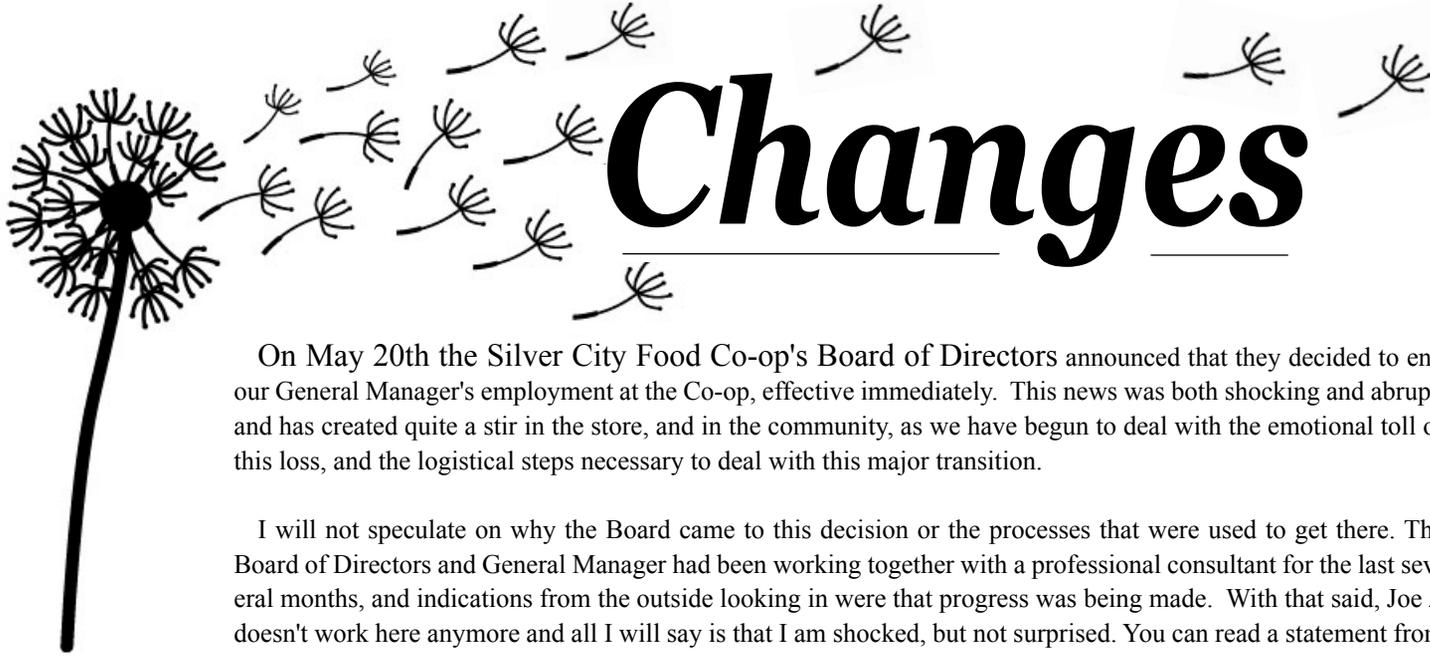


# Silver City Food Co-op *It's MAD!* Garbanzo Gazette

Volume 19

◆ Your Monthly Newsletter ◆ June 2019



## Changes

On May 20th the Silver City Food Co-op's Board of Directors announced that they decided to end our General Manager's employment at the Co-op, effective immediately. This news was both shocking and abrupt, and has created quite a stir in the store, and in the community, as we have begun to deal with the emotional toll of this loss, and the logistical steps necessary to deal with this major transition.

I will not speculate on why the Board came to this decision or the processes that were used to get there. The Board of Directors and General Manager had been working together with a professional consultant for the last several months, and indications from the outside looking in were that progress was being made. With that said, Joe Z doesn't work here anymore and all I will say is that I am shocked, but not surprised. You can read a statement from the Board regarding this matter on page 2 of this newsletter and highlights of the good work that Joe Z has done for our Co-op over the last several years on page 13. Joe Z, you will be missed.

And now, we must look ahead. Our Co-op continues to progress steadily, and our Business is solid. Many of our staff members have been through this type of transition here before, and all of us are stepping up admirably to continue the smooth operation of our store. We are a dedicated and capable staff who will continue to provide our best to you, our member-owners, and to each other. You can expect that we will continue to share good Co-op vibes when we see you and keep our little shop feeling like home. And we hope you'll do the same. Your support and presence at the Co-op takes a particularly significant tone, now that we are in this transition. Our MAD season

*continued on page 7*

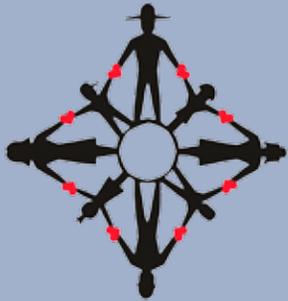


**General Membership Meeting • May 5th**

Photo by  
Jay Hemphill

# Silver City Food Co-op

established 1974



[www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)

## Store Hours

575-388-2343

Mon-Sat 9am-7pm

Sunday 11am-5pm

## Vision Statement

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

## Seven Cooperative Principles

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

## Mike Madigan

*acting general manager*

## The Garbanzo Gazette

*Editor: Mike Madigan*

*Guest Writers:*

Leah Chastain, Evan Humphrey

*Staff Writer: Judith Kenney*

*Layout & Design: Carol Ann Young*

Submissions are welcomed!

Submit letters, articles, or items of interest to:

[judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)

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## Board Statement - Community Outreach May 20, 2019



**From: Board of Directors, Silver City Food Cooperative (SCFC)**

**To: SCFC General Membership, Customers and Friends of the Co-op**

**Re: Changes in SCFC Management**

**May 20th, 2019**

Dear Members,

Currently, our Co-op is embarking on a difficult transition. The Board of Directors would like to inform you of changes in Co-op management. As some of you may know, the Board and the former General Manager have had a challenging relationship for some time. The board has sought coaching from the best advisors in the co-op world to help both the former General Manager and the Board to work through this. As of last Thursday, Joe Zwiebach is no longer General Manager. Mike Madigan is presently serving as Acting General Manager.

At this crossroad, the Board has a responsibility to act in the best interest of the Co-op. It is important that the community, staff, members, vendors, and professional service providers know that all the Board of Directors speak with one voice: first, the outgoing Board voted to end our General Manager's employment; secondly, the incoming Board voted to confirm this decision and begin the transition process.

We ask that you all please stand with us - whether you agree or disagree with the decision or the personalities involved. We simply must come together for the vitality of the Co-op. Our Food Cooperative has endured the test of time for over forty years. Through the years we have had our share of ups and downs, yet we are still standing strong.

Our intent is that once the dust settles, the Co-op will make progressive strides toward harmony among members, staff and the Board. We ask for your help and candor during this period of transition. We thank you in advance for your cooperation and support.

In the coming weeks and months, the Board will be evaluating the *Pope Street Expansion Project* and determining the appropriate and fiscally prudent steps as we move forward. Each Board Director is willing to listen to your questions and concerns individually, however, if a specific resolution is necessary, your concern will be shared with the full Board so that we can formulate a collective response.

We are grateful for your support in making the Co-op a cornerstone of our community over the years. We thank you in advance for your patience and understanding during this transition period.

Respectfully,

Jennifer Johnston, President • [Johnstonjenny40@gmail.com](mailto:Johnstonjenny40@gmail.com)

Scott Zager, Acting Vice President • [Sczager1959@gmail.com](mailto:Sczager1959@gmail.com)

Laurinda Anderson, Treasurer • [Laurindaa713@gmail.com](mailto:Laurindaa713@gmail.com)

Shanti Ceane, Secretary • [shantifo@gmail.com](mailto:shantifo@gmail.com)

Julianna Albershardt • [Juliannaftynn8@gmail.com](mailto:Juliannaftynn8@gmail.com)

Gwendolyn Lacy • [glacymail@gmail.com](mailto:glacymail@gmail.com)

Kristin Lundgren • [Klundgren2@gmail.com](mailto:Klundgren2@gmail.com)



Dance on down  
to the Co-op!



it's MAD again!!

10% OFF

excluding mark-downs  
maximum 25% discount

June and July  
two days • your choice



## Silver City Food Co-op Staff

**Judith Kenney**  
produce/outreach

**Dougan Hales**  
produce/bulk

**Kate Stansberger**  
supplement buyer

**Jake Sipko**  
produce manager

**Carol Ann Young**  
office

**Jeanné Miller**  
herb buyer/produce

**Becky Carr**  
dairy buyer

**Jess DeMoss**  
POS manager

**Misha Engel**  
frozen buyer

**Jenny Morgan**  
office

**Marguerite Bellringer**  
finance manager

**Kim Barton**  
POS

**Michael Sauber**  
grocery

**Doug Smith**  
grocery buyer

**Evan Humphrey**  
bulk buyer

**Lee Ann Miller**  
cashier

**Brenna Brown**  
deli manager

**Tinisha Rodriguez**  
POS/HABA buyer

**Allie Iacocca**  
produce/HABA buyer

**Mike Madigan**  
acting gm

**Leah Chastain**  
merch. specialist/receiver

**Marchelle Smith**  
deli

**Joy Kilpatrick**  
produce

**Elysha Montoya**  
wherever needed

**Judy Kenneally**  
deli

**Christine Dalmedo**  
produce/grocery

**Hina Rainbowchild**  
wherever needed

**Annabella Gomez**  
wherever needed

**Gabbie Sturdivant**  
wherever needed

**Melissa Yarbrough**  
wherever needed

**Tuan Tran**  
wherever needed

**Emma McKinley**  
wherever needed

**Melissa Holland**  
wherever needed

**Clorissa Holguin**  
wherever needed

**Eric Brown**  
wherever needed



# Kitchen Meditations

## Summer

### Avacado Hummus

**Ingredients:**

2 cups chickpeas, canned or fresh  
2 ripe avocados  
1/3 cup tahini (sesame butter)  
1/4 cup lime juice  
2 cloves garlic  
3 tablespoons olive oil  
1/4 teaspoon ground cumin  
Salt  
1 tablespoon chopped cilantro, for garnish  
Red pepper flakes, for garnish

**Directions:**

Combine chickpeas, avocado, tahini, lime juice, garlic, olive oil and cumin in a food processor or blender and season with salt. Blend until smooth.  
Pour mixture into a serving bowl and garnish with cilantro and red pepper flakes. Drizzle with more olive oil, if desired, and serve.

## Talk about Herbs

### Frontier Vindaloo Curry Powder

It's time to get cooking with Vindaloo spice, dear readers and cooks, especially if you are a lover of highly seasoned food! A staple dish of authentic Indian cuisine from Goa, it has its roots in vinh d'algo, a stew brought to the region by Portuguese colonists. Now enjoyed by curry devotees around the world, it is prepared in countless variations, some fiery-hot, some mild. If you love cinnamon, turmeric, and cumin, and some heat in your cuisine, this boldly-colored, snappy seasoning is for you. Frontier Vindaloo Curry seasoning isn't quite as intense as authentic vindaloo, but still offers a zesty kick to curries, stir-fries or potato dishes. It's tasty in BBQ sauce, stir fry and with roasted cauliflower.

**Product Ingredients:**

Organic Tomato Powder  
(Organic Tomato Concentrate,  
Organic Guar Gum), Organic Cumin,  
Organic Chili Pepper, Organic Cayenne,  
Organic Turmeric, Organic Coriander,  
Organic Cinnamon, Organic Yellow Mustard,  
Organic Fenugreek, Organic Garlic, Organic Ginger



### Grilled Salmon with Nectarines

**Ingredients:**

4 salmon filets (4 ounces each)  
1/2 teaspoon salt, divided  
1/8 teaspoon pepper  
1 tablespoon honey  
1 tablespoon lemon juice  
1 tablespoon olive oil  
3 medium nectarines, thinly sliced  
1 tablespoon minced, fresh basil

**Directions:**

Sprinkle salmon with 1/4 teaspoon salt and pepper. Place on an oiled grill, skin side down. Grill, covered, over medium heat until fish just begins to flake easily with a fork, 8-10 minutes.  
Meanwhile, in a bowl, mix honey, lemon juice, oil and remaining salt. Stir in nectarines and basil. Serve with salmon.



## The Frugal Co-op Chef



### Berry Cherry Compote

**Ingredients:**

2 c. berries (strawberries and blueberries are great options)  
1 c. pitted cherries  
2 tsp. lime juice  
1/2 tsp. cinnamon  
1 tsp pure vanilla extract  
1/4 tsp ginger powder  
1 tbsp. coconut sugar or maple syrup  
1 tbsp. cornstarch (optional)  
\* If your fruit is ripe and sweet, don't add sweetener. Otherwise, use a small amount, to taste, if you like

**Directions:**

- Wash fruit
- Mix fruit together in a saucepan and add the lime juice, cinnamon, ginger and sweetener (if using)
- Heat, bring to a simmer, and lower heat. Let cook for 15 minutes or so. Mash and mix fruit as you go, occasionally.
- If you want your compote to be thick (kinda like jam) you can mix one tbsp. of cornstarch with 2 tbsp. of cold water in a SEPARATE bowl. Add this mixture to the pot and STIR CONSTANTLY until it thickens up.
- Serve with pancakes, waffles, oatmeal, ice cream.....Yum!
- Store in a jar in the fridge.

# Jake's June Produce Picks



## Cherries

Cherries have satisfied the palates of food lovers for a very long time. Their lustrous, glossy skin and tangy/sweet taste won cherries a place on the tables of the ancient Romans and Greeks, and also Chinese nobleman. In the early 1600s, cherries came by ship to America with early settlers. Modern day cherry production in the U.S. began in the 1800s near Traverse City, Michigan, which proved to be an ideal area for growing cherries.

Many kinds of fruits have anti-inflammatory effects and cherries are no exception. Fresh or frozen, they are a nutritional powerhouse and, as a dried fruit, red cherries rank second only to goji berries when it comes to antioxidant levels. You can go online to read about the important ways that cherries can support health and you might just decide that one cup a day of this tasty summer delight can help keep the doctor away in a most enjoyable way.

Here at the Co-op, we look forward to the first big, juicy Bing cherries to arrive in late spring and, as the summers rolls on, the divine Rainier cherries. Please keep your eyes peeled for their celebrated arrival in our produce department!



*Everyone loves cherries!*

## Nectarines

Nectarines are sometimes called “shaved peaches” because of their smooth, as opposed to fuzzy, skin. Contrary to popular belief, nectarines are not a cross between plums and peaches. They are, in fact, a type of peach. Every once in a while, a peach tree mutates – the gene responsible for the fuzz is turned off, and out comes a smooth skinned nectarine. Nectarine color can range from pale white to vibrant orange. There is not necessarily a correlation between coloration and flavor. Some people prefer the yellow-fleshed fruit, while others prefer the lighter variety. Nectarines are a luscious, nutrient-dense, low calorie fruit that offers an array of powerful antioxidants, vitamins and minerals. Enjoy them as you would any peach; with yogurt, in pies and cakes, jams, smoothies, or fresh out of hand.



*Our newest co-worker Eric Brown loves Emmi Raclette cheese!*

# Becky's June Dairy Pick

## Emmi Raclette

*A delicious French melting cheese.*

If you haven't yet tried Raclette, we'd like to bring your attention to this distinctive and delicious cheese from Switzerland, nestled in the Co-op's Dairy cooler. The name Raclette comes from the French word that means “to scrape” and refers to both the type of cheese and its traditional method of preparation. Legend has it that the dish originated hundreds of years ago when farmers would heat up a piece of cheese over the open fire for a hearty and filling meal. Enjoyed since the Middle Ages, Raclette is still produced with milk from cows that are fed fresh grass in the summer and meadow hay in the winter, resulting in an aromatic cheese ranging in flavor from mild and milky to piquant. Although it is often served using a Raclette grill, no special equipment is necessary to savor this satisfying fare. Incorporate it into your meals as you would any other cheese.

# CO-OP Community

## Co-op Community Donations

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

Little Walnut Run  
Co-op Explorers

*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.*

Bridget O'Leary • Ellen O'Bryan • Tim Garner  
Frances Trotta • Jane Papin • Jennifer Lamborn  
Deb James • Logan Campbell • Malika Crozier  
Rebecca Summer • Kim Sweeney



## 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](mailto:judith@silvercityfoodcoop.coop)

## RAIN CHECK

Sorry we are out.  
Lettuce make it up to you!



We now have rainchecks to give our member/owners and customers better service!

## Round Up Donation Program

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

## Round Up for June

### Guadalupe Montessori School

Guadalupe Montessori School (GMS) was founded in 1979 to provide the best in Montessori education for children ages 18 months to 12 years in Grant County. After several decades, GMS still serves the children and families of Grant County, maintaining a strong commitment to educational excellence, cultural and economic diversity, and affordable tuition. GMS strives to support students in becoming citizens who care about themselves and their community, and can make meaningful contributions to society. A non-profit organization, Montessori's mission statement sums it all up, "By providing a peaceful and carefully planned learning environment, Guadalupe Montessori School supports children from diverse backgrounds in reaching their highest potential to become life-long learners."

## April Round Up \$1315.20!

### PFLAG Silver City



PFLAG Silver City will be using Round Up funds to partner with GLSEN Albuquerque to provide an all-day, area-wide workshop for educators, social workers, and parents about the rights and needs of LGBTQ students in the public schools on September 13, 2019, at Western New Mexico University.

## Round Up for July

### Aldo Leopold Charter School Foundation

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

## Changes continued from page 1

starts on June 1st and runs through the end of July. If you are a regular supporter of the Co-op we'll look forward to seeing you soon. If you're not, I hope you'll find your way in, especially over the next two months to take full financial advantage of your membership.

As for me, I am very excited to take on the challenge of the GM role, albeit temporary, at first. Over the course of the last almost seven years in Silver City, I have worked diligently to manifest my goals, and now, I'm being given the opportunity to reach another. I have made my home in the Silver City Food Co-op and will continue to work hard to insure that when we look back in 20 years we can do so proudly. One major focus for me is making the work we do in the store easier, through efficiency. Finding ways to eliminate redundancy is so important in our small, cramped space. It causes heaviness in our efforts that is unnecessary, and I'll strive to find ways to lighten the load. I'll also work to bring a modicum of harmony to the relationship between the Board and Management. Our Co-op always needs this relationship to be strong and dynamic... particularly now, as we move forward with our relocation efforts.

To our Co-op Member-Owners, I ask that you hold a place of appreciation for our Board who has voluntarily taken on the weight of overseeing the move of our Co-op down the block. It is no easy chore, but they show up week after week to see to the Co-op's solidity. Let them know you appreciate it when you see them.

To Joe Z, I can't give you enough thanks. You brought me into the Co-op (after only 8 hours of interviews!!!) and taught me much about the very delicate place where co-ops sit in our often cutthroat economy. You spent hours patiently listening to my professional and personal challenges, never really providing solutions, but making me come to those answers myself. I am grateful, and you will be missed.

Thank you all for supporting our Co-op in every way that you are able. The Farmers' Market parking lot is set for a major overhaul beginning in July and I'm betting that Adobe Springs will be open real soon, too. Why does this matter? Because parking is going to become an even greater challenge in our section of downtown. Don't let it stop you from coming to the Co-op! We're glad to carry your groceries down the block, if you have to park a little farther... it might be the only time some of us get outside during our shifts. You'll probably hear this from me again, but for the next year or so, our mettle will be tested as we push hard to make our relocation a reality. Adding two or three extra items to your basket when you're shopping can help make that difference, and if you happen to be sitting on a big pot of gold, I would love to hear from you! It can't hurt to put it out there, right? Sometimes the Universe provides.

Anyway....that's all for now. Be good to each other.

Mike Madigan  
Acting General Manager  
[mike@silvercityfoodcoop.coop](mailto:mike@silvercityfoodcoop.coop)  
575.388.2343



# MAD June July

*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](mailto:judith@silvercityfoodcoop.coop)

Three hours earns a 15% Volunteer Discount

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



# Don't Grow Your Own!



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

## *Wind Markham - Karuna Kitchen*



*Wind shows off a tray of ready-to-eat, nutrient-dense seedlings.*

When I was just a wee lass, I had my first taste of sprouts. "Mama, we want French fries!" my sister and I cried out. Meanwhile, the loving hand of my mother put large piles of alfalfa sprouts on our plates and sprinkled them with salt. We couldn't eat them fast enough, and we truly believed that we were eating "French fries". Now, all these years later, I have the blessing of growing microgreens. Microgreens are different from sprouts in that they are grown in soil (rather than rinsed with water twice a day) and when the first two leaves are fully developed (called the cotyledon), it is time to harvest them with scissors. This usually takes place 7-14 days after germination.

The fact that microgreens are both easy to grow and extremely high in quality nutrients, accounts for the recent interest and research being done on microgreens as a superior food.

It has long been known that the nutrient density is higher in these edible seedlings, but how much higher? Due to research done by the University of Maryland College of Agriculture & Natural Resources (AGNR) and the United States Department of Agriculture, we now have the findings of a completed study comparing levels of nutrients in microgreens with their mature counterparts.

Would you believe that it was discovered that microgreens contain four to 40 times more nutrients than the fully developed plant they will one day become?!

As some of you know, I grow broccoli, radish and sunflower sprouts primarily. So I was especially interested when I read that broccoli microgreens contained 10-100 times more Sulforaphane than mature broccoli. Sulforaphane is a cancer-fighting compound, and the very reason my mother always made us finish eating our broccoli.

I have long loved and eaten fresh, unheated produce, and microgreens are no exception. They are extremely sensitive to heat, so eat them raw to protect those elevated amounts of phytochemicals which are known to protect us against a number of ailments, including heart disease and cancer.

Whether I sit down to a burrito stuffed with baby radish greens (yum), an avocado sandwich bursting with miniature broccoli greens, or a gorgeous salad full of a mixture of colors and textures, microgreens really raise my standard of living. Now, while there will always be a soft spot in my heart for sprouts fresh from the Mason jar, it is a no-brainer that microgreens grown in soil nourished with compost yields the highest health benefits.

Microgreens are catching the eye of many people as an easy way to grow nutrient-dense plant food, which does not require much space, or much water, and can be easily grown in just about any locale. These facts alone point to microgreens as a real gift as we move into the future.

## *Mark Hughes – Enchanted Valley Farms*

Mark started Enchanted Valley Farms as a retirement project and as a way to reform his diet. Originally, he was interested in aquaponics, the combination of aquaculture (raising fish) and hydroponics (the soil-less growing of plants) that grows fish together in one integrated system. Mark decided to start with the hydroponics part of this equation and turned to growing microgreens hydroponically. These tiny, vital greens are considered to be baby plants, often containing higher nutrient levels than mature vegetables.

Mark's mission at his farm is to provide real food that you can harvest on your own. In accordance with that concept, he sells 11 different varieties of microgreens in biodegradable packaging, still growing in their own medium. It's perfectly fresh, "real" food. Mark also grows organic, hydroponic, baby greens as a component of his microgreen salads, available to you in our produce department.

This former certified financial planner and registered investment advisor, has turned his retirement hobby into a rewarding, full-fledged business that he enjoys immensely. Selling his microgreens at the Co-op, Farmer's Market, and some local restaurants has been a great social experience, as well. In fact, he says, "If I'd known about this when I was 25, I would have been a farmer." Better late than never, Mark!



*Toyko White Onion Microgreens are a tasty addition to any salad.*

## ***Meggie Dexter and Kyle Skaggs - Frisco Farm***

Just under 60 miles north of Silver City on Highway 180, you will find the picturesque community of Pleasanton, nestled in the Williams Valley along the San Francisco River. Here, full-time farmers Meggie Dexter and Kyle Skaggs cultivate four acres of vegetable fields and raise their two young sons, Ketch and Leland. Fed by the waters of the San Francisco River before it turns west and flows into Arizona, Frisco Farm supplies and supports our Food Co-op with an abundance of high-quality produce.

Top priority for Kyle and Meggie is maintaining the health of their soil as a living, dynamic organism by honing in on practices that can be sustained for a lifetime. To this end, all methods they use are chemical-free and environmentally sound. Kyle and Meggie use draft horses for all of their field work. Animals eliminate the need for petroleum-based machinery. The horses are fueled by grass, though, so I guess you could say that they're solar powered.

Although Frisco is not a certified organic farm, you can be assured that all food that you purchase from them, at the Co-op or the Farmer's Market, is clean and full of vital nutrition. When you buy Frisco Farm produce, you are helping to support a family who has chosen farming as their sole source of income and who, in turn, fully supports the Co-op and Co-op principles. Taking a values-based approach to their work, Kyle and Meggie, who are long-time members of the Silver City Food Co-op, have made a commitment to sustainable farming practices and, hence, to healthy people and a healthy planet.



*Frisco Farm runs on horse power and family power.*

*Seeding spring lettuce beds, Kyle works closely with Ketch, his first-rate assistant.*

## ***Eric Leahy - Gone Fishin' Farm***

Gone Fishin' Farm located, approx. 35 miles N.W. of Silver City in the town of Gila, was started 20 years ago as our family homestead. We developed the land, which had no well, electricity, or any other type of buildings or infrastructure, into the small farm it is today. My partner and I moved from Santa Cruz Ca. to Gila and took the opportunity to apprentice on a local farm that sold produce and grew large amounts of seed for Seeds of Change. I worked there for little or no money for 2 years and learned about just about any type of vegetable, herb or flower that would grow here. Today we have 4 greenhouses and 6 acres of irrigated fields which are mostly in pasture. Also, there are 8 goats and 15 or so beehives. I sell at the Saturday Farmers' Market downtown and the Wed. market at Ace Hardware parking lot, and the Co-op, of course. I feel it's becoming more and more important to know where our food is being grown and by what practices as the FDA continues to refuse to do their job and keep our food and medicine safe for consumption. If the local community supports their local organic farmers, then those farmers can continue to expand and improve their operations and we will be here for you if times get more desperate.



*Gone Fishin' takes a wide view of farming.*

If the community chooses to support the large corporate food establishments instead, then your small farms will not prosper. Grant County is a perfect place to experiment and see how independent we can become, by creating local energy and food sources. It could be fun and maybe we can become an example for other communities. If anyone feels like doing work for exchange of food you can e-mail Eric at [gilafarm2@gmail.com](mailto:gilafarm2@gmail.com) and I would encourage anyone who feels like they can afford it, to give money to the Co-op to help them make their move and expansion a reality Please give as much as you can.

***Look for more local growers in our July issue.***

# General Merchandise Department

## NEWS

### Making Sustainable Strides

by Leah Chastain

Plastic is taking over our world. Too small to see with the naked eye, microplastics are falling out of the sky everywhere with the rains, polluting even the most pristine environments. Plastic will not go away in our lifetimes, nor in the lives of our great-grandchildren! Plastic breaks down, over time, into smaller and smaller particles, becoming 'microplastics'. Scientists are not sure how long it takes, but most estimate at least 1,000 years.

Plastic is found in increasing concentrations in our food supply. Most of the fish currently harvested from our seas and oceans is contaminated with microparticles of plastic. Another alarming source of microplastic is salt, which could be a significant route of exposure to humans.

We have daily opportunities to make better choices for our health and the health of our families and the planet, such as choosing reusable bags and straws, and buying food in bulk. Each of us can change the way we think and take small steps to reduce, reuse, and recycle, that collectively add up to big impacts. Learn to be more conscious about what you buy and throw away. Making thoughtful choices can mean less waste and pollution.

In our efforts to reduce plastic use, especially single use plastics, the Co-op is offering more steel and silicone food service and storage options.

#### Some of our offerings in sustainability include:

**Food Huggers** are reusable and sustainable food savers aimed at reducing food waste and replacing single-use plastics. <https://foodhuggers.com>

**Chico Bag** is committed to making their business cleaner and the Planet Healthier. They are a Certified B Corp that was voted Best for The World for Environmental Impact, 5 years in a row, and Best Overall for 2018! ChicoBag makes reusable shopping bags, steel food-storage containers and bamboo utensils. [www.chicobag.com](http://www.chicobag.com)

**Stojo** has created the world's first ultra-portable, leak-proof reusable cup. <https://stojo.co>

**Stasher** is the plastic-free, reusable silicone bag you can cook in. [www.stasher.com](http://www.stasher.com)

**Klean Kanteen** is a certified B Corp that doesn't just make bottles. They create solutions for social change, working hard to design durable, versatile, affordable products that replace mountains of single-use waste and last a lifetime. [www.kleankanteen.com](http://www.kleankanteen.com)



The Co-op has gratefully accepted a \$900 donation from a member whose sister owns reCAP, a Mason Jar accessory line. Want to use your Mason Jar to shake and pour, as well as store? reCAP alternative lids allow you to do all that. Look for them next to the second register at the front of the store. All sales from these handy caps will go toward our 907 Pope St. relocation project. <https://masonjars.com>

Merchandising Specialist Leah Chastain has worked hard to bring sustainable and earth friendly product to the store. Above, Leah shows us the display of the Mason Jar lids near the front of the store.

*stock up and save!*



**10%  
off**



**Brazil Nuts  
Dried Tomatoes  
Turkish Apricots  
Cashews Rst Slt *Org.*  
Shredded Coconut *Org.*  
Curry Cashews  
White Turkish Figs**



**Dried Whole Bananas *Org.*  
Barhi Dates *Org.***

**15%  
off**



**Inca Cold Brew  
Nicaragua  
Espresso  
Peru Coffee *Org.***



**Emmer Flour *Org.***



**French Roast (Zeus)**

## A PERPETUAL BALANCING ACT

*By Evan Humphrey*



Recently, you may have noticed some price changes in the bulk department. I want to be transparent about these changes and give you, the membership and our customers an explanation of the process that I use to determine pricing. While our base cost of goods do fluctuate and we regularly see increases, my shelf pricing is somewhat flexible. It's largely up to me as the department buyer to set prices in the best interest of the store and our customers.

I have a standard margin that I must adhere to for the department. This margin ensures that the store can meet its operating costs, namely staff labor, utilities, overhead costs such as packaging and shipping, as well as infrastructure repairs and upgrades. But rather than set every item at that margin, I have set some prices lower and some higher so that my average margin matches the standard one. This pricing method is referred to as a variable margin. I do this because the retail price of the more costly things like nuts, packaged coffees, and some dried fruits would be prohibitively high at the standard margin, while some of the less costly items are sometimes barely worth their weight in terms of the labor involved to sell them.

A few times a year, I will scrutinize my margins, prices, and sales volumes to update and fine tune the department as a whole. I change prices, I discontinue things that aren't selling well and I bring in new products. This time around, I noticed that my average margin was quite a bit lower than it needed to be. While this means that customers see lower prices it ultimately isn't sustainable for the store. I can get away with selling some things at lower margins but the difference still needs to be made up somewhere else. So that is why you will see some price increases. I have also lowered prices on some items that were not seeing the kind of movement that I need.



**BULK Weigh-in**

**BULK Weigh-in**

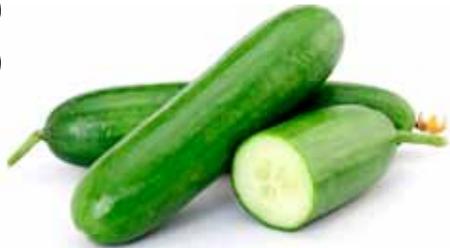
**BULK Weigh-in**

**BULK Weigh-in**

# Kids' Order



- APPLES
- LETTUCE
- POTATOES
- PUMPKINS
- BEANS
- CARROTS
- LEEKS
- VEGETABLES
- TOMATOES
- FRUIT
- CUCUMBER
- CROP ROTATION

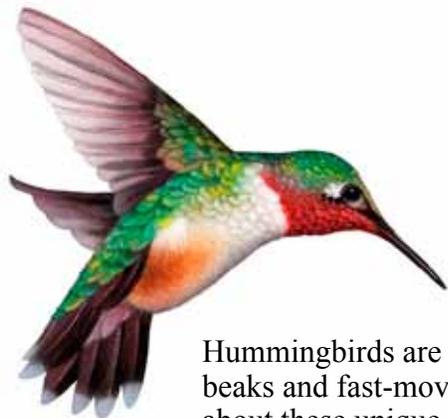


## THE VEGETABLE GARDEN WORDSEARCH

Can you find 12 hidden words from our Vegetable Garden?

You can go up, down and diagonally.

Q	S	F	E	T	H	K	G	L	B	C	O	E
H	N	C	Z	O	B	Q	K	T	S	Q	S	O
X	I	O	W	M	K	V	Y	S	K	E	E	L
R	K	H	I	A	D	E	W	Z	O	Z	I	I
A	P	Z	I	T	F	G	R	T	D	D	G	Q
A	M	V	N	O	A	E	A	Y	U	V	T	T
L	U	F	M	E	H	T	S	X	T	I	G	S
D	P	O	U	S	O	A	O	E	U	Y	Q	T
Y	Q	Z	N	P	R	B	K	R	L	U	P	O
E	C	U	T	T	E	L	F	G	P	P	R	R
N	W	Y	U	A	A	E	H	Q	A	O	P	R
S	Z	P	N	O	E	S	X	J	Z	Y	R	A
U	I	S	F	C	R	E	B	M	U	C	U	C



## Fun Facts about Hummingbirds

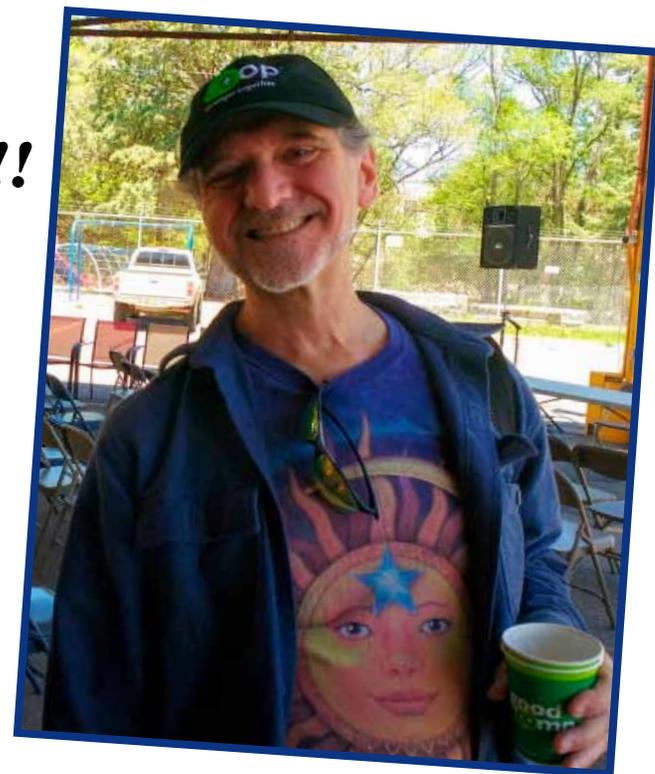
Hummingbirds are fascinating little birds with their long beaks and fast-moving wings. Read on to find out more about these unique and beautiful flying creatures.

- Hummingbirds are the smallest migrating bird and they travel alone for up to 500 miles at a time.
- The name, hummingbird, comes from the humming sound their wings make as they fly.
- Hummingbirds are the only birds that can fly backwards.
- Hummingbirds have no sense of smell, but they do have excellent color vision.
- The average weight of a hummingbird is less than a nickel.
- Hummingbirds are good at perching and scooting sideways while perched, but they can't walk or hop.
- Hummingbirds drink the nectar from flowers and feeders by moving their tongues in and out about 13 times per second. They can consume up to double their body weight in a day.



# Thank You, Joe Z, for all you have given to our Co-op!!

*As our general manager for more than six years, Joe Z worked tirelessly, mostly behind the scenes, for our co-op. He brought a wealth of knowledge and experience with him, as a thoroughly “co-op person” – in his work and in his life. We have all benefited from the changes Joe made at the store:*



January 1, 2013, Joe's first day of employment, was also the inauguration of our member-owner equity program and he was the first person to buy an equity membership. As GM he proceeded to work out the glitches in our new system, to run and maintain it.

The co-op was open only six days a week, until Joe moved our co-op grocery store into the league of the other groceries in town and we opened for the first Sunday, in October 2013. Now at least 200 customers shop here each Sunday.

Also a techno guy, Joe expanded computer systems and provided quick service by fixing problems that popped up.

Joe implemented a perpetual inventory system that allows for greater accuracy and control of the millions of dollars of inventory that flows through the co-op.

Over the years Joe regularly worked on improving the co-op's website. Now, with its greater functionality, many people use it to find up-to-date information on co-op activities, sales, events, and much more.

In 2019, Joe, Carol, and Judith worked on a “co-op owner's manual,” which was to explain, among other things, the value of supporting a cooperative business.

Joe also knew that people wanted more prepared food, and the back building had plans for a kitchen. So the kitchen was built, and in July of 2014, the Grab n' Go was created, with the first sandwiches, salads, and soups purchased “to go.”

Although controversial, The Market Cafe, which opened in July 2015, proved that people really did want organic, vegetarian, and vegan cafe food. Joe envisioned the cafe as a way to increase sales. The Cafe had initial success before challenges that caused it to close in October of 2017.

Much of Joe's time was spent working with staff, as he was a staff advocate. He brought the staff salaries up, so all staff make a living wage; consistently encouraged the staff, and did not micro manage; and listened to all suggestions. He rewrote the employee handbook and implemented a new scheduling system.

Joe oversaw the very successful and cost-effective program for cross-training all new employees for multiple jobs.

About one third of the staff buy product for the store, and Joe trained them to track the margins and other financial aspects of purchasing. He encouraged buyers to be creative with their own departments, which resulted in exciting new looks in bulk herbs and spices, personal care, and bulk foods. All other departments have found ways to squeeze more product into the same small spaces.

Daily attention to the financial details of the co-op allowed Joe, through tight and accurate financial control, to keep prices as low as possible, increase discounts to members, increase margins, and increase staff salaries.

We all appreciate Joe's addition of rolling baskets, new carts, sprinklers in the produce coolers, three stand-alone coolers and one freezer, more custom shelving space tucked in every nook and cranny, and a store brightened by additional lighting.

The co-op had paused its Garbanzo Gazette publication for a year. Knowing the importance of a newsletter, Joe brought it back, and the colorful GG is now available all over town.

During the past year, Joe spearheaded the relocation project, which included the weekly Pope Street Project Committee meetings.

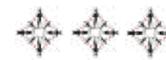
Remember when MADs (member appreciation days) were only three times a year – days when member-owners crowded into our little store to receive their 10 percent discount? More members participate now, since “Choose Your Own Mad Day” began in 2015.

During his six-plus years here, sales increased by nearly 20 percent, from \$3 million to \$3.7 million.

**WE WILL MISS YOU, JOE Z!**  
**We will also miss your weird animal t-shirts!**



**BEST WISHES TO YOU AS YOU CONTINUE ON LIFE'S JOURNEY.**





# 2 U From Your Board . . .



*Jean-Robert*



*120 members attended the GMM!*

### ***Dear Co-op Friends:***

Thank you for your support of our Co-op during our GMM. I think the GMM all came together when everyone pitched-in to load tables and chairs, served pie and ice cream, registered volunteers, made signs, planned at meetings, gave building tours, hauled tables and chairs, set up sound systems, dumped garbage, guided tours or parked cars so that others may enjoy socializing. Staff – especially Brenna Brown of our Grab n’ Go and Misha of our frozen foods – performed extra duties above and beyond their job descriptions. Carol Young, of the Garbanzo Gazette, accomplished a Herculean effort preparing event plans and maps. Mike Madigan put in some late hours pulling it all together. Marguerite, finance, was just invaluable. I am very grateful to Steven Shelendich, Silver Architects, for sharing his design work with us; Bart Roselli for making signs; Jay Hemphill for group photos of attendees; Joe Doyle, the PA system; Paul Leitner, who used his truck to haul garbage; Grant County Commissioner Harry Browne and Chris Jepson who both helped lead tours through the building. Happily, there were many more too numerous to thank here. We all live busy lives, but all the GMM volunteers and staff gave of themselves just a little more. And that really means a lot!



*Ben Kieler*



*Jennifer Lamborn, Mike and Scott*



*Harry Browne*



*Laura Waldman*



*Basira Nickle  
Robert Donnelly*



*Rebecca Summer*



**Jennifer Johnston**  
President



**Kristin Lundgren**



**Gwen Lacy**



**Shanti Ceane**  
Secretary



**Laurie Anderson**  
Treasurer



**Julianna Flynn**



**Scott Zager**  
Vice President

## Dear Co-op Friends, Volunteers, Staff and Board,

Thank you for your co-op support during our Membership Meeting. There are many I would like to call out for special mention and all of you were stellar in the gift of your time and personalities. I think it all came together when everyone pitched in to carry the chairs to the truck, served pie and ice cream, registered volunteers, made signs, planned at meetings, gave building tours, hauled tables and chairs, set up sound systems, dumped garbage or parked cars while others enjoyed socializing. The Staff performed extra duties above and beyond their job descriptions. Management put in some late hours pulling it all together. The Board Directors were just great putting themselves out there to talk about our great co-op. I am very grateful to Steven Shelendich, *Silver Architects*, for sharing his work with us. We all live busy lives, but you gave of yourselves just a little more. And that really means a lot! The organization of this event was rather loose. When task groups came together to park cars or scoop ice cream, or whatever, there weren't any instructions other than "just figure it all out amongst yourselves". And you did it patiently, selflessly and cooperatively. What a great success. I don't know if I got the opportunity to meet with you individually during the GMM. I was flitting about like a wren looking for twigs to nest in. To me it was not work, but joyfulness while sharing this good time with you.

Thanks again. And as my grandpa used to say, "Have a good one!"

PS. Below is a list of names who helped out. Perhaps you can thank each other on behalf of the cooperative. Also, please let me know if I missed anyone. Sometimes people just anonymously showed up and carried the day.

Bart A. Roselli  
Basira Nickle  
Ben Kieler  
Betty Mishuk  
Chris Jepson  
Harry Browne  
Debaura James  
Donna Magden  
Gene and Linda Koponen  
Gwen Lacy  
John Peabody  
Jay Hemphill  
Jeff Goin  
Jennifer Lamborn

Jessica Tumposky  
Joe Doyle  
Laura Waldman  
Lee Sonne  
Lozen Benson  
MaryAnn Finn  
Max Higgs  
Melvin Gelb  
Paul Leitner  
Gretchen Van Auken  
Rebecca Summer  
Robert Donnelly  
Steven Shelendich  
Jenny Connor

SCFC Staff: Mike, Joe Z, Brenna, Misha, Carol, Kate & Judith

SCFC Board: Jennifer Johnston, Julianna Flynn Albershardt, Jean-Robert Béffort, Shanti Ceane, Laurie Anderson

**Scott Zager** ❄️❄️❄️

## Recruiting Board Members in Training

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

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

**CONTACT:** Laurie Anderson  
[laurindaa713@gmail.com](mailto:laurindaa713@gmail.com)  
Recruitment, Orientation, and Development Chair  
*Or, any board member*

**WE LOOK FORWARD TO HEARING FROM YOU!**

### Board Meeting Schedule

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

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

**Jennifer Johnston/President**  
Board Term: 2018-2021  
[johnstonjenny40@gmail.com](mailto:johnstonjenny40@gmail.com)

**Kristin Lundgren**  
Board Term: 2019-2020  
[klundgren2@gmail.com](mailto:klundgren2@gmail.com)

**Laurie Anderson/Treasurer**  
Board Term: 2017-2020  
[laurindaa713@gmail.com](mailto:laurindaa713@gmail.com)

**Shanti Ceane/Secretary**  
Board Term: 2018-2021  
[shantifo@gmail.com](mailto:shantifo@gmail.com)

**Julianna Flynn**  
Board Term: 2018-2019  
[juliannaflynn8@gmail.com](mailto:juliannaflynn8@gmail.com)

**Scott Zager**  
Board Term: 2018-2019  
[sczager1959@gmail.com](mailto:sczager1959@gmail.com)

**Gwen Lacy**  
Board Term: 2019-2022  
[glacymail@gmail.com](mailto:glacymail@gmail.com)

**Board of Directors**



# June

## Members Only Specials

### June 5 - July 2

### 20% OFF! listed prices



**Go Veggie**  
Dairy-Free  
Cream Cheese  
reg \$4.19



**Noka**  
Superfood  
Assorted, 4.22 oz  
reg \$2.59



**Nubian**  
Shea Butter & Aloe  
Body Lotion  
13 oz  
reg 11.49



**Sustainable Seas**  
Albacore Tuna  
5 oz  
reg \$4.19



**Napa Valley**  
Sesame Seed Oil  
12.7 oz  
reg \$6.49



**Quantum Health**  
Lozenges  
Meyer Lemon & Honey  
18 ct  
reg \$4.99



**Straus**  
Plain Whole Milk  
Greek Yogurt  
32 oz  
reg \$8.19



**Kuli Kuli**  
Moringa Energy Bar  
Assorted, 1.6 oz  
reg \$2.89



**daiya**  
Dairy-free Dressing  
Assorted, 8.36 oz  
reg \$5.29



**Almond Dream**  
Vanilla Bites  
6.6 oz  
reg \$4.99



**Nubian**  
African Black Soap  
Hand Cream  
4 oz  
reg \$6.89



**Solgar**  
No. 7  
Joint Support  
& Comfort  
30 ct  
reg \$24.99



**Lara Bar**  
Assorted, 1.6 oz  
reg \$1.99



**Tierra Farms**  
Maple Toasted  
Coconut Chips  
reg \$9.59 lb.



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

The Co-op flyer is also available on our website:  
[www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)

