

Silver City Food Co-op Garbanzo Gazette

Volume 19

❖ Your Monthly Newsletter ❖ March 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 Speeds Ahead

February proved quite productive for the Pope Street Project Committee (PSPS). The grant application was completed and sent off, freeing up much of their time. Also, an architect was tentatively decided on, and movement was made in determining a member loan system.

The grant is a long-shot, but it is felt that we have a good shot at it. We will not know until May whether we will receive any benefit from the grant. Mostly it is asking for monetary assistance with our refrigeration costs, our biggest single expense.

Unfortunately, the majority of our current refrigeration systems are too old to be moved and reused successfully. Not only are they becoming very fragile, parts are hard to come by, sometimes needing to use salvaged parts and hoping for the best. Possibly even worse, they are not green as they use banned refrigerants and have released them into the atmosphere on break-downs. Even if we were not relocating, replacing our refrigeration would still be our top priority.

Finding an architect is very critical to moving forward. There are currently good details as to what each department needs/wants. This will be taken by the architect and determined how it will be squeezed into the available space.

Once that is done – then we can get accurate construction and equipment costs. Right now, costs are just estimated and encompass a large range. One of the goals

is to determine what a “bare-bones” move would cost and go from there.

Our donations program raised nearly \$30,000 at press time. Our Co-op thanks each and every Member who has donated! It has allowed us to move forward with making the relocation a reality. While the program is still ongoing and anyone can donate through the registers, on-line and at the donation box, our attention is now turned to developing a member loan program.

There are a lot of questions that the PSPC is contemplating:

- What type of program is best for us? Straight-out loans? Bonds? Preferred shares?

- How much interest should we offer and can we afford? Match current rates? Better than current rates?

- Should we limit the total amount raised and rely on bank loans for the rest?

- Bank loans can be stretched out much longer than the average 5 – 10 years length of the other loan options. Should we just go in that direction and forget member loans?

- What are the upfront costs (lawyers, regulatory bodies, promotion)?

- How do our current buildings play into the financing scenario? Do we sell them? Leverage them? Rent them?

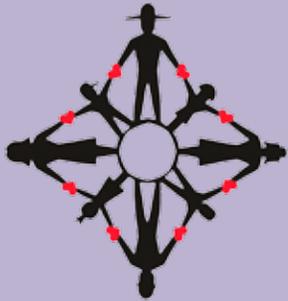
The committee is looking to launch the program in mid-spring.

Joe Z ❖ ❖ ❖

2009 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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Staff Writer: Judith Kenney

Guest Writers: Jane Papin,

Susan Van Auken, Evan Humphrey

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Submissions are welcomed!

Submit letters, articles, or items of interest to:

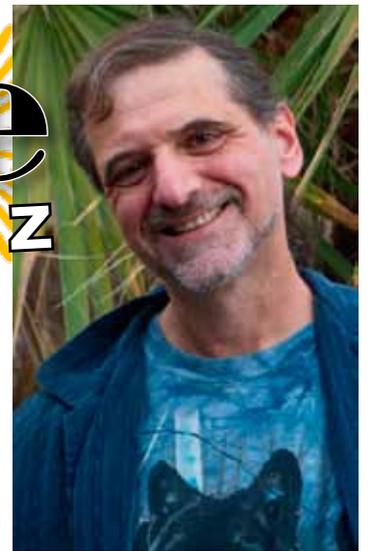
judith@silvercityfoodcoop.coop

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Cup o' JOE

by Joe Z



Let's talk about food again. Every few months I gyrate back to this topic because, well, that's what we are all about and what we all have in common with each other. We all want good foods.

What sparks it for this column is an article in the current issue of Time magazine: doctors are discovering that food and lifestyle can effect healing and health. What a concept. Bet none of you heard about this before.

Just about all us old-timers know about Adelle Davis. Actually she was even a bit before my time. She started writing about food and nutrition in the late 1930's. She hit her stride in the 1950's with best sellers "Let's Cook It Right" (1947), "Let's Have Healthy Children" (1951) and "Let's Eat Right to Keep Fit" (1954).

She is considered by many as the creator of the "health food" movement. Health foods, of course, are just normal foods presented and prepared correctly. Her books are filled with scientific study references of her time that backed up what she was claiming.

Whole grains, vegetables, eating for nutrition, avoidance of sugar and processed foods and using supplements to make up for deficiencies in available diets and products. Many of our New Wave Co-ops that were started in the late 1960's and 1970's subscribed to her knowledge and beliefs about the American diet and how to use foods to gain health.

Personally, I'm only really familiar with her last book "Let's Get Well" (1965). This was a big seller in our Co-ops through the mid-eighties. It was considered the "bible" of natural foods healing at the time.

Many others picked up her crusade, but in those times, at the beginning of the New Wave Co-op movement, not many everyday people followed her advice nor were whole products even readily available. That's part of the reason that this Co-op was started: we couldn't get simple whole wheat flour and other staples anywhere in town.

These Co-ops became the embodiment of the healthy foods movement and they appeared around the country in great numbers. At one point in the eighties, it was estimated that there were over 3,000 healthy food Co-ops across the country. They were small and often more idealistically driven at the expense of wise-business decisions. There are between 300 to 400 Co-ops nowadays with most of them dedicated to healthy foods and encouraging holistic lives.

Organics and naturals are the biggest and fastest growing segment of the food industry today. Big businesses have stepped in and have been buying up the small organic companies because it is easier than starting a line from scratch. Being "gobbled up" is probably more accurate. It is truly amazing how few independent national organic/natural food manufacturers there are anymore.

There are a lot of negatives to that trend, but there are positives too such as it often moves pricing down which allows

more people access to a better product as well as educating and reaching more people with healthy products. Often though, the product loses quality overall as the necessities of large scale require a homogenization of the product across plants and locales as well as cost cutting.

None of our Co-ops have clear answers to the challenges that big businesses have on our food quality and supply. Sure – more local. More of finding the small businesses before they get snatched up but that seems to only last so long. And it often means higher prices because these small businesses just cannot compete on price, so they strive for quality.

This has been very notable in our Bulk Department. Recently, our buyer (Evan) found two small distributors of many of our bulk products that have higher quality. By negotiating with them and by buying in larger quantities, we have been able to keep our prices stable.

But how long will these two companies remain independent? They are both growing. The bigger they get, the more enticing they are to the big multinational corporations. How long can they maintain their high quality?

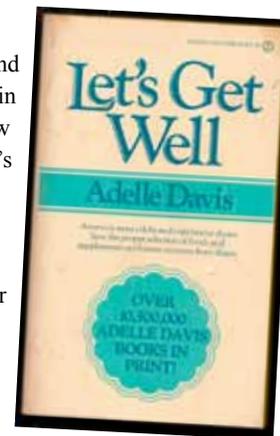
Small companies that sell the quality bulk products that we want are few and far between. Truth is, if these companies do get snatched up – there really isn't any replacement right now. It's not like you can grow nuts and grains in your back yard and sell to the Co-op as you can cabbage.

Our Bulk and our Produce are our premier departments. They are our base of our identity as to what we are all about. It is our intention to increase the scope of both departments in the new store so that it is more plentiful and accessible to more people. That scope is still under analysis.

But as I started out, we all want good food. Most of us believe and experience the health benefits of eating a better diet. One that's right for you. We try to carry foods for all of us especially those with dietary needs and preferences such as gluten free, vegan or paleo.

As I often say – the Co-op does not sell to our Members. Rather, we are the buying agent for our Members based on our commitment to organic/natural foods, fairness to the growers and workers of what we carry with a dedication to a healthier environment, sustainability and our community.

That's a long run-on sentence but it's true in all the words. You want good food. We have good food. Come and get some.



Don't sleep
through it!



It's still MAD! February/March Member Appreciation Days

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

(excludes mark-down items
25% maximum discount)

Become a member and save \$

Silver City Food Co-op Staff

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



Kitchen Meditations

Spring

Homemade Coconut Milk

3 cups raw coconut water (3 young Thai coconuts)
1 cup young Thai coconut meat
2 tablespoons melted virgin coconut oil (optional)
1 teaspoon natural vanilla extract (optional)
3-6 pitted dates (or 3 tablespoons pure maple syrup or other sweetener, optional)
Pinch of Celtic sea salt
Instructions:

Crack open the young Thai coconuts.

Empty the coconut water and strain it using a fine mesh strainer. Scoop out the coconut meat from the coconuts, and cut the brown husk off the meat to clean it. Set aside 1 cup of coconut meat and 3 cups of coconut water. (You can freeze any remaining coconut water and coconut meat in separate containers for use later.)

Place the coconut meat, coconut water, salt, coconut oil, vanilla, and sweetener into your blender, and whiz on high for 30 to 60 seconds, until smooth and creamy.

Transfer the milk to a sealed container in the fridge for about 3 hours to thicken. (Thickened, it will have a consistency similar to full-fat canned coconut milk.) The milk will keep in the fridge for about 3 days.

Open-Face Grilled Jarlsberg Cheese Sandwich

Good bread and Jarlsberg cheese are all you'll need for a great sandwich, but slices of tomato or pear are added in this recipe for a truly delicious result. Feel free to adjust ingredient amounts given below to suit your taste!

Ingredients:

2 slices of your favorite bread
2 tsp. softened butter
2-4 slices ripe tomato or pear
Sliced Jarlsberg cheese
Sliced ham or turkey (optional)

Preheat oven to 450°. Spread one side of each slice of bread with softened butter. If you're having ham or turkey, lay it on your bread now. Put tomato or pear slices on top of that and, then, cover with thick slices of cheese. Place sandwiches on a sheet pan and bake until cheese is melted and golden around edges, 6-8 minutes.

Health Nuggets **This Is It!**

Days are noticeably longer and, most of the time, temperatures are rising. It's spring, a good time to get outside. Take more walks or start jogging. Just get outside. It's as simple as grabbing a lawn chair or a blanket and finding a spot in nature, which might even be your own backyard or balcony. You don't need to be 100% active all the time. In fact, an outdoor setting can provide a relaxed opportunity to be present with people that you care about or just yourself. It's also important to get a small amount of unprotected sun exposure. Ten minutes will do the trick, as long as it's not too hot, and don't forget to stay hydrated with plain, fresh water.

The Frugal Co-op Chef **Daily Dal**

This is a very basic dal recipe. Spices can be changed around to your liking, curry spice blends work well too. Vegetables can be added, be creative and have fun! When its thick and at room temp its even good on a salad!

1 cup dry yellow split mung beans
2 tablespoons ghee or coconut oil
2 teaspoons cumin seeds
2 Tablespoons minced fresh ginger
1 teaspoon black mustard seeds
1 teaspoon turmeric
salt and black pepper or a pinch of cayenne
fresh cilantro



1. The night before cooking, rinse the dal well and let it soak over night. The soaking water can be changed several time if easy. When you are ready to cook it, rinse well and place in a pot that will easily hold 6 cups of filtered water. It will take at least an hour or more to cook and become wonderfully creamy and porridge like. Simmer and lightly cover, just a crack for steam to escape. Good chance you may be adding more water so keep an eye on it, stirring towards the end to prevent sticking.
2. Melt the oil in a small skillet over low heat. Add the cumin, ginger and mustard seeds. Saute', stirring frequently, until the spices become fragrant and the mustard seeds dance, just a minute or two. Add to the simmering dal when the dal has finished cooking.
3. Stir in the turmeric, salt and pepper and simmer for a few more minutes for the flavors to blend. Just before serving, stir in chopped cilantro. A dollop of plain yoghurt is yummy too.

See article by Jane Papin about yellow split mung beans on page 4.

Jake's March Produce Picks

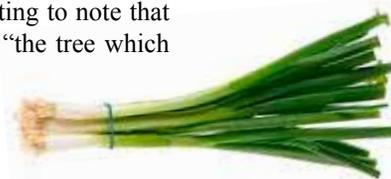
Young Thai Coconuts

Coconuts, in recent years, have become a very hot and versatile food commodity and are used in everything from our daily cuisine to beauty products. Coconuts are nutritious, rich in fiber, and loaded with essential vitamins and minerals. Fresh coconuts can be consumed either young or mature. The mature is the more familiar to us, with brown hair on the shell and drier, firmer meat. Young coconuts contain more water and a soft, gel-like meat. The water of the young coconut is one of the highest sources of electrolytes, which are responsible for keeping the body hydrated for proper functioning of our muscles and nerves. Both the flesh and water contain a full range of B vitamins and are high in minerals, particularly calcium, magnesium and potassium.

Fascinatingly, the water of young coconuts is completely sterile and so close to the structure of human blood that it can be transfused directly. It is also interesting to note that the name for the coconut tree in Sanskrit is "kalpa vriksha," meaning "the tree which provides all the necessities of life."



Rich tasting and refreshing young Thai coconuts contain healthy fats and plenty of B vitamins. Their balanced potassium and sodium levels may help keep blood pressure normal.



Green Onions

Also known as scallions, green onions are actually the young shoots of onion bulbs and are known for their milder taste. They have a small, partially developed white bulb end with long green stalks. Low in calories and fat, this vegetable contains a variety of nutritional benefits, including healthy macronutrients and vitamins. A relative of garlic, leeks, chives and shallots, green onions can be eaten cooked or raw as an ingredient in salads, salsas, soups, curries and stir-fries. They add flavor and crunch to food and, with the exception of the roots, are entirely edible. In India, green onions are eaten raw, chopped as an appetizer. Cooks in the United Kingdom add them chopped to mashed potatoes and potato salad and, in the southern Philippines, they are ground in a mortar along with ginger and chili pepper to make a native condiment called wet palapa. Green onions instantly enhance almost any food as the ultimate finishing touch for your dish.



SCFC's newest staff member, Tuan, investigates our first-rate cheese department. There it is! The Jarlsberg cheese!!

Becky's March Dairy Pick

Jarlsberg Cheese

Norway is acclaimed for its breathtaking fjords and long narrow inlets carved by glacial activity into which the sea flows between steep cliffs. However, it is also famed for its cheese, Jarlsberg to be exact. First produced from 1815 to 1823 at the Jarlsberg Manor near the famous Oslo Fjord, it owes its smooth texture and delightful flavor to the rich consistency of the milk provided by Norway's dairy herds. World famous, Norway's mellow, golden-yellow Jarlsberg cheese possesses a characteristic nutty taste and attractive appearance with variously-sized round holes. It is a versatile favorite of many people and makes a fantastic table cheese that also works well in a variety of sandwiches and cooked dishes. Jarlsberg is similar to Swiss Emmental, but with a sweeter and nuttier flavor.

CO-OP Community

Co-op Community Donations

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

The Food Pantry

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 • Frances Trotta • Alexa Davis • Deb James
catherine bialopiotrowicz • Laurel Johnson • Judy Menefee
Logan Campbell • Bart Hiatt • Jane Papin • Tim Garner
Susan Van Auken • Pantha Huff • Vicki Gadberry
Karen Nakakihara • Jennifer Lamborn



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

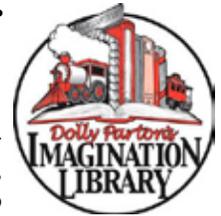
The Silver City Food Co-op invites you to "Round Up." This means as a customer you can round up the balance of your total purchase to the nearest dollar, thereby donating that amount to a local non-profit. Donation recipients change every month. Information can be obtained at the cash registers when 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 March

January Round Up \$1385.35!

Round Up for April

Imagination Library of Grant County



As a local chapter of Dolly Parton's Imagination Library our two primary tasks are to (1) register babies, infants and toddlers who are under the age of five to receive a free, age-appropriate book mailed to their homes, and (2) raise the funds to pay for the books and their mailing costs. Our mission is to promote literacy for all Grant County preschool children by delivering books to their homes monthly and support the expansion of Dolly Parton's Imagination Library throughout the state of New Mexico. It is our vision that all children in Grant County will arrive at kindergarten's door ready and able to succeed.

Life's a Variety Show, Inc.

I would like very much to thank everyone at the Co-op and Customers for the very generous Round-Up donations we received supporting Life's a Variety Show, Inc. in January. The gift will be used for upcoming promotion of the next Silver City Grant Co Has Talent Show, auditions, and some production expenses as well as our 'Angel Tickets' promotion. This last August we began a program known as "Angel Tickets" which are sponsored tickets given out for free to low income, special needs, and at-risk youth & their entire families for the Friday night show. This past year we gave over 650 Angel Tickets out through the counselors of every school from Cliff, Silver City & out to the Mimbres Valley to Hurley. It was a very successful program with many families represented throughout our diverse community attending and with the Round-Up donation, we are off to a great start providing Angel Tickets for the upcoming Silver City Grant Co Has Talent Show, August 23 & 24, 2019. On behalf of our Board of Directors and myself, Thank You, everyone, so very much for the extraordinary financial support & choosing Life's A Variety Show, Inc. nonprofit organization as a recipient of the wondrous Round-Up program. Gratefully yours,

Ward A. Rudick

Executive Director Life's A Variety Show, Inc.

PFLAG Silver City

In April, Co-op customers will be able to donate to PFLAG, Parents and Friends of Lesbian and Gays. PFLAG is the extended family of the LGBTQ community. Their mission is to build on a foundation of loving families united with LGBTQ people and allies who support one another, and to educate themselves and those in the community to speak up as advocates until all hearts and minds respect, value and affirm LGBTQ people



PFLAG | SILVER CITY

Support, Education, Advocacy

What Makes a Co-op?

Co-operative Values

Equality - Every person is worthwhile in his/her own right and has the right to have his/her life, dignity and abilities respected and valued equally.

Equity - Each person should be treated fairly and have access to all that is necessary to live a meaningful and productive life.

Mutual Self-help - People are interdependent and benefit from joining their individual efforts with others to achieve their aspirations and improve their lives.

Self-responsibility - Each of us is responsible for our own actions and the impact of those actions upon others and ourselves. Groups are also responsible for the impact of their actions on individuals, other groups and society in general.

Democracy - The human spirit is liberated, by democratic processes and structures, through which control is shared, and each person shares in the ability to influence decisions. Every person has the right to have a say and influence all decisions that affect their lives.

The value of democracy is not limited to the actions of the state but extends to all decisions that have an impact on the lives of people.

Solidarity - Shared, coordinated action between individuals and groups is the best way to create a society and economy characterized by equity, equality and mutual self-help. After participating in an open democratic process to determine a position or course of action members support it. Solidarity limits our individual freedom, only to the extent required by a real respect for the dignity of others being equal to our own.

Personal Ethical Values for Co-operators

These are values that are logical extensions of the co-operative values. Without seeking to live by these values, co-operators would not be able to nurture strong co-operatives.

Honesty - Reliable honest dealings with members, customers, suppliers and the community rest on an appreciation for the dignity of people and are a key foundation of trust.

Openness - Honesty reaches full meaning only with the open disclosure of information about products and services, the way they are organized and presented and the operations and governance of the business. Openness is also the foundation of equitable access to participation.

Social Responsibility - The interdependence of people and recognition of their dignity leads to a realization that individual and group action has profound effects on individuals, groups and their relationships.

Caring for Others - Caring implies not just charity but active concern about how to act and create structures so as to enable others to realize their potential and live full and satisfying lives.



General Membership Meeting and Picnic

This year our General Member Meeting and Member Picnic will be held at the proposed site of our new store. We hope you will plan on attending and hear about all the exciting news. We will have tours of the new building and discuss SCFC developing plans.

Hope to see you there!

Sunday, May 5th, 2019
907 North Pope Street, Silver City

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!**



Chocolate **Fantastic** Fantasia



Chocolate Fantasia is a deliciously fun way to spend a day with people that you care about. Strolling together through Silver City's historic district, sampling gourmet chocolates, and visiting with other people enjoying the day has become a time-honored tradition in our town.

A project of the Mimbres Regional Arts Council, this event is a fundraiser for several youth outreach programs, such as the Youth Mural Program and Arte Para Todos. These are free to children. Participants in this chocolate extravaganza can feel good knowing that proceeds from this event will help ensure that MRAC can continue to reach the children of our area.

In keeping with the theme of this year's event, A Children's Storybook Fantasia, a number of our staff had a fantastic time creating and setting up decorations for their Winnie the Pooh décor.



Volunteers Vicki (not pictured), Pantha and Karen passed out almost 500 "beehive" truffles at the 2019 Chocolate Fantasia event.



We'd like to thank Elysha, Annabella, Jeanné, Allie and Judith for their creative and enthusiastic contributions to the project. It couldn't have happened without you!

Calling for Guest Writers!

Do you love your Co-op? Do you want to help get the word out about the issues concerning our Co-op? We would love your help writing articles for the Garbanzo Gazette!

Three hours earns a 15% Volunteer Discount

Members, if interested please email judith@silvercityfoodcoop.coop or call Judith at the Co-op 388.2343





BULK Weigh-in



The Deliciousness of Split Yellow Mung Beans

by Jane Papin

Mung beans, or what are known in India as Dal, were first domesticated in India in 1500 BC. They are the main ingredient in Kitchari, the primary Ayurvedic superfood used to nourish and cleanse the body. Kitchari, pronounced Kich-ah-ree, has long been used to nourish babies and the elderly, the sick and healthy during special times of detox and cleansing. Split Yellow Mung Beans are used in cleansing programs because of their easy digestibility. They are considered anti-gas and very easy on the body. They must be soaked overnight before cooking and that water thrown away.

Traditionally, Kitchari and Mung Dal, both made from split yellow mung beans, originated from Ayurveda, the holistic system of medicine of India. Ayurveda is a Sanskrit term meaning "Science of Life" and dates back more than 5000 years.

The Split Mung are highly nutritious and packed with minerals, a powerful antioxidant with properties to support heart health. It also supports healthy blood sugar levels and soothes and supports the health of the mucus membrane of the intestinal track, as a pre-biotic food for our micro-biology. Split Mung also support healthy and easy weight loss and cravings by increasing the "I am full" hormone, Cholecystokinin.

Kitchari is a valuable addition to a cleansing diet. By eating this delicious, easy to digest porridge-like soup, the body can relax and kept comfortable and happy during all the repair work going on. Blood sugar is kept even.

In traditional Kitchari, you would cook organic long grain white rice with the soaked beans. I would soak the rice, also. All of this is very digestible. This combination has a very low glycemic load. You can use salt and spices during the cleanse, just no oil. Even a few days of this Kitchari, three or four times a day is so restful for our bodies, a bit of a reset. Vegetables may be added for interest if you like.

There is sometimes confusion on Yellow Split Mung and Yellow Split Peas. The Split Mung are just Mung Beans that have had their green husks rolled off and then split. They need to be soaked overnight and cooked for an hour to an hour and a half. The Yellow Split Peas are field peas grown specifically for drying, they don't need to be soaked, and they cook quickly. Both beans become deliciously creamy when well cooked.

A favorite resource on the internet is Dr. John Douillard's Life Spa where he shares a wealth of information and inspiration.

Enjoy your delicious dal, a true comfort food! A recipe for daily dal is on page 4.

BEST BY DATES ON BULK REPACKS!

by Evan Humphrey

As of late last year, I have put a flat two month shelf life on ALL bulk repacks. This includes dried fruit, energy chunks, chocolates, sesame sticks, specialty nuts, instant mixes, and more. Once the product goes past the best by date it will be put on 30% off clearance and available on the markdown cart by the register. If you encounter a bulk re-pack that is past its *best by* date, please let us know!

On the bottom left is the *packed on* date, and on the bottom right is the *best by* date. This date obviously doesn't reflect the time it took for the product to get from the farm to the shelf, including storage and transit. However, you can be confident that you are purchasing the freshest possible product that I can provide, and never paying full price for something that's been sitting around on our shelves. Products that consistently get marked down will be discontinued!



From Hummingbird Wholesale:

- Durum Wheat
- Split Yellow Mung Beans

Durum Wheat – Make Your Own Pasta!

Homemade pasta often tastes better, cooks faster, and is very cost effective compared to ready-made pasta.

"Durum - from the Latin word for hard - is one of the hardest of all the wheats. Its density, combined with high protein makes durum the choice wheat for making premium pasta products. Durum kernels are larger than most other wheats and are amber and yellow in color, which gives pasta its golden hue." ~ Hummingbird Wholesale



BULK Weigh-in

BULK Weigh-in

BULK Weigh-in

BULK Weigh-in

HABA Department

NEWS

Essential Oils for Spring Revitalization



HABA buyers, Tinisha and Allie, showing off our selection of essential oils.

Spring is almost here! After a chilly winter, we are ready to emerge to the unfolding spring! The days are growing longer and often our lives pick up in their busyness. Health and Beauty Department buyers Tinisha Rodriguez and Allie Iacocca suggest some essential oils for relaxation, rejuvenation, and beauty for this time of year.

BERGAMOT

Bergamot, which is derived from the rind of an Italian citrus, is known for its uplifting, awakening, and confidence-building qualities. Bergamot is described as having a citrusy, fresh, and a slightly floral scent. Bergamot may be used as perfume, a room spray, or diffuser. *Due to its derivation as a citrus rind, it is important to dilute bergamot oil before applying directly to the skin. Citrus essential oils also make the skin photosensitive so are best avoided before direct sun exposure.

YLANG YLANG

Ylang Ylang is a powerfully floral and jasmine-like flower which is sometimes called “the flower of all flowers.” Ylang ylang comes from the Tagalog word “ilang” meaning wilderness or “ilang-ilan” meaning rare. Ylang Ylang is known for its euphoric and sensual nature, which is thought to be relaxing and balancing to the nervous system. Ylang Ylang can be used as a perfume, in the bath, and in skin care.

Tinisha likes to use ylang ylang essential oil in her oil diffuser.

GERANIUM

Geranium essential oil is derived from the flowers and leaves of the perennial geranium shrub (Pelargonium). Geranium essential oil is said to be uplifting, balancing, and supportive in alleviating anxiety. The geranium plant is originally from South Africa but is now grown in many places across the globe. Today, Egypt is the country that grows the greatest yield of geranium plants and is the origin of the geranium oil that we carry at the Co-op.

*Check out our new EO geranium deodorant and pure Aura Cacia essential oil!

SANDALWOOD

Sandalwood essential oil is derived from a fragrant wood from the East Indian Sandalwood tree Santalum album. Sandalwood has been used by Buddhist monks for alertness in meditation and other religious and spiritual practices. Sandalwood is also thought to aid in centering oneself, managing stress and anxiety, helping with digestive issues, and for sensuality.

Allie enjoys Aura Cacia’s chakra roll-ons Sacred Sensual and Insightful Third Eye which both contain sandalwood. We also offer Aura Cacia sandalwood essential oil diluted with jojoba oil.

The Flavor of Food

By Susan Van Auken

Just the thought of biting into a ripe red strawberry or a baked potato with freshly snipped chives, a juicy tangerine or a biscuit drizzled with pure maple syrup can make your mouth water. Thinking about a strawberry granola bar or sour-cream-and-chive potato chips, hot tangerine tea or a maple-flavored cookie can also tickle your taste buds because these products have been “flavored” to taste like the real fruits, vegetables, or sweeteners that inspired them.

When we generally stopped growing our own food at home, relying more on industrially processed and packaged products, the food scientists learned that because many foods lose their flavor when dried, milled, juiced, or cooked, the same full flavor fresh foods provided was required for a satisfactory sensory experience. A little extra salt and sugar helped, but not enough. To fill the gap, additives and flavoring became an industry in itself.

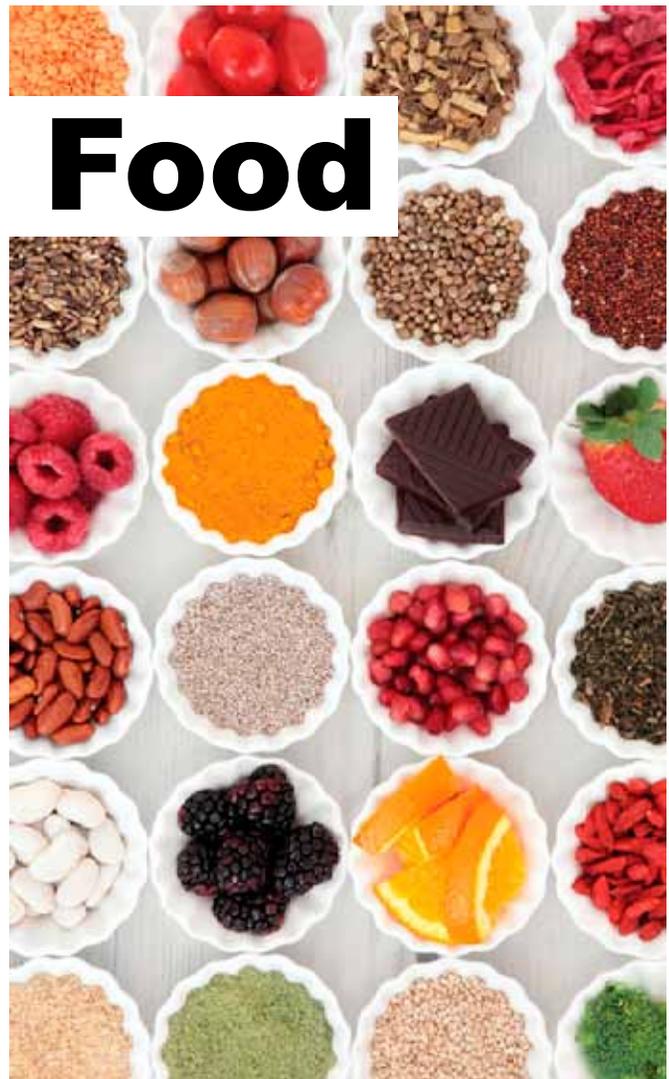
The first “flavor” was created in the late 19th century, an artificial vanilla flavor, since vanilla was well loved but quite expensive. The “flavor industry” did not really begin to grow until the early 1950s, but within a couple of decades, flavorings began showing up in many foods.

The difference between “natural flavors” and “artificial flavors,” now often made by the same company, might surprise you. The chemical components are the same – which they must be in order to make the taste buds and brain register that flavor as, say, a strawberry or an apple – but those in natural flavors must be extracted from a natural source while those in artificial flavors are synthesized. This does not mean that the chemicals to make a natural strawberry flavor must come from a strawberry, just from a natural source (see FDA definition below*).

There are debates about whether natural flavors are better than artificial flavors and one might question the addition of either to food. Although the co-op does not carry products with artificial flavors and focuses on purchasing products without natural flavors, minute amounts are often incorporated into processed food, which creates a dilemma for our buyers.

I read many, many articles regarding natural and artificial flavors, and tried my best to provide an accurate brief summary of important points. If you want more information, it is certainly out there online and elsewhere. Of course, the way to know what you are eating is to read the labels on the products; and if you want real flavors, simply eat real whole food, and enjoy!

**FDA CFR (Code of Federal Regulations) Definition of “Natural Flavors”: The term natural flavor or natural flavoring means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products*



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)

The Third Month of the Year

The name of March come from Latin Martius, the first month of the earliest Roman calendar. It was named for Mars, the Roman god of war who was also regarded as a guardian of agriculture through his sons, Romulus and Remus. His month, Martius, was the beginning of the season for both farming and warfare and festivals held in his honor during the month of March were mirrored by more in October, when the season for these activities came to a close. Martius remained the first month of the year, perhaps as late as 153 BC, and several religious observances in the first half of the month were originally new year's celebrations. Even in late antiquity, Roman mosaics depicting the months often placed March first.



Korner

NAME: _____ AGE: _____



Organic Farms Are Slowing Climate Change

By: Co+op, stronger together

Good news for food co-op and farmers market fans—buying that fresh, organic food you love has been identified as an excellent (and delicious) way that you can help slow global warming—how cool is that?

Environmental benefit has always been on the list of reasons to buy organically grown food, and now emerging climate science has identified that the soil-building practices used on organic farms are very effective at slowing climate change. Hold onto your stats, because the research we are going to share with you here is inspiring!

New to organic? See our website:
www.silvercityfoodcoop.coop

For many years, the main story shared about organic farming has focused on how organic certification avoids the use of synthetic pesticides, fertilizers and GMOs. But organic agriculture is so much more than that—it is a system of farming that is environmentally constructive. Nowhere is this more apparent than in the rich, healthy soil of an organic farm.

A side by side study conducted by the Rodale Institute comparing organic corn and soybean production with conventional methods has shown that after thirty years of research, soil health on organic farms increases over time, while soil on a conventional farm remains unchanged at best. The Organic Center also found that compared to conventional farms, the average organic farm's soil has 44% higher levels of humic acid, which is found in humus, the part of soil made up of composted plants and manure. It's not accidental—certified organic farmers are required to build soil health by applying compost, planting cover crops and practicing crop rotation, among other methods.

But why does soil health matter when it comes to climate change? Climate scientists have identified that in order to slow or reverse global warming, we must find ways of more efficiently drawing carbon dioxide out of our atmosphere while also reducing and minimizing carbon emissions of all kinds. Organic farms do both! It just so happens that humic acid increases soil's ability to hold (or sequester) carbon pulled out of the atmosphere through photosynthesis by plants. Building soil health greatly improves soil's ability to draw down carbon from the atmosphere.

That's not all, though—not by a country mile. That same study by Rodale demonstrates that even long term, organic yields match conventional yields, with potential for higher profits for the farmer, mostly because organic farming uses 45% less energy. Most of that energy savings happens because organic farmers do not use synthetic nitrogen fertilizers, which require an enormous amount of energy to manufacture, transport and apply. Less energy use is good for the environment and



One of our organic suppliers, Molli and Francisco Quintana of Eden's Gardens

the farmer's pocketbook, but using less nitrogen fertilizer in particular has enormous benefits for the climate.

According to Project Drawdown, excess synthetic nitrogen fertilizer chemically destroys organic matter (that valuable carbon sponge), reducing soil's ability to hold carbon. Worse, naturally occurring soil bacteria convert nitrogen fertilizer into nitrous oxide, a powerful greenhouse gas nearly 300 times more potent than carbon dioxide. Organic farms don't use synthetic nitrogen fertilizers by law—instead, they plant nitrogen producing cover crops like hairy vetch and clover and apply properly composted animal manures. According to the Rodale study, conventional farms may emit nearly 40% more greenhouse gases per pound of crop than organic farms, with the bulk of that being nitrous oxide.

From Organic to Regenerative: The Future of Farms and Food

While more research is needed, we are excited to share this great news about the potential benefits of organic farming and its role in helping to mitigate climate change. As we continue to see climate change impact our environment, we are confident that solutions like organic farming will continue to gain momentum. You can find delicious, nutritious organic food at food co-ops across the country—what a tasty way to make a difference!



2 U From Your Board . . .

Everyone Has a Co-op Story. Does Yours Include a Desire to Contribute with Leadership?

"No other role in my life has taught me more about leadership. I work with an incredibly talented, dedicated, and surprisingly selfless group of people every week. I am amazed at what we have accomplished together these last few years. Sometimes board work keeps me up at night. Both working on it and worrying about it! However, I believe the goals we achieve together will all be worth it." Jennifer Johnson, President, SCFC Board of Directors

By Scott Zager

Our co-op is preparing for spring elections where the membership recruits candidates for the SCFC Board of Directors to be voted upon this upcoming April 6th through the 19th, 2019. As I begin to write this article, it is my hope that several members will throw their hats in the ring and submit their Candidate Statements by March 3rd. I truly desire a broad choice of candidates with leadership experiences of different types, who will express their various views, opinions and strategies for the future. I wish that all the membership to be engaged and participate in this democratic process. I want members to have choice, but all candidates should be equally committed to selfless service toward the greater good. Each candidate should offer their unique set of leadership skills. Yet, it is my belief that every candidate should also be dedicated to "The Five Cs": commitment, communication, collaboration, compromise and courtesy. I think the current board members, volunteers and staff share these common values. Each has their own story of how they live their personal values through participation in our food cooperative. I would like to share with you my co-op story and the reasons why I participate.

I began my service to the co-op last March when I volunteered for the Member Connect Committee (MC). MC is comprised of both SCFC board members and other members who are tasked with the responsibility of engaging with the general membership. The MC committee promotes our elections and helps organizes the General Membership Meeting and Picnic, which will be held this year on May 5th at the new Pope Street Building. I helped MC last year by organizing data about local vendors and suppliers to the co-op. I contacted each of the 36 producers by email, letter or telephone to personally invite them to the picnic and talk about their products to the members. In the days up to the GMM picnic, I helped Mike Madigan, the Assistant Manager, collect tables and chairs; and then hauled them to the picnic. I then set them and then took them down and afterwards returned them to their

various locations. I was part of a team, including several staff, who helped on the GMM picnic.

Later in July, I became a BIT member to the Board of Directors. BIT stands for "Board-member In Training". Shortly thereafter, I was appointed to fill out a vacancy and became a voting member of the SCFC Board. One of my duties as a new board member was to continue my service to MC, along with three other board members, a staff member and one volunteer. Every fall season, MC helps distribute member donations from the Round-Up program, where customers are given the option to give their change at the cash register to various, worth-while causes. In past years, SCFC customers have given up to \$20 thousand annually through Round-Up. MC works with management to establish the criteria for selecting applicants for donations. Joe, our general manager, was very helpful in setting up the application process online using SCFC's website. For 2019, the MC had the difficult task of choosing only 12 of the 26 applicants. In the end, I am very proud of the fact that I helped MC pick Round-Up recipient organizations that assist hungry people, expectant mothers, abuse victims, and helpless animals. Round-Up will also give to the theater arts, environmental groups, reading programs and schools. One organization will provide yoga exercise and mindfulness training to over 300 elementary kids. Another recipient group encourages young girls to become scientists, engineers and medical professionals. Round-Up donations are a perfect example of a program where customers, member volunteers, board directors and co-op management all work together toward improving our community! As a SCFC board member, I am proud to be part of that contribution.

Volunteering for the co-op is fun; however, as a board member, I am first and foremost responsible for monitoring and assessing the status of the food cooperative and keeping SCFC in good financial health. My fellow board members and I have a fiduciary responsibility to SCFC, its members, staff, vendors and the community at large... precisely in that order.

I have a hard time pronouncing fiduciary and without spell check in my word processor, I would have an even harder time spelling the word correctly. Here is a working definition:

Fiduciary relationships often concern money, but the word fiduciary does not, in and of itself, suggest financial matters. Rather, fiduciary applies to any situation in which one person justifiably places confidence and trust in someone else and seeks that person's help or advice in some matter. The attorney client relationship is a fiduciary one, for example, because the client trusts the attorney to act in the best interest of the client at all times. Fiduciary can also be used as a noun for the person who acts in a fiduciary capacity, and fiducially or fiducially can be called upon if you are in need of an adverb. The words are all faithful to their origin: Latin *fidere*, which means "to trust."

The word "trust" is what it is all about. I am painfully aware that I have been appointed by my fellow board members and not elected. Each of my fellows have placed a trust in me and by extension, the Co-op members themselves have their trust in me. I take that very seriously. This trust has been emphasized in every conversation that I have had with past board members, current SCFC members, employees (both past and present) and others who feel that SCFC is of vital importance to the greater Silver City Community.

At present, the SCFC Board has only six directors, one position is unfilled. I would like more members who have a deep commitment to our food cooperative step up and volunteer to serve on the board. And not just one person, but several who believe their unique story and skill set would be valuable contributions. I think it important to have a diversity of ideas, backgrounds and philosophies, who are still capable of hearing and collaborating well with others. I trust that an active and engaged membership will fulfill their responsibility to learn about the candidates and vote for the best future possible.





Jennifer Johnston
President



Jean-Robert Béffort
Vice-President



Shanti Ceane
Secretary



Laurie Anderson
Treasurer



Julianna Flynn



Scott Zager



Co-op Election Dates To Remember

Hey Co-op Members...

Consider Running for the Board of Directors.

The SCFC Board of Directors is vital part of our member-owned food cooperative. Our co-op needs dedicated, thoughtful, collaborative candidates to run for the board.

If you are interested, please keep the following 2019 dates in mind:

March 3 – Deadline for submitting Candidate Statements

March 20 - Meet the Candidates at the March Board Meeting, Wednesday, 5:30 pm

April 1 – Candidate Statements posted in store and on-line

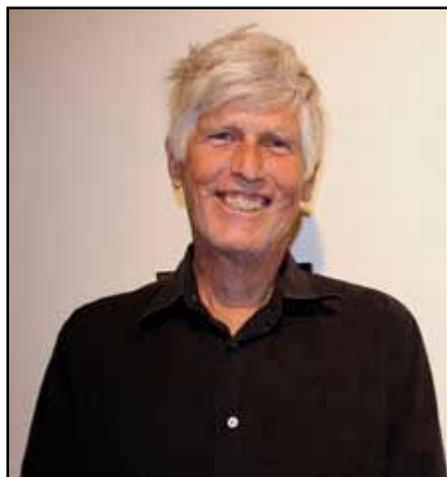
April 6-19 – Open Voting for SCFC Members

May 5 – New Board Members introduced at General Membership Meeting.

Remember Candidates must be members for 90 days before election ends (January 18th)

Herbie Marsden *May 1, 1944 to February 4, 2019*

Herbie Marsden, a founding member of the Silver City Food Co-op and the first dues-paying member, passed away in February at his home. He was an engaged, enthusiastic and intelligent person in our community and will be missed by many.



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



March

Members Only Specials

February 27 - March 26

20% OFF! listed prices



Bulk
Split Yellow
Mung Beans
reg \$3.19 lb.



Food for Life
Flax Bread
24 oz
reg \$8.49



Saffron Road
Lentil Chips
4 oz
reg \$4.19



Crystal
Body
Deodorant Stick
1.5 oz
reg \$2.39



Mountain Valley
Spring Water
1 L
reg \$2.69



Quantum
Elder Zinc Lozenges
roll of 14 ct.
reg \$2.99



Bulk
Durum Wheat
reg \$2.29 lb.



Van's
Waffles
Assorted, 9 oz
reg \$3.39



Alaffia
Shea Butter
Unscented, 2 oz
reg \$8.99



Alaffia
Lavender
Body Wash
32 oz
reg \$10.99



Alaffia
Unscented
Body Wash
32 oz
reg \$10.99



caboo
Bamboo & Sugarcane
Paper Towels
103 Sq. Feet
reg \$5.39



Fit Organic
Produce Wash
12 oz
reg \$5.69



**Moses
brand
Ranchos de Albuquerque
Honey**

Moses
Honey
48 oz
reg \$21.89

Moses
Honey
18 oz
reg \$9.39



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

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