at the co-op and support local growers and producers at the same time.

11 I try to buy product without excess packaging. The co-op provides many bulk and produce items, and encourages customers to bring their own reusable bags, and gives customers a bulk bag reward if they do.

12 I find Co-op Deals, which offers great sales on products, a wonderful incentive to try new products, and save money.

13 Like many of you mentioned in the survey, I rely on the availability of organic, high-quality food, and feel lucky to be able to buy all my food at the co-op.

14 I often think that the money I spend at the co-op helps pay the wages – for Carol, Marchelle, Leah, Matthew, Becky, Evan, and thirty others -- people who live here too.

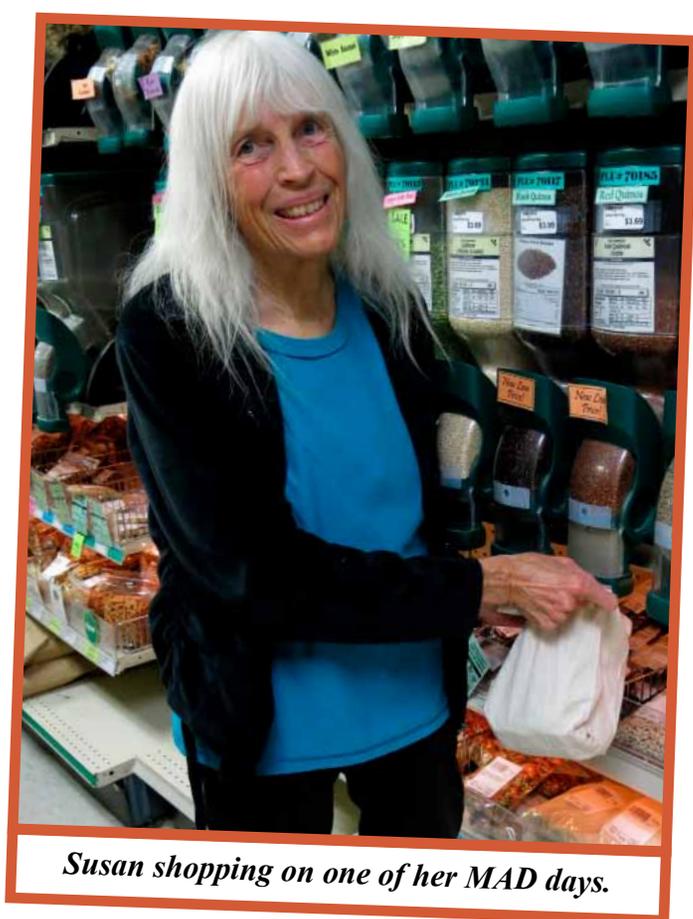
15 MAD days! The regular discount is a great member benefit and I stock up on MAD.

16 I think the co-op has reasonable prices, and am glad that people in our supply chain have jobs and hopefully good pay.

18 When I have a cart full of groceries and need help, I know that the carry-out service provides a staff member a mini-vacation outside, at least that is what I have been told.

19 Every time I walk into the store I see one or more friends, and sometimes I actually bump into them.

20 The yearly equity cost of my membership is so low and the benefits so high, I truly love our co-op!



Susan shopping on one of her MAD days.

17 I generally use my Silver City Food Co-op Gift Card for purchases. For me it is not really a “gift” card since I add funds to it once a month or so. Swiping the card at the register is a quick and easy method of payment.





2 U From Your Board . . .

Seeking Co-op Board Candidates

by Laurinda Anderson

Silver City Food Co-op Board Election time is just around the corner and the Recruitment, Orientation and Development Committee (ROD) is seeking dedicated, thoughtful, collaborative candidates to run for the board. Our board of directors is made up of local Co-op member-owners who are elected by Co-op membership to volunteer to influence and design the Co-op's vision for the future and outline the policies that our Co-op will follow. Having a board of directors, however, is not a "nice to have" option. It is a requirement of the New Mexico State Statute for Cooperative Associations. In the past few years, we have struggled to have as many member/owners running as we have slots to fill. This is an exciting and busy time for our co-op and we could really use your help. We asked that you please consider running for the board this year.

The basic qualification to run for the board of directions is as follows:

- Must be have been a member/owner of the co-op for at least 90 days prior to the end of the current voting period. (If you are part of a household membership, you must be the member of record; that is you must be the one who signed the most current share certificate.
- Must maintain your membership throughout your term.
- Must be willing to attend and actively participate in board meeting, executive trainings, retreats and general membership meetings.
- Must be willing to actively participate in at least 2 board committees.
- Must be willing to following Silver City Food Coop by-laws, board policies and cooperative values and principles.

Desirable qualification include:

- Experience serving on a board of directors.
- Experience working with a cooperative organization
- Leadership experience
- Experience as a local farmer or cooperative supplier
- Construction or design experience
- Marketing experience

If you have questions or are interested in running for the board, please contact one of the ROD members listed below. Once you decided to run, the first step is to write a candidate statement. The candidate statement should be about 500 words, express your interest in running for the board, state why you feel you would be a good board member and anything else you wish to share with the member/owners. You will also be asked to answer the following questions:

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

Candidate statements should be turned in to the ROD committee by March 8, and voting will take place between April 5 and April 19. Not sure whether you are ready to commit to be a board member? Would you like to know more about what is involved in being a board member? Consider becoming a Board Member in Training (BIT). We can have up to 2 BIT members at a time on the board.

If selected by the board as a BIT, you would:

- Be given a short orientation
- Receive the board agenda and packet of materials each month prior to the board meeting
- Participate in discussions at the board meetings
- Be encouraged to participate in one board committees
- Receive a \$40 gift card per month for up to 3 months

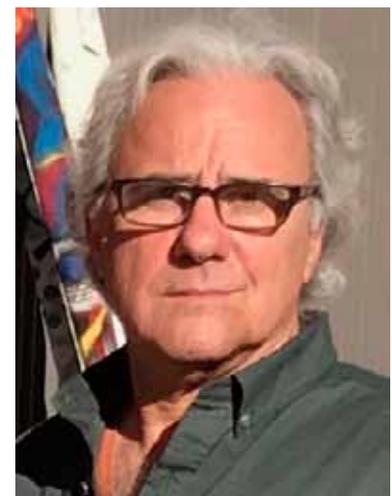
Please considering becoming a BIT and/or board candidate and helping us to build a strong future together. If you have the desired skills, a cooperative spirit and a willingness to serve, we need you!

Recruitment, Orientation and Development Committee Members

Laurie Anderson • larindaa713@gmail.com
Jean-Robert Béffort • aspace.studiogallery@gmail.com
Shanti Ceane • shantifo@gmail.com

Our New Board Member in Training

Bart Roselli is a new Board member in Training (BIT). He and his wife recently moved to Silver City. She works at Guadalupe Montessori school and he works with the Silver City Museum. They are both formerly from Rochester, NY where they were active in the food cooperative there. Bart has vast experience with nonprofit boards. He is a "people and project" person. He believes in healthy foods, environmental health, and community involvement. He has been involved in education and public programs throughout his professional career. He has been a manager of people. He has experience in expanding institutions and the buildings that house them. One institution in particular was the Senator John Heinz History Museum. During his term on that board the museum expanded from 6,000 square feet to over 100 thousand sq. ft.





Jennifer Johnston
President



Jean-Robert Béffort
Vice-President



Shanti Ceane
Secretary



Laurie Anderson
Treasurer



Julianna Flynn



Scott Zager

Notes from the Board

Shown here is manager Joe Z giving a PowerPoint presentation on the financial status of our food cooperative at the end of the year. Everyone is smiling because the numbers look good as we plan the 2019 Budget, which is likely to include relocation and expansion into 907 N. Pope Street. SCFC Directors are volunteers that commit a lot of time to the cooperative. Most of the directors and management see each other every week – sometimes twice a week -- at various committee meetings such as the Financial Committee (which scrutinizes the accounting), the Members Connect Committee (which helps plan elections), and the PSPC (which charts the waters as the co-op navigates toward construction, relocation and expansion). To give the reader an idea of the work load involved, the PSPC have met with 15 people since last August. These were guest speakers who shared their expertise on construction, building energy designs, architecture, banking finance, and fundraising. These experts have donated their knowledge, because they believe that a better food cooperative will be good for the membership, Silver City and all of Grant County. Think about what it takes to run the food cooperative and please consider how you could possibly volunteer. No job is too small to be a big contribution.



Photograph of the Co-op Board of Directors and the general manager, Wednesday December 19, 2018. Pictured here clockwise upper-left are directors Shanti Ceane, Jennifer Johnston (President), Jean-Robert P. Béffort (Vice-President), Laurie Anderson (Treasurer), Jo Lutz (scribe), Joe Zwiebach (General Manager) and Scott Zager (director - photographer).



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).

Identify a board "buddy" to act as your mentor and answer any questions you have.

CONTACT: Laurie Anderson
laurindaa713@gmail.com

Recruitment, Orientation, and Development Chair
Or, any board member

WE LOOK FORWARD TO HEARING FROM YOU!

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

Jean-Robert Béffort/Vice President
Board Term: 2016-2019
aspace.studiogallery@gmail.com

Laurie Anderson/Treasurer
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
Board Term: 2018-2019
scott.zager@wildlands.biz

Board of Directors



January

Members Only Specials

January 2 - January 29

20% OFF! listed prices



Cacique
Cotija Cheese
10 oz
reg \$4.89



DeBoles
Pasta
Assorted, 8 oz
reg \$3.39



Thayers
Slippery Elm Lozenges
42 count
reg \$4.99



Kevita
Mango Coconut
15.2 oz
reg \$3.39



Maple Hill
Maple Yogurt
12 oz
reg \$2.99



Badger
Lip Balms
Assorted, .15 oz
reg \$2.49



Organic Bulk
Orca Beans
reg \$2.79



Tofurky
Holiday Feast
56 oz
reg \$24.99



Organic Bulk
Raspberry Green Tea
reg \$3.12 oz



Organic Bulk
Blueberry Kuciha Tea
reg \$4.11 oz



Organic Bulk
Darjeeling Tea
reg \$2.61 oz



Blake's
Chicken Pot Pie
8 oz
reg \$4.99



MegaFood
Daily Turmeric
2.08 oz
reg \$24.99



Epic Bars
Assorted, 6 oz
reg \$2.99



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

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