

the Garbanzo Gazette



a monthly newsletter of the Silver City Food Co-op

Does Our Co-op Have the Financial Readiness for Expansion?

By Susan Van Auken with Lynno Aldin

I have written many articles about our 614 project to keep members informed. The topic today has captured the interest of many of you, and until now, I have said little about it. This month I will share a few details concerning our co-op's financial readiness for expansion.

Sales per square foot. Currently our co-op makes very good use of retail space. We sell just under \$1700 per year per square foot. According to an industry standard, a co-op with sales of \$800 per year per square foot of retail space might be ready for expansion. Our high sales indicate both hard working staff and gracious customers willing to share our small space.

Profit. Our profit margin has been flat the past many years. Though sales have increased, so have expenses. Recently we have invested potential profits in staff wage increases, MAD discounts, and infrastructure improvements. Several consecutive years of weak profits may indicate a lack of readiness to expand.

Debt-to-equity ratio. This ratio provides a useful measurement of financial health. Because we have a lot of equity in our

current buildings and we have a very small debt burden, our debt-to-equity ratio is 0.28. This reflects a healthy organization with borrowing potential.

Our buildings. Our two current buildings are well maintained and have substantial value. While we decide how we want to move forward in the future, we must continue to maintain these assets. In the near future, our buildings will need improvements, which will require investment and perhaps loans.

Loan potential. Based on our current financials, two local banks indicate the co-op can afford monthly mortgage payments of \$3,300-\$4,000. With a twenty-year loan, this would provide the co-op with borrowing potential of approximately \$450,000 to \$475,000.

Clearly these five points only paint a partial picture. As you ponder this information, remember the co-op is a sound business and the task of the board is to decide how to stay sound while also meeting member needs in the future. I hope this provides some food for thought. ✨

All is Well - The Beauty of a Co-op from the Board

In the February *Garbanzo Gazette* (GG), did you read the article "Eight Months of 614—A Review" and the Community Outreach Report on the "614 Project"? Perhaps you noticed that each article was taking a different view of 614. The board thought it would be good to clarify the differences.

Working in a cooperative provides both beauty and, at times, something akin to chaos. We are not a hierarchical organization. We have 2,000 member-owners, six directors, 38 staff members, and one general manager. We all have our responsibilities to make the co-op function well. And we always hope we are moving forward together on the same path.

The board's role focuses on the future. We look at the 614 project through the lens of trying to determine the feasibility of future expansion and if 614 would be a place for the co-op in the future. All year, we have consulted members, staff, outside experts, and banks in order to make a decision regarding the co-op's future. The board must act in a thorough and deliberative manner.

The staff's role focuses on the present and the near future. They run the co-op store, respond regularly to input from members, and deal with the challenges of daily operation. To do this, the staff must act in a quick and nimble way.

The articles in last month's GG, and perhaps this month's GG too, indicate this difference. The directors concentrate on decisions for the future, looking at the bigger picture and the financial and internal readiness for any kind of expansion. Staff members are moving forward, thinking and planning for ways to make the 614 project financially stable.

No decision about the co-op's future use of the building at 614 Bullard St. has been made yet. We have a lease through April. The board is reviewing all the information gathered and considering the impacts of different decisions. The staff is working on a business plan for 614 if we decide to continue renting this building. All is working as it should. All is well.



In Memoriam

Meadow Clark, beloved friend, wife, mother, midwife, mediator, board member, long time co-op member and former co-op staff, passed on Monday, February 16, 2015 in Silver City. Her gentleness will be dearly missed.

In Meadow's own words:

I believe in transparent government and equality. Co-op members are the backbone of the co-op and the co-op is only as strong and vibrant as its members and your willingness to participate in a democratic process. Members, staff, management and the board are the team that makes the co-op work. Each spoke of this wheel for success is equally as important as any of the other spokes. Power with and not power over.



Two funds set up for Meadow:
<https://fundly.com/meadow-clark-s-final-expenses>
 Washington Federal Bank:
 Memorial Fund for Meadow Clark c/o John Crow

Conversations with the Board

Come for conversation with members of the Silver City Food Co-op's Board of Directors

Tuesday, April 7th
 5:30 to 7:00 pm,
 Little Toad Creek Brewery and Distillery
 200 N. Bullard St., at Broadway

Refreshments provided
 until we hit our \$75 bar tab,
 so come early!

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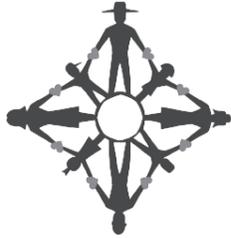
From Your Board . . .

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Ayurvedic Approaches
To Heart Disease
The Fifth Annual
Home & Garden Expo

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

Ends Statement

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

Seven Cooperative Principles

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

Staff

Judith Kenney
Bob Lee
Carolyn Smith
Dougan Hales
Jake Sipko
Kate Stansberger
Carol Ann Young
Margarita Courney
Jeanné Miller
Becky Carr
Vicki Gadberry
Jess DeMoss
Meggie Dexter
Misha Engel
Dan Jameson
Jenny Morgan
Doug Smith
Joe Z
Marguerite Bellringer
Kim Barton
Eric Lynch
Michael Sauber
Mia Crandell
Paul Slattery
Monica Hoepfer
Eva Featheringill
Patricia Walsh
Jody Andrews
Jessie Gauthier
Lee Ann Miller
Gabbie Sturdivant
Brenna Brown
Andrea Padilla
Julianna Tow
Henry DeMars
Sarah Hardisty
Tinisha Rodriguez
Evan Humphrey
Charmeine Wait
Allie Iacocca

Annual Co-op Equity

\$10.00

The Garbanzo Gazette Gang

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Layout & Design: Carol Young & Meggie Dexter, Consultant

Submissions are welcomed!

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

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Cup O' Joe by Joe Z



The following is a rewrite of a column that I wrote nearly 30 years ago. After a few recent encounters, this type of situation is as relevant today as way back then:

Our Newsletter room is located in the Education/Membership building. The windows look across our parking lot to the Co-op store. I was laying out an issue on a mellow Sunday afternoon.

Suddenly there was a loud knock on the door. Upon opening it, I stood face to face with a fellow that, at best, I would have to term as unsavory. He was the type of guy that you might consider crossing the street as to avoid walking past him. He was someone, if given the choice, I would not ordinarily choose to talk to face to face let alone in the doorway of the Newsletter room.

He had on a vest that was open and had tattoos all over the exposed parts of his body. There was a cobra, a heart, a naked female and other assorted images. He was tall and gaunt, wore a headband over long unkempt hair, had sunglasses and radio headphones on. There was a day pack on his back and he had a stick in one hand. In the other hand, he held a short handled sledge hammer.

Now I've met, talked with and handled countless transients. I'm not nervous about approaching and chatting with them. I was not afraid of this fellow although the presence of the hammer caused me to acutely focus my observation powers to ascertain whether my head was about to resemble bad salsa. My mind raced as I analyzed the incoming data.

"Uh, hi", he said. "Say, I was wondering if you might know where there's a soup kitchen around here. I just got into town today". His manner was non-aggressive. I chatted with him for about five minutes. He was surprised to hear that there were no soup kitchens in town. He said he heard that the Grateful Dead played many concerts in this town. He was sure of this though he was in error.

Suddenly, he became very excited and said that he wanted to share something with me. He put down the sledge hammer, took off his pack and after some fumbling with the zipper and the pack's contents, produced a magazine. He said that he had never seen anything like it before and that it was great. He showed me the date so I'd know that it was a currently published magazine. It was the current issue of "Modern Detective". He then pulled out a Bible and dejectedly said that it was kinda good too.

He said he wanted to share the magazine with others so he gave it to me and wanted me to let others read this great treasure. He then left. I watched him from the window as he headed off our property. He thrust the sledge hammer up in the air repeatedly as he walked away.

About 20 minutes later, our front desk volunteer came to the room. She said this strange fellow came into the Co-op acting slightly belligerent and complaining that there weren't any soup kitchens in town. He then set himself in the front of the store and started swinging his hammer in large circles.

She tried calling the Manager on Duty but he was in the walk-in freezer and didn't hear the page. She momentarily forgot that I was in the other building so she called the police. Certainly a sensible response to the situation.

Before I could do anything, the fellow came back into the building I was in followed by an officer. The officer began questioning him gently. The man looked scared and confused. When the officer asked him his name, he looked at his wrist and read his name off a tattoo. He said it was there because he keeps forgetting it. His birthday was also tattooed on his wrist. He could not remember his Social Security number and it wasn't tattooed anywhere on his body. He was swinging his hammer because that's how he exercised. He said he wanted to build muscles.

A second officer showed up. He was not gentle. He questioned the man aggressively getting the same response. He took the sledge hammer and told the transient to come outside. He laid the hammer in the middle of the parking lot and told the guy to pick it up and leave the property and preferably the town too. The man picked up his hammer and left.

Now I don't know. I don't know what to think. I'm still not sure what happened because it all occurred pretty quickly. Besides "exercising" in the front of our Co-op, the guy has done no wrong. However, I guess he's not part of our Co-op or our Town. No one really wants responsibility for those like him. "Move on", the officer said.

I don't really have a point to all this. I'm not judging and am still in the process of learning. Somehow, the old question of what is good and what is bad surfaces during incidents such as these and we begin to question values and stereotypes.

But certainly, we have instituted a new policy that from now on, all hammers must be checked in at the front desk.

Thirty years later, I don't think we've made much progress. Don't misunderstand me - the vast majority of transients I've met were not "good but confused". They have been nasty, steal readily and can be quite dangerous. Life on the streets is hard.

Here in Silver, while there are some groups who try to help, there really aren't many resources. Pan-handling is allowed as long as it's not aggressive. The sidewalks and streets (and the benches) around the Co-op are City Property and we have little jurisdiction over them. As long as actions aren't aggressive, no public drinking and passage on the Streets isn't blocked, the homeless and the troubled are welcome in Silver. I guess that's better than running them out of town. As a society, we still haven't quite dealt with this. And after 30 years, I still don't know what to think.



Happy Trails, Margarita

"We only part to meet again" - John Gay

This month we are, sadly, bidding farewell to our assistant manager, Margarita Courney. During the seven years that she's worked at the Silver City Food Co-op, her jobs have encompassed cashier, office worker, shelf cleaner and working in the point-of-sale office. She served as interim manager during the transition between managers Kathleen Wigley and Doug Zilm and, then, as assistant manager and board liaison, positions that embraced far more duties and demands than can be listed here. Throughout all, Margarita has shared her considerable strength, skill and compassionate support with our Co-op family. We are all richer for having worked with her.

When I asked what plans she has for the future, she answered, "I'm going to camp out and walk beaches!" May your walks be sublime, Margarita! And don't forget....send pictures! You will be missed.



Our Co-op Our Community



Produce Buyer **Jake Sipko** showing some delicious greens. Jake's favorite greens are spinach and chard. He has been working at the Co-op for more than eight years and when asked what his favorite thing about working at the Co-op is, Jake responded, "The people we interact with!" Jake can answer all your questions about produce.

The Co-op's Best Kept Secret We Want to Share



Eva Featheringill with bulk cinnamon

Bulk Spices and Teas! Oh the aroma of organic ground cinnamon, and more than 80 other spices in our bulk organic spice and organic tea section. Oh yes, tea too, we have 19 types of bulk tea. Bulk spices and tea let you purchase just the amount you need, and save on packaging. It is a great way to try something new. And the best part...many are cheaper per ounce than the largest retailer in town! For example, organic ground cinnamon is just 52 cents per ounce at the Co-op and \$1.06 per ounce of non-organic at the big store. It is my favorite spice, and is so much better tasting than the pre-packaged cinnamon. Another favorite spice is organic ground mustard at 57 cents per ounce at the Co-op and \$2.65 per ounce of non-organic at the other store. Organic ground chile is 60 cents per ounce at the Co-op and 77 cents of non-organic per ounce at the big store.

So spice up your dinners with bulk spices and teas, it's less expensive than you think!

Seed Sharing at the Co-op's Home and Garden Expo Booth

This March 20 and 21 from 10am to 5pm at the Grant County Conference Center the Home and Garden Expo will once again be held. This fundraising event for the Silver City Farmers Market will feature contractors, garden suppliers, hardware, and small local vendors. Everything you need to get your home and gardens ready for Spring! The Native Plant Society will be there with information on native plants and you can order plants for the spring. The Co-op will once again have a seed sharing booth, so bring your seeds to share and select some new seeds to try!

Meet Monica Rude of Desert Woman Botanicals on March 12th

Curious about the Desert Woman Botanical products carried in the body care section of the Co-op? Come and meet Monica Rude, owner of Desert Woman Botanicals, and she will explain and sample some of her products on Thursday, March 12, from 10:30 am to 2 pm. Monica is a former nurse, and now herbalist, who grows, produces and markets all of her products. See you then!

Popcorn Fridays are So Much More!

Each Friday, the Co-op makes organic popcorn to share with shoppers, and more. The Co-op grocery buyers also give out samples of new items, or items they want you to know more about and taste. Samples are also provided throughout the week in all the departments. You never know what you may find to sample at the Co-op!

Co-op Community Donations

The Co-op donated to, or collected donations on behalf of these organizations in January and February 2015:

- Lotus Center
- End of the Road Ranch Horse Rescue
- Office of Sustainability Bag Contest
- Sixth Street School Garden Program
- Grant County Community Food Pantry
- Kids in Need of Supportive Services
- Gila Mimbres Community Radio



Volunteer Dan Turner gives popcorn to shopper Rick Burns

614 Project Update by Carolyn Smith



Our 614 monthly markets are happening! Indoor Artisan Markets on second Saturdays and Indoor Flea Markets on last Saturdays. Participate as a vendor or come as a customer.

Carla Viejo, a Western New Mexico student has signed up to help with our 614 business and marketing plan as part of her university course work. Carla grew up working in the food business at her family's restaurant in Northern Spain. She is very enthusiastic about this project and we are so lucky to have her!

Co-op member Juan Velasco, owner of San Juan Orchards, belongs to SCORE (Service Corps of Retired Executives), a non-profit organization that provides free mentoring services to assist new and established businesses. He is connecting us with SCORE folks in Las Cruces who have helped other local businesses. Thanks Juan!

In this business plan we are exploring selling "International Foods" to fill the niche left by the Curious Kumquat. Please let us know what foods and products you love and miss and can't buy elsewhere in Grant County. Put your suggestions in the Member Input box found at the front of the Co-op next to the donation chip boxes.

DATES TO REMEMBER

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

- **March 10 and 12** – Community Forum (@614)
- **March 12** 10:30am to 2:00pm *Desert Woman Botanicals* demonstrations
- **March 14** – Artisan Market 10-4 (@614)
- **March 20 and 21** – Home and Garden Expo and Co-op Seed Share (@ the Grant County Conference Center Hwy 180)
- **March 28** – Community Flea Market 10-4 (@614)
- **Each Month:**
- **2nd Saturday** – Artisan Market (@614)
- **Last Saturday** – Flea Market (@614)
- **Upcoming:**
- **June/July** – Choose Your MAD Day
- **September** -15% MAD Day, date tba
- **November/December**-Choose Your MAD Day

March Forum

New Mexico Organic Farming Conference Round-up

Presented by Carolyn Smith and Charmaine Wait

Come and learn about the latest organic farming practices and research about New Mexico organic farming.

the forum is presented twice

Tuesday, March 10th & Thursday, March 12th

from Noon to 1 pm

the blue building @ 614 N. Bullard St.

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

Co-op Volunteers

The generosity shown by Co-op members is apparent in the volunteer service given each month to the Co-op. Members volunteer in many ways: teaching a community forum, shopping and delivering groceries to homebound members, helping prepare for special events, staffing community event booths, and having fun making and serving popcorn and food samples for Popcorn Fridays.

In addition to the great feeling that volunteering gives you, volunteering at the Co-op helps the Co-op achieve more community outreach and participation. In appreciation for this assistance, for every 3 hours of volunteer service, the Co-op member receives a 15% off voucher good for one day, all day. It's a win-win!

If you are interested in receiving emails about volunteer opportunities, please contact Charmaine at 388-2343 or email charmeine@silvercityfoodcoop.com.

Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service in January and February:

- | | |
|------------------|-------------------|
| Ellen O'Bryan | Mary Ann Finn |
| Rikk Foxx | Dawn Sandford |
| Dan Turner | Jane Papin |
| Miriam Richer | Sharon Bookwalter |
| Hosani Kudura | Debaura James |
| April Lee | Donna Foley |
| Pat Cowan | Ann Alexander |
| Julie Williamson | |

KITCHEN MEDITATIONS

APPLE STRUDEL (Strudel di Mele)

For the pastry:

- 2 ½ cups flour
- ½ cup warm water
- 1 egg
- 2 tsp olive oil, plus more for brushing
- 1 pinch salt
- 1 tsp vinegar (apple cider is best)

For the filling:

- 4 apples (Golden Delicious)
- Zest and juice of 1 lemon
- 3 TB currants
- 2 TB pine nuts
- ¼ cup turbinado sugar
- 1 tsp ground cinnamon
- 2/3 cup breadcrumbs
- 1/3 cup butter
- 2 TB rum, optional
- Confectioners' sugar, for dusting

For the pastry: Place the flour in a bowl and make a well in the center. Place the water, egg, 2 teaspoons olive oil, salt, and vinegar in the center and whisk with a fork to combine, until it begins

to get too difficult to whisk. From here, knead the dough until soft, elastic, and well-combined. Brush the dough with olive oil and let rest, covered, in a bowl for 30 minutes.

For the filling: Peel and core the apples, and chop them into thin slices, place immediately in a bowl with the zest and juice of the lemon and toss. Set aside.

In a separate bowl, combine the currants, pine nuts, turbinado sugar, and cinnamon. Set aside.

In a small skillet, toast the breadcrumbs in half of the butter over a medium heat for 2 to 3 minutes, until the breadcrumbs become coated in the butter. Set aside.

For the assembly: Divide the pastry into 2 balls. Roll out 1 ball of pastry on a floured tea towel to a rectangle roughly 12 x 16 inches and thin enough to see your hand through the other side.

Brush melted butter over the whole pastry.

Scatter half of the toasted breadcrumbs evenly over the pastry, leaving a border of about 4 inches. Combine the chopped apples with the currant mixture and the rum (if using), then toss to combine. Place half of the apple mixture over the breadcrumbs and, with the help of the tea towel, gently fold the pastry from the long side, then roll to close the pastry firmly (but not so tight that it stretches and breaks!). Fold the ends underneath. Transfer the pastry to a baking sheet lined with parchment paper and brush with melted butter to cover entirely. Repeat steps for the second strudel.

Bake the strudels at 350°F for about 30 minutes, or until the top is golden brown. Let cool slightly, then transfer to a baking rack. Serve warm or cold, with a dusting of confectioners' sugar or a dollop of fresh whipped cream or ice cream. Makes 2 strudels.



CARROT CAKE

- 2 ½ cups flour
- 6 medium carrots, grated
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1 tsp ground allspice
- 1 tsp ground nutmeg
- 1 tsp salt
- 1 ½ cups sugar
- ¼ cup brown sugar
- 3 large eggs
- 6 ounces plain Greek yogurt
- 6 ounces coconut oil

Preheat the oven to 350 degrees F. Butter and flour two 8-inch round cake pans. Line the bottom with parchment paper and set aside.

Grate the carrots on a medium grate, and set aside.

Sift the flour, baking powder, baking soda, spices and salt and mix with the carrots to coat.

Mix together sugar, brown sugar, eggs, yogurt, and oil. Pour this mixture into the carrot mixture and stir until just combined.

Pour batter evenly into prepared cake pans and bake on the middle rack of the oven for 45 minutes. Reduce the heat to 325 and bake for another 20 minutes, or until a toothpick inserted in the center of the cakes comes out clean. Allow to cool for 15 minutes in the pans, then remove and cool completely before frosting.

BASIC FUDGY BROWNIES

- ¼ cup unsalted butter
- ¼ cup sunflower oil
- 8 ounces semisweet chocolate
- ½ cup sugar
- ½ cup brown sugar
- 3 eggs, lightly whisked to combine
- 2 tsp vanilla extract
- 2/3 cup all-purpose flour
- ½ tsp salt

Preheat the oven to 350° F. Lightly grease a 9 x 9-inch pan and line it with parchment paper, leaving at least 1 inch of overhang on the sides. In a medium heat safe bowl, combine the butter, oil, and chocolate.

Place over a small pot of simmering water and heat, stirring occasionally, until the mixture is fully melted and combined. Let cool slightly.

Add the sugars to the chocolate mixture and beat well to combine. Add the eggs gradually, mixing fully to incorporate before adding the next addition. Beat in the vanilla.

Add the flour and salt and mix to combine; beat well to ensure there are no flour pockets, but do not overmix.

Pour the batter into the prepared pan and bake until moist, clumpy crumbs appear when you insert a toothpick into the center, 20-25 minutes. Cool completely before slicing.

CREAM CHEESE FROSTING

- 16 ounces cream cheese
- 1 stick butter
- 2 teaspoons vanilla extract
- 4 cups powdered sugar, sifted
- walnuts for decoration

Allow cream cheese and butter to come to room temperature. In a stand mixer with paddle attachment, combine the cream cheese and butter until just mixed. Add vanilla and mix until combined. Add the sifted powdered sugar in four batches and beat until smooth, being careful not to whip the frosting.

I love my pressure cooker. It lets me prepare fast, healthy and delicious meals and I can make better use of my leftovers. Food cooks in one third the time it normally takes. Nutrition is preserved due to shorter cooking times. In a pressure cooker, a small amount of liquid turns to wet steam and bombards and permeates the food. Since we live at high altitudes where water boils at a lower temperature than it does at sea level, pressure cookers allow us to cook at a higher temperature than available to us with regular stove top cookware. (At 6,000 feet, you may need to increase the cooking time by 20%)

Cooking food more quickly cuts down my energy costs, saving me money.

New pressure cookers have more safety features than the pressure cookers that our parents used. These new pressure cookers have dials and locks and are quieter than the old "jiggle top" pressure cookers. My pressure cooker has a thick metal bottom that distributes heat well and resists burning and allows continued cooking even after the pot is removed from the heat, unless I use a mechanism to stop the cooking immediately which is sometimes recommended for more delicate foods or certain recipes.

I like to cook black beans in my pressure cooker. I feel I have a much better outcome than with conventional cooking and if soaked overnight ahead of time, there is very little time on the heat.

You can do magic with leftovers. The oth-

PRESSURE COOKERS TAKE THE PRESSURE OFF MEAL PREPARATION!



by Mary Ann Finn

er day, I took some leftover roasted sweet potatoes and some leftover sautéed onions, peppers and mushrooms. I put them together in the pressure cooker with some broth and heated them to high pressure for just a few minutes. I reduced the pres-

sure, opened the pressure cooker, added more boiling water and used an immersion blender to make the most delicious soup. I added some fresh chopped parsley and some diced green pepper after the cooking to add some color and crunch. Yum.

Curried Split Pea Soup (serves 4 to 6)

(6 minutes high pressure, optional natural pressure release) (8 minutes at our altitude)

- 1 TB safflower or canola oil
- 1 tsp each of whole cumin, fennel and black mustard seed (the last is optional)
- 1 TB freshly minced fresh ginger
- 1 tsp finely minced garlic
- 2 cups coarsely chopped onions
- 3 large carrots, halved lengthwise and cut into 1/2 inch slices
- 2 cups dried green split peas, picked over and rinsed
- 2 TB mild curry powder
- Salt to taste

Heat the oil in the cooker. Sizzle the cumin, fennel and black mustard seed over medium high heat just until they begin to pop, 5-10 seconds. Stir in the ginger, garlic and onions and continue to cook, stirring frequently, for another minute. Add the carrots, boiling water (stand back to avoid sputtering oil), split peas, and curry powder. Stir well to be sure that no bits of onion or spices have gotten stuck to the bottom of the pot.

Lock the lid in place. Over high heat, bring to high pressure. Lower the heat just enough to maintain high pressure and cook for 6 minutes. (Maybe 10 minutes at our altitude) For a hearty texture, quick release the pressure by setting the pot under cold running water. For a smoother texture, allow the pressure to come down naturally. Remove the lid, tilting it away from you to allow any excess steam to escape. Stir in the salt. If the soup is too thick, thin it slightly with water or stock. Enjoy!

Conventional recipes can be adjusted for pressure cookers, but may require some planning and experimentation such as using less liquid, cutting ingredients in specific sizes, timing of the addition of certain ingredients such as at the end of the pressure cooking part of the prep and possible decrease in the amount of seasoning needed.

There are some KEY points to remember: Always use some liquid. (Some cookers only need 1/2 to 1 cup)

Never fill more than 3/4 full and never more than 1/2 full when cooking beans.

Safety features include emergency pressure release valves and locks.

There are different types of pressure release for a quick stop or continued cooking without a flame.

Some sites recommend washing the gasket and oiling after each use.

Size of cut of ingredients can impact end product look.

Gas stove use is easier, electric needs some planning.

In our co-op forum on pressure cookers, I prepared a recipe for Curried Split Pea Soup and everyone got a chance to taste it. It is a tasty recipe that is low fat, dairy free, gluten free and vegetarian. Lorna Sass, the author of "Great Vegetarian Cooking Under Pressure" has given us permission to reprint the recipe here. A copy of her book can be borrowed from the Silver City Public Library. The beginning of the book is a pressure cooker primer and will answer many questions and build your confidence to use a pressure cooker. 🍲

March Sales

To Our Co-op Members & Customers: Please note that sales run for a two-week period. Please stop by the Co-op and take advantage of all the great offerings each month. A few of the sale items are listed below.

March 4-March 17

					
Bulk Pinto Beans reg \$1.99# SALE \$1.69#	Miso Master Chickpea Miso reg \$8.69 SALE \$7.69	Evol Burrito assorted reg \$2.99 SALE \$1.99	Annie's Dressing 8 oz, assorted reg \$3.99 SALE \$2.19	Dr. Bronner's Lavender Hair Creme 6 oz reg \$6.99 SALE \$5.99	Bach Rescue Remedy 20ml reg \$19.99 SALE \$15.99

March 18-March 31

					
Bulk Black Beans reg \$2.59# SALE \$2.19#	Nancy's Yogurt 32 oz, assorted reg \$4.99 SALE \$3.99	Cascadian Farms Blueberries 8 oz reg \$4.19 SALE \$3.00	Boulder Malt Vinegar & Sea Salt 5 oz, assorted reg \$2.89 SALE 3/\$5.00	Avalon Shampoo/Conditioner 11 oz, assorted reg \$9.19-9.59 SALE \$6.99	Boiron Sinusalia 60 ct reg \$11.59 SALE \$8.99

Member Only Specials

March 4-March 31

	
Equal Exchange Coffee assorted reg \$12.69# SALE \$9.99#	Organic Valley Baby Swiss Cheese 8 oz reg \$7.29 SALE \$6.59
	
Rice Dream Vanilla Bar 3.2 oz reg \$1.69 SALE \$1.39	The Ginger People Ginger Sauce 12.7 oz, assorted reg \$5.69 SALE \$5.19
	
Aura Cacia Spray Mist 2 oz, assorted reg \$7.99 SALE \$7.19	Host Defense Reishi 30 ct reg \$19.99 SALE \$17.99

Kids' Corner

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)

AGE: _____

NAME: _____



PRODUCE COMPOST GUIDELINES

This is a free service provided for our customers. We are not able to honor "special" requests for specific produce in bags and keep this service free. Please note:

- First come, first served
- One bag per person, please
- Scraps are bagged as produce is processed
- Best days for compost are Tuesday & Thursday

GROCERY SPECIAL ORDER POLICY

Members receive a 10% off shelf price discount on special orders of case quantity in ALL departments. HABA and Supplements will receive the 10% discount when the quantity ordered is at least six (of the same item). Cases of local meat must weigh 10 pounds or more to receive the discount. All CO+OP Deals and Essentials Program items will no longer be excluded from receiving the discount; however, a case MUST be ordered to receive the special order 10% discount.

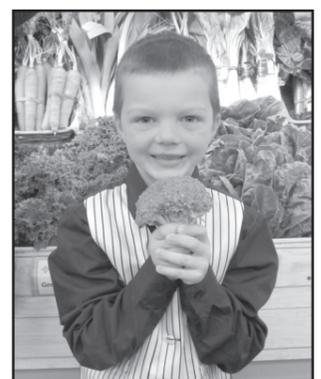
PRODUCE SPECIAL ORDER POLICY

Produce special order deadline is Thursday at 7 pm. The pickup date is conveyed to the customer by the buyer. The only exception of this deadline is when the Co-op is closed on Thursday due to a holiday. Check with the produce managers if this occurs.

614 MEETING ROOM POLICY

Individuals, groups & organizations are welcome to use the meeting room at 614 N Bullard, as long as one organizer is a co-op member. Room is not intended for commercial use or events where a fee is charged. Meetings must be held during regular store hours (Monday-Saturday 9:00am-7:00pm) A key is required to open the building which must be picked up, and returned to the store the same day of the meeting. Contact Margarita: margarita@silvercityfoodcoop.com or the co-op at (575) 388-2343. Thank you!

Co-op
KID



Corner



Future FOCUS

From Your Board...

by Gail Rein,
President

A Most Serious Matter: Our Upcoming Election

Do you love our co-op like so many other people we have surveyed and heard from in focus groups over the past year? Do you care about the future of our co-op? If “yes,” in addition to supporting the co-op by your purchases, what better way to shape the future of our co-op and ensure its success than by running for the board and serving when elected?

Our bylaws requires five to seven board members. Seven is much better than five for many reasons: more perspectives lead to better decisions, sharing the workload means less is demanded of each board member, and perhaps most importantly, seven board members shows higher levels of engagement from the membership. Ideally our board should have a mix of women and men (we need more men) and people of all ages (we need members in their 20s to 50s). We also

very much need board members with a variety of specific skills, knowledge, and experience in areas such as business planning, communication, construction, education, market studies, real estate, and risk management—just to name a few! Above all, we need board members with a strong commitment to the co-op and the co-op way of life.

In the upcoming election, four of our seven board positions are up for election. Filling each of these four positions with a person elected by the membership is a tall order, really a very tall order. Some might think, “I don’t see what the big deal is. If seats remain unfilled after the election, the board can just appoint members to fill them.” Sure, according to our bylaws, the board can appoint members to fill open board seats; however, appointing board members isn’t as easy as it sounds. Also consider this—

board appointments expire at the conclusion of the board year, so this means that in 2016 we face the same problem all over again.

The second cooperative principle is democratic member control. “Co-operatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary co-operatives [the Silver City Food Co-op is one], members have equal voting rights (one member, one vote), and co-operatives at other levels are also organized in a democratic manner.” [Source for the quote: <http://www.rochdalepioneersmuseum.coop/about-us/the-rochdale-principles>, accessed 12/26/14.]

From my perspective as the current president of the co-op, three major tasks for the coming board year are: (1) clarify our co-op’s vision and direction, (2) articulate a strategy for future growth and/or expansion of our co-op, and (3) revise our governance policies so they are less burdensome and more effective. One of the goals of this last task will be to dramatically reduce the amount of time required of board members to do their jobs well. Sound interesting? Want to contribute to these efforts?

In case it helps you see what lies ahead should you decide to run for the board, here are the key dates for the 2015 election cycle:

- *Friday March 13 — your candidate’s election statement is due*
- *Friday March 20 — candidate orientation (you will learn more about what is involved in serving on the board and have a chance to ask questions)*
- *Sunday April 19 noon to 3:00 p.m. — this is the date of the General Membership Meeting; the 2015 election starts at this meeting and will feature a fun “meet the candidates” event that you should attend and participate in*
- *Friday May 8 — voting ends*
- *Wednesday May 13 — ballots counted*
- *Tuesday May 14 — candidates notified of election results*
- *A date to be determined between May 15 and May 19 — orientation for newly elected board members*
- *Wednesday May 20 4:30 to 7:30 p.m. — first board meeting for newly elected board members*
- *Sunday May 31 — spring board retreat*

I really hope I’ve prompted some of you to exercise your right to run for the board. You can download an information packet from the board’s page on the co-op’s website at <http://www.silvercityfoodcoop.com/our-co-op/board/> or contact Margarita at 575-388-2343 or margarita@silvercityfoodcoop.com. If you have any questions, please contact me or any board member. It would be such a healthy sign to see a roster of six or seven members running for the board!



Come One, Come All!

to the General Membership Meeting April 19th

It’s time for the annual General Membership Meeting! Sunday, April 19, from 12 noon to 3 pm at The Commons (aka The Volunteer Center). At this fun event you can learn more about the Co-op, Board Members and meet Board Candidates, and commune with other Co-op members. The Board has some fun questions for the Board candidates, and you don’t want to miss hearing the answers!

Enjoy great food, door prizes, and most importantly - meet the Board candidates.

See you there!



Kori, Titus & Minnie at the 2014 GMM

Gail Rein/President
Board Term: 2014-2017
rein.gail@gmail.com

Susan Van Auken/Vice President
Board Term: 2013-2016
susanvanauken@gilanet.com

Carmon Steven/Secretary
Board Term: 2013-2016
yankiecarmon@gmail.com

Lynno Aldin/Treasurer
Board Term: 2012-2015
peacelynno@gmail.com

Jennifer Johnston
Board Term: appointed
thru May 2015
johnstonjenny40@gmail.com

Board of Directors

Board Meeting Schedule

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

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

Ayurvedic Approaches to Heart Disease

by Athena Wolf

Heart disease is the foremost cause of death in the developed world, causing over half a million deaths a year in the United States alone. According to Ayurveda, this disease is a result of the combination of stress, overwork, a sedentary lifestyle, eating too much fatty foods and not eating enough fruits and vegetables.

While physiology describes the heart as a circulatory pump, recent research shows that the heart is also an endocrine gland, producing neurotransmitters in response to emotional stimuli. The heart also produces adrenaline and dopamine as well as oxytocin, the "love hormone."

"Like the central girder of a house, the heart holds the aspects of the body together. Because the heart is understood to be the seat of consciousness, the Ayurvedic classics emphasize that one who wants to protect the heart...should avoid particularly the causes of affliction of the mind."

According to the American Psychiatric association, "Hostility is a better predictor of coronary heart disease (CHD) in older men than a variety of other socio-demographic and physiological risk factors, including smoking, drinking, high caloric intake and high levels of LDL cholesterol, according to a new study published in Health Psychology (Vol. 21, No. 6)". Another study published in the Archives of Internal Medicine, demonstrated that marital dissatisfaction tripled a woman's chances of having metabolic syndrome. Warm, intimate and supportive relationships seem to be as important for heart health as a good diet.

To heal from an imbalance of the heart Ayurveda recommends eating a light breakfast and dinner. Lunch should be the main meal. In addition to maintain-

ing a healthy eating pattern, specific foods are usually recognized as heart-healthy. A recent study determined that women who consumed two servings weekly of omega-3 fatty acid laden fish had a reduced rate of death due to heart disease. Other sources of Omega-3's are raw: flaxseeds, flaxseed oil, olive oil, sesame oil, sunflower seeds and avocado. Increase consumption of fiber-rich whole grains, legumes, fruits and vegetables. Seasonal fruits and fresh vegetables (steamed or cooked), brown bread, salad, sprouts, vegetable soup, cottage cheese (paneer), ghee (clarified butter), are good foods to choose from. Diet should be appropriate for the constitution. While regular exercise is very beneficial for chronic heart disease and metabolic syndrome; irregular excessive exercise can actually cause a heart attack.

Foods to avoid: Milk products, salt, fried foods, cold foods, acidic foods, white flour products and foods that contain chemical preservatives and additives should be avoided. Red meat is not helpful for those with heart disease. Stimulants like tea, coffee and alcoholic drinks are very harmful for people with heart problems. White sugar tends to be inflammatory and should be avoided. Diet and lifestyle changes are essential. Cigarette smoking of course needs to be eliminated in order to heal. A hard-driving, overworked, (what we call pittagenic) lifestyle can be modified by the use of

yoga and meditation to introduce an emphasis on Being, rather than doing.

Ayurveda does not generally recommend the same remedies for everyone with heart disease. Remedies are formulated according to the individual's constitution (prakriti) and current condition (vakriti). There are many kinds of heart disease that cannot all be addressed in a short article. It is important to know your vakriti before taking these herbs. Here is one place to get that information: http://www.curanderahealing.com/store/p9/Determination_of_Ayurvedic_constitution.html.

For the Vata provoked individual, ashwagandha and dashamoola are good choices to pacify vata, alleviate stress and lower blood pressure, while brahmi will help to regulate heart rate. Tea from fresh ginger is also helpful.

Amalaki is ideal to pacify Pitta, since it is an excellent antioxidant and has been shown to lower cholesterol and reverse arterial plaque formation. As long as the blood sugar is not significantly elevated, one can also use Chyavanprash. For those who have high cholesterol drinking a tea of fenugreek seeds or taking triphala is beneficial.

Punarnava is the best choice to pacify Kapha and eliminate retained fluid in mild heart failure. It is also an important heart tonic. In addition, for metabolic syndrome, neem and turmeric will both lower blood glucose and reverse the prothrombotic state. Tea made from dried ginger and cinnamon is also



helpful for these individuals.

The most widely used herb for heart disease is Arjuna (*terminalia arjuna*). It is combined with the above-mentioned herbs that are right for the individual constitution. Arjuna is cardioprotective, strengthens heart muscle and has been shown to lower cholesterol significantly. It reduces oxidative stress (<http://arjuna.co.in/RECENTSTUDIES%20ON%20ARJUNA.htm>)

"Arjuna powder had significant antioxidant action that is comparable to vitamin E. In addition, it also has a significant effect at preventing cholesterol". <http://www.ncbi.nlm.nih.gov/pubmed/11225136>

"Arjuna is more effective in angina than nitroglycerin, the standard medicine", (Secrets to Lowering Cholesterol with Nutrition and Natural Supplements. Art T Dash, Dr, PhD, page 61.)

Well-being requires the combination of a healthy outlook, proper diet, exercise and lifestyle. With the help of allies such as Arjuna, it may be possible to avoid reliance on toxic medications to control cholesterol, blood pressure and angina.

Parts of this article are based on a talk by Vaidya Alakananda [Athena Wolf practices Ayurveda and Curanderismo in the Mimbres. You can find her at curanderahealing.com, or 575.536.9335]

The Fifth Annual Home and Garden EXPO is Calling You

by Monica Rude

It happens every year at this time. The days are getting longer and warmer. The light is returning. Red wigglers are yawning and stretching



Co-op Seed Share

and starting to look around for a snack. Weeds are starting to germinate. Gardeners are itching to get their hands in the dirt. All this means it is time for the Home and Garden EXPO to be held March 20 and 21, Fri and Sat 10-5 pm both days at the Grant County Conference Center. This ever-popular event is a fund raiser for the Silver City Farmers Market and proceeds make it possible to keep the Market open May through October, offering just-picked local produce, flowers, herbs and more.

Time to get yourself to the EXPO to learn local gardening techniques, get some seeds and spring starts and start that garden. Learn more about doing

it yourself and saving money, how to make gardening less strenuous and best times to plant for our area. Gardening demonstrations will be ongoing all day both days, staffed by knowledgeable gardeners with experience growing in our desert, ready to answer your gardening questions. Topics of discussion will include vertical gardening techniques, Alvin Bishop's bean trellis, drip irrigation, soil making, strawbale gardening, elevated beds and growing onions. Got lousy soil? Learn how to make your own or improve what you have. Get tips on growing all you need in a small space, gardening in containers, making your own self-watering containers, using seed tape and foliar feeding. Learn how to grow herbs and flowers and get ready for the Herb and Flower Fiesta, scheduled for August 22. Strategies on dealing with grasshoppers and gophers will include recipes (just kidding). Farmers Market vendors will be there to sell spring starts, CSA subscriptions and provide information on their plans for

the new growing season.

There will be seeds galore. The SC Food Coop will have its very famous Seed Share. The newly-formed Grant County Seed Library will be on hand to share seeds. Thanks to their sponsors: The Volunteer Center, HiDog Organic Gardeners and the SC Food Coop. More seed information will be shared by Seed-Broadcast, a collaborative project exploring grassroots seed action through collective inquiries and hands-on creative practices. Look for their van parked by the front door of the conference center. Our local Native Plant Society will be on-site taking orders for their annual native plant sale.

Local vendors of home and garden supplies and services, local artisans and local food-ists will have everything you need to get started, including food. There will be Kids activities.

Don't forget: gardening is cheaper than therapy and you get tomatoes...

[Monica Rude owns Desert Woman Botanicals and lives in Gila where she grows herbs for the product line and cooks from scratch with fresh garden produce.]



Volunteers Patricia & Eileen

March is Frozen Food Month!



Frozen food buyer, Misha Engel, in front of the newly arranged frozen food section. March is Frozen Food Month, so come on down and check out all of the great frozen items Misha has in stock.

MARCH 2015

Full Moon 3/5/2015 11:06:34 am (MST)

New Moon 3/20/15 02:38:39 am (MST)

Spring Equinox 3/20/2015 04:45 pm (MST)

Total Solar Eclipse 3/20/2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 MAD continues to Mar. 31st	2 Laughter 12-1 pm	3	4 Member Linkage 11-12	5	6	7
8	9 Laughter 12-1 pm	10 Forum Org. Farming Conference 12-1 pm	11 Astrology with Cassandra 3-4:30 pm	12 Forum Org. Farming Conference 12-1 pm	13	14 Artisan Market 10-4 pm
15	16 Laughter 12-1 pm	17	18 Board Meeting 4:30-7:30 pm @ 614	19	20	21 WNMU Pottery Sale 8-5 pm
22	23 Laughter 12-1 pm	24	25	26	27	28 Flea Market 10-4 pm
29 March	30 Laughter 12-1 pm	31	1	2	3	4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Laughter 12-1 pm	31	1 Member Linkage 11-12	2	3	4
5	6 Laughter 12-1 pm	7 Converation with the Board 5:30-7 pm location tbd	8	9	10	11 Artisan Market 10-4 pm
12	13 Laughter 12-1 pm	14 Forum Seasonal Fruits 12-1 pm	15 Board Meeting 4:30-7:30pm	16 Forum Seasonal Fruits 12-1 pm	17	18
19	20 Laughter 12-1 pm	21	22	23	24	25 Flea Market 10-4 pm
26 April	27 Laughter 12-1 pm	28	29	30	1	2

(all meetings @ 614 unless otherwise noted)

SPRING EQUINOX

The Equinox arrives, Day and Night, Light and Dark, in balance. Girls and fairies dance in the fair winds, the fresh sunlight, the high moon. Now is a good time to believe in faeries and to acknowledge all tiny tickles; desires, wishes, imaginings, beliefs, seeds of ideas...Newborns struggle to survive and thrive at great odds. Honor the difficult beginnings of life—the bondage of eggshell, of earth crust, of breaking through conventions, walls, habits. Card XV of the Tarot is often read as a card of bondage to inner and outer limitations—the Vernal Equinox provides the natural antidote. Use the energy of Spring to support girls and boys to break through the bonds of patriarchy. We must—Actively protect habitat, right near us and all around Mother Earth! We must—Actively support girls and boys, right here and all around Mother Earth! That should keep us buzzing! Blessed wee ones. Blessed bees. Blessed we. Blessed be!

WILD WISDOM IS NOT CITY WATER

By Lee Bayles

Wild Wisdom is not city water. It has not been piped, managed, studied, treated, purified, fluoridated and chlorinated. It does not pour obediently out of your household fixtures. Wild Wisdom does not stop when you turn a knob. It does not travel around the world encased in layers of plastic wrap. It does not end up in the landfill or kill baby albatross.

Wild Wisdom is water you slurp right out of the icy stream melting off the glacier. Wild Wisdom gushes from a mysterious subterranean vein. In it you taste ancient minerals from plant and animal bodies decomposed 9 million years ago. Wild Wisdom flows through the cave where your bush mothers and fathers gathered and ate aurochs and painted with their hands and worshipped fecundity, food, survival, and spirit.

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