

Silver City Food Co-op Garbanzo Gazette

Volume 17

Your monthly newsletter • October 2017

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**

October is National Co-op Month

Let's all be glad there is a food co-op in our town!

by Susan Van Auken



**We prioritize the
use of local and regional resources.**

Large multi-national corporations want to supply our phones, clothes, food, and most everything else, through the global marketplace they create. I want to know where my stuff comes from, but even when reading labels closely, I find it difficult. So when the co-op provides me with local product choices, including produce, meat, eggs, cheese, body-care products, and more, I say hooray, and choose these items. I want to support local farmers and producers, and am very glad the co-op has this commitment too.

**We strive to reduce our
negative impact on the
natural world in all our decisions.**

Now, this statement is far-reaching and hard to accomplish, but I am glad our co-op has this awareness and tries to make a difference. Member-owners can pitch in, too, by reusing plastic bags many times and by bringing our own cloth bags to carry home the groceries. To fit my personal version of this statement, I make my purchases after reading labels, knowing that there are packaging concerns to consider, a transportation trail to consider, and many farming or production issues to consider. Sometimes almost too much for my brain, I just do my best.

What this boils down to is that we all make choices every day, choosing what to buy, what to eat, where to spend our money, and, let's hope, while keeping our personal values as our guide. I am thankful to be able to be a member-owner of our co-op, and to support its values, vision, and mission, as I agreed to by signing my equity certificate. **Let's all be glad there is a food co-op in our town!**



A month ago, I renewed my membership here at the co-op. After returning home, I did something unusual, which was to actually read the Certificate of Equity. By renewing my membership and signing the equity certificate, I agreed "to support the values, mission, and vision of the Co-op and to uphold the Bylaws and Articles of Incorporation," as all member-owners of the co-op have agreed to do.

So what do these documents say, and to what did I agree? On the co-op website and ready for your perusal, you will find the co-op's vision, values, and mission statements, which I can wholeheartedly say I do indeed support, and hope you do too.

Our co-op has published these statements, with their important ideas, dreams, and concepts, for all to consider and embrace. Often I quickly run into the co-op, meaning the store, grab the items on my list, perhaps bump into someone for a little chat, zip through the checkout, and leave. The co-op's vision, values, and mission are usually not in my mind as I do this – but maybe it would be good if they were.

Pondering the vision, values, and mission of our co-op, I realized that the following principle statements serve as guiding factors for my support of our co-op, and our lovely little store.

**Our extended community will gain
and maintain health.**

Our co-op contributes to the health of our community in many ways. The store has helped sustain the downtown area of Silver City by remaining an "anchor business" at 6th and Bullard for more than 30 of its 40 years – even with its many growing pains in its longtime small location. Perhaps its nar-

row aisles and limited off-street parking are small prices to pay for the benefits of remaining there. As small as it is, the co-op benefits the local economy by providing employment for about 40 Grant County residents. And for me, and other member-owners, eating the organically grown food from the co-op helps keep up our health!

**The cooperative model is of
paramount importance.**

All around me I see greed running amok in the corporate business model. Cooperative businesses are different, since they are member-owned, have an elected board of directors that sets policy and hires the manager, and have guiding principles – so important to our co-op, they are listed on the masthead of this paper. Over the years, I have become more and more aware of the importance of supporting cooperative businesses. This commitment makes it easy for me; I do not have to shop around: the co-op has it all. This is my choice.

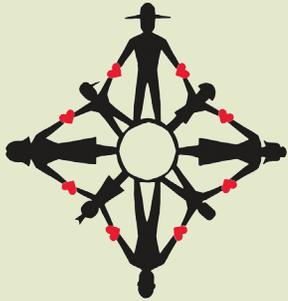
**We are responsive to all individuals
(member-owners, customers,
vendors, employees, visitors, ...)
and cultivate relationships with them.**

I feel good energy from our co-op employees; they are helpful and friendly, and make me feel like a real person. The co-op offers a variety of educational programs and product sampling for everyone, as well as volunteer opportunities for member-owners. I've taken the opportunity to serve on the board of directors, teach and attend classes, write newsletter articles, and appreciate how hard everyone works to keep the store an inviting place, well-stocked and clean. Nurturing these attitudes and relationships makes the co-op a special place for me.

2150 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

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

Seven Cooperative Principles

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

Joe Z

general manager

Mike Madigan

assistant manager

The Garbanzo Gazette Gang

Editor: Joe Z

Staff Writers: Judith Kenney, Jo Lutz

Guest Writer: Susan Van Auken

Layout & Design: Carol Ann Young

Submissions are welcomed!

Submit letters, articles, or items of interest to:

mike@silvercityfoodcoop.coop

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Cup o' Joe

by Joe Z



Have you seen one of the new Coca Cola commercials? There are two titled “We are the Coca Cola Company”. Go to Youtube and type that in and they will come up. One is 60 seconds long and the other is 90 seconds. They are slightly different but the same (the 60 second one has John from New Mexico. Yay! New Mexico!).

They tell a quick story about the company and I dare anyone to watch them and not feel all warm and sugary with perhaps even a tear in your eye. Dang – after seeing them, you think that Coca Cola is one of the best companies in the world! I want to work for the Coca Cola Company!!

Coke has always had great commercials and has taken a pretty bad and unhealthy drink and built it to one of the largest and most recognized brands around. As a company, they have been known for environmental abuses, shady dealings, greed and discrimination. Even as recently as 2014, one of their Minute Maid plants was accused of 27 Clean Air Act violations (they settled).

Some call it “spin” while others call in manipulation. Brainwashing. Propaganda. Hype. But it’s how we communicate in today’s world. Quick sound-bites that tell our stories. And there are so many stories out there. What’s our story? What’s the Co-op’s stories? How do we communicate it/them?

Have you seen the latest Co-op commercials? Probably not. There are only a handful across the country made by a Co-op here or there. So here we are – a better idea and businesses that REALLY care about our communities, our lives and our world – and our story is told in whispers.

Nationally, our Co-ops are trying to understand this issue and seeing how we can cooperate with each other so that we do get our story out. For those in the know – you can visit the website strongertogether.coop but very few people actually have heard of it. We had “Stronger Together” long before Clinton used it for her campaign. This website is a creation of the NCG – the National Cooperative Grocers.

The NCG is a bunch of Co-ops across the country that banded together as part of one of our Co-op Principles: Cooperation between Co-ops. The great “Co-op Deals” and “Co-op Basics” that we enjoy is part of that collaboration. GMs from around 150 Co-ops get together twice a year, and our western Co-ops of NCG get together once a year. That’s a heck of a lot of talking and sharing of ideas and energy.

Ideas and energy only go so far. If we do not have the means to implement these ideas – they remain just that. So where does that leave us? Especially in today’s market which is seeing our products and ideologies being usurped by the mega-corporations who tell a good story whether it is true or not.

I think our strength is our Co-op Members – who are actually the owners – which means: you. Each of us have our own stories about why our Co-op is important to us. For some it is simply the superior products that we stock.

For others, it’s the comradery that is shared. And there are those who shop here because of who we are as well as who we are not. There are even a few that it is because of convenience as they live in easy walking distance.

For most of us – the Co-op isn’t convenient. At times, difficult parking, slow lines, limited assortment, narrow aisles and out of stocks. Yet we all continue to shop here. Why?

What is your story? Because your individual story as to why you shop here is our story. You are who we are. And we are all not the same. But collectively we can be as one. Stronger Together.

I would love to pursue this! But while I certainly have ideas, I have too many other things on my plate to give it the attention it deserves. Right now, we have a position open for our EMO Manager (see page 3). EMO stands for Education, Membership and Outreach. It is one of the most critical positions in a Co-op.

This position is the link between the business and the people. It demands a great thinker and story teller.

We can create a commercial in the tenor of the Coca Cola commercial but we would not have to “spin” how good we are. Because we are the real thing.

Our Co-ops have been the leaders in the organic/natural industry. We are the leaders in progressive new ways forward. We were warning folks about irradiation of our goods back in the ‘80’s and warning about GMOs currently. We are on our side. We know we’re on the cutting edge always but few others know it. That cutting edge becomes the edge when the big companies start to do it. In the industry it is known as “greenwashing” - that is, surrounding yourself in environmental sensibilities although the reality is something different.

Our Co-ops do not need to fake it. We are the good folks. We need to let others know. And we need to know it ourselves as we look at each other when we visit our store.

You are the strength of our Co-ops. Your loyalty, your concern and your devotion to a better planet is at the heart of all our Co-ops. As I’ve said in a paraphrasing of a Beatles song: You are we and we are you together.



Dynamic Position Open at the Co-op

The Silver City Food Co-op is searching for a creative, motivated, and dynamic self-starter for our team for the position of Education, Membership, & Outreach (EMO) Manager. This salaried position starts at \$28,000 and will sometimes require work in the evenings and on weekends.

The successful candidate for this exciting and challenging position will have a developed passion for communication in multiple forms, and will be responsible for producing and circulating the Co-op's full array of communications. The EMO Manager is tasked with having a unified approach to all outlets including but not limited to:

- Editing our monthly newsletter, the Garbanzo Gazette.
- Managing our website, social media, and email campaigns.
- Coordinating and creating Internal Messaging (signage, promotions, demos, etc.)
- Overseeing Staff and Member Education, including, but not limited to healthy safe organic/natural foods, Cooperatives and sustainability
- Prioritizing the development and growth of a robust Member program, distinguishing the disparate communication needs of different types of members (i.e. new members, lapsed members, dedicated members, and casual members) focusing on engagement and retention.
- Overseeing and expanding our Volunteer Program emphasizing increased member engagement
- Providing educational programs and outreach efforts geared towards a diverse, multi-generational, and multicultural co-op community.
- Creating and distributing News Releases, External Communications, Advertising
- Supporting the needs of the Board's Member Connect Committee, including but not limited to planning for the General Membership Meeting and Board Elections.

The EMO Manager position requires someone with:

- excellent written and verbal communication skills
- ability to present / speak publicly
- ability to work well with a team even in stressful conditions
- competent understanding of websites / social media / digital design, and ability to learn technical aspects quickly
- ability to juggle multiple responsibilities and manage time well

Interested candidates should submit a resume, and a well-rounded written narrative describing their vision for the tenure of the position, accounting for, but not limited to the tasks and skill sets listed above, to: joez@silvercityfoodcoop.coop, and to: mike@silvercityfoodcoop.coop

The EMO Manager position will remain open until filled.



Silver City Food Co-op Staff

Judith Kenney
produce/outreach

Bob Lee
bulk manager

Dougan Hales
produce

Kate Stansberger
supplement buyer

Jake Sipko
produce manager

Carol Ann Young
office

Jeanné Miller
herb buyer

Becky Carr
dairy buyer

Jess DeMoss
POS manager

Meggie Dexter
website

Misha Engel
frozen buyer

Jenny Morgan
office

Joe Z
gm

Marguerite Bellringer
finance manager

Kim Barton
POS

Michael Sauber
grocery

Doug Smith
grocery buyer

Paul Slattery
produce

Jody Andrews
cashier/grocery

Evan Humphrey
cashier/bulk

Lee Ann Miller
cashier

Brenna Brown
deli manager

Tinisha Rodriguez
POS/grocery/HABA

Allie Iacocca
cashier/produce/HABA

Mike Madigan
am

Leah Chastain
merchandising specialist

Marchelle Smith
deli

Kenyon McNeill
cashier/grocery

Joy Kilpatrick
wherever needed

Jo Lutz
wherever needed

Elysha Montoya
wherever needed

Judy Kenneally
deli

Christine Dalmedo
produce

Hallie Richwine
wherever needed



KITCHEN MEDITATIONS

Fall

Avocado Pomegranate Grilled Cheese

Serves 2

- 4 slices of whole wheat bread (or gluten free)
- 4 slices of emmentaler cheese (or other favorite cheese)
- 2 tablespoons of pomegranate seeds
- 1/2 avocado
- 1 tablespoon butter

Instructions:

1. In a large skillet, heat about 1 tablespoon of butter to medium heat.
2. Prep sandwiches by placing 2 slices of cheese, 1 tablespoon of pomegranate seeds, and 1/2 avocado on top of a slice of bread. Repeat. Then place another slice of bread on top.
3. Cook each side of the sandwich, covered, for about 2 minutes, or until it begins to turn golden brown and the cheese melts.

Pumpkin Hummus

You can make this savory recipe from scratch, as it is presented here, or simply add the pumpkin and spices to a pre-made 32 fl. oz container of plain hummus. It pairs deliciously with soft pita or chips.

Ingredients

- 1 3/4 cups dry garbanzo beans 1 (15 ounce) can pumpkin puree or steamed fresh pumpkin
- 5 fluid ounces lemon juice
- 1/3 cup extra-virgin olive oil 1/2 cup tahini paste 3 cloves garlic, minced
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice salt to taste

Directions

1. Place the garbanzo beans in a large container and cover with several inches of cool water; let stand 8 hours to overnight. Or, bring the beans and water to a boil in a large pot over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour. Drain and rinse before using.
2. Place the soaked garbanzo beans into a large saucepan and cover with several inches of water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the garbanzo beans are tender, 1 1/2 to 2 hours. Once cooked, refrigerate the beans until cool.
3. Drain the garbanzo beans, reserving the cooking liquid. Place the beans and 1/2 cup of the reserved cooking liquid into a blender, and puree until a smooth paste forms. Add the pumpkin puree, lemon juice, olive oil, tahini, garlic, cinnamon, nutmeg, and allspice. Cover and puree again until smooth. Use additional cooking liquid as need-

Nutrition Nugget Folate



If you are pregnant or planning to become so, folate, the naturally occurring form of Vitamin B9, is a critical nutrient for the health of you and your baby. Folic acid is the synthetic form of B9 that is used in most supplements and fortified foods. Enriching foods with folic acid became mandatory in 1998 as a result of overwhelming evidence that taking it before and during pregnancy helped to protect newborns from certain birth defects. B9 is essential for the health of people of all ages as it supports the nervous system, aids in the development of red blood cells, and helps prevent neural tube defects in newborn babies.

Rich sources of folate include garbanzo and pinto beans, liver, spinach, asparagus, avocados, beets and broccoli. From this quick list you can see that there are delicious possibilities. If you'd also like to add folic acid to your diet, please consult your health care professional and then select a high quality supplement.



The Frugal Co-op Chef



Pumpkin Oatmeal in a Crockpot

Serves: 4 heaping cups

Serving size: 1 heaping cup

Prep time: 5 mins

Total time: 8 hours 5 mins

A healthy, hearty, slow cooked oatmeal made with pumpkin, vanilla and spices.

Ingredients

- 1 cup regular or steel cut oats
- 1 cup pumpkin puree (not pie filling)
- 3 cups water
- 2 tsp. vanilla extract
- 1/2 tsp. pumpkin pie spice
- 1/2 tsp. cinnamon, ground
- 1 pinch salt

Instructions

1. In a bowl that will fit in your crockpot, add all ingredients and stir. Place the bowl in the crockpot. Fill the crockpot with water until the water comes up at least half way around the outside of the inner bowl. Set the crockpot on low for 6 - 8 hours.
2. Serve with your favorite sweetener (or none at all), a pat of butter, cranberries, pumpkin seeds, or nuts.

Jake's October Produce Picks

Pumpkin



Jake Sipko, Produce Manager

Pumpkins, Americans love them! It has even been suggested that this may be an inborn affection. It's not clear where this garden favorite originated, but seeds dating from 7,000 years ago have been found in present-day Mexico. Ancient pumpkins were not the bright orange globes that we know today. They were a crook-necked variety that archeologists have determined were cultivated along river and creek banks with sunflowers and beans. Early Native Americans had incorporated the nourishing pumpkin into their diet long before the arrival of European explorers. They roasted, baked, parched, boiled and dried its flesh and enjoyed its delicious seeds. The blossoms were added to stews. In short, the pumpkin was a fundamental source of nutrition for the original inhabitants of North America.

Indians introduced pumpkins, which store well, to the pilgrims, ensuring that they would have a nourishing food source during the winter months. The hearty pumpkin has been credited with keeping New England settlers from starvation when their wheat and corn crops failed. Pilgrims were also known to make beer from persimmons, hops, maple sugar and pumpkin for a potent colonial brew. Centuries later, Irish immigrants started a new pumpkin tradition: carving jack-o-lanterns.

Fascinating pumpkin facts aside, it is one of the most nutritious foods around. It's high in beta-carotene, a pro-vitamin that is converted to vitamin A in the body. Pumpkin is also loaded with fiber and vitamin K. Don't forget the seeds! They're packed with protein, magnesium, potassium and zinc. There are plenty of ways to sneak this "superfood" into any meal, whether cooked from fresh, canned, or raw.

Pomegranate

The lovely pomegranate, a garnet-hued orb, filled with a multitude of tangy, edible seeds, is native to a region in modern-day Iran. Grown since ancient times throughout the Middle East and Northern India, this alluring fruit has a special place in the belief systems from that area of the world. It is featured in the Greek myth of Persephone. Some biblical scholars have said that the forbidden fruit of the Garden of Eden was actually a pomegranate, not an apple, and King Solomon had a graceful pomegranate design carved into the columns of his holy temple. Hindu women, hoping to become pregnant, were encouraged to consume it in all its forms to ensure success. We now know that women who are pregnant or seeking to become so will benefit greatly from the ample amounts of folic acid and Vitamin C that pomegranates provide.

They are, indeed, a nutritional powerhouse. In addition to the aforementioned nutrients, pomegranates are rich in fiber, Vitamin K and potassium and have a valuable anti-inflammatory effect on the body.

Eat pomegranates in any number of dishes. Serve the seeds raw on salads, in sandwiches and cooked with any meal you choose. Enjoy a cup of the juice and reap the benefits! It contains higher levels of anti-oxidants than most other fruit juices, green tea and red wine. Please remember, though, that the juice has a highly concentrated sugar content and is best consumed in moderation.

Becky's October Dairy Pick

Emmentaler Swiss Cheese



Becky Carr, Dairy Buyer

Emmentaler, a variety of Swiss cheese, takes its name from the Emmental Valley in Switzerland, which spreads out east of Bern like a picture book valley. Originating there around 1290, it is considered Switzerland's oldest and most prestigious cheese. Made from part-skim, unpasteurized cow's milk, it is a pale yellow and generally mild, buttery and a bit sweet. Some might even say fruity.

Emmentaler produced in the U.S. is required by law to contain pasteurized milk or to age unpasteurized cheese at least 60 days. It is made in giant wheels and can be easily identified by its hometown stamped on the rind. This firm cheese melts easily, making it very good for sauces and a delicious accompaniment to fruit and nuts.

Have a look in the Co-op dairy cooler. We carry two Emmentaler cheeses, sliced from Applegate Naturals and in a block from the Swiss company, Emmi.

CO-OP Community

Co-op Community Donations

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

**Grant County Food Pantry
MainStreet Project**

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.

Catherine Bialopiotrowicz • Sharon Bookwalter
Logan Campbell • Malika Crozier • Vicki Gadberry
Tim Garner • Deb James • Kevin Keith • Jane Papin
Ellen O'Bryan • John Tank
Athena & Two Crow Schumacher • Susan Van Auken



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!



THE SILVER CITY
**FARMERS'
MARKET**

October Round Up

Throughout October we will be rounding up to the nearest dollar for the Silver City Farmers' Market. Most of you are familiar with this fantastic organization that provides a marketplace for local growers, ranchers, artisans, and other producers and enlivens downtown Silver City each Saturday until October 28.

Don't forget the second time and location on Wednesday at the ACE Hardware/Grant County Convention Center Parking Lot through October 25th. The Market participates in food assistance programs like WIC and SNAP, and you can even double your SNAP dollar buying local food. They also host live music and promote local products and causes through events.

Please help the Silver City Farmers' Market remain a vibrant community asset by rounding up in October.



L to R: Wind Markham, Robert Donnelly, Kenyon McNeill, Jeff Goin, Brenna Brown and Mo O'Brien

August Round Up \$1688.09!

Thanks to everyone who rounded up in August! The Co-op raised \$1688.09 for the Lotus Center.

Lotus Center has said that a significant portion of the Round Up funds will go toward funding their Yoga in Public Schools and Yoga for Veterans programs, both of which are offered at no charge to attendees.



The Winner of Himalaya Products!

The Silver City Food Co-op recently held a drawing for a gift box of Himalaya Herbal Ayurvedic Products furnished by the company. On the left is the winner, Laura Waldman, joined by Kate Stansberger, our supplement buyer at the Co-op.

Why don't you bring in this Product? ... A buyers perspective

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

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

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

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

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



Round Up for November 2017



November's Roundup recipient will be the Grant County Food Pantry, helping needy families in our area just in time for the holidays.

MAD Nov/Dec

Pick 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?

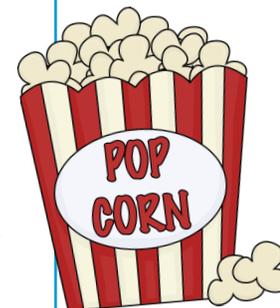
We would love your help writing articles for the Garbanzo Gazette!

If interested please email mike@silvercityfoodcoop.coop

Three hours earns a 15% Volunteer Discount



Popcorn Poppers Needed!



Ever notice how happy people are when you give them something? Make lots of people happy making and giving out popcorn and food samples on Fridays at the Co-op!

Shifts are:

9am to 12noon and 12noon to 3pm.

It's fun and you get to visit with your friends and meet new friends.

CO-OP
KID



Corner

We Are Not *Just* a Grocery Store . . .

by Jo Lutz

We're a cooperative! A totally grassroots, member-owned, non-corporate organization. A laboratory of democracy and communal self-reliance!

And October is National Co-op Month. Co-ops have a long history according to the National Cooperative Grocers Association. Cooperatives are member-owned, member-governed businesses that operate for the benefit of their members according to common principles agreed upon by the international cooperative community. There are consumer co-ops, worker co-ops, and producer co-ops. Credit Unions are banking co-ops.

The modern cooperative movement usually traces its roots to 1844 when England's Rochdale Society of Equitable Pioneers established the "Rochdale Principles" on which they ran their cooperative. However, the origin story of the Silver City Food Co-op better resembles that of the very first consumer co-op back in 1769 in a barely furnished cottage in Fenwick, England. From Wikipedia: "Local weavers manhandled a sack of oatmeal into John Walker's whitewashed front room and began selling the contents at a discount, forming the Fenwick Weavers' Society."

As many of you know, the first site of the Silver City Food Co-op was the yellow house across the street at 511 Bullard, now owned by David and Susan Berry (also founding members). Back in 1974, this building housed a number of artists' studios. The kitchen belonged to ceramacist Beth Menczer. A group of Beth's friends faced the same dilemma as the Weavers of Fenwick. They were but poor artisans who wanted affordable natural food, and there were no options in their area! Thus the Silver City Food Co-op was established in order to buy and transport bulk items from a warehouse in Tuscon Co-op Warehouse (TCW).

Original members paid \$2 for their membership, or if they couldn't afford that they could bring in empty jars or trade labor. Beth copied order forms on a mimeo-

graph machine at Planned Parenthood, where her friend Gail Stanford worked. The Silver City Food Co-op was also the first local recycling operation, so residents town-wide would fill a giant chicken coop at 511 Bullard with empty glass bottles. The glass was loaded every Friday into Robert Force's box truck that had formerly belonged to the Atomic Energy Commission and still had the logo. They never got hassled at checkpoints, and returned with groceries instead of glass (don't worry, David Berry and some of the guys scanned the vehicle with a geiger counter).

Today the Silver City Food Co-op looks very different. Gone are the days when food was sold out of the rented kitchen of an art studio. Now with over 2000 members, we own two buildings that provide a permanent store and a warehouse. Gone are the days when Beth's Doberman Vinnie delivered the bank deposit in his mouth (though in some ways the potentially-radioactive-junkyard-dog system seems very secure). Today we could easily be mistaken for a grocery store, and our economic sustainability depends on competing with them.

But we're not just a grocery store, we're a ground-up community organization that runs a grocery store. And our status as a cooperative is even more relevant today than it ever has been. In a world of corporate consolidation, cooperatives are by definition local and independent. In a world of increasing inequality where wealth is exponentially drawn toward the top of the ladder, co-ops stubbornly recycle money on the ground floor.

Co-ops continue to be a tool of self-determination. In 2011, workers at the Viome chemical plant in Thessaloniki, Greece arrived at work to find the factory abandoned by its owners. At the height of the Greek crash, such an occurrence was not uncommon. And with 25% unemployment, chances of finding new work when a boss walks out are close to zero.

So Viome became a cooperative. Twenty-six of the original workers took over the company, and now act as their

own bosses in a non-hierarchical management structure. After years of working on an assembly line, doing single tasks day in and day out, the very same workers now begin each day with a meeting to divvy up projects (including the classic co-op example, taking turns cleaning the toilet).

Instead of industrial chemicals, they now make environmentally friendly soap and cleaning products, which they sell locally. The change was made based on input from the community, who not only buy the products but have had to form a human shield to prevent the derelict former owners from taking back equipment.

Like all co-ops including ours, Viome adheres to cooperative principles based on those originally adopted by the Rochdale Society of Equitable Pioneers in 1844. A modern version is articulated by the National Cooperative Business Association: 1. Voluntary and Open Membership; 2. Democratic Control; 3. Members' Economic Participation; 4. Autonomy and Independence; 5. Education, Training, and Information; 6. Cooperation amongst Cooperatives 7. Concern for Community.

This is how a current labor revolution in Greece, a 1970's grassroots food movement in the U.S., and out-loving weavers of 18th century England are links in a single chain of communities seeking economic alternatives. Unlike at Albertson's, Walmart, or Food Basket, here at our Co-op you are not shopping alone. You are not a passive consumer. You are not the cards in your wallet. You are an owner, an agent, a voice at the table.

In recognition of National Co-op Month, we're calling on our members to get involved. Come to board meetings, contribute to this newsletter, volunteer! Lend a hand with Popcorn Friday or Sampling Saturday, help out and learn in the store, share your knowledge or help organize a workshop... but get in touch! Want to start something? Think something needs to change? Use the contact form on our website or give us a call at 575-388-2343. ❖❖❖



4 Wednesdays in October

20% off

in Celebration of National Co-op Month!

October 4th
• bulk •



Evan and bulk co-buyer Bob are always busy filling the bulk bins

October 18th
• produce •



Produce Manager Jake with his display of scrumptious organic edibles

October 11th
• supplements •
• health & beauty aids •



Allie and Tinisha, our HABA buyers and Kate, our Supplement buyer

October 25th
• frozen •



Misha, our frozen buyer, in front of her well-stocked freezer for September MAD

❖ **20% maximum discount** ❖

**Staff
✓
Picks**



**Mountain Ocean
Skin Trip Lotion**

Meet Misha Engel, our fabulous frozen buyer!



Misha in our Health & Beauty Aids department.

Misha, SCFC staff member for six and a half years, chose *Mountain Ocean Skin Trip Lotion* as her favorite product. She loves its luscious coconut aroma and says that it “absorbs easily into the skin.” Light and non-greasy, it quickly replenishes dry skin, leaving it moist and smooth. *Skin Trip* is made by *Mountain Ocean Ltd.*, a family-owned company established in 1971. All of their products are biodegradable and never tested on animals.

Misha has worked in several departments, but has found her niche as buyer for our frozen foods department. She does extensive research, selecting organic products whenever possible and has made a special effort to support a number of local vendors. She places, receives and stocks out all orders for her section; basically, “the whole enchilada of the frozen department!”

Originally from Georgia, Misha has “lived and loved in Grant County for 26 years! I raised my, now grown, daughter here and taught for 9 years at Guadalupe Montessori School. I love hiking, cooking, listening to music and playing with my Shi-tzu!”



HERMETIC JARS



Now available in the bulk department



Evan says, “Our new bags and jars are an environmentally responsible way to keep your pantry organized!”

ECOBAGS



ECOBAGS Mission

- to “clean up the planet one bag at a time.”

From ECOBAGS: A little background on who we are ... Since 1989, ECOBAGS Products has been a manufacturer and reseller of environmentally-friendly, socially produced goods. We want to make things people want to use, by people who want to make those goods. We have always been a triple bottom line company - planet, passion and profit. We are woman owned, cool, crunchy and, are located a few short blocks from the amazing Hudson River ... just north of NYC.

2 U From Your Board...

Karen Strelko • Jean-Robert Béffort
Jennifer Johnston • Robert Fischhoff
Laurie Anderson • Steve McGarity

Endings and Beginnings

from The Board of Directors

As many of you have read or heard, at the August 16 Board of Directors meeting we made a very difficult decision. We determined that it was in the best long-term interest of the Silver City Food Co-op and its member-owners to close the Market Café at the end of this year. We came to this conclusion via consensus decision per our board policy. Board members are saddened and deeply disappointed that the Market Café did not achieve the sustainable success that we all originally envisioned.

Our judgment primarily relied upon financial statements and performance reports dating back to the Market Café's opening in July of 2015. Our decision-making process included many consultations with the general manager, who regularly provided the board with detailed, informative reports not only on the condition of Market Café, but the Co-op as a whole. You may recall from the April 2, 2017 General Membership Meeting that even then the losses we were incurring at the Market Café were a concern for management and board members alike.

Finally, after two years of continued losses the board decided that it was time to end this experiment. Although the Market Café is losing less money now than it was a year ago, it is still experiencing monthly losses. The Co-op's cash-on-

hand continued to drop through the second quarter of 2017. Ongoing operations at the Market Café could expose the Co-op to further losses and financial risks.

Of course we know that the Market Café, with its outside seating and community meeting space, has offered valuable services to the downtown area. But those services have come at the expense of the Co-op's financial health – a primary consideration as we move forward in these challenging times of unprecedented competition in the organic foods market. Instead we would like the Co-op to focus on improving our store performance and stabilizing the finances of our bedrock enterprise.

We do not believe that closing the Market Café is a step backwards for our Co-op. Rather it gives us the opportunity to carefully evaluate and promote new ideas and new ventures. In fact, the Board is actively seeking member-owner input and participation for new ideas through engagement with our Member Connect committee.

As we plan for a successful and dynamic Co-op future we look forward to greater member-owner participation for a stronger, more robust Co-op. We hope for and genuinely encourage your involvement in our Co-op's future.



Board Meeting Schedule

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

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

Karen Strelko/President
Board Term: 2015-2018
karen@silvercityfoodcoop.coop

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

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

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

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

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

Board of Directors

ACCEPTING BOARD MEMBERS IN TRAINING

3 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 in the community room at the Market Café, from 4:30 to 7:30 pm).

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

CONTACT: Jennifer Johnston, Recruitment, Orientation, and Development chair
Or, any board member

WE LOOK FORWARD TO HEARING FROM YOU!

NOW find it at the Co-op!

SKULLS AND SUCCULENTS

**Matted Art Prints
14.99**

**Yucca Tanks
19.99**



**Women's & Unisex Tees
19.99**

**Mugs
15.99**

Design is something I've been passionate about for nearly three decades!

Beginning in 2008, I began training rigorously in Adobe Photoshop, taking on a large number of courses and an internship to experience this graphic- and photo-editing tool to its full extent. Since then, I have done countless numbers of projects and commissions, and in my free time, I've been creating artwork inspired by my surroundings. I'm a New Mexico native and I love it, from all its fauna and flora, to its amazing sunsets. I'm so proud to call it home.

Bottom line is, I love what I do and that means you will get the best designs my little hands can create.

Keena Wolff



Members Only Specials

October 4 - October 31



Straus
Organic Plain
Whole Milk Yogurt
32 oz
reg \$8.69
SALE \$6.99



Rebbl
Coconut-Milk Elixir
Assorted, 12 oz
reg \$4.29
SALE \$3.49



Woodstock
Organic
Jellied Cranberry Sauce
14 oz
reg \$4.59
SALE \$3.69



Farmer's Market
Organic Pumpkin
15 oz
reg \$2.89
SALE \$2.29



Wholly
Two 9" Gluten-Free
Pie Shells
14.9 oz
reg \$5.99
SALE \$4.79



Better Bean
Bean Dips
Assorted, 15 oz
reg \$4.29
SALE \$3.49



Light Mountain
Hair Color & Conditioner
Assorted, 4 oz
reg \$6.19
SALE \$4.99



Amazing Herbs
Black Seed Oil
8 oz
reg \$32.99
SALE \$26.39