

# Silver City Food Co-op Garbanzo Gazette

**MAD!**

Volume 20

❖ Your Monthly Newsletter ❖ November 2020

## Co-op Hours:

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

**Sunday  
11 am - 5 pm**

**575•388•2343  
520 N. Bullard St.**

## LOOK INSIDE!

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**YOU  
ARE  
WHAT  
YOU  
EAT**

## Reducing Waste at the Cash Register

This month the Co-op looks to further reduce our environmental impact by tackling paper waste at the cash registers. We did the math and the Co-op has printed somewhere in the neighborhood of 10-12 miles of receipts so far this year. And, we guess, it's about eight times out of 10 that customers leave that receipt behind or ask us to recycle it. It's time for a change, and we're dealing with it in two ways.

First, we're switching providers of our register tape by giving a company called Rolly Receipts a shot. While these receipts are about double the cost of our current option, they seem well worth the investment. They're BPA and BPS free, have no plastic core, and are certified by the Forest Stewardship Council. **They also plant a tree for every case of receipt paper we buy!**

Second, we're now allowing Co-op Members to opt out of receiving receipts. Members of the Co-op can now let your cashier know that you would like to opt out of receiving receipts and they'll implement it on the spot. Also, keep your eyes open for an email from the Co-op with another option for opting out, as well. As part of this effort, you are also able to request that electronic receipts be sent to the email address we have on file for you. We're still working out a couple of kinks, so bare with us, and know also that if you are a member, we can always go back and pull up an old receipt for you, at your request.

Thanks for helping take another notch out of the throw-away culture. As always, it's small steps that get us where we're going.

## Double Up Food Bucks Update

We have completed our first month of participation in the Double Up Food Bucks Program. At the time of this writing we've been able to give out a few hundred dollars in discounts and look forward to the continued growth of this beneficial program. Double Up Food Bucks provides a 50% discount on all local produce items for shoppers who pay with EBT/SNAP benefits. This is a win/win program making healthy, local food more accessible to those of us who need it. Support your local growers by buying local produce at a discount today.

## Turkey Time has Come

Mary's Organic Turkeys are available for the holidays beginning on November 19th. The Co-op is not taking reservations for turkeys this year due to Covid precautions taken earlier this year, but you can rest assured that there are plenty available in a wide variety of sizes. Turkeys are \$3.99 per pound. Just a reminder, we will be closed on Thanksgiving.

## Round Up Application Deadline Extended

Applications for the 2021 Round Up program will continue to be accepted through November 30, 2020. The Round Up program generates hundreds of dollars each month through your generosity at the cash registers by "rounding up" your transactions to the next highest dollar amount. The recipient of these donations changes each month, and interested recipient organizations can apply today by visiting [www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop) and clicking on the Round Up Application link. Don't miss this opportunity to let our community show their support for your organization. Apply today!

## Masks and Social Distancing Update

The Silver City Food Co-op would like to take a moment to thank you all for acting in solidarity with our social distancing and mask protocols while at the store. We also would like to remind you that if these protocols do not meet your needs to please take advantage of our Curbside Pickup program. More information on how to participate is available on the front page of our website at [silvercityfoodcoop.coop](http://silvercityfoodcoop.coop).

We expect to maintain our *eight customers in the store at a time* protocol for the foreseeable future. As the weather gets colder (and as shopping trips take a little longer) we ask that you are mindful of your time spent in the Co-op. We continue to do our best to provide a safe and pleasant environment for everyone. Thanks for your support.

## MAD Discounts Return for the Holidays

Member Appreciation Days return to the Co-op for the months of November and December. Co-op members receive a 10% discount on a total of two shopping days of your choice from the beginning of November through the end of December. As an added benefit, members can place special orders for bulk purchases (cases and other large quantities) which receive an additional 10% discount. Stock up for the holidays!!

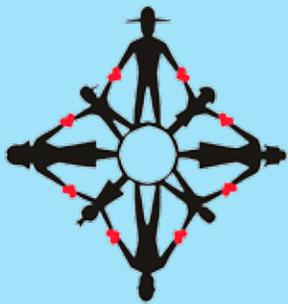
by Mike Madigan



**1841 member/owners strong and counting . . .**

# Silver City Food Co-op

established 1974



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

575.388.2343

## Store Hours

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

## Kevin Waters

General Manager

## The Garbanzo Gazette

Editor: Mike Madigan

Guest Writers:

Dougan Hales, Carolyn Smith  
Sue Ann Childers, Jane Papin, Vynce Bourné

Staff Writer: Judith Kenney

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Submissions are welcomed!

Submit letters, articles, or items of interest to:

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

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# Come On In the Water's Fine



by Kevin Waters



A request came in recently from a member for an update on how the Co-op is doing financially. We did recently present our 2019 annual report in the Garbanzo Gazette, and it remains on the website. However, I think the question was geared towards how we are doing since the start of COVID. While I might normally encourage curious members to attend the board meeting, at this time, that is much easier said than done. We have not had an in person board meeting in 6 months, and while Zoom board meeting slots are available for members, it is a Zoom meeting after all. Not too surprising we have not had a massive influx of meeting link requests.

The short answer to the question is that the Co-op is doing well, especially considering the tumultuous circumstances in which we are operating. The effect on our in stock conditions, and staffing situation has been challenging. The fact that sales are actually up, is very much a credit to the loyal patronage of our members, the dedicated work of our employees, and I am thankful that we are in the position we are. While grocery is probably right behind bleach manufacturer, and plexiglass factory in the list of preferred businesses in a pandemic, not all Co-ops are doing as well as we are. The grocery business in general has been very strong, but there is a wide variety of problems and issues that can beset Co-ops in these times, and some have hit major hurdles. Many Co-ops in higher density population areas have seen customers trading down to lower priced competitors, as well as struggling to keep up with some rapid changes in the area of online food pickup/delivery. For us, we started April with a roughly 35-40% drop in transaction count, and 40-45% increase in transaction size. People were planning their trips, and making every trip count. Every month, our transaction count has

risen slightly, and our transaction size has gone down. The last six months our sales increases over prior year have remained stable around 10%.

Due to the concerns regarding COVID, we have only conducted one inventory at the end of June this year, and our results for the six months ended 6/30/20 were very strong. During this time we have been able to pay out to the employees an extra one time payment for their commitment and dedication to the Co-op, roughly \$2.00 per hour worked over two months. Future similar payments are likely. Operating costs have gone up, but they have stayed reasonable in relation to sales increases. As well, some business disruption payments from distributors (for high levels of out of stocks), and additional patronage refunds have helped boost the bottom line. Below are some key areas of performance for the store so far this year. These are unaudited numbers:

Sales Six Months Ending 06/30/2020 = \$2,073,267

Sales Six Months Ending 06/30/2019 = \$1,885,662

Operating Expenses Six Months

Ending 06/30/2020 = \$720,847

Operating Expenses Six Months

Ending 06/30/2019 = \$674,112

Net Operating Profit Six Months

Ending 06/30/2020 = \$51,534

Net Operating Profit Six Months

Ending 06/30/2019 = \$7,853

In the last two months sales have continued to be robust. While it is very difficult to predict in current circumstances, without unforeseen disruptions or emergencies, the Co-op should come through this year with a healthy bottom line. This will certainly be a benefit as we focus on creating a transition to a location that will allow the Co-op to reach its full potential.



# Let's Talk Turkey!

## Mary's Certified Organic Turkey



**\$3.99 a pound**

- Small: 8-12 lbs •
- Medium: 12-16 lbs •
- Large: 16-20 lbs •
- X-Large: 20 + lbs •

***First come, first serve.***

**No reservations taken  
for turkeys this year.**

**Turkey sales begin  
Thursday, November 19th.**

## We're Hiring!

The Co-op is now accepting  
applications  
for Cashiers/Stockers

Applications are available on our website  
[www.silvercityfoodcoop.coop/staff](http://www.silvercityfoodcoop.coop/staff)  
and in the store

## Silver City Food Co-op Staff

<i>Judith Kenney</i> outreach/GG	<i>Marchelle Smith</i> deli
<i>Dougan Hales</i> produce/bulk	<i>Joy Kilpatrick</i> receiver
<i>Kate Stansberger</i> supplement buyer	<i>Judy Kenneally</i> deli
<i>Jake Sipko</i> produce manager	<i>Christine Dalmedo</i> produce/grocery
<i>Carol Ann Young</i> GG/office	<i>Melissa Yarbrough</i> wherever needed
<i>Jeanné Miller</i> herb buyer/produce	<i>Tuan Tran</i> wherever needed
<i>Becky Carr</i> dairy buyer	<i>Clorissa Holguin</i> wherever needed
<i>Jess DeMoss</i> POS manager	<i>Eric Brown</i> wherever needed
<i>Misha Engle</i> frozen buyer	<i>Vynce Bourné</i> wherever needed
<i>Marguerite Bellringer</i> finance manager	<i>Kevin Waters</i> gm
<i>Kim Barton</i> POS	<i>Carolyn Smith</i> deli manager
<i>Doug Smith</i> grocery buyer	<i>Anjelica Anaya</i> wherever needed
<i>Tinisha Rodriguez</i> HABA buyer/POS	<i>Lauren Christensen</i> wherever needed
<i>Mike Madigan</i> am	<i>Willem Jepson-Browne</i> wherever needed
<i>Leah Chastain</i> merch. specialist	<i>Kassandra Sedillos</i> wherever needed



# Kitchen Meditations

Fall

## Baked Japanese Sweet Potato Fries

### Ingredients:

1 Japanese Sweet Potato  
1 tablespoon melted coconut or olive oil  
Salt and pepper, to taste

### Instructions:

- Preheat oven to 425° F.
- Wash and dry your Japanese sweet potato.
- Slice it lengthwise into fries or across into rounds.
- Place in a bowl and mix in the oil, salt and pepper.
- Place potatoes on a baking sheet and bake for 30-35 minutes or until cooked through and golden, making sure to flip them every 15 minutes.

### Note:

*These are also great with the addition of any of your favorite herbs or spices.*

## Herb News



### Cloves

Cloves are grown in Madagascar, Tanzania and Sri Lanka, but their original home is the Moluccas, or Spice Islands, of Indonesia, which continues to be the world's leading producer.

The clove tree is an evergreen that grows to about 25 to 40 feet in height. The part that is harvested and used in cooking, is actually the unopened flower buds that are just turning pink. After harvesting, they are placed on leaf mats to dry in the sun. It takes three days for them to turn dark brown and be ready for use.

As early as 200 BCE, envoys from Java to the Han-dynasty court of China brought cloves that were customarily held in the mouth to perfume the breath during audiences with the emperor. During the late Middle Ages, cloves were used in Europe to preserve, flavor, and garnish food. With a strong aroma and pungently hot taste, cloves are used to enhance many kinds of food: fruits, baked goods, ham, beets, green beans, winter squash, pea soup. They're also an essential ingredient of Chinese five-spice powder, Indian garam masalas, American mixed pickling spice, and spiced teas. In Europe and the United States, the spice is a characteristic flavoring in Thanksgiving and Christmas fare.

*Cloves also have many medicinal uses as part of traditional healing systems worldwide. Search the internet for information about the curative effects of this exotic spice.*

## Roasted Brussels Sprouts with Grapes & Walnuts

*Roasted Brussels sprouts are mellow than boiled, and when combined with intense roasted grapes, toasted walnuts and balsamic vinegar you have a perfect dish that you have to taste to believe.*

### Ingredients:

1 ½-2 pounds fresh Brussels sprouts  
2-3 handfuls of red seedless grapes  
½ cup walnuts, broken into large pieces  
¼ cup extra virgin olive oil  
Kosher or sea salt to taste  
Freshly ground black pepper  
2-3 tablespoons balsamic vinegar

### Instructions:

- Preheat oven to 400°F.
- Trim the Brussels sprouts of any dry ends and loose leaves, then halve. Place them, along with grapes and walnuts, on a rimmed baking sheet. Drizzle the olive oil evenly over the top, sprinkle with salt and pepper, and toss to coat. Roast for 30-35 minutes, or until the sprouts are well-browned in places, the nuts are fully toasted, and the grapes are darkened in color and very plump.
- As soon as you remove the pan from the oven, drizzle the balsamic vinegar over the contents of the pan and toss to coat. Transfer to a serving dish and sprinkle with a little additional coarse sea salt.

## The Frugal Co-op Chef Warm Spiced Ginger Tea



### Ingredients:

4 oz. ginger root, thinly sliced  
4 tablespoons honey  
5 cardamom pods  
1 star anise  
10 whole cloves  
Juice of one lemon

### Directions:

- Add sliced ginger, star anise and cardamom to 1 liter of boiling water
- Simmer for 20 minutes
- Add cloves and simmer an additional 5 minutes
- Remove from heat and add lemon juice. Strain and serve.
- Sweeten with honey, if desired.

# Jake's November Produce Picks

## Japanese Sweet Potatoes



Sweet potatoes, or *Ipomoea batatas*, originated in Central or South America and have been cultivated by humans for over 5000 years.

Today, there are over 400 strains of sweet potato grown around the world. Different parts of the plant, such as the leaves, stems and root tubers, are used for food, medicine and animal feed.

Sweet potatoes are only distantly related to potatoes. Sweet potatoes belong to the same family as morning glory (*Convolvulaceae*), while potatoes are considered a type of nightshade (*Solanaceae*). Potato tubers are derived from the plant stems while sweet potato tubers are derived from the root.

Satsuma-imo, or Japanese sweet potato, is a sweet, yellow-fleshed strain. Traditionally grown in Japan and Okinawa, it is now widely available in grocery stores across North America. It is a staple food of the Okinawans, who are some of the healthiest and longest-lived people on Earth. Their good health and long lifespan are attributed, in part, to their diet. The Japanese sweet potato is distinct from the Okinawan sweet potato, which is purple-fleshed, but Okinawan people eat both in abundance.

Use them interchangeably with orange-fleshed sweet potatoes. If you've never had pale-fleshed Japanese sweet potatoes before, you'll be surprised by their subtler, drier flesh, which tastes unmistakably of chestnut.



*Spooky Sweet Potatoes!*

## Brussels Sprouts

Some sources trace Brussels sprouts back to ancient China and, later, to Rome, while others claim that they originated, much later, in Europe in the area around Brussels, Belgium. It is known that they were not introduced to France and England until late in the eighteenth century. Today they are eaten in North America and Australia, but are still a more common sight on tables in Northern Europe, Britain in particular.

Like cilantro, Brussels sprouts are a somewhat divisive food, although most people who hate them have probably been scarred by encounters with horribly overcooked monstrosities in their early years. When prepared with a little care, sprouts are a deliciously satisfying veggie with a fresh, green flavor and just the right amount of crunch.

# Becky's November Dairy Pick

## Point Reyes TomaProvence Cheese

Point Reyes Farmstead Cheese Co. has placed sustainability above all else. The health and happiness of their cows depends on it. Situated on a beautiful stretch of land on the northern California coast, the air is crisp and pristine, and the grass lush and rich. It's a family-run business that traces its roots back to the early 1900s. In 2013, they received the California Leopold Conservation Award, which recognizes private landowners who practice responsible land stewardship and management.

TomaProvence, full of Mediterranean flavor, is a creamy, semi-hard cheese with a waxed rind. It has buttery notes, accentuated by savory Herbs de Provence, a blend which includes rosemary, basil, marjoram, savory and wild thyme. Great as a snacking cheese, TomaProvence is also perfect for pairing with olives, a fresh baguette, an abundant cheese board, and a buttery chardonnay. It's also yummy on a simple sandwich. Fortune has smiled upon all of us Co-op shoppers, for now we can partake of this mouthwatering delight! Find it in the dairy cooler on your right as you enter the store.



*The Farmstead Cheese Co. family of cheesemakers*

*November 4 - December 1 • Members Only • 20 % OFF • In the front cooler*

# CO-OP Community



## Thank You Co-op Volunteers!

*Many thanks to these member volunteers for their September service.*

Jane Papin • David Burr • Sue Ann Childers  
Tim Garner • Tasha Marshe • Tammy Pittman  
Susan Van Auken • RJ Jones • Jennifer Lamborn



## Calling for Guest Writers!

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



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

Members, if interested please email  
[judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)

Three hours earns a 15% Volunteer Discount

Silver City  
Food Co-op  
Gift Card



Give a  
gift card  
to a friend!

Give the gift of health,  
nourishment and taste.



## Round Up Donation Program

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

## Round Up for November

## Southwest Adolescent Group

Southwest Adolescent Group's (SWAG), is to serve area youth by creating, implementing and making accessible programming that will serve to improve their quality of life. The programs will be made available regardless of race, gender, spirituality, sexual orientation, or economic status. They believe the health of our children is essential to the health of our community in both the present and in the future. Our community cannot thrive if we don't set our kids up for success. Their work is focused on helping Grant County adolescents achieve this success by helping meet their educational, vocational, emotional and recreational needs.



## September Round Up \$849.30

## Lotus Center of Silver City

Proceeds from the September Round Up will go toward funding Lotus Center's Yoga in Public Schools program. Although in-person Physical Education classes aren't currently being held in either the Cobre or Silver Consolidated School Systems, online P.E. classes are being held. Lotus looks forward to offering a series of recorded yoga classes to students later this fall and winter. Round Up proceeds will also be used to purchase patio heaters so that we can continue offering our outdoor classes into November and (hopefully!) December.



## Round Up for December

## Silver City Community Theatre

The objective of the Silver City Community Theatre is to enrich, educate and entertain the Silver City and Grant County communities by providing a broad range of live theater experiences on a recurring, seasonal basis. They host theatrical experiences from monologues, to Shakespeare in the Park, to theatrical educational workshops, and larger productions. This crew of volunteers is dedicated to making theater available to our community!



# Don't sleep through it!!



**It's MAD**  
**November/December!**  
**Member Appreciation Days**  
*any 2 days of your choice*  
*to save 10%*

(excludes turkeys, mark-down items)

**Become a member and save \$**



**DOUBLE UP  
FOOD BUCKS™**

**2 for 1 on  
Local Produce  
everyday  
with your EBT card**



**Renew  
your membership  
and reap  
the rewards!**

**MAD four times a year!  
Members Only Specials!  
Discounts on Special Orders!  
You'll be supporting our local  
& regional food shed &  
you'll help to build a resilient local economy.  
*You Own It!***

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



**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!**

# grat·i·tude

grăt' ĭ - tyōōd' . noun

the quality of being thankful; readiness to show appreciation for and to return kindness to someone.

**Jess** is grateful for family, health, and creative outlets.

**Becky** is grateful for chocolate and cheese!!

## Healthy Holiday Recipes

On the hunt for something a little different to enjoy as part of a celebratory meal? Four of our staff members have offered to each share a favorite recipe of the season. Whether you're a real foodie or prefer a simpler approach to food preparation, these offerings will tempt all who gather at your festive table.

All ingredients called for can be found at the Co-op.

## Beautiful Jewels Quinoa Salad

*I love this dish because it is beautiful, delicious, and vegan!*

*It has everything you need for a complete meal or a side.*

*It is best made a day ahead so the flavors meld.*

Serve room temperature.

### Ingredients:

- 1 1/2 cups red quinoa
- 1 smallish red onion
- 1 red bell pepper
- 1 fennel bulb
- 1 pomegranate
- 1 10 oz bag of frozen green peas
- 1 10 oz bag of frozen corn. Frozen is best for color and texture.
- Olive oil
- Balsamic vinegar
- Splash of lemon juice (optional)

### Directions:

- Put the quinoa on to cook first. I use a rice cooker, but the stove top is fine. 2 to 1 ratio.
- Slice the fennel bulb small and roast with a little olive oil until lightly caramelized.
- Get the frozen peas and corn and set aside.
- Dice the red onion and red bell pepper and place into a large mixing bowl. Gently remove the pomegranate seeds and set aside.
- When the quinoa is done and still hot, pour over the onion and bell pepper.
- This allows the onion and pepper to cook a little in the heat.
- Add the caramelized fennel to the bowl, then the corn, peas, and pomegranate seeds.
- Add equal parts olive oil and balsamic vinegar. About 3 tablespoons each and a splash of lemon juice.
- Stir it all together. Enjoy!



*Melissa*

In the spirit of gratitude, we would like to extend our sincerest thanks to you, our member/owners, for your support during this time. Our commitment and service to this very unique community can only continue with your help. Working together, we will shoulder through uncertainty and emerge out the other side, stronger and intact. Thank you!

The Co-op Staff

**Kevin** is grateful for November 3rd.

### Mike

I am thankful for those who continue to dare to dream and shape our future. I am thankful for those who shine their light brightly on dark days. I am thankful for shelter and food and family.

**Marguerite** is grateful for all the farmers!

**Eric** is delighted and thankful to have been instantly embraced by the people of Silver City, this most unusual Desert Island of Misfit Toys.

### Anjelica

I'm grateful for being alive and having amazing kids that brighten my day. I have awesome co-workers and we have the ability to turn a frown upside down.

Live • Laugh • Love

### Judith

I am infinitely thankful for my family and friends, my job, and my yoga practice. Oh . . . and my really great dogs. There's a tremendous amount of joy in the world that I'm grateful for.

**Clorissa** is super thankful when customers take their groceries out of their baskets.

## Cranberry-Pear Relish

*One of my favorites! A tasty addition to a traditional Thanksgiving dinner.*

### Ingredients:

- 3/4 pound fresh or frozen cranberries, about 3 1/2 cups
- 1/2 cup frozen orange juice
- 1/2 cup sugar
- 2 medium-size pears, peeled, cored, and cut into 1-inch pieces
- 1/2 to 1 teaspoon finely chopped orange zest

### Directions:

- Place cranberries in medium-size saucepan with the orange juice and sugar.
- Bring to a boil, then reduce the heat to medium and cook for about 10 minutes. At this point the cranberries will be cooked through and should still hold their shape. Add the pears and half the orange zest.
- Cook for 1 minute more, just long enough to heat the pears through, since they will continue to cook with the hot cranberries
- Allow to cool, add remaining orange zest to taste, then serve.

*The relish will hold for up to a week in a sealed container in the refrigerator. After a few days the taste and texture of the pears will diminish.*



*Carol*

**Lauren**

I'm grateful for my parents and for a second chance at life.

**Misha** is grateful for the creator, family, New Mexico, the Co-op, rain, firewood, green chile and music.

**Kim**

I'm grateful for my freedom - my right to act, speak and think as I want to, for kind and helpful people, and diversity in all things.

**Tinisha**

I'm grateful for my family, that I still have a job, and for this beautiful state and small town that I live in. #nmtrue

**Dougan**

I'm grateful for being who I am, where I am, and doing what I do.

**Judy**

There is much in my life to be grateful for, so I'll just list three of the biggies: My husband Joe K, my daughters Aeron and Heidi and their beautiful families, and my work with the rockin' Deli crew at the Co-op.

**Kate**

I'm grateful to have someone to share my life with and for my co-workers. I've found another family here.

**Carol**

At this moment in time I'm grateful for my Co-op family, access to good food, outdoor music on Saturday afternoons, my doggie housemates Willie and Fletcher, and time to paint.

**Jake**

I am very thankful for my friendships and music!

**Carolyn**

I am grateful for my family and friends, my health and my home, and the abundance of good food available to me.

**Marchelle** is grateful to be living here in sunny New Mexico, for her good health, and for her friends and family.

**Leah**

I am grateful for all the hugs, love letters, thank you cards, notes and gifts and all the ways Co-op members have shown their appreciation through the years.

**Kassandra**

I am grateful for meeting new people and being a part of the Co-op!

**Melissa**

I am extremely grateful that I took the time to travel extensively while I was young enough to do the things I wanted to. It is unclear how travel will look in the next few years.

**Will**

I'm grateful to live so close to the wilderness.

**Spiced Fig and Walnut Roll**

*This fig and walnut recipe is perfect to make one for you and one to give away this holiday season.*

Serves about 10

**Ingredients:**

3/4 cup walnuts  
1 1/2 teaspoons anise seeds  
1 1/2 cups dried figs  
Finely grated zest from 1 orange  
1/2 teaspoon ground cinnamon  
1 tablespoon honey  
Up to 1 tablespoon brandy



**Marchelle**

**Directions:**

- Heat a large skillet over medium heat. Add the walnuts and cook, stirring frequently, until the walnuts are fragrant and lightly browned, about 5 minutes.
- Remove from skillet. Cool completely, then chop into quarters.
- Add the anise seeds to the skillet and cook, stirring frequently, until fragrant, about 2 minutes. Remove from skillet and let cool.
- Trim any hard stems off the figs. Coarsely chop the figs and place them in a food processor with the anise seeds, orange zest, cinnamon, honey, and 1/2 tablespoon of brandy. Process to form a sticky paste. Transfer the mixture to a bowl and use your hands or a spoon to work in the walnuts. If the mixture doesn't quite hold together, add up to another 1/2 tablespoon of brandy.
- Transfer the mixture onto a piece of parchment paper and shape it into a log about 2 inches in diameter. Wrap the parchment paper around the log and twist the ends shut. Refrigerate overnight. (Can store in an airtight bag or container in the refrigerator for up to a month.)
- To serve, unwrap the log and cut it into slices.

**Mom's Basic****Thanksgiving Dressing (aka Stuffing)**

*It's become my tradition to ask folks what's the first thing they eat from their Thanksgiving plate. My own answer is, "I always go for my Mom's dressing."*

**Ingredients:**

3-4 stalks celery diced  
1 medium-large onion diced  
1 tsp sage  
1 tsp thyme  
1 tsp salt or to taste  
1/2 tsp black pepper or to taste  
4.5-5 cups crumbled cornbread  
7 cups cubed bread (~ 1 loaf of white bread)  
1/2 cup chopped parsley  
1/2 cup stock (turkey, chicken or vegetable), use 1-2 cups with whole wheat bread  
1/2 cup olive oil

**Directions:**

- Mix all together and stuff inside a turkey and/or in a greased casserole dish.
- Bake turkey as needed and bake in the casserole dish for 15-20 minutes.



**Carolyn**



# Update: Recycling at the Co-op

## • Full Circle for Plastic Film •

by Sue Ann Childers



September 2020 marked my one year anniversary with the Silver City Food Co-op as their recycling volunteer. The Co-op has a successful recycling program that consists of curbside recycling with the private local company Trash2Treasure and paper shredding with SOS Document Shredders. Paper shredded by SOS is composted in NM vineyards. The Co-op also shreds a small amount of paper in-house which is delivered to The Commons Center for Food Security and Sustainability for weed control in their gardens. In

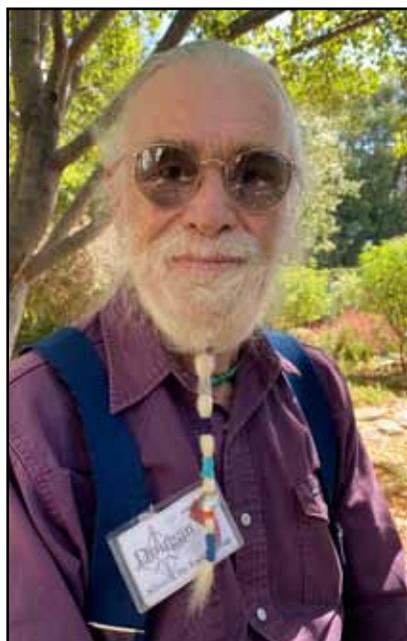
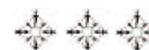
addition, styrofoam and compostable packing peanuts are now being delivered to a local mailing service to be reused as packing. But what about the plastic film, that soft stretchy overwrap that covers the pallets of bottles, cans and paper products? It's an environmental concern, too. Well.....

The Co-op has been accumulating and stockpiling their plastic film "trash" at the Pope Street warehouse location for over a year and accumulated approximately 70 extra-large trash bags full of this recyclable material. Recyclable, yes, but where? As the Co-op's recycling representative, I was in contact with Trex Composite Decking Company who buys plastic film from specific retailers, such as Albertsons and recycles it into their composite decking boards. But, unfortunately, we had been unable to work out the logistics of transporting this quantity of accumulated plastic film. So.....

In early September, while helping to sort plastic collected by the curbside recyclers, Trash2Treasure, I talked with co-owner, Stuart Egnal, about the Co-op's stockpile of plastic film. Just like that, he showed me the baler Trash2Treasure had recently purchased which bales cardboard, aluminum cans, and plastic film. Stuart volunteered to pick up our stockpile, transport it to the baler and we would see how it worked on plastic film. Since the baler is used continuously for cardboard, we devoted two days to the task which included 3 trips to pick up the bags of film and 5 ½ hours of baling with the work of 4 volunteers, Stuart, Sue, Randy and Les.

Amazingly full circle, right here in Silver City, plastic film baled within blocks of its generation by a local company with volunteer help. Trash to treasure!

*The baled plastic film will be stored by Trash2Treasure, along with their cardboard and aluminum bales, until a full load is collected and ready to transport and sell to recyclers. The co-op will continue to stockpile plastic film and, within a year, complete this same circle. I am very grateful for Stuart and Trash2Treasure for their devotion to recycling.*



## Small Hinges

*a poem  
by Dougan Hales*

He woke from sorrows, grey twilight  
clothed in his own mind, faded and frayed.  
The blood trail of his empty heart had dried.  
His scars evidenced healing, not wounding.  
Sunstruck and stumbling he crossed the threshold  
of life renewed.

## We're Hiring!

**The Co-op is now accepting  
applications  
for Cashiers/Stockers**

**Applications are available on our website  
[www.silvercityfoodcoop.coop/staff](http://www.silvercityfoodcoop.coop/staff)  
and in the store  
at the checkout stand**

# Deli Department

## NEWS

### What's Cooking?

*by Carolyn Smith*



*Judy, Marchelle and Carolyn hard at work in the Deli kitchen.*

I feel so lucky to be working at the Silver City Food Co-op as the new Grab 'n' Go Deli Manager. I inherited a very successful operation established by the first Deli Manager Brenna Brown, an accomplished chef, local caterer and longtime Co-op supporter, both here and in Bisbee, AZ. Thank you Brenna!!!

Former Co-op manager Kathleen Wigley had the forethought to wire and plumb the back of the warehouse for a future kitchen during renovations and manager Joe Z and Brenna brought this vision to fruition. In between, this potential kitchen space served as the Co-op Community Room for meetings, workshops and classes, our monthly Community Forums, many of which focused on cooking. When we outgrew the space, we moved the Co-op Community Room to the large back room behind the Market St. Café in our former rental space at 602 Bullard St.

I am so grateful to Brenna and my Deli co-workers, Marchelle Smith and Judy Kenneally for training and bringing me up to speed in the Deli. Their warm welcome, my experience cooking at the Market St. Café for two years and the many hours I spent leading the Co-op Community Forums in this space as Outreach Coordinator have all sweetly combined to make me feel right at home.

The Deli crew continues to use many of Brenna's delicious recipes and we are also expanding our offerings to include popular menu items from the Market St. Café: the Hungry Burrito and Burrito Bowls: with and without cheese, the Kale Quinoa Salad, Kung Pao Tofu, Cashew Tempeh and Falafel patties with tahini dipping sauce. We have also added new items such as the Bean Enchiladas and Marchelle's yummy white bean dip. Our goal is to offer one new item each week.

We have a large selection of gluten free items and we have expanded the vegan offerings including a vegan version of our lasagna with "tofu ricotta" filling and a new sandwich, the popular Vegan Veggie sandwich featuring Karuna Kitchen Micro-greens. Look for the shelf tags with orange dots for gluten free and green dots for vegan, for ease of selection.

The Deli crew is still committed to using organic and local ingredients and we are changing all of our labels to indicate the organic ingredients with an asterisk before their name.

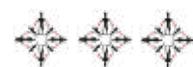
To limit the use of plastic, we are now wrapping our nori rolls in thin plastic wrap and preparing them with the pickled ginger, wasabi and tamari already inside, making these rolls truly "Grab and Go" and we are continuing our search for compostable containers that withstand moisture from the refrigerator and food.

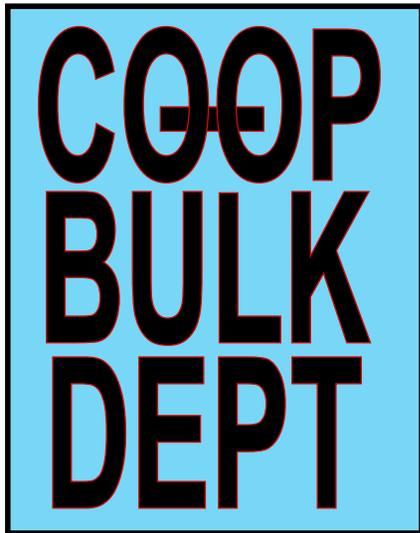
During this year of the pandemic, the co-op has suffered rolling out-of-stocks, many on staple items. In the Deli this included sushi rice, rice noodles, fire-roasted tomatoes, tempeh and tahini.

Sometimes we chose to make substitutions in our recipes in order to continue providing popular items: Arborio rice for sushi rice and Chinese noodles for rice noodles even though the latter contained gluten. We returned to sushi rice and rice noodles as soon as they were available.

The Deli crew always appreciates feedback and suggestions and please do leave your contact information, so we can respond personally. Suggestion boxes are located at the front of the store and back by the bulk honey dispenser.

Thank you for supporting your Silver City Food Co-op by purchasing prepared foods from the Deli Grab 'n' Go, now conveniently located in the cooler on the right wall at the front of the store!!!





# Meet Our New Bulk Department Buyer Vynce Bourné

by Vynce Bourné

I am so excited to have the opportunity to manage the Bulk Department here at the Co-op, as it touches back to my early roots in the healthfood world where I was once the bulk department manager for another store in Northern California. After spending the first 20 years of my life not really knowing that wholesome foods even existed, I was fortunate to let my curiosity lead me into a small grocery store on the Russian River that was centered around health; and with health comes happiness. I ended up working at that organic foods market for several years, learning everything I could about how eating right changes lives. It didn't take long for me to realize how important it was to have fresh, nutritious, and organic foods available to my community and how passionate I felt about being the bridge between that community and those that made the decisions on what those foods would be.

I translated that passion into becoming the buyer of products for many departments in that store, first being the Bulk Department. I look forward to taking on that role once again, but for a new community I have begun to love and want to see thrive. Buying in bulk not only encourages creativity in the kitchen but reduces the amount of packaging when delivered as well as the plastic required for transporting from store to home. Not to mention that when you are able to buy larger amounts of food through the bulk department you make less trips to the store, which means less car pollution.



The bulk department is an important part of our Co-op and our customers take full advantage of it. We're very much obliged!

Vynce is jumping in with both feet to his new position here.

Soon you'll be able to purchase some products in bulk form that are now only available packaged. *See below for the NEW goodies.*



## Willamette Valley Organic French Vanilla Almond Granola

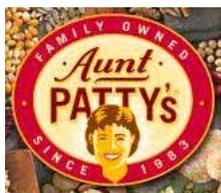
Willamette Valley Granola Company was one of the first to make granola as part of the 1960s counter culture of Eugene, Oregon. As a breakfast bowl or anytime snack, French Vanilla Almond Granola combines decadent vanilla, honey and sliced almonds with hearty whole rolled oats. Enjoy with a milk of your choice, Greek yogurt or right out of the bag.

*November 4 - December 1 • Members Only • 10 % OFF*



## Maple Valley Maple Syrup

Soon you'll be able to buy Maple Valley Maple Syrup in bulk. This company has been a pioneer in organic and fair practices for maple production since 1991. It became a cooperative in 2007 and continues to produce 100% pure, organically produced maple products year after year. Maple Valley believes in family scale farming, fair wages for producers and employees, transparency, accountability, and sustainable fair business practices.



## Aunt Patty's Organic Coconut Oil

We now have, for the first time ever, coconut oil in bulk! This oil is steam refined, which means that no chemicals are used in the process. Organic and non-GMO, it has a neutral scent and flavor that makes it a versatile culinary oil, but is also good for DIY personal care products. It has a smoke point of about 428° and works well for high-temperature cooking.



# The Cleansing Power of Lemons and Limes

by Jane Papin

A tall glass of lemon or lime water is one of the best tools for hydration and detoxification. Lemons and limes activate and bring to life drinking water, making it available for toxins to latch on to in our bodies and, then, flush them out. It's recommended by Anthony William, author of the six Medical Medium books, to drink your lemon water first thing in the morning on an empty stomach and to wait thirty minutes before having anything else. This helps expel, upon waking, any toxins accumulated in the body by the liver overnight. Sixteen ounces or more is a good amount. For an even more cleansing affect, drinking this twice more during the day is great. If you have sensitivity in your mouth, use a glass straw. You can also add a bit of honey or grated ginger. I enjoy my lemon water warm.

Lemons and limes improve digestion by raising levels of hydrochloric acid in the gut. They tone the intestinal lining, cleanse the liver, and offer replenishing calcium to help prevent osteoporosis. Lemons and limes also help balance sodium levels in the blood, which allows electrolytes to become active, improving neurotransmitter activity that has been hampered by neurotoxins that cause brain fog and other neurological symptoms.

Lemons and limes contain micro mineral salts that break down pathogens such as unproductive bacteria, mold, yeast and fungus and help to boost the liver's immunity. The rich calcium levels in lemons and limes bind to the vitamin C within them, both enter the liver where they awaken a stagnant, sluggish or fatty liver, helping loosen and disperse fat cells. Lemons and limes clean up dirty blood syndrome and improve glucose absorption.

The vitamin C that these lemons and limes contain is some of the most highly absorbable around. They are also an excellent source of calcium containing phytochemicals called limonoids which bond the vitamin C and calcium together to travel through the body. This enhances the bioavail-

ability of each and creates alkalinity in the body to help prevent the growth of many cancers.

In Jeff Primack's book, *Conquering any Disease*, he states that malic acid is the key healing compound found in tart cherries and green apples, but lime is the best food source at 3.5 times more than lemons. Malic acid removes harmful uric acid, which causes gout, arthritis and many inflammatory reactions.

For maximum benefit, when making a blended drink I usually add the white pith and some skin which is filled with vitamin C. I also do this with the skin and pith of oranges and grapefruit. Grapefruit pith is used in cancer protocols. Grapefruit pith is also a source of quinine\* which opens up cells to other nutrients, such as zinc, for the current COVID-19 issue.

Let's all enjoy some lemon water first thing in the morning. Our bodies will be Grateful!

*\*There are many recipes on the internet on how to easily make quinine at home. To make, use the rind of 2-3 lemons and the rind of 2-3 grapefruit. Simmer this with 3 inches of water above the peel for 2 hours. Leave the lid on until cool to keep the quinine in. It will be bitter, so sweeten with honey, if you like. The recommendation is, if you have cold symptoms, including phlegm, take a tablespoon every couple of hours until you are symptom-free. This is considered very alkalizing to the body. I will make it one day soon. If I was sick I would take a high quality zinc with this.*



Jane in her October garden. Still blooming!

## Alternatives to Plastic Straws

Are you working to reduce plastic in your life? The Co-op has several alternatives to plastic straws that are earth-friendly, convenient and perfect for waste-free sipping.



### Klean Kanteen

High quality stainless steel straws with safe, food grade, removable silicone flex tips.

### U-Konserve

Angled, reusable straws made from durable silicone. They are safe to use with hot beverages and easy to cut down for kid's parties.



### Hay Straws

Want to go completely natural? Hay makes straws from, you guessed it, straw! They are 100% biodegradable, gluten-free and never soggy.





# From Your Board . . .



## Prescription For the Autumn Blues

*Do you feel a little down as the pandemic continues?*

*Do you want to connect more with your co-op?*

*Do you think about how you can make a difference  
to the health of our Co-op and community?*

*Do you ever wonder what does the SCFC board actually do?*

### **YOU MAY NEED A BIT OF BIT!**

The BIT ( Board Member in Training) program will give you a chance to learn about the co-op board from the inside out, to find out if being on the board is right for you. You will get a chance to participate in board discussions, see how all the parts work together, and review the monthly board packet of crucial information.

For the three months of your BIT term you'll receive a volunteer discount for each meeting you attend. You'll also receive a special orientation and a "Board Buddy" to coach you and answer your questions.

### **HURRY!**

- Offer good until February 2021
- Limited to two BIT members
- Subject to board approval
- Be ready to run for the board election in May
- Don't miss this chance to play a part in the most exciting and challenging year in Co-op history!

Testimonial - BIT afforded me the opportunity, over several months, to wade into the Co-op waters, so to speak. I was able to listen in and inquire directly of board members to better understand the historic and current challenges and milestones met and exceeded and still to come. My BIT time helped me decide to take the plunge and I have not looked back. I highly recommend testing the waters.

### **DO YOUR BIT TODAY!**

Contact: [board.scfc@gmail.com](mailto:board.scfc@gmail.com)





*Shanti Ceane*  
President



*Julianna Flynn*  
Vice President



*Scott Zager*  
Treasurer



*Emma McKinley*  
Secretary



*Kristin Lundgren*  
Member



*Gwen Lacy*  
Member



*Tuan Tran*  
Member



*Susan Golightly*  
Member



## Round Up a little longer!

Towards the end of October, we realized that we didn't do our duties to get the word out in the community about our Round Up application process because we hadn't received enough applications. We planned to accept applications through the end of October, but have decided to extend the deadline through the end of November! Our apologies for this mishap!

If you haven't heard about Round Up, each month, the Silver City Food Co-op provides the option for customers to give the change from their transactions back to the community instead of into their pockets. The accumulation of this change over several years has benefited many local organizations. It's our way of Rounding Up what may feel small to some into something big for our community! Since December of 2016, we've donated \$57,530 to organizations around Grant County.

If you are part of an organization that could use a financial boost whose mission is in alignment with the co-op's desire to support a healthy and vibrant community, please fill out our simple online application at [www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop).



## Recruiting Board Members in Training

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

**DESCRIPTION:** Commit to attend 3 consecutive board meetings. (They are held the fourth Wednesday of every month at the Pope Street building, from 5:30 to 7:30 pm).

**CONTACT:** Julianna Flynn  
board.scfc@gmail.com  
Recruitment, Orientation, and Development Chair  
Or, any board member

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

### Board Meeting Schedule

The SCFC Board of Directors meets the fourth Wednesday of each month at our new building, 907 N. Pope St. 5:30 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.

**Shanti Ceane/President**  
Board Term: 2018-2021

**Julianna Flynn/Vice President**  
Board Term: 2019-2022

**Scott Zager/Treasurer**  
Board Term: 2019-2022

**Emma McKinley/Secretary**  
Board Term: 2020-2023

**Kristin Lundgren/Member**  
Board Term: 2019-2021

**Gwen Lacy/Member**  
Board Term: 2019-2022

**Tuan Tran/Member**  
Board Term: 2020-2023

**Susan Golightly/Member**  
Board Term: 2020-2021

**Our new email address:**  
board.scfc@gmail.com

**Board of Directors**

# November

## Members Only Specials November 4 - December 1

20% OFF! listed prices



**Point Reyes**  
Toma Provence  
Cheese  
6 oz  
reg \$7.49



**Picnik**  
Coffee Creamer  
25.36 oz  
reg \$5.89



**Base Culture**  
Sweet Banana Bread  
3.2 oz  
reg \$3.29



**Earthbound Farm**  
Broccoli Florets  
2 lb  
reg \$8.79



**Lundberg**  
Tamari with  
Organic Rice Cakes  
8.5 oz  
reg \$4.39



**madhava**  
Coconut Sugar  
16 oz  
reg \$7.69



**Native Forest**  
Crimini  
Sliced Mushrooms  
4 oz  
reg \$2.69



**Chatfield's**  
Carob Powder  
16 oz  
reg \$7.69



**Earthbound Farm**  
Riced Cauliflower  
10 oz  
reg \$3.99



**Element**  
Dark Chocolate  
Dipped Rice Cakes  
3.5 oz  
reg \$4.59



**Frontier Co-op**  
Vanilla Extract  
4 oz  
reg \$22.99



**Lundberg**  
Pico de Gallo Chips  
6 oz  
reg \$3.69



**Nordic Naturals**  
Daily Defense  
90 soft gels  
reg \$34.99

25% OFF



**Co-op Deals**  
flyers  
available  
on our website  
[www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)  
and at the front of the store

