

**NOW  
16 pages!**

# Silver City Food Co-op Garbanzo Gazette

Volume 18

❖ Your Monthly Newsletter ❖ January 2018 ❖

## Co-op Hours:

**Mon. - Sat.  
9 am - 7 pm**

**Sunday  
11 am - 5 pm**

**575•388•2343  
520 N. Bullard St.**

## LOOK INSIDE!

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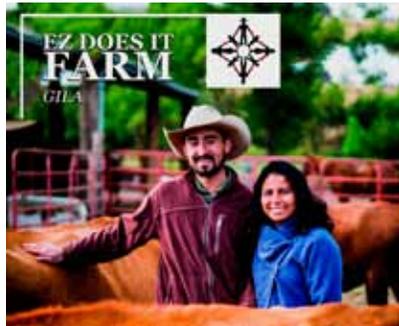
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**YOU  
ARE  
WHAT  
YOU  
EAT**

## Our Co-op Celebrates Local!



*The Farm is located in Gila and owned by Nevadith and Horatio Casillas. They produce beef, lamb, pork and poultry.*



Co-ops and local products go hand in hand. Our Co-op offers more local products than any other outlet in town!

As we celebrate our local suppliers, under a USDA grant administered by the local National Center for Frontier Communities, 11 posters have been created which we will see being hung around our store.

Conceived by Ben Rasmussen and our assistant manager Mike Madigan, the posters were photographed by local artist Jay Hemphill, photographer extraordinaire.

Supporting our local producers is an important part of our community. The posters represent only a small part of the local vendors that you can find in our Store. Members and customers who purchase the local offerings should feel great in boosting both our Co-op and our local economy.

The truth is, compared to other communities, we do not have many local producers. But we are always finding more, such as Sun Mountain Honey – an exclusive at the Co-op – which we just recently started carrying (and too late for the pictures).

Look around the Co-op for our local products which are denoted with a small blue dot on the shelf price tag.

*A family business owned and run by Travis & Amy Coffey in the Mimbres Valley. They've been baking bread since 1996. The most important ingredient is Prayer!*

*A local farm outside of Deming where Fransico & Molli Quintana grow food for their family and as a hobby. We sell much of their produce, including melons, winter squash and chiles.*



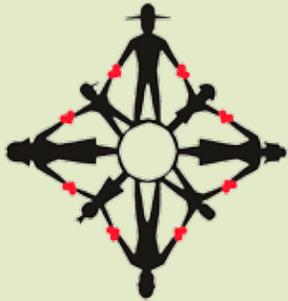
*Monica is a former nurse and now herbalist, who grows, produces and markets all of her products.*



**2090 members/owners strong and counting . . .**

# Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop

## Store Hours

575-388-2343

Mon-Sat 9am-7pm

Sunday 11am-5pm

## Vision Statement

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

## Seven Cooperative Principles

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

**Joe Z**

general manager

**Mike Madigan**

assistant manager

## The Garbanzo Gazette Gang

Editor: Joe Z

Staff Writers: Judith Kenney, Jo Lutz

Guest Writer: Susan Van Auken

Layout & Design: Carol Ann Young

Submissions are welcomed!

Submit letters, articles, or items of interest to:

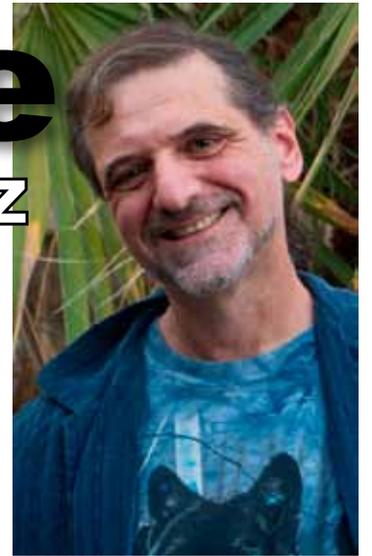
**mike@silvercityfoodcoop.coop**

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# Cup o' Joe

by Joe Z



*Hey folks, I've been battling the flu and was not able to meet the deadline for this month's column. Instead, I decide to rerun a column that I wrote in April of 2013. It's quite relevant today as it was then - especially with the closing of the Market Café. We need new ideas at the Co-op right now and I invite you all to share yours.*

I like spiders. Well, certainly not all spiders - and I don't want them sharing my bed or hanging out on the couch with me - but rather the normal average house-style spider who spin their webs from the corners of ceilings. I've always seen them as nature's helpers aiding me in keeping the mosquito, gnat and other notorious insectual botherments at bay.

Though my overall curiosity of the species is high and our symbiotic relationship is appreciated, it was no surprise that when I suddenly encountered a rather ugly black 1/2 inch spider scurrying across the bathroom floor, I instinctively put my best foot forward and put an immediate and permanent end to its journey.

Now I don't anthropomorphize insects as I may with mammals and birds and, though I admit to perhaps limited perceptions, senses and understanding, I don't observe or feel any sentient life from insects so I have no qualms in taking that step. Besides, this was an unknown entity in my space and spiders are known to bite and that might cause

a reaction and it was scurrying instead of hanging out by a web and it was ugly and I didn't want it there. Done. Yet, as I stooped to remove the carcass, I began to self evaluate my reaction. Self-evaluation is a uniquely human endeavor (to our knowledge) and I always take pleasure in the process (yes, yes, yes, - some say I think about stuff too much).

My thoughts chewed on the fact that I reacted instinctually rather than thoughtfully. The outcome might have been the same - though with the path I chose - there was no option. While the actual incident is of no matter, I pondered other possible scenarios wondering if I might react unthinkingly and reflexively.

One imaginary occurrence after another was mentally sorted through and I pretty much reassured myself that it's a rare situation where I would react as I did. That is, until I applied the concept to... ideas. But certainly I always embrace new ideas with an open mind and an active curiosity. Or .... do I?

Like spiders, ideas are all around us and some are good and are our allies. And many are just bad ideas. The ability to quickly discern as to which is which is a very good skill to have. The reflex to dismiss an idea because it seems to be similar to other ones or because I'm too busy to pay it any mind or because it's espoused by a person I don't respect or because it's hairy and ugly is really a detriment to creative thought.

Though I've only been at our Co-op a very short time, I'm already aware of the challenges that not only face us but also Co-ops all over. Our Co-op is growing but the walls remain rigid - how will we cope with this over the next 3 years or so? Small national natural food chains are opening up in more and more towns and the chain supermarkets are offering more natural and

organic foods - sometimes at very low prices subsidized by their aisles of junk foods. How do we respond? Should Co-ops be leaders in their towns or should they just quietly serve their members? How do we mesh the tenets of Cooperation, Economic Democracy and Right Livelihood with the reality of our marketplace?

Should our Co-op move across the street from Wal-mart and compete with them head to head? Now there's an ugly and hairy spider that deserves a reflexive swat. But wait - maybe there's merit to that idea - maybe it should be explored - maybe it's the direction we need to embrace. Nah - that one is dangerous. Squoosh! At least I gave it a quick moment of consideration though.

But what if there is another idea similar to the previous one scurrying across our Co-op's floor? Does the big foot immediately descend again or do we stop once more - even momentarily - to study its merits? For the record - this is a hypothetical situation and is being used for illustrative purposes only. No need to panic.

The questions posed though are real (as are many others that remain unstated). Solutions do need to be explored. And an answer might be contained in a brief idea that is mindlessly dismissed with the flick of a hand or a stomp of a boot. Of course, there is no reason to play with every Black Widow or Brown Recluse one encounters in the hope that we found a nice one or that it offers something different from all the rest. Yet there are other spiders that look like those two but aren't harmful and are beneficial. Proper identification is a must and an open mind is a very valuable tool.

Here's an example: Around 10 years ago at a large Co-op conference, the owner of our largest distributor said that Co-ops should unite under one national management structure so that it can compete with the larger retailers. That idea was stomped darn quickly by most Co-op folks with nary a nano-second of consideration. Yet a few others examined the idea more closely and developed the NCGA (National Cooperative Grocers Association) - a voluntary organization which links the Co-ops into a virtual chain for more purchasing clout yet leaving their Boards and management independent. It's far from perfect but it is effective in many ways and was spawned from an ugly idea put forth by an organization often criticized for its predatory practices.

My position here at the Co-op attracts ideas as a puppy or a child attracts smiles. Only a very few can ever be implemented but all need to be heard clearly. A gem of an idea may be found in a fleeting thought that escapes the unthinking swat. All ideas are always welcome! Tell me yours. ❄️❄️❄️

# SEASON'S EATINGS

by Jo Lutz

The holiday season at the Silver City Food Co-op has been a busy one, as customers and employees alike prepared for yuletide feasting and New Year's fasting. What are people eating? We asked some, who happen to work here.

Of course, many on our staff celebrate in true New Mexican Christmas fashion – with tamales. Frozen food buyer Misha raided her own section for *Buenatural Vegan Tamales* and *Mi Ranchito* red sauce. Mike combines *Rishi Turmeric Ginger Chai* with sparkling water for a delicious chai tonic (recipe on the back of the box). Jo made wild rice with chestnuts, a family tradition, using the Co-op's *Lundberg Wild Rice Mix* and *Blanchard & Blanchard* peeled and cooked chestnuts. Allie made vegan gluten-free ginger cookies – in the shape of hedgehogs!

Now our bellies are stuffed, the leek trimmings are in the compost and the tinsel is in the trash. We have been awakened a week later by harsh daylight, unsure what year it is, despite the fact that we are wearing dark sunglasses that say 2018. What now?

Some Co-op staffers have resolved to pay down credit cards, to exercise more, eat better (yes, us too!), and to express more gratitude. Another resolved to cuss less, and not to sh\*t-talk about others. Another gave up making resolutions years ago.

And how do we cleanse our bodies of the sins of the season, focus our minds on these good intentions? Green powders such as spirulina are great for shakes and juices, which feature strongly in many a New Years cleanse. Turmeric is good for reducing inflammation, which effects wellness in a lot of ways. Staff also recommend aloe juice, apple cider vinegar (on its own or as an ingredient in fire cider, available at the Co-op).



Misha with a favorite of hers.  
*Buenatural Vegan Tamales!*

*Knudsen's Lemon Ginger Echinacea* juice is a personal favorite for the winter because it boosts immunity and is delicious heated as well as cold. And if you're into cold-weather cocktails, you can even add whiskey for a splendid hot toddy.

We hope your holiday has been both festive and nourishing. Co-op staffers are always glad to answer questions and give recommendations to help you stock the pantry for winter.



Hallie in the beverage aisle proudly displaying nutritious *Knudsen's Lemon Ginger Echinacea*.

*From all of us at the Co-op  
Happy 2018!*

## Silver City Food Co-op Staff

**Judith Kenney**  
produce/outreach

**Dougan Hales**  
produce

**Kate Stansberger**  
supplement buyer

**Jake Sipko**  
produce manager

**Carol Ann Young**  
office

**Jeanné Miller**  
herb buyer

**Becky Carr**  
dairy buyer

**Jess DeMoss**  
POS manager

**Meggie Dexter**  
website

**Misha Engel**  
frozen buyer

**Jenny Morgan**  
office

**Joe Z**  
gm

**Marguerite Bellringer**  
finance manager

**Kim Barton**  
POS

**Michael Sauber**  
grocery

**Doug Smith**  
grocery buyer

**Paul Slattery**  
produce

**Jody Andrews**  
cashier/grocery

**Evan Humphrey**  
cashier/bulk

**Lee Ann Miller**  
cashier

**Brenna Brown**  
deli manager

**Tinisha Rodriguez**  
POS/grocery/HABA

**Allie Iacocca**  
cashier/produce/HABA

**Mike Madigan**  
am

**Leah Chastain**  
merchandising specialist

**Marchelle Smith**  
deli

**Joy Kilpatrick**  
wherever needed

**Jo Lutz**  
wherever needed

**Elysha Montoya**  
wherever needed

**Judy Kenneally**  
deli

**Christine Dalmedo**  
produce

**Hallie Richwine**  
wherever needed



# Kitchen Meditations

Winter

## Sicilian Fennel Salad with Oranges, Arugula, and Black Olives

### Ingredients:

- 3 Blood or Navel oranges
- ¼ cup extra virgin olive oil
- 1 tablespoon red wine vinegar (or other vinegar)
- Salt (optional)
- Freshly ground black pepper
- 2 bunches trimmed arugula (or equivalent amount of small pieces)
- 2 cored, halved, trimmed medium fennel bulbs
- ¼ cup black olives



Trim off and discard peel from oranges, then slice crosswise into thin rounds and set aside. Mix together olive oil and vinegar in a large salad bowl and season to taste with salt and pepper. Arrange arugula in the bowl. Slice fennel bulbs into long strips and place on top. Toss salad just before serving. Decorate with the orange slices and black olives.

## Smokey Greens and Beans

### Ingredients:

- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 garlic cloves, chopped
- 1 14 ½ ounce can diced tomatoes in juice
- 1 ½ teaspoons smoked paprika
- 1 14 ½ ounce can vegetable broth
- 8 cups coarsely chopped assorted greens (such as kale, mustard greens, collard greens)
- 1 15 ounce can cannellini (white beans), drained
- Grated Manchego cheese

Heat oil in a large heavy pot over medium-high heat. Add onion and sauté until soft and beginning to brown, about 6 minutes. Add garlic. Stir 1 minute. Add tomatoes with juice and paprika. Stir 1 minute. Add broth and greens and bring to boil, stirring often. Reduce heat to medium-low, cover and simmer until greens are wilted and tender, stirring occasionally, about 15 minutes. Stir in beans and simmer quickly to heat through. Divide into bowls and sprinkle with cheese.

## Nutrition Nugget

### Small Changes for Better Health

It's January. The holidays are over, whew! Maybe you've been thinking about making some changes to your eating plan, now that the indulgences of Thanksgiving and Christmas are past. It's always a great time for a fresh start! Changes don't have to be sweeping. In fact, small modifications are easier to start and stick to. Think of the following suggestions as a tune-up to your normal eating habits. Although simple, the results can be profound.

1. Reduce sugar intake. Stock your pantry with fewer sweets.
2. Add veggies to any meal you can, including breakfast.
3. Prepare simple meals from scratch.
4. Eat two pieces of fruit a day.
5. Drink more water.

*May we all enjoy a peaceful and healthy new year!*



## The Co-op Chef



## Orange Miso Sauce

Mild, nutty flaxseed oil, the richest plant source of omega-3 fatty acids, provides the perfect base for salty miso and sweet orange juice. This sauce is delightful over grilled eggplant, fish and chicken or used as a salad dressing. ”

### Ingredients:

- ¼ cup sweet white miso
- 1 tablespoon orange zest
- ¼ cup orange juice
- ¼ cup flaxseed oil (or other neutral-tasting oil)
- 1 tablespoon minced fresh ginger
- 1 tablespoon rice vinegar
- 1 teaspoon mirin, (optional)

### Directions:

Combine miso, orange zest and juice, oil, ginger, rice vinegar and mirin (if using) in a small bowl and whisk until thoroughly blended.

# Jake's January Produce Picks



Jake Sipko, Produce Manager

## Navel Oranges

The Navel Orange originated from a single tree that was planted in Brazil in 1820. This tree had a mutation, causing two oranges to be produced within one single piece of fruit. The second orange, developing at the bottom of the fruit, opposite the stem, is where the navel orange gets its name, as that second orange vaguely resembles a human navel. The secondary orange is of vast importance, because it causes the orange to be seedless. Since these fruits lack seeds, farmers had to use techniques like cutting and grafting to continue producing the tree. As a result, every navel orange can be considered a product of that single tree planted over 200 years ago! The Navel Orange stands alone as the ultimate orange for eating out of hand. They are easy to peel and deliciously juicy, bursting with fresh citrusy flavor. Neither overly tart, nor sweet, Navel Oranges produce outstanding juice and are easily segmented to share with friends - that is, if you're willing to share.



## Blood Oranges

With their unique, deep red color, it's not hard to guess how Blood Oranges were named. This delicious fruit gets its signature color from a pigment called anthocyanin, which, while not typical in citrus fruits, is found in everything from cherries, blueberries, black rice and other red, blue, purple and black foods. Blood Oranges also have a dash of deep red coloration to their peel, giving it the appearance of being soaked in red juice. Currently thought to have been developed from a natural mutation in Sicily in the 20th century, today Blood Oranges are grown in abundance in California. These oranges are relatively small compared to the more popular Navel varieties, but are blessed with a thin skin that covers segmented flesh with very few seeds. They are often used for their juice or as an interesting garnish to various salads- or savory dishes. Like Navels, Blood Oranges are at their peak from winter to spring.



Say Cheese! Manchego Cheese!!

## Becky's January Dairy Pick

### Manchego Cheese

Manchego cheese is produced by the Manchega sheep which have roamed the plains of La Mancha in New Castile, Spain for thousands of years. Originally, the species migrated down from Central Europe through the Pyrenees before being bred and improved by the early shepherds of the region. Archaeologists have found evidence of Manchego cheese production from well before the time of Christ, when Iberian civilization was still in a relatively primitive Bronze Age. Manchegas still graze on the idiosyncratic native plant life of the region, which gives their cheese its classic flavor. This means that it is impossible to duplicate its unique character anywhere else! To perpetuate the qualities of this cheese, breeding of these special sheep is strictly controlled.

Manchego is a smooth, easy-eating cheese that gives a delicious spin to sandwiches and salads, or as a topping for soup and pizza. Sheep's milk makes great cheese because it has more fat, protein and, generally, more solids and less water than cow's or goat's milk. Be aware, though, that it contains more lactose, so it's not an option for the lactose intolerant!

## Co-op Community Donations

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

**Grant County Food Pantry**

**Just for Schools**

**Guadalupe Montessori School**

*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.*

Vicki Gadberry • Athena and Two Crow Schumacher  
catherine bialopiotrowicz • Ellen O'Bryan  
Janna Mintz • Malika Crozier • Tim Garner



## 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!**



## January Round Up



When you "Round Up" this month, you'll be contributing to the Beginning Years Program which supports families during pregnancy and until their child turns 3 years. Participants will receive a variety of supportive consultations, including in-home GED training, child nutrition, breastfeeding support and child development, just to name a few. Beginning Years is offered through Gila Regional Medical Center.

## November Round Up \$1301.13!

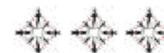


The recipient of the November Round Up was the Grant County Food Pantry, a program of the Volunteer Center, located at 501 E. 13th St. in Silver City. Funds will be used to purchase food from multiple sources in the area. Their goal is to offer nutritious food to people in this area who do not get enough to eat.

## Round Up for February 2018

### *Upper Gila Watershed Alliance*

The Upper Gila Watershed Alliance is a non-profit watershed protection and conservation organization working to promote the long-term health of the Upper Gila Watershed and its communities of life. Through research, education, and restoration projects, they are striving to build communities of stewards in more locally based economies.



# Hat Day!



## **MAD** Feb. Mar.

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

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

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

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

## Calling for Guest Writers!

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

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

If interested please email [mike@silvercityfoodcoop.coop](mailto:mike@silvercityfoodcoop.coop)

Three hours earns a 15% Volunteer Discount



## Popcorn Poppers Needed!



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

Shifts are:

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

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

Email Judith at [emo@silvercityfoodcoop](mailto:emo@silvercityfoodcoop).

CO-OP  
KID



Corner

# Winter Squash Guide

*With a dozen common varieties readily available, choosing a winter squash to prepare can be confounding for the home cook. We've compiled descriptions of common varieties as well as some handy tips for selecting the right squash for you and plenty of delicious squash recipes you'll love.*



## General selection tips

Winter squash are harvested late summer through fall, then “cured” or “hardened off” in open air to toughen their exterior. This process ensures the squash will keep for months without refrigeration. Squash that has been hurried through this step and improperly cured will appear shiny and may be tender enough to be pierced by your fingernail. When selecting any variety of winter squash, the stem is the best indication of ripeness. Stems should be tan, dry, and on some varieties, look fibrous and frayed, or corky. Fresh green stems and those leaking sap signal that the squash was harvested before it was ready. Ripe squash should have vivid, saturated (deep) color and a matte, rather than glossy, finish.

## Acorn

This forest green, deeply ribbed squash resembles its namesake, the acorn. It has yellow-orange flesh and a tender-firm texture that holds up when cooked. Acorn’s mild flavor is versatile, making it a traditional choice for stuffing and baking. The hard rind is not good for eating, but helps the squash hold its shape when baked.

**Selection:** Acorn squash should be uniformly green and matte—streaks/spots of orange are fine, but too much orange indicates over ripeness and the squash will be dry and stringy.

**Best uses:** baking, stuffing, mashing.

**Other varieties:** all-white “Cream of the Crop,” and all-yellow “Golden Acorn.”

## Butternut

These squash are named for their peanut-like shape and smooth, beige coloring. Butternut is a good choice for recipes calling for a large amount of squash because they are dense—the seed cavity is in the small bulb opposite the stem end, so the large stem is solid squash. Their vivid orange flesh is sweet and slightly nutty with a smooth texture that falls apart as it cooks. Although the rind is edible, butternut is usually peeled before use.

**Selection:** Choose the amount of squash needed by weight. One pound of butternut equals approximately 2 cups of peeled, chopped squash.

**Best uses:** soups, purees, pies, recipes where smooth texture and sweetness will be highlighted.

## Delicata

This oblong squash is butter yellow in color with green mottled striping in shallow ridges. Delicata has a thin, edible skin that is easy to work with but makes it a poor squash for long-term storage; this is why you’ll only find them in the fall. The rich, sweet yellow flesh is flavorful and tastes like chestnuts, corn, and sweet potatoes.

**Selection:** Because they do not cure as well as other winter squash, take care to select squash without scratches or blemishes, or they may spoil quickly.

**Best Uses:** Delicata’s walls are thin, making it a quick-cooking squash. It can be sliced in 1/4-inch rings and sautéed until soft and caramelized (remove seeds first), halved and baked in 30 minutes, or broiled with olive oil or butter until caramelized.

**Other varieties:** Sugar Loaf and Honey Boat are varieties of Delicata that have been crossed with Butternut. They are often extremely sweet with notes of caramel, hazelnut, and brown sugar (They're delicious and fleeting, so we recommend buying them when you find them!).

## Kabocha (Green or Red)

Kabocha can be dark green with mottled blue-gray striping, or a deep red-orange color. Kabocha is round but flattened at stem end, instead of pointed. The flesh is smooth, dense, and intensely yellow. They are similar in sweetness and texture to a sweet potato.

**Selection:** Choose heavy, blemish free squash. They may have a golden or creamy patch where they rested on the ground.

**Best Uses:** curries, soups, stir-fry, salads.

**Other varieties:** Buttercup, Turban, Turk’s Turban.

## Pie Pumpkin

Pie pumpkins differ from larger carving pumpkins in that they have been bred for sweetness and not for size. They are uniformly orange and round with an inedible rind, and are sold alongside other varieties of winter squash (unlike carving pumpkins which are usually displayed separately from winter squash). These squash are mildly sweet and have a rich pumpkin flavor that is perfect for pies and baked goods. They make a beautiful centerpiece when hollowed out and filled with pumpkin soup.

**Selection:** Choose a pie pumpkin that has no hint of green and still has a stem attached; older pumpkins may lose their stems.

**Best uses:** pies, custards, baked goods, curries and stews.

## Spaghetti

These football-sized, bright yellow squash are very different from other varieties in this family. Spaghetti squash has a pale golden interior, and is stringy and dense—in a good way! After sliced in half and baked, use a fork to pry up the strands of flesh and you will see it resembles and has the texture of perfectly cooked spaghetti noodles. These squash are not particularly sweet but have a mild flavor that takes to a wide variety of preparations.

**Selection:** choose a bright yellow squash that is free of blemishes and soft spots.

**Best uses:** baked and separated, then mixed with pesto, tomato sauce, or your favorite pasta topping.

## Miscellaneous Varieties

At some food co-ops, farmer’s markets, and apple orchards in the fall you may encounter unusual heirloom varieties of squash that are worth trying. If you like butternut, look for Galeux D’Eysines, a rich, sweet and velvety French heirloom that is large, pale pink, and covered in brown fibrous warts. You might also like to try Long Island Cheese squash, a flat, round ribbed, beige squash that resembles a large wheel of artisan cheese. If you prefer the firmer, milder Acorn, you might like to try long Banana or Pink Banana squash. If you like a moist, dense textured squash (yam-like), try a Queensland Blue or Jarrahdale pumpkin. These huge varieties are from Australia and New Zealand, respectively, and have stunning brittle blue-green rinds and deep orange flesh. Both are good for mashing and roasting.

*By: Co+op, stronger together*

# Behind the Scenes at the Co-op

*This column will feature people who keep our co-op running smoothly, and in future months, you will learn about the stocker/cashiers, the buyers, the cleaning crew, assistant manager, produce crew, finance department, and deli crew.*



*by Susan Van Auken*

## ❖ POS (Point of Sale) Team ❖

Tucked away in a small office in the back of the warehouse, Jess, Kim, and Tinisha, keep the POS system operating. What is POS, you might ask. The short answer: POS provides accurate pricing of products in the co-op computer system. After the receivers finish with the invoices, they give them to the POS team to enter the data into the computer. Most products will already be in the system, since they are products we carry, but the prices may have changed. The POS team enters all changes and new products, so the scanned bar code will indicate the accurate price at checkout. The receivers do a lot of heavy lifting, but the POS crew pays attention to many, many small details.

In addition to the computer needing accurate prices, the customer needs to see the same price on the shelf tags. The POS team makes sure new shelf tags are created to reflect any pricing changes. Perhaps you are aware of all the Co-op Deals sales that change every two weeks in the store; these sales are noted on the shelf signs. The POS team make these sales work. After hours, on the night a sale ends, Kim removes all the shelf signs from the products that had been on sale and removes the old and adds the new sales prices into the computer system. The next morning, before opening, Jess and Kim hang shelf signs announcing the new products on sale. At 9:00 a.m., when the store opens, the cash register will scan the price that the customer sees listed on signs throughout the store.

Obviously customers need to trust the accuracy of this system, and four times a year, a representative from the Department of Agriculture comes to check up on the co-op. One hundred items are randomly picked from the shelf and scanned. The co-op always does very well, meeting all requirements.

The POS team works with the finance department while processing the invoices and with the cashiers when any pricing or scanning problem crops up; they also generate reports for buyers and other departments. The perpetual inventory,

something we started about three years ago, operates through the routine work of POS. Every product for sale entered into the system is added to the inventory and every item sold is deleted from the inventory. In theory, that means that we can track the inventory in the store at any moment. The POS team needs to make sure that all the items on invoices labeled by the receivers as mispicks, damaged, shorted, or did-not-receive, do not end up in the inventory.



*Jess surrounded by invoices in the tiny POS office.*



*Tinisha processing this week's special orders.*

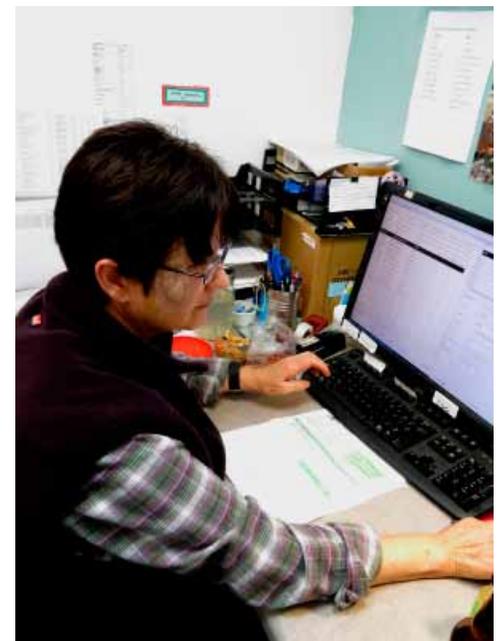
Tinisha works part time on the POS team and has two slightly different jobs. She handles all the produce pricing; whereas Jess and Kim work with all the other products in the store. Tinisha also does all the special orders for member-owners – sometimes up to 100 or more per month. Special orders can take place quickly or may need research and communication. The flow of the special-order system has its own niche in the co-op operations.

The three people working in this little POS office provide many functions to keep the store operating smoothly.

Jess has worked at the co-op for 8 years now; he was a cashier before working in POS. Before moving to Silver City, he lived in southern Utah, where he worked on a farm and for a hunting guide. He and his wife, Elizabeth, have a six-year-old son, Simon.

Kim moved to Silver City from Salt Lake City in 2003 and has been working at the co-op since 2011. Her previous jobs were in a vastly different field than that of a natural foods co-op. She worked with 3-D printing and high-tech ceramics, exploring low-thermal expansion ceramics, and making products for the space industry and companies such as Cummins Diesel Engines.

Tinisha, born and raised in Silver City, spends lots of time in the hills and forests. Her favorite place to hike is up from the Cliff Dwellings. She loves her job at the co-op and has worked here for three years. She also loves her Yorkie, named Marley.



*Kim pricing products in in the Co-op's Catapult system.*



# Bulk Department

by Judith Kenney

NEWS

## Pay for the Product, Not the Package!

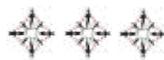
Take a walk down our bulk aisle and check out its bounty! We offer an array of organic coffees, flours, oats, nuts, beans, granolas, snacks, and repacked dried fruits. You can also stop at the end of the aisle near the dairy section to grind your own peanut and almond butters. Products can be purchased in whole bags, boxes or in small amounts. Members receive a 10% discount on all full bags and boxes. Do you have a question or suggestion? Evan, our bulk department manager, can help you.



*Jeanné filling a jar with garlic powder for the Herb Department.*

Why buy in bulk? Studies have shown that Americans throw away an extremely large percentage of the food that they bring home for consumption. When you buy in bulk you can purchase just the amount that you can use. You are also not paying for packaging which can make up a considerable part of the retail cost of many goods. Embrace zero-waste shopping and bring your own containers or use ours to buy as little or as much as you need.

Food waste can be especially obvious when purchasing dried herbs and spices in prepackaged containers at the supermarket. Who can use an entire jar of nutmeg in a timely manner? It usually sits in the cupboard for years before it gets tossed. When you get your herbs, spices and loose teas from the newly-renovated bulk herbs section of the Co-op, that's not a problem. It's not uncommon for a shopper to go home with the exact amount of cinnamon she or he needs for an apple crisp or a month's worth of turmeric for Golden Milk. Some folks may not realize that this section is part of Bulk because it's around the corner on a separate aisle. Don't miss it. It's so much nicer than before, with sparkling stainless steel counters and clearly-labelled glass jars. All products in this section come from Frontier Natural Products Co-op. One of the first distributors to recognize the value of organics, Frontier donates one percent of profits to education and to assistance for organic farmers. SCFC offers a full line of Frontier organic products, many not easily found elsewhere. Consult with Jeanné, head of the bulk herbs section, for guidance.



*More roasted salted pumpkin seeds!*

# Should We Label GE Foods?

By: Barth Anderson

I have some very heated arguments in my brain. It's disconcerting, sure, but medication doesn't help, so I just have to roll with it.

The biggest argument in my brain these days is about genetically engineered (GE) foods and how dangerous they are.

Are they dangerous?

Do GE ingredients pose a health risk to the people who eat them?

Or are GE crops safe and a crucial tool in modern agriculture's tool chest? They might be. I'm open to considering it.

Now you'd think an organic foods partisan like me would be knee-jerk against genetic engineering, but the fact is, I like to read the science behind food and have new ideas proven to me. I actually like being proven wrong.

But what makes the GE foods debate go and on (and on!) in my stupid brain is that I haven't read a credible, knock-out punch argument from either the pro-GE or the anti-GE camps regarding the health safety of engineered foods.

Yes, evidence exists showing that increased use of Monsanto's pesticide Roundup with accompanying Roundup Ready GE crops is creating "superweeds." The pesticide wipes out weak weeds, allowing the strongest to survive and breed.

And as for human health, yes, there are studies showing that GE foods may cause allergic reactions, infertility, cancer, and immune disorders. But so often these studies are conducted by non-profits with an axe to grind or use very small test-groups. We need population-wide epidemiological studies on GE foods, and those cost money.

But if it's our food, why are credible studies about the safety of GE food so hard to come by?

Because biotech companies designing and manufacturing GE seeds (like Monsanto, DuPont, Syngenta) place proprietary blinds around their products. Paranoid that rivals will steal their patented genes, these companies are hesitant to turn their newly minted, recombined genes over to fellow scientists for rigorous peer review – and when they do, it's often years after they've already been approved.

This is what sets up the never-ending debate in my skull.

With corporate veils drawn around newly invented plant genes, proponents can argue that "GE foods have not been proven unsafe," that "GE wheat hasn't been proven to cause cancer," or that "It hasn't been proved that GE foods cause allergic reactions."

Well, that's roughly true. It probably hasn't been proven.

But if new genes have only been tested by the company that created them, how can I trust that GE foods are truly safe? Where's the accountability? With a revolving door of Monsanto officials and biotech proponents holding posts in the FDA and USDA, how can I be sure that industry profit isn't outweighing public safety?

I can't. Indeed, I assume profit usually trumps safety in the traditional food industry. If biotech companies won't let other scientists see their findings, then I have to assume there's something to hide.

If you're like me, naturally skeptical, and if science and industry won't do their part to instill confidence in us, then we consumers have to take action in the grocery store. The cash register has to be the place where citizens demand choice and transparency when it comes to our foods.



**Right now, Americans only have a couple options if they want to avoid GE foods in their groceries, the USDA Organic label being the most credible. All certified organic farmers have to source non-GE seeds for their organic crops or they lose their USDA certification. So if you are concerned about eating GE crops, go organic.**

There's also The Non-GMO Project Verified Seal, which is less frequently seen, but a good label for tracking down GE-free foods in my opinion. You can learn more about that label at The Non-GMO Project's terrific website.

But those are just two labels. What about the rest of your grocery list? What if you can't purchase certain items as organic? Does that mean every other item in the grocery store is genetically engineered?

It's close. Corn ingredients are 88% likely to come from genetically engineered seed, and 90% of all soybeans in the U.S. are GE, too. Ninety-five percent of all sugar beets and 90% of canola seeds are GE, as well (find more info here). Those are four of the most common food ingredients in the U.S. food system, and they are predominantly grown from biotech seeds.

In short, GE food is very hard to avoid and there's practically no way to learn this in most grocery aisles. Worse, there's no way to know if genetically engineered ingredients are in the food I'm purchasing.

Why? Because food companies believe the term "genetic engineering" on packaging will kill their sales. As a result, genetically engineered food is never labeled as such. Ever.

This is the opposite of what I want. I like the WYSIWIG approach to shopping – What You See Is What You Get—and without thorough information on food packaging, I have no idea what I'm seeing or what I'm getting.

Now, even though the food industry doesn't want me to know if I'm buying GE food, I still have an open mind. I'm open to the idea that genetic engineering could be used to speed up the hybridization process that homo sapiens have used for 7,000 years. But I'm not yet convinced that all of the currently approved GE crops—such as corn inserted with a bacterial gene to withstand heavy doses of pesticides—and those on the horizon are just as safe as those created through traditional breeding processes, such as hybridization.

Without that proof, companies selling genetically engineered foods seem to be saying, "Just trust me."

To which I have to say, please, Just Label It.

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*Editor's Note: Our Co-op prefers to stock organic items where possible. We also stock "natural" defined as no artificial ingredients. All organics are non-gmo. Natural should have a non-gmo label if you want to avoid gmOs. If it is not organic, does not have a non-gmo label and contains ingredients that are typically gmo – please assume that those ingredients are, in fact, gmo.*



# 2017 Festival of Trees

by Judith Kenney



The 2017 Festival of Trees was resplendent in the old Curious Kumquat building at the corner of Bullard and College Streets. The event was a fundraiser for the Guadalupe Montessori School, which hosted it for its fifth season. As in times past, individuals, businesses or non-profit organizations were able purchase one of the 25 trees available as a donation to Montessori, and then trim it for the show. Once decorated, the trees were for sale as part of the fundraiser. It was fun to wander through this holiday “forest” to see how each tree expressed its own sparkling character.



*Dougan with out Festival of Trees entry.  
Silver Star Mobile Manor was the highest bidder on our tree.*



*Dougan created all the ornaments for our tree out of found objects and recycled materials.*

Many thanks to Dougan Hales, artist and long-time employee of the Silver City Food Co-op, who generously donated his time and ingenuity to create decorations for our tree. All ornaments were fashioned from re-purposed materials and found objects and turned out handsomely. Next, Athena and Two Crow Schumacher, who have donated many volunteer hours to the Co-op, stepped up to decorate the tree and what a splendid job they did! Thank you, Athena and Two Crow.





## There's No Escape

by Robert Fischhoff  
Board Member



**I**t's not news that Co-ops around North America are experiencing difficult times. The competition among big grocery chains is heating up and Co-ops are bearing the biggest share of competitive losses. Sales are dropping, sometimes precipitously, and the whole vision of what a Co-op is for is being challenged. It's not outside the realm of the possible that many or most of these Co-ops will not survive. Our own Silver City Co-op has not escaped these pressures, although we are very fortunate to have many very committed members, good management and staff and less competition than some other Co-ops. We are actually doing OK this year.

Nonetheless, the big discussion and focus for our community, like Co-op boards and management around the country, is what can we do to survive?

There are differing views about what is the best course of action to take to keep our Co-op alive. Some people say that we need to contract. Raise the annual membership fee and weed out those who are less committed and spend less. Or carry a more environmentally sound selection of food. More organics; less junk foods like chips. Maybe everything in the Co-op should be non-GMO. Let's go vegan and get rid of all animal products.

The problem I see with these approaches is that they easily morph into a form of elitism.

There's the other extreme of course. It holds a view that we must expand into other areas at all costs. It was the driving view behind the failed Market Café experiment. We jumped in because it seemed like we needed to take the risk, no matter what.

I think part of the answer lies in an article that appeared in the October issue of Cooperative Grocer Magazine entitled "Everyone Welcome?" It was a story about how "White" Co-ops are.

It pointed out that Co-ops often do not embrace or reflect all the local cultural communities that a Coop could serve. The article went on to describe a project to investigate this issue, called "Everybody Welcome?" The basic conclusion of this project was that it was less overt racism than a tendency of Co-op boards and management to stay within a set of views and behaviors that were comfortable for them and the membership they represented. That affected who was hired, what products were carried and what kind of outreach was carried out by Co-ops. Basically Co-ops tend to ignore their neighbors if they aren't already sold on the environmental and food views that are shared by existing core members.

Other people might have different viewpoints about this issue, but this article really struck a note for me. Because I have a view of what the Co-op IS for that doesn't necessarily align with everyone else. You see I don't believe that the Co-op is about food at all.

I believe it's about community. And my definition of community isn't restricted to people who think, or act or look like me. It includes all my neighbors, even the ones who aren't like me.

So I see the Co-op more as a political beast and less as an avenue for buying and eating certain foods. For me, the retail food store is just a manifestation of the principle of community.

You could go and live off the land in some remote place; grow or gather all your own food; make everything you need from that which was available in the natural world. And if you were skilled and lucky you might survive away from every bit of our human world. You could then say you were totally independent of all the evils of our society. But would you be really? Would you not breathe the same air, drink the same water and contribute in some small way towards the changes in the natural environment? Yes, you would. No matter how much we attempt to exclude this or that we really can't escape from our situation. Which is that we are here together, for

a time, on this planet. And EVERYTHING we do has some kind of effect. Incremental and cumulative perhaps but our numbers are so huge that it all really adds up and makes a big difference.

There is really no way to escape from being connected and inter-related on our planet. What to do, then? And the answer, for me at least, is everything we can do. And especially to engage with all aspects of our lives. Don't hide from anything at all. No matter how difficult it may be.

From deep in my bones comes this sense that there is no escape. None whatsoever.

Therefore my view is that the Co-op should expand...but not for expansion's sake itself. I would want to include more members and more people from all the various cultural groups that constitute our little bit of the world.

We can find a way that is financially sound to expand our space and then I think it would make sense to carry a greater variety of foods; not less. Foods that are healthy, but not necessarily organic. Appeal to an even larger membership.

And we could put a Café inside the new space. A community room for events and meetings.

And so forth. There are a wealth of good ideas I've heard for activities that we as a community could host. I'd love to see some of them come to fruition.

Let's create a space that welcomes everybody.

I think it's the right approach and the right course of action to take.







*Jennifer Johnston  
Secretary*



*Jean-Robert Béffort  
Vice-President*



*Robert Fischhoff*



*Laurie Anderson  
Treasurer*



*Karen Strelko  
President*

- Seminars on supplements
- Influence local tastemakers and persuaders
- Data driven solutions—Catapult reports, marketing surveys
- People make it happen
- Community space
- Nurture staff—Nurture community

*How do we help each other be cooperative?*

- Communication
- Gravitate away from negativity
- Encouragement
- Hugs
- Reaching out to others
- Not taking things personally
- Trust helps before confronting
- Connect with each other
- Be positive
- Be friendly
- Respect & nurture each other
- Personal confidence & embrace our own personal power
- Consciousness=Good Energy
- Pull together with teamwork around



*Christine and Paul ponder current Co-op issues.*



*Brenna Brown, deli manager, shares a little of her personal story.*

**New Feasibility Committee  
Invites  
Member-Owner Participation**

Every one has good ideas about how to make our Co-op great. But what we need is the energy to make those ideas happen. However, the first step is to determine if our member-owners' great ideas really will work for us.

Therefore, the Co-op board is very pleased to announce the formation of a new member-owner participation Committee: The Feasibility Committee.

The Feasibility Committee's mission is to review and study member-owners' ideas for possible implementation.

Our intention is to help our busy management and staff with their consideration of new ideas and new projects by determining their feasibility in the first place. Of course the ultimate decision of whether an idea is implemented rests with board and management, but the Feasibility Committee can significantly shorten the process and even bring ideas forward that would previously not have moved beyond the talk phase.

Join the new Feasibility Committee and help our member-owners put their good ideas into practice.

Committee volunteers will be eligible for 15% volunteer voucher coupons for three hours worked.

To join or for more information, email:  
Robert Fischhoff [robertfischhoff@gmail.com](mailto:robertfischhoff@gmail.com) or call 505-577-1668.

**Board Meeting  
Schedule**

The SCFC Board of Directors meets the third Wednesday of each month. Check at the Co-op for the meeting location.

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

**Karen Strelko/President**  
Board Term: 2015-2018  
[karen@silvercityfoodcoop.coop](mailto:karen@silvercityfoodcoop.coop)

**Jean-Robert Béffort/Vice President**  
Board Term: 2016-2019  
[aspace.studiogallery@gmail.com](mailto:aspace.studiogallery@gmail.com)

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

**Jennifer Johnston/Secretary**  
Board Term: 2015-2018  
[johnstonjenny40@gmail.com](mailto:johnstonjenny40@gmail.com)

**Robert Fischhoff**  
Board Term: 2017-2019  
[robertfischhoff@gmail.com](mailto:robertfischhoff@gmail.com)

**Board of Directors**

**For the New Year**

# Clean Up Your Act!

Kate says, "Here are just a few of the cleansing products we will have on sale at the Co-op January 3rd through January 30th. Get a fresh start for the New Year!"



**Members Only Specials**

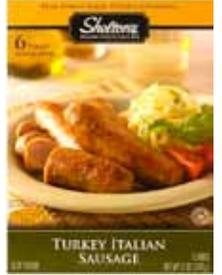
Jan 3 - Jan 30  
**20% OFF!**  
listed prices



**Nasoya**  
Egg Roll Wraps  
16 oz  
reg \$2.79



**Woodstock**  
Organic Rice Bites Dark Chocolate  
2.1 oz  
reg \$2.99



**Shelton**  
Italian Turkey Links  
12 oz  
reg \$5.99



**Napa Valley**  
Grapeseed Oil  
25.4 oz  
reg \$9.79



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



**Napa Valley**  
Sunflower Oil  
25.4 oz  
reg \$9.69



**Napa Valley**  
Toasted Sesame Oil  
12.7 oz  
reg \$6.99