

Silver City Food Co-op

GARBANZO GAZETTE

Our monthly newsletter • February 2016



Volume 16

Silver City Food Co-op
Market Café

The Market Café Expands Hours

Starting February 17th, the Market Café will be open most evenings. Yes, you can stop by for dinner after work, or grab something to take home. Think of a dinner of roasted eggplant rounds with soup, or a bionic burger, falafel sandwich, or a selection of deli salads. Is your mouth watering yet? The happy Market Café staff will always give you a sample of whatever you would like to try, so you only purchase what you like!

See you at the Market Café for dinner!

Sunday 8:30 am - 5:00 pm • Monday, Wednesday - Saturday 8:30 am - 7:00 pm

**Co-op
Hours:**
Monday - Saturday
9 am - 7 pm
Sunday
11 am - 5 pm
575•388•2343
520 N. Bullard St.

We Love Our Co-op

February: the days are definitely getting longer, a bit warmer, and we can look forward to Valentine's Day. There are many things about the Co-op that our member/owners and customers love about the Co-op. When these shoppers were asked what they love about the Co-op, they said:



Rebecca holding
Elianna with cousins
Katie and Weston Rider

Rebecca Koebel – I love the bulk items especially the bulk spices and falafel mix. Also the Equal Exchange coffee.



Christine Dalmedo – I love the values of the Co-op and the people who work here. And the healthy food.



Gabe

Gabe Farley – I've been coming to the Co-op for a long time and love the focus of the Co-op. I like supporting a small and local business. It's a great side to our world.



Tara, Emily, and Chelsi Vella

Emily Vella – When asked what they love about the Co-op, they said, *Everything!* We love the Co-op because everything tastes better here. We also love the bulk bins and that the meat and cheeses are cruelty and cage free. We are crazy about Living Harvest muffins, and the people who work here are wonderful.



Jan


Jan Merchant – I love that the Co-op is here!



Christine



The Co-op will celebrate Valentine's Day by participating in Chocolate Fantasia. Our chocolates will be available at The Market Café on February 6, from 11 am to 4 pm.

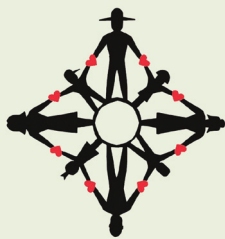
Come by the Co-op and experience for yourself why our member/owners love us and how a Co-op is different from other grocery stores. 



**YOU
ARE
WHAT
YOU
EAT**

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

Café Hours

Wed-Mon 8:30am-3:30pm

Ends Statement

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

Seven Cooperative Principles

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

Joe Z

general manager

Mike Madigan

assistant manager

The Garbanzo Gazette Gang

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& Meggie Dexter, Consultant

Submissions are welcomed!

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

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do not necessarily reflect the views of the board,
management, or staff of the Co-op.

Cup o' Joe

by Joe Z



All of us know what food is. It's stuff we eat that keeps us alive. I think most of us would say that cotton candy is not food. It is made of sugar and, um, hmmm, I think that is it. Oh – some food coloring too. But wait – sugar *IS* food. Look it up. Our bodies use sugar for energy and in fact, most foods have naturally occurring sugars. Now if we just bought bags of sugar and tried to live on that, we would be met with limited success. While it is necessary, it is best in its natural form and as a flavor additive. We need other ingredients to keep us healthy.

As a teenager, that was a new concept to me as I grew up consuming vast quantities of sugar and products made up mostly of sugar. It was my Dad who had the sweet tooth (and salt tooth and fat tooth). I always figured it was compensation for having to consume the horrors that my Mom served us. Not only were sugar items available at our home, they were available in vast quantities with zero limits. Friends who came over were amazed at the variety of what would be called “junk food” that we had. They liked our house.

I was not healthy but I did not know it. I never equated my frequent needs for naps or my nightly cramps (which I named “my death pains” when I was 8) with the so called food I was consuming. And I was arrogant about it too. Don't you dare tell me that what I was eating was not good for me. I liked it and I wanted it so get out of my face.

I don't eat much sugar now but I never made a conscious decision to stop. Instead, in my early 20s, I discovered cooking and the ability to create amazing combinations of flavors that I never experienced before. Part of that change happened when I joined our new local Co-op in 1976. The Co-op didn't actually change me but made products that I had never considered before easily available to me and they also had pot-lucks where people would bring the most amazing dishes.

After a while, I started to notice I felt different. The cramps and “death pains” were gone. I started to read more about attaining a less painful way of living. This was called “health”. Friends were flabbergasted. Joe Z being concerned about health?? The world was turning upside down.

Slowly – a funny thing happened. People would bring me a cake or something and I would say the following words that I never thought I would say:

“gosh – this seems a bit too sweet”. And over the years, quite a few things appeared sweeter and sweeter and I would have difficulty eating them. This included natural foods too such as dates, pineapples and raisins. Though not meaning to, I had lost my extreme sweet tooth. Wow. My taste buds had changed! Also, though again unintended, I lost the desire for saltier and saltier foods which I am told is a good thing.

There is no way that I would claim that I now eat a healthy diet. I still like some items that many would deem unhealthy – such as potato chips (lightly salted or even non-salted). Gelato is a weakness.

I can drop dead tomorrow. I don't see doctors, I don't take medications and still don't avoid foods that I desire even if they are not considered healthy. For me, eating is not a health thing but a sensual pleasure thing. Luckily for me, most of the stuff I now desire is healthy.

And again, luckily for me, the Co-ops that started in the 70s – called the new wave Co-ops – were concerned with good healthy products and had so many different flavors and ingredients. Back in the 70's, 80's and 90's, if you wanted to find a store that catered to those of us wanting to eat pure unadulterated foods, the only places available to find the products were our Co-ops. That changed big time in the early 2000's when Whole Foods and other similar outlets took hold in our communities. Now, all grocery stores want to sell those products because folks all over are starting to understand being healthy *FEELS* better and eating better, less processed foods is a way to attain that feeling.

Our Co-op is small but is packed with good healthy products that taste fabulous. My Mom would not know what to do in a store like ours. Too different. Too out of her realm of experiences. And was totally unwilling to learn or experience new things. We have lots of different natural sweeteners at our Co-op. If you like, want and desire sweet – give them a try. You will also find many other products that can help you feel better. Shopping at our Co-op is a treasure hunt in a store filled with treasures! Have fun! ✨





Bountiful Beans

by Susan Van Auken

I would bet that you enjoy a bean burrito every now and then... or how about that yummy Kung Pao Tofu at the Market Café? If you haven't yet tried the best-selling hummus from our Grab 'n Go, believe me, you are missing out on a tasty savory treat! These delicious foods all have something in common: The basic ingredient is beans.

Historical Facts

Beans, as part of the human diet, have been traced back many thousands of years. In the Bible a reference is made to beans, in Genesis, when Esau is hungry and eats a "pottage of lentils." Over the ages many cultures' traditional diets have been based on beans. **Mexico** – pinto beans and corn tortillas. **South America** – black beans and rice. **Northern Africa** – garbanzos, in the form of falafel or hummus, and pita bread. **India** – dal (lentils) and rice. **China** – soybeans, in the form of tofu, and rice.

What makes the bean so special and so widely eaten?

Complete Protein

Often entire cultures eat a plant-based diet because meat is either scarce or expensive, or their religion prohibits eating animals. These cultures learned over the years what we verified through science in the 1940s: Beans and grains eaten together provide the nutrition required to be healthy and to thrive. Humans need complete proteins – foods that contain all the amino acid building blocks of life. Although meat, eggs, and dairy contain this complete protein, a simple diet that includes beans and grains eaten together also provides the complete protein needed for health, an important fact to remember. You can be healthy eating mostly plant foods, and it is not just a fad. Consider the diets of the cultures listed above.

Legumes (Beans) Are Good for the Earth Too

As many gardeners know, planting a cover crop of beans or peas is good for the garden. This is because bacteria living on root nodules of legumes are able to absorb nitrogen from the air and "fix" it in the soil. Thus nitrogen-loving plants will have the soil nutrition they need to thrive. Crop rotation using beans dates back thousands of years and is widely used today, especially for organically grown crops.

Beans Come In All Shapes and Sizes

As with many other vegetables, there are thousands of varieties of beans. They range in size from tiny lentils to the broad and chunky fava bean. Their colors are magnificent and sometimes, to me, they look like jewels – the burgundy and white anasazi beans, the shiny ebony turtle beans, the full white cannellini beans, and the beautiful red-orange red lentils. Most beans have 5 or 6 beans in each pod. But garbanzos, also known as chickpeas, are unique; they have only 2 to 3 beans in each pod.

Digestibility

No doubt you have heard this little rhyme: Beans, beans, the musical fruit, the more you eat, the more you toot! Obviously the bean's reputation for being difficult to digest and the cause of flatulence is notorious. A carbohydrate molecule in beans called oligosaccharides may be the cause, however, two simple secrets can help increase the digestibility of beans: Eat only **well-cooked beans**, and don't eat too many!

Cooking Beans

Of primary importance in bean cookery is to make sure the beans are fully cooked, meaning that the bean is soft inside. If cooked correctly, the beans reach this softness while remaining whole, with the skins intact. How is this achieved?

- As you must well know, all beans do not require the same cooking time. Beans fall into three categories: short-, medium-, and long-term-cooking varieties. Short-term-cooking beans include mung, adzuki, and lentil. Medium-cooking beans include pinto, black turtle, kidney, navy, and the black-eyed pea. Long-cooking beans include garbanzo, fava, soy, and tepary.

- In Silver City, with its 6000 ft elevation, water boils at about 200 degrees, rather than the 212 degrees at sea level. This influences the length of time it takes to cook beans. For best results at our elevation, medium- and long-cooking beans must be soaked for 6 to 12 hours beforehand.

- Beans need to be washed before cooking. Many people also recommend searching for and extracting little rocks that could otherwise end up in the cook pot!

- Do not use salt when cooking beans; add the salt after the beans are soft. Salt – even "hidden salts" from a can of tomatoes or spice mix – can inhibit the cooking process and produce a not-fully-soft and less digestible bean.

- Parboiling beans also may help with their digestibility. At the beginning of the cooking process, bring the beans and water to a boil. As the beans begin to boil, white

foam appears at the top. Skim this foam off; if you skim a lot of foam, you may need to add a little water back to the pot.

- Kombu, a sea vegetable, enhances the flavor and digestibility of beans. Use about 1 inch per cup of dry beans.

One cup of dry beans yields approximately 2½ cups cooked beans. Most beans will cook perfectly using a water-to-bean ratio of 2.5 to 1 or 3 to 1. The cooking time varies from about 50 minutes for short-cooking beans to 2 or more hours for medium- and long-cooking beans. Since I need to eat well-cooked beans, I always use a pressure cooker for medium- and long-cooking beans. This method takes 60 to 75 minutes and insures a soft bean.

I know some of you might cook your beans in a crockpot, in a solar cooker, on the wood stove, or for a much shorter time than what I have suggested here. But please try cooking them long enough for each bean to become fully soft and determine for yourself that they taste better and are easier to digest. Al dente is a term for pasta and does not work for bean cookery.

Many recipes call for beans that hold their shape when fully cooked. Using the right amount of water is a key to beans

holding their shape. I always cook beans by themselves first, before making any bean dish, even soup, because I want to insure they are properly cooked. A large pot of beans can be used in many different ways, and also allows you to freeze some for later.

Does all this information about beans intrigue you? Do you want to add more beans or different beans to your diet? If so, here are some suggestions for various ways to use beans. There isn't room here for detailed recipes, so I have included a short recipe sketch for each idea below. Most beans can be used interchangeably, except beans like red lentils and split peas, which do not maintain their integrity when cooked. The co-op carries over 20 different beans in the bulk bins – try them all! Black-eyed peas are my current favorite.

Marinated bean salads – Combine well-cooked black beans, sweet corn, chopped red pepper, green onions, cilantro, and avocado chunks, and marinate with oil and lime-juice dressing.

Patés – In a food processor, blend cooked lentils, onions, celery, parsley, walnuts, tahini, and miso. Pack into an oiled loaf pan, cover with foil and bake for an hour.

Burgers, patties, or croquettes – Coarsely mix cooked anasazi beans with rice or bread crumbs, minced onions or garlic, and tamari. Shape into patties and bake or fry.

Baked beans – Mix cooked tepary beans with minced onions and garlic, jalapeños or green chiles, tomato sauce, bean-cooking water if needed, and chile powder if desired. Bake for an hour.

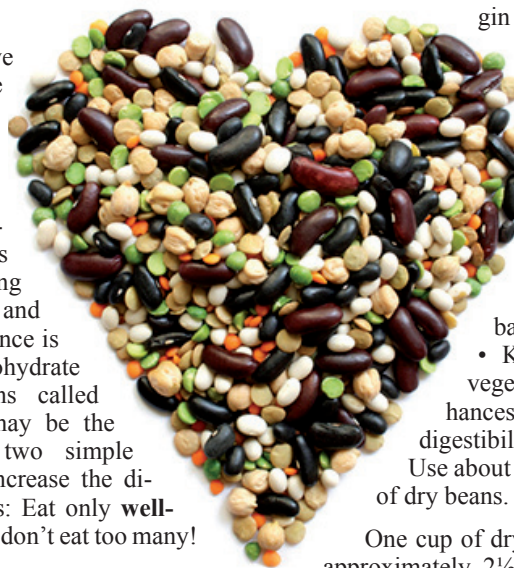
Soups – Combine cooked cannellini beans with diced potatoes, sautéed onions, garlic, celery, and carrots, and lightly salted bean-cooking liquid or stock. Cook until potatoes are well done. Blend part or all for a creamy soup.

Refried Beans – Sauté any cooked bean with any vegetables, grains, or seeds to make a nutritious meal in a bowl.

Spreads, dips, and sauces – Mash together cooked beans, tahini, and miso, then spread on whole-grain bread. For dips or sauces, thin the spread with a liquid, such as stock or water, to the right consistency.

Enjoy all the bountiful beans! Be creative with your cookery!

Primary source: Romancing the Bean: Essentials for Creating Vegetarian Bean Dishes by Joanne Saltzman



KITCHEN MEDITATIONS

Good and Cheap: Eat Well on \$4/Day by Leanne Brown

These recipes are from *Good and Cheap: Eat Well on \$4/Day* by Leanne Brown, who wanted to show that healthy eating doesn't have to be expensive. Her book is great and better yet, you can download a free PDF! You won't be sorry!

To download a free PDF or buy a print copy, visit www.leannebrown.com

From *Good and Cheap: Eat Well on \$4/Day*

I designed these recipes to fit the budgets of people living on SNAP, the US program that used to be called food stamps. If you're on SNAP, you already know that the benefit formulas are complicated, but the rule of thumb is that you end up with \$4 per person, per day to spend on food.

This book isn't challenging you to live on so little; it's a resource in case that's your reality. In May 2014, there were 46 million Americans on food stamps. Untold millions more—in particular, retirees and students—live under similar constraints.

More than in most cookbooks, my recipes are flexible and encourage substitution based on availability, price, and personal tastes. A strict budget requires flexibility and a willingness to say, "that's a good deal this week, so it's what I'll be cooking!" Don't worry, you'll pick up the tricks quickly.

The Frugal Co-op Chef

Tomato Scrambled Eggs for two

For today's breakfast, fluffy, creamy eggs hold together a mass of tangy, juicy, sweet tomatoes.

Best enjoyed when tomatoes are in season.

- ½ tbsp butter
- 4 cups fresh tomatoes or 2 cups canned tomatoes, chopped
- 4 eggs
- salt and pepper

Additions:

fresh basil or other herbs, chopped

Put a small pan on medium heat and melt the butter, then swirl it around to coat the pan. Add the tomatoes. Cook until the tomatoes release their juice and most of the juice evaporates, about 5 to 7 minutes.

Meanwhile, crack the eggs into a bowl and add a generous sprinkling of salt and pepper. Beat the eggs lightly with a fork.

Once most of the juice has cooked out of the tomatoes, turn the heat down to low and add the eggs to the pan. Using a spatula, gently mix the eggs and tomatoes. Carefully stir the eggs to keep them from forming chunks. Turn down the heat as low as possible; the slower your eggs cook, the creamier they'll be.

Once the eggs are done, turn off the heat and add any chopped herbs you have around. Basil is the best with tomatoes. If you have some around, serve over toast or a tortilla.

Chana Masala for two

This delicious Indian recipe uses garbanzos (chickpeas).

If you don't have cooked chickpeas around, you can use canned.

- 8½ tbsp ghee or ½ tbsp butter plus a splash of olive oil
- 1 tsp cumin seeds
- ½ cup onion, diced
- 1 tsp garlic, finely chopped
- 1 tsp ginger root, grated
- ½ jalapeño, finely diced
- 3 tsp coriander powder
- 1 tsp turmeric
- ¼ tsp cayenne powder
- ½ tsp garam masala powder
- 1 tsp smoked paprika
- ½ tsp salt
- 1 cup canned tomatoes, puréed
- 2½ cups cooked chickpeas, drained
- ½ cup water

Garnish

fresh cilantro

yogurt

Measure out all the spices except the cumin seeds and put them in a small bowl.

Let the ghee (clarified butter) melt in a small saucepan over medium-low heat. (Ghee is the traditional Indian choice, but you can substitute butter and a splash of olive oil if you can't find ghee.) Once the ghee begins to sizzle, add the cumin seeds and stir for about 5 seconds. Add the onion and sauté for 2 minutes. Add the garlic and cook for 1 minute. Add the ginger and jalapeño and cook for 1 more minute. Add the spices and then the puréed tomatoes. Mix, then put a lid on the pan and let everything cook down for 5 to 10 minutes.

Once the tomato has reduced and the ghee starts to separate from the sauce, add the chickpeas and water. Mix, then bring it to a boil before reducing to a simmer. Cook for 10 minutes, then squish a few chickpeas with a spoon to thicken the sauce. Garnish with yogurt and cilantro. For a full meal, serve over rice or with roti.



Nutrition Nugget

Garbanzo Beans

All beans are good beans. They're rich in protein, fiber, copper, folate, iron, magnesium, potassium, and zinc. But Garbanzos stand out because they're so versatile. Add a handful to your tossed salad or stir them in your vegetable stews, curries or soup. You can purchase them in cans or from the bulk department.



No wonder the Garbanzo is the Co-op's mascot!

New Products

from Misha, the Co-op's Frozen Food Buyer

by Adrienne Booth

Beetnik Organic Grass Fed Beef Chili – A Quick, Hearty Meal

Beetnik Foods, in Austin, TX, makes organic frozen meals with “simple ingredients and refined flavor.” Beetnik’s foods never contain MSG, high fructose corn syrup, artificial colors and flavorings, hormones, or antibiotics. They freeze all their foods so they never have to use preservatives or stabilizers.

The Co-op now carries Beetnik Organic Grass Fed Beef Chili! Made with organic grass fed beef and a classic medley of tomatoes, onions, and spices, it’s a delicious stew that’s perfect for any day of the year.



Organic Beef Liver Steak from Organic Prairie



EWWWW! Why would you want to eat beef liver?! Maybe because it’s a nutrient-dense natural food, packed with protein, B vitamins, iron, Vitamin A, and the nutrient CoQ-10.

According to Organic Prairie, “We can’t prove that our liver steaks will make you stronger, smarter or possessed of more lustrous hair, but we can guarantee they’re a delectable source of abundant iron and protein. The fact that they’re certified organic (clean living on the pasture!) ensures they’re the purest, safest available.”

- Organic Prairie farmers never use antibiotics, toxic pesticides, synthetic hormones, or genetically modified (GM) feed.
- Their animals graze in organic pastures and are finished on the farm, not on crowded feedlots.
- Organic animals consume only certified organic, vegetarian feeds and pasture and no animal byproducts. This is your best protection against bovine spongiform encephalopathy (BSE, or Mad Cow Disease).
- Farms, feed, and facilities meet—and often exceed—all organic certification standards as verified by annual third party inspections and regular visits by Organic Prairie staff.

Jake's February Produce Picks

Spaghetti Squash

Spaghetti squash is a special winter squash! When cooked, it turns into thin, pasta-shaped strands. It's this noodle-like quality that makes spaghetti squash recipes just a little more fun than other squash dishes.

Does spaghetti squash really taste like spaghetti? The answer is yes ... and also no. Once cooked, the yellow flesh of this squash will separate into long strands that you can, indeed, top with marinara sauce and twirl around your fork. The texture is like angel hair pasta — it's tender and chewy, but a bit fragile. But even though a miracle of Mother Nature has given this squash some spaghetti-like attributes, it is still a squash. It looks like pasta and has a texture like pasta, but it's still probably not going to fool anyone. The flavor is very mild, with none of that sweet, earthy, squash-like flavor we associate with butternut and acorn squash. This makes spaghetti squash the perfect companion for something like a hearty ragu or a curry — the squash's flavor won't compete with the main attraction on the plate — but you still get all that great spaghetti-like texture.

Adapted from
<http://www.thekitchn.com/how-to-cook-spaghetti-squash-in-the-oven-178036>



Kumquats

Kumquats are an Asian citrus fruit, and the word kumquat in China translates roughly as “orange gold.” Kumquats can be enjoyed fresh; added to salads; baked, cooked, or candied; and as a garnish.

Kumquats taste best if they gently rolled or squeezed before being eaten. This process unifies sweet ingredients in the thin rind with that of underlying tart flesh. Eat kumquats as you would grapes, with the peel.



Bosc Pears

Bosc pears are sometimes called “the aristocrat of pears.” They are crisp, firm, and lightly sweet with a hint of honey — just right for eating fresh or for use in baking, broiling, or poaching. When cooked, they retain their shape and texture better than other varieties. They are in season from September through April or May.





Zyliss Kitchen Tools Sale

Coupon good for an extra 10% off
already discounted Zyliss products - hurry for best selection!

at the Market Café, 614 N. Bullard St. - while supplies last

February Forum

Nuevos Comienzos Community Kitchen

with Rita Herbst

Thursday, February 11th

from Noon to 1 pm

Community Room @ the Market Café

614 N. Bullard St.

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

Pick Your Own **MAD** February/March

Pick your own day to receive 10% off your purchases!
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 re-coup
your membership by shopping just one **MAD**.

Co-op
KID



Corner

OUR CO-OP



Leaders, Speakers, and Makers Wanted for Community Forums

Each month the Co-op hosts a community forum on topics of interest to our community.

Topics include gardening, cooking, health and well-being, and the environment to name a few. We are looking to expand our offerings in 2016 to include both adult and children's cooking classes. Do you have a cooking tip or hack you want to share? How about yummy and fun food for kids to make? Proposals welcome! Volunteer vouchers for 15% off are awarded to presenters. Please contact charmeine@silvercityfoodcoop.com for more information.

Do You Want to Advertise your Business?

The Co-op has some limited space for business cards ads in the Garbanzo Gazette. The Gazette is posted online at our site, www.silvercityfoodcoop.com and is distributed widely in The Independent, a publication of the Silver City Daily Press. Copies of the Gazette are also distributed in front of the Co-op and Market Café and at the public library and visitor center. For more information please contact charmeine@silvercityfoodcoop.com.

Cash!! Earn Some at the Winter Indoor Artisan and Community Flea Markets

One way the Co-op works to support our member/owners is to provide a way for them to earn income through their art or craft, or by selling items they can no longer use. That is what our monthly Artisan and Flea Markets are all about. You only need to be a member/owner and for a very small fee, start selling your wares. Not a member/owner? No problem, join today for \$10 and sign up for a market. Please contact charmeine@silvercityfoodcoop.com for more information.

Do you like shopping?

Want to help someone who cannot get to the Co-op?
Here is the perfect volunteer opportunity!
We need a shopper once a week for about 2 hours.

Is that you?

Contact charmeine@silvercityfoodcoop.com



Our Community



Market Café Chitchat

Gourmet Pizza on Thursdays and Fridays!

Anyone that knows Ben Williams will tell you about his passion for good food. With much of his education focused on the Slow Food Movement and local food systems, Ben is respected for his skill as an artisan baker, and over the course of the last few years he's put that energy into making pizzas. He's been a part of the crafting of a couple of different ornos (wood fired pizza ovens) here in Silver City and we're lucky to have him on board here at the Market Café, creating community with his delicious food.



Over the course of more than a decade, Ben has been perfecting the recipes for his sourdough crust and pizza sauce. He handcrafts his own dough from a sourdough starter that he's kept going for over ten years, and keeps with the Market Café's mission to provide very high quality organic and delicious food to our customers.

Here are the varieties of 11 in. pizzas that Ben is currently offering:

The Margherita: Ben's tomato sauce, fresh mozzarella, and fresh basil or rosemary

The Caramelo: Ben's tomato sauce, fresh mozzarella, and caramelized onion

Genoa Salami: Ben's tomato sauce, fresh mozzarella, organic uncured Genoa Salami

Weekly Special: Ben's tomato sauce, fresh mozzarella, roasted red bell pepper tapenade, caramelized onion

Prices run between \$8.50 - \$8.99, depending on the pizza style and current availability of ingredients.

The Silver City Food Coop's Market Café is located at 614 N. Bullard St. in downtown Silver City. We're open every day but Tuesday from 8:30-3:30. Pizzas are available on Thursday and Fridays starting at 11:00 am. Come and taste the difference!



Have you tried our Pizza?



Handmade every
Thursday

**\$1.00 Off
pizza**

Market Café, 614 N. Bullard St. - good through 2/27/16

February

Saturday, February 6, 11 am to 4 pm
Chocolate Fantasia
Market Café
614 N. Bullard St.

Thurs., February 11, 12 noon to 1 pm
Community Forum
Nuevos Comienzos/Community Kitchen
with Rita Herbst
614 N. Bullard St.

Saturday, February 13, 9 am to 2 pm
Artisan Market
Support local artisans!
614 N. Bullard St.

Wed., February 17, 4:30 pm to 7:30 pm
Silver City Food Co-op Board Meeting
614 N. Bullard St.

Saturday, February 27, 9 am to 2 pm
Community Flea Market
614 N. Bullard St.

Fridays in February
Popcorn Fridays-free popcorn
and other food samples
Silver City Food Co-op
520 N. Bullard St.

March

Thurs., March 10, 12 noon to 1 pm
Community Forum
New Mexico Organic
Farming Conference Round-up!
614 N. Bullard St.

Saturday, March 12, 9 am to 2 pm
Artisan Market
Support local artisans!
614 N. Bullard St.

Wed., March 16, 4:30 pm to 7:30 pm
Silver City Food Co-op Board Meeting
614 N. Bullard St.

Saturday, March 26, 9 am to 2 pm
Community Flea Market
614 N. Bullard St.

Fridays in March
Popcorn Fridays-free popcorn
and other food samples
Silver City Food Co-op
520 N. Bullard St.

CO-OP Community



Co-op Community Donations

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

*Grant County Food Pantry
Gila Mimbres Community Radio
New Mexico Organic Farming Conference
The Volunteer Center*

Bag Refund Donation Program

Thank you for using your own shopping bags! For each shopping bag used, we will give you a chip valued at 5¢ to donate to one of two

non-profit organizations. The non-profit organizations are currently changed every two months.

The Co-op is proud to work with members and donate to these worthy organizations:

Puppy Dog Ranch
\$103.50 December

El Grito Head Start
\$85.05 December



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service.

Sophia Brugman • Christine Dalmedo

Mary Ann Finn • Deb James • Rebecca Summer

Saguara Compton • Two Crow • Althea Booth-Athenian

Sharon Bookwalter • Susan Allen • Marta Bloy



Co-op and Community Events (Volunteers Needed for Co-op Events)

Artisan Markets

The next Artisan Market will be February 13th at the Market Café from 9 am to 2 pm.

Contact charmeine@silvercityfoodcoop.com if you are interested in selling your handmade art.

Seed Library and Permaculture Workshops

Did you know that on the third Saturday of every month the Seed Library has a workshop from 11 am to 12 noon? That is followed by a vegan/vegetarian support group at 12 noon, and a permaculture workshop from 1 pm to 2 pm. All are free, open to the public and held in the community room at the Market Café.

Community Flea Markets

The next Community Flea Market will be February 27th at the Market Café from 9 am to 2 pm.

Contact charmeine@silvercityfoodcoop.com if you are interested in selling your handmade art.

Chocolate Fantasia

The Market Café will be the location for the Co-op's booth this year. Be sure to get your ticket and stop by the Café for some delicious chocolate on Saturday, February 6th from 11 am to 4 pm.

Community Forums

On the second Thursday of each month, community forums are held. If you are interested in presenting a forum on health, food, sustainable living or about what your local non-profit does for the community, please contact charmeine@silvercityfoodcoop.com to discuss your proposal.

Popcorn Fridays

Each Friday from 9 am to 3 pm the Co-op offers popcorn and other food samples. Volunteers are needed to help make popcorn. It's fun, you get to meet lots of people, and see what is happening at the Co-op! If you are interested in helping with this ongoing event, please contact us.

Volunteer!

When you volunteer to work for the Co-op, for every 3 hours of volunteer service, you receive a voucher good for 15% off for one day. It's a win-win!

To volunteer, please contact Charmaine at 388-2343 or email charmeine@silvercityfoodcoop.com.



LET LOVE RULE.

Lotus Center
www.LotusCenterSC.com

Interested
in advertising your business?
This spot is available.
Email
carol@silvercityfoodcoop.com
with inquiries.

Ready to Lose Weight?

Let's Talk.

JeffGoinHypnotherapy.com
313-4087

Co+op Basics Program Helps Stretch Your Food Dollars!



Carolyn Garnsey is happy to find her favorite beans at an everyday low price!

Looking to stretch your grocery budget? Check out our new Co+op Basics program. Co+op Basics offers everyday low prices on popular grocery and household items.

The Co-op offers this program to help our community afford our organic, non-GMO, local and sustainable products. The program features the Field Day brand of organics and other pantry staples.

Your Co-op is the best place to invest your food dollars. It is where you will find the most healthful food, foods in bulk which will save you money, and local seasonal fare.

Make the most of your co-op shopping experience and shop Co+op Basics and the Co+op Deals (items on the program are marked throughout the Co-op).



In addition to the Field Day brand of products, these items are also part of the Co+op Basics program.

Grocery

Diced Tomatoes (*Muir Glen*)
Sea Salt (*Eden*)
1000 Island Dressing (*Annie's*) 8 oz
Ancient Grains Sea Salt Crackers Gluten Free (*Sesmark*)
Chicken Noodle Soup (*Wolf Gang Puck*)
Minestrone Soup (*Amy's*)
Morning Oat Crunch Cereal (*Barbara's*)
4-pack Toilet Paper (*Natural Value*)

Bulk

Brown Rice (Long Grain, Organic)
Oats (Regular Rolled)
Flour (*Bay State*)
Popcorn (yellow)
Beans (Anasazi)
Peanut Splits
Peanut Butter (Grind Yourself)

Produce

Russet potatoes
Avocados
Roma tomatoes
25 lb. bag of carrots
Yellow onions
Bananas

Dairy

Eggs, Large Brown (*Organic Valley*)
Butter 1 lb. (*Organic Valley*, Salted and Unsalted)
Milk (*Organic Valley* 2% , Whole Milk, and Skim Milk 64oz)
Cheese (*Organic Valley* Raw Sharp Cheddar, Raw Mild Cheddar & Raw Jack Cheese)
Bulgarian Style Yogurt (*White Mountain Organic*)

Frozen

Tortillas (*Stacey's* Whole Wheat or white)
Bread (*Rudi's* Colorado Cracked Wheat;
Udi's White Sandwich, GF; *Alvarado Bakery*
Sprouted Multigrain)

Health & Beauty

Hand and Body Lotion (*Jason* 16 oz)
Baby Lotion, Fragrance free (*Acure* 7.5 oz)

*All Co+op Basics products are specially priced at an
Everyday Low Price
Due to the low prices, other discounts do not apply.*

HABA & Supplement News



Kate (left) and Patricia (right)

Patricia Walsh, Body Care Buyer

Patricia loves her job at the Co-op. Who wouldn't have a great time ordering hair products, soaps, lotions, skin creams, oils, bath essentials, and many more health and beauty products!

Like Kate, Patricia selects items from reputable companies that focus on pure, natural ingredients and the best processing methods. Many of the products in the Body Care Department are exclusive to the Co-op. Don't miss the section devoted entirely to made in New Mexico treasures. There is something for everyone!

If you have questions or need further information Patricia can be reached 4 evenings a week, Wednesday through Saturday. With limited space, she cannot accommodate all products, and is happy to special order items not on the shelf. Patricia truly appreciates feedback from the Co-op customers.

Kate Stansburger, Supplement Buyer

The Co-op is lucky to have Kate because of the great care and dedication she has for her job. Before bringing in any product, Kate researches the company for the following:

- makes sure the company accurately lists the ingredients and that they do not contain contaminants
- looks for both company and independent lab testing of those ingredients
- looks to see if the company bases the product on research and clinical trials

In addition to this rigorous research, Kate is working toward getting supplements that are GMO free. This is a long process because of all of the different ingredients in each product, and each ingredient has to be verified.

Although Kate cannot diagnose or prescribe a supplement for you, she can discuss the product, how it is made, the ingredients, and can direct you to in-store resources to help you decide which product is best for your needs. Kate is always happy to try to special order supplements that we may not carry. Rest assured that when you purchase a supplement at the Co-op, Kate has done her best to choose high quality product lines.

"February is Valentine's Day month, and American Heart Month", states Kate. "Be good to your loved ones and take care of your heart with these heart supporting supplements: CoQ10, Kyloic Blood Pressure formula, HerbPharm Healthy Heart, HerbPharm Cholesterol Health, Hawthorn Blend and Reishi supplements. As always, talk to your doctor before adding any supplements to your diet".



Garden of Life
Dr. Formulated
Probiotics Mood +
60 ct
reg \$38.99
SALE \$34.99
(Feb. 3 - Feb. 16)



Natural Factors
Coenzyme Q10
All-Natural Form
100 mg, 60 softgels
reg \$22.99
SALE \$12.99
(Feb. 3 - Feb. 16)



Aura Cacia
Foaming Bath Soap
Assorted, 2.5 oz
reg \$2.99
SALE \$2.00
(Feb. 3 - Feb. 16)



Alaffia
Fair Trade African
Coconut Oil
reg \$10.89
SALE \$7.99
(Feb. 3 - Feb. 16)



Eco-Dent
DailyCare
Toothpowder
Mint, 2 oz
reg \$5.69
SALE \$3.99
(Feb. 17 - Mar. 1)



The Natural Dentist
Healthy Gums
Antigingivitis Rinse
Peppermint Twist, 16.9 oz
reg \$9.69
SALE \$6.99
(Feb. 17 - Mar. 1)



Host Defense
CordyChi
30 Capsules
reg \$19.99
SALE \$13.99
(Feb. 17 - Mar. 1)



Nordic Naturals
Ultimate Omega
Lemon, 60 ct
reg \$27.99
SALE \$21.99
(Feb. 17 - Mar. 1)

February Sales

To Our Co-op Members & Customers: Please note that sales run for a **two-week** period.
Each month 100s of items are on sale. To see a complete list, please visit our website.
 The pictured items are just a sample of the great values you will find at the Co-op each month.

February 3 - February 16



Bulk
Organic
Walnut Halves
reg \$16.99#
SALE \$13.99#



daiya
Mozzerella Style
Shreds, Vegan, 8 oz
reg \$4.69
SALE \$3.69



Amy's
Cheese & Pesto
Pizza, 14 oz
reg \$7.69
SALE \$5.39



Garden of Eatin'
Multigrain Everything
Tortilla Chips, 8.1 oz
reg \$3.79
SALE \$2.50



Annie's Home
Pasta & Cheese
Assorted, 6 oz
reg \$3.39
SALE \$1.50



Nancy's
Cream Cheese
8 oz
reg \$3.69
SALE \$2.99



SoDelicious
Soymilk
Non-Dairy Frozen
Dessert 1 qt.
reg \$6.69
SALE \$4.69



earth balance
Peanut Butter
Creamy, 16 oz
reg \$5.99
SALE \$3.99

February 17 - March 1



Organic
Bulk
Steel Cut Oat Groats
reg \$1.69#
SALE \$1.19#



noosa
Blueberry Yogurt
8 oz
reg \$2.39
SALE \$2.00



Cascadian Farm
Blueberries
8 oz
reg \$4.19
SALE \$2.50



Organic
Bulk
Small White Navy
Beans
reg \$2.69#
SALE \$2.19#



Pacific
Spicy
Black Bean Soup
32 oz
reg \$4.69
SALE \$2.99



GoodBelly
Probiotic
Juice Drink
Mango, 32 oz
reg \$4.29
SALE \$2.50



Udi's
Gluten Free
Pizza Crusts
2 pk, 8 oz
reg \$5.29
SALE \$3.99



McDougall's
Tortilla Soup
Big Cup, 2 oz
reg \$2.19
SALE \$1.50

Members Only Specials

February 3 - March 1



Equal Exchange
Bulk
Love Buzz Coffee
reg \$12.69#
SALE \$9.99#



Wallaby
Whole Plain Kefir
32 oz
reg \$4.99
SALE \$4.49



Bob's Red Mill
Gluten Free
Chocolate Cake Mix
16 oz
reg \$4.49
SALE \$3.99



Bob's Red Mill
Garbazo Bean Flour
16 oz
reg \$2.69
SALE \$2.49



Acure
Aromatherapeutic Oil
Assorted, 1 oz
reg \$12.99
SALE \$11.69



American Health
Ester-C
500 mg. 60 Capsules
reg \$9.49
SALE \$8.59

From Your Board...

My Perspective of Participation on the Co-op Board

by Jerry Bartels



I am a relatively new board member, having served as one of your representatives on the Co-op Board of Directors for just over six months. My three main reasons for joining the board were:

- 1) The experience would be a good means of community service.
- 2) Board participation would allow me an opportunity to give back to our Co-op for what the Co-op has given to me and my family in the way of healthy food.

3) The board experience at the Co-op would help me better understand how our Co-op functions.

I admit that for me, board work is sometimes frustrating, often challenging, often rewarding, and not infrequently tongue-in-check humorous.

I was accepted by the Co-op's board to be a Director for a one year position to fill a vacancy, and thus found myself trying to understand the details of our governing policies, and the need for their ongoing revision. That said, I would describe my board experi-

ence as not only challenging, but as being an honor to be able to associate with such a diverse group of folks who are deeply committed to the future of our cooperatively owned food store and café. I must say that bringing together the various view points of the board members in a harmonious way is often difficult. As representatives of our member-owners, the uniting function of the board appears to be one of long term Co-op vitality. I would encourage you to speak to your board members regarding your views on the Co-op functions and future endeavors whether they be the types of food we carry; long term objectives; daily activity; the Market Café; physical expansion or contraction of our operations; or your feelings about Popcorn

Fridays and the many other forms of member discounts and benefits.

As a board member I probably dip my fingers into aspects of daily operations more than I should. This is actually the jurisdiction of our General Manager. I see myself as a representative of all our member-owners, and I attempt to give your voice to my participation on the board and I welcome your comments. My email address is jerrybart@gmail.com, and my telephone number is (575) 534-0002.

In conclusion, I would ask you to please consider giving some of your time in the upcoming year as a member of our Co-op's Board of Directors. ❖

Save Trees

Let us know if you are receiving
duplicate Garbanzo Gazettes

Starting in January the *Garbanzo Gazette* is now included in *The Independent*. If you are a subscriber to *The Daily Press*, you will receive a duplicate. Please help us save trees by letting Charmaine at the Co-op know if you would like your name taken off our mailing list.

If you are not a subscriber, think about supporting local news and information and subscribing to *The Daily Press*. Contact Desiree Delgado at desiree@scdailypress.com to subscribe or stop by the office located at 116 N. Bullard St. You can also call at 388-1576 to start your subscription today.

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

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

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

Karen Strelko/Treasurer
Board Term: 2015-2018
browserandlouie@yahoo.com

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

Nancy Coates
Board Term: 2015-2016
coates@gilanet.com

Jerry Bartels
Board Term: 2015-2016
jerrybart@gmail.com

Board of Directors

Board Meeting Schedule

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

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