

Silver City Food Co-op Garbanzo Gazette

Volume 20

❖ Your Monthly Newsletter ❖ April 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

Silver City Food Co-op Update on COVID-19

Dear Members and Friends,

As we learn to navigate this challenging time, your co-op remains vigilant in our efforts to keep our staff safe and our store well-stocked and open for business. We recognize and embrace our role as essential service providers in this community and stand committed to continuing to provide the services and products that make our Co-op thrive.

With that said, we have implemented several new standards in our Preventative Medicine approach to the COVID-19 pandemic. These efforts are in the best interests of serving you, caring for the staff, and being a responsible member of the community.

- We request that you purchase only what you need. Please consider limiting your purchases to a week's worth of goods during your trips to help us keep your store stocked, and to ease the burden on producers and distributors.

- We have limited the capacity in the Co-op to 8 customers at a time. Please be prepared for a *usually very short* wait when you arrive. Please consider making a list ahead of time, and limiting your time in the store to just making your purchases. Thank you for this sacrifice and vigilance.

- We are sorry to report that we are discontinuing special orders at this time, with the exception of products from our: (1) Supplements Department (Vitamins, Minerals, etc.) and (2) Health and Beauty Aids Department. We apologize for any inconvenience. Our distributors have become overburdened by the increased demand and we have to insure that our shelves stay stocked so there is enough for everyone's need.

- If you are not feeling well, please do not come into the Co-op. We now have curbside pickup for customers. Please read all the details on our website at:

www.silvercityfoodcoop.coop

- We are no longer accepting egg cartons, paper bags, boxes, or plastic bag donations. In essence, anything you bring into the co-op should be taken with you when you leave. We look forward to re-instituting this practice when we are able.

- We have suspended all product demos in the store, for now.

- Any staff feeling unwell, exhibiting symptoms of illness or fever are not to report for work, or to be present at work.

- We have provided staff the most current available guidance on protecting ourselves and the public from COVID-19, including reinforcement of basic sanitation practices.

- We have made arrangements for any employees that can possibly work from home to do so.

- We are providing maximum flexibility in scheduling to provide for employees who may need to adjust their schedules, as well as reduce capacity in the store at any given time.

- Our staff is actively sanitizing touch points in the store on an ongoing basis throughout the day.

- Our deli team is food-safety trained, and adhere to excellent food safety standards in the production kitchen.

- Gloves (as always) are provided for all employees and for any customer who requests them.

Thank you all, once again, for your support and understanding. More information will come. In the meantime, be well, be happy, be free from suffering. Stay vigilant.

Our community is stronger together. Let's keep it that way.

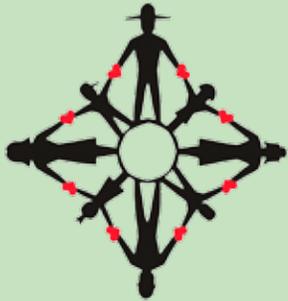
Sincerely,

The Silver City Food Co-op ❖ ❖ ❖

2095 member/owners strong and counting . . .

Silver City Food Co-op

established 1974



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

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Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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Waters' Words to the Wise



By Kevin Waters



It cannot be called a silver lining, because I can't see anything positive about the way the COVID 19 outbreak has created some absolute devastation in our society. I do have to take a minute to remark about the unique reaction from both customers and employees to the current health crisis and societal disruption as it has played out in your friendly neighborhood Co-op. The level of positivity, resilience, kindness, adaptation, and general good nature has been amazing. As a manager, with conditions rapidly evolving, and decisions being made on the fly, new information has led to changes on a daily and sometimes hourly basis. These conditions, occurring against a backdrop of alarming media coverage and huge alterations in the rest of society, could easily lead to individual unpleasant incidents, and even an environment of negativity. What we have experienced is quite the opposite. The level of teamwork and resilience in the store has been considerable. The level of good vibes and positivity from the customers has been off the charts. Even in the midst of the "hoarding hurricane" y'all kept your cool. I have had more than one customer share they felt the Co-op was an oasis in a sense, and we will do our best to maintain that throughout this trying time.



All that being said, we are limiting our oasis to eight camels at a time, and we strongly encourage the use of our newly minted, and unused, *Curbside Pickup* service. This is something we have developed hastily during this crisis, and there may be a few bugs to work out. We need some early adopters to help us get up to speed. Please see the information below regarding how you can utilize our curbside pick up.

Orders are to be placed online by using the email address:

grocerypickup.silvercitycoop@gmail.com

All orders are final, no returns.

There is a minimum \$40 purchase. If, due to out-of-stocks, your order is less than \$35, we will issue a SCFC gift card to you for the balance.

Please, clearly provide as much information as you can when making your order. This includes: Name and contact info, quantity, brand, flavor, etc. If possible, include the UPC number, as well.

Also, a product that you request may be out of stock. If there is a specific substitution that you'd like, kindly include that on your request form. Otherwise indicate that you will allow us to make that substitution for you.

A Co-op staff person will contact you when your order is ready. Please allow four hours.

When you arrive at the Co-op, call to let us know you're here. 575-388-2343

A summary receipt will be brought to you, curbside, and your payment card will be picked up and taken inside. (We are actively sourcing a remote payment system, but do not have that yet.) Card payment will be made inside.

Lastly...hurray! Your groceries, card, and final receipt will be brought out to your vehicle.





Please



VOTE



**Board of Directors
Election**



Voting is

Friday, April 10th - Friday, April 24th



**Candidates' statements
follow on pages 14 & 15**



*New Board Members will be introduced
at the General Membership Meeting
on May 10th.*



**Ballots will be available at the Co-op.
You can also print out your own copy from our website
and mail it or deliver it to the Co-op.
(www.silvercityfoodcoop.coop)**



Kitchen Meditations

Spring

Immune Boosting Rose Hip Jam

Ingredients:

1 cup rose hips, dried and sifted
1 ½ cups unfiltered apple juice (or cherry or pomegranate juice)
1 tsp. orange zest

Instructions:

- Bring juice and rose hips just to a boil in a medium pot. Turn the heat down and simmer for 4-5 minutes.
- Remove from heat, cover, and let sit overnight in fridge.
- Remove from fridge and add orange zest. Using a blender or food processor, puree until smooth.
- Serve with breads, muffins, crackers or simply eat by the spoonful to reap the amazing benefits of rose hips.

Talk About Herbs

Rose Hips

Rose hips are the red-orange fruits of the rose plant that are used to make a delicious wellness herbal tea and as an ingredient in a wide variety of food and drink. They are a rich source of vitamin C and flavonoids, both of which support the immune system and tend to counter stress. Flavonoids synergize the effects of vitamin C and the C content enhances the integrity of connective tissue, reducing inflammation. Rose hip tea has mucilaginous properties that coat and soothe mucous membranes throughout the body, including the respiratory and digestive tracts. This is a super fruit that contains more vitamin C than citrus and does not lose vitamins when dried. Please look for them in the Co-op's phenomenal bulk herb department.

Rose Hip Tea

Rose hips make a mild, tangy, fruity tea that's quick, easy, and nutritious. Simply combine 4 tablespoons of dried rose hips with 4 cups of water in a non-reactive saucepan. Cover, bring to a boil and simmer over very low heat for 5 minutes. Serve with your favorite sweetener. Can be consumed hot or cold.

Some individuals may experience mild irritation from the hairs on the seeds inside the rose hip. You can avoid this by straining the tea through a paper coffee filter.



Salad Pizza

Enjoy your red pepper on the world's healthiest pizza!

Ingredients:

2 medium whole grain or gluten-free tortillas or wraps
1/4 cup cow, goat, or dairy-free cheese, grated
1 tbsp pesto
1 small zucchini, shredded
1/4 large red peppers, cut into strips
4 large olives of your choice, sliced
4 snap peas, sliced
1/2 tsp fresh rosemary, chopped, or ¼ tsp dried *
1 tsp dried parsley flakes

Directions:

1. Place wraps on cookie sheet and low broil for 2 minutes on each side.
2. Sprinkle cheese evenly across entire wrap and broil 1 minute more.
3. Spread pesto evenly over cheese, then arrange the zucchini, peppers, olives and snap peas.
4. Top with rosemary and parsley. Makes 2 pizzas.

*To release the flavor sealed in the herb during the drying process, rub between your hands before topping the pizzas.



1 inch fresh ginger, sliced
½-1 inch fresh turmeric, sliced
2-2 ½ cups water

If you like, you can also add a few dried cardamom pods to the mix. Just be sure to crack them open first to release the seeds. The flat side of a knife works well for that.

Place all ingredients in a pan that's large enough to contain all. Bring to a boil, turn down to a simmer, and cook for 10-15 minutes. Drink plain or add squeeze of lemon and a sweetener of your choice.

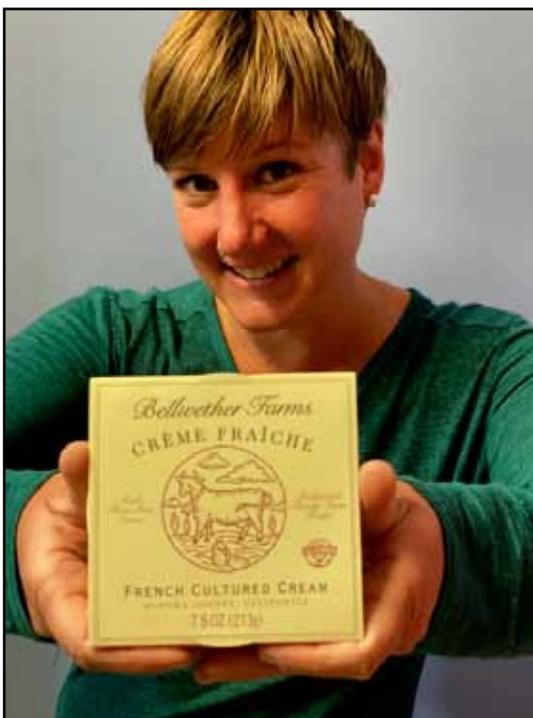
Jake's April Produce Picks



Red Bell Pepper Powerhouse of Vitamin C

A raw bell pepper provides approximately 97% of the recommended daily intake of vitamin C, and, despite a natural sweetness, contains just 2 grams of sugar per serving. Red bell peppers also feature vitamin A, beta carotene, vitamin B6 and folate and they're packed with antioxidants. The combined effects of vitamin A and C create a great antioxidant capacity, and with lycopene in the mix, the red bell pepper becomes a top notch superfood. Lycopene is what makes tomatoes and peppers red. Red peppers are one of the highest veggies in lycopene, which may be effective in helping and healing significant health issues.

Here's an added incentive to consume more of this super veggie. Recent research has shown that sweet red peppers can activate thermogenesis and increase metabolic rate. Red bell peppers do not contain capsaicin, which is what makes peppers hot and causes us to sweat, but they do have a mild thermogenic action that increases our metabolism without increasing our heart rate and blood pressure like hot peppers do. Crisp, juicy and delicately sweet, they appeal to almost everyone, even folks who have an aversion to vegetables. You can find a healthy "pizza" recipe, featuring red bell peppers this month on our Kitchen Meditations page.



Lemons



As one of the most popular citrus fruits in history, it may come as a surprise that lemons did not arise on their own. In fact, they're the natural hybrid of the citron and the bitter orange. While it is widely believed that lemons originated from the Himalayan region of India, their exact origin has proven to be elusive to this day. The introduction of lemons to America and Europe was due to the Spanish and the Portuguese, who brought seeds with them. After hundreds of years, lemons are now one of the world's most widely consumed tropical fruits.

It probably comes as no surprise that lemons are loaded with vitamin C, with each 100-gram serving giving you about 53 milligrams. This lends the lemon its immune-boosting properties, keeping you one step ahead of infections and the common cold. Teamed with flavonoids (found in most citrus fruits) the combination may provide a shield against numerous cardiovascular and chronic inflammatory diseases due to their anti-inflammatory, antioxidant and analgesic abilities. Lemon juice is nutrient-dense, but only if it's fresh. Bottled lemon juice is not as healthy. If, at some point, you find yourself without lemons, use limes instead. They are very similar nutritionally.

Becky's April Dairy Pick

Bellwether Farms Crème Fraîche

Crème fraîche, French for "fresh cream," is a cultured cream, soured with a bacterial culture. It has a nutty, tangy, slightly sour flavor. Crème Fraîche tastes like a marriage of yogurt and sour cream, yet it has more velvety thickness than either. Unlike sour cream, it won't curdle when cooked, bringing a complex richness to the simplest recipes. Crème fraîche works well in both sweet and savory cooking and can be used as a base for soups and sauces. For a heavenly treat, dollop it over fresh or cooked fruit. Bellwether Farms is nestled in the beautiful rolling hills of the Sonoma County coast, just a few miles from the ocean. No herbicides or artificial fertilizers are ever used on their pastures.

CO-OP Community

Co-op Community Donations

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

Volunteer Center
McCray Gallery/WNMU
Food Pantry

We would like to thank the members who give generously each month with donations to the Food Pantry through the Food Co-op's "Chili" program.



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their February service.

Mark Johannes • Frances Trotta • Jody Andrews
Pantha Huff • Lynda Schuh • Kim Sweeney
Lora Collins • Ellen O'Bryan • Bridget O'Leary
Rosemary Dupray • Althea Athenian • RJ Jones
Mary Ann Gelb-Finn • Tim Garner • Jane Papin
Athena and Two Crow Shumacher
Carol Beth Elliott • Arlan Lazare • Richard Riker



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

Three hours earns a 15% Volunteer Discount



RAIN CHECK

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



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

Round Up Donation Program

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

Round Up for April

Silver City Farmers' Market

The Silver City Farmers' Market provides a place where Grant and Catron County and local agricultural producers and processors can sell directly to consumers and can communicate the importance and availability of local agriculture. The Farmers' Market works to create a weekly downtown Silver City event accessible to all Grant County residents and beyond. By including healthy local food, local musicians and local artists, we strive to create a gathering place where those of all income levels can come to shop and vend.



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February Round Up \$1203.21

The Bike Works

Thanks to the Co-op's Round Up program, The Bike Works will be able to reboot our Saturday Bike Ride program for community kids. As we relocate to our downtown space @ 914 N. Pope St., we will take advantage of the amazing location as a meeting place for our ride, which often takes us by the Co-op for an organic fruit pit stop. The bike ride gives local kids an opportunity to learn the rules of the road with experienced ride leaders and discover some hidden gems in and around Silver City. Thanks shoppers for "rounding up" to support The Bike Works!



Round Up for May

Spay/Neuter Awareness Program of Silver City/Grant Co.

Spay/Neuter Awareness Program of Silver City/Grant County is a non-profit organization dedicated to helping stop the destruction of healthy dogs and cats resulting from overpopulation by providing financial assistance to low-income persons to spay or neuter their companion animals. Preventing unwanted kittens and puppies helps the pet owners, who have healthier pets and fewer veterinary bills, and they don't face the extra financial burden of feeding the young animals.



General Membership Meeting

May 10 • 4-7pm
Gomez Peak Pavillion

Potluck!

Mother's Day fun!

Maypole!

Kids Activities!

Staff/Board/Member Owner Volleyball!

Meet our new GM Kevin Waters!

Annual Report!

If you're interested in volunteering to support this event,
please contact Kristin Lundgren at
klundgren2@gmail.com

Please try to bring your own plates,
bowls, etc. to reduce waste!

Take time to spend the day in nature for Mother's Day,
then join us for a celebratory gathering!

MAD June, July

Two Days of Your Choice

receive **10% off your purchases!**
(Excluding mark-down items
25% maximum discount)

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

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

Memberships are only \$20/year and you can recoup
your membership by shopping just one MAD.

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



Taste Samplers Needed!

Isn't it fun to get free food?



It's even more fun to be
the gracious person giving the food.
Become a sampler and
hand out food samples
most Wednesdays & Fridays
from 9 am to 12 noon
or 12 noon to 3 pm.
It's fun and you get to see
all of your friends.

Contact: judith@silvercityfoodcoop.coop





Ginger & Turmeric • Dynamic Duo

By Judith Kenney

Winter always turns to spring. What a blissful sentiment! The chill of winter has lessened and longer days are upon us. Aahhh! Full speed ahead toward summer!

But wait! Oh no! Despite all this hope and beauty, we wake up one morning with a sneeze and the realization that a cold or flu is coming on. It's a common occurrence. In spring and fall, seasonal allergies can increase a person's susceptibility to infections. Nasal inflammation can make it easier for viruses to make a home in your nose. And, even if you don't have allergies, big seasonal swings in barometric pressure, temperature, and wind can irritate airways and nasal passages. It's a time to pay attention to your fluid intake, eating healthfully and getting enough rest. This month we've decided to highlight the root vegetables ginger and turmeric, two culinary and medicinal plants that may make a difference in your body's ability to fight off all manner of viruses and bacteria hovering in the new spring air.

Mighty Ginger

Ginger has been used for thousands of years in the treatment of numerous ailments. In recent years, the medicinal, chemical, and pharmacological properties of ginger have been extensively reviewed, resulting in an increased interest in its use as a preventive or therapeutic agent for disease.

People in ancient China and India used ginger root as a remedy for a number of common ailments and, by the first century, its popularity had begun to spread to the Mediterranean region. Ginger has been traded throughout history longer than most other spices. Today, it is commonly available in local markets everywhere and is still respected for its medicinal merits. Ideal for boosting circulation, ginger is anti-viral, anti-inflammatory and makes a warming cold and flu remedy. Some people also find it helpful for digestive support.

Fresh ginger can be consumed with foods, as a tea, or blended into a smoothie. Its flavor is peppery and slightly sweet, with a pungent and spicy aroma. You'll find that it mellows with cooking, but turns bitter if burned. Juice can be squeezed from fresh ginger, which can then be blended with water or fruit or vegetable juice. Ayurvedic practitioners have often suggested simply chewing fresh ginger root when sick. Chinese Mu tea is, perhaps, the easiest cold and flu remedy to make. Simply steep sliced, fresh ginger root in water for 5-10 minutes, after bringing it to a boil. Add some raw honey and fresh-squeezed lemon to your cup to finish it off.

Turmeric Root to the Rescue

Turmeric is a flowering, perennial plant, *Curcuma longa* of the ginger family, native to the Indian subcontinent and Southeast Asia. Its rhizomes, or root-like stems, have been used in Asia for thousands of years. Commonly recommended in Ayurvedic and Chinese medicines, it is also a key ingredient in many Asian dishes, imparting a mustard-like, earthy aroma and pungent, slightly bitter taste to foods. The flavor of fresh turmeric is brighter, more aromatic and a bit less bitter than the powdered form. Try combining turmeric with other warming spices like ginger, cardamom and cinnamon or take it in a more savory direction by blending it with cumin, coriander, mustard and black pepper. From a culinary perspective, it adds a warm spiciness and vivid orange hue to food.

From a health standpoint, turmeric's big claim to fame is its potential for reducing inflammation in the body. Traditional medicine has used it for millennia to heal wounds, treat skin conditions, inflammations and infections. The active component of turmeric is a substance called curcumin but, according to scientific studies, it needs a bit of help to be effectively assimilated into our bodies. Most of the curcumin is absorbed directly into the lining of the liver and stomach wall, as opposed to the bloodstream, where we want it in order to reap the health benefits. That's where a couple of commonly available foods come to the rescue. Eating turmeric with black pepper and a healthy fat, such as coconut or avocado oils or a dollop of ghee will help more curcumin to be absorbed into your bloodstream.

You can find turmeric in capsule form in the supplement section of the Silver City Food Co-op, but some sources say that the best way to reap the benefits of this beneficial herb is to consume it every day in foods and beverages. We do carry an ample supply of both powdered and fresh for Co-op customers. There is no lack of information online about this golden "wonder" herb, so do your research. Find out more at the links below.

<https://kripalu.org/resources/how-take-turmeric-10-ways-make-turmeric-part-your-daily-diet>

<https://www.farmdrop.com/blog/why-fresh-turmeric-is-good-for-you-and-8-delicious/>

<https://www.faithful-to-nature.co.za/blog/4-ways-activate-turmeric-maximum-absorption/>



Eat Good Food Help Support Your Immune System

Citrus fruits and Red Bell Peppers

Vitamin C, the leading nutrient in citrus fruit and red bell peppers, is known for its role in immune support. While vitamin C won't wipe out an infection once contracted, it has been shown to shorten the duration of an illness, if you've been consuming enough, over time, to achieve optimal blood levels.



200 mg. per day is recommended to achieve this. One medium orange provides 70 mg, a grapefruit about 90 mg, and one medium red bell pepper a whopping 150 mg.

Sweet Potatoes and Carrots

These veggies are top sources of beta carotene, a precursor to vitamin A. This nutrient aids the immune system by helping to produce white blood cells, which fight bacteria and viruses. It also helps form the mucous membranes that line the respiratory tract, which acts as a protective barrier to keep germs out of the body. A baked sweet potato packs over 150% of the daily vitamin A goal, and a cup of raw carrots over 100% of the recommended intake.



Yogurt and Kefir

Look for yogurt and kefir that has "live and active cultures" printed on the label. These cultures may stimulate your immune system to help fight disease. Choose plain over products that contain sugar and are preflavored. You can sweeten with healthy fruits and a drizzle of honey, if desired.



Spinach



Spinach may support the immune system, as it contains many essential nutrients and antioxidants, including flavonoids, carotenoids, and vitamins C and E. Research also indicates that flavonoids can be helpful in reinforcing immune function.

Turmeric



Curcumin, the natural compound in turmeric responsible for its vibrant color, is a potent anti-inflammatory compound. It has also been shown to boost immune cell activity and enhance antibody responses. Combining turmeric with black pepper and a bit of high quality fat significantly increases its curcumin bioavailability.

Broccoli

Broccoli is supercharged with vitamins and minerals. Packed with vitamins A, C, and E, as well as many other antioxidants and fiber, broccoli is one of the healthiest vegetables you can put on your table. The key to keeping its power intact is to cook it as little as possible.



Garlic

Raw garlic will boost your immune system. Allicin, the main active compound in garlic, is thought to strengthen your immune cells' ability to fight viral and bacterial infections. If raw isn't an option for you, try crushing fresh garlic and allowing it to stand for 10 minutes prior to cooking to increase its beneficial effects.



Green tea

Polyphenols, potent plant antioxidants, are the micronutrients believed to give green tea its immune-boosting properties. One laboratory study suggested that a particular type of polyphenol, called catechins, may kill influenza viruses. Green tea is also a good source of the amino acid L-theanine, which may aid in the production of germ-fighting compounds in your T-cells. Avoid adding milk to your cup of tea, because the proteins will bind to the polyphenols, rendering them inactive.



Papaya



Papaya is another fruit full of vitamin C. A single papaya can contain 224 percent of the daily recommended amount of vitamin C. Papayas also contain a digestive enzyme called papain that has anti-inflammatory effects. Papayas have plentiful amounts of potassium, B vitamins, and folate, all of which are beneficial to your overall health.

Sunflower Seeds and Almonds

In addition to vitamin C, vitamin E plays a key role in immunity. This fat soluble vitamin boosts the activity of immune cells to support the body's ability to fend off invading bacteria and viruses. An ounce of sunflower seeds, or a quarter cup, supplies about half of the daily recommended target for vitamin E. The same size portion of almonds contains 45% of the daily goal. Pair these delicious foods with fresh fruit or enjoy them in the form of nut butter.



reorder Kids'

Spring Jokes for Kids

When do monkeys fall from the sky?
During APE-ril showers!

What's a baby chick's favorite plant?
EGG-plants!

What do you call it when it rains chickens and ducks?
FOUL weather!

What bow can't be tied?
A rainbow!

What goes up when the rain comes down?
An umbrella!

What letter is like a spring flower?
The letter A because a bee comes after it.

Can February March?
No, but April May!

What falls but never gets hurt?
The rain!

When do people use trampolines?
Spring time!

What do you get when you plant kisses?
Tulips!

If April showers bring May flowers, what do May flowers bring?
Pilgrims!

Why is everyone so tired on April 1?
They just finished a 31 day March!

Co-op
KIDS



Corner

Blast from the past!

coop explorers



Fun for Kids: Co-op Explorers!

Co-op Explorer Kids get a free piece of organic fruit whenever they visit! To become a card-carrying Co-op Explorer, kids 12 and under simply need to bring your grown-up person to one of our registers and ask to join the club. That's it! You'll receive an official membership card which you can bring to the produce kitchen where a staff member will provide assistance and you can select a piece of fruit to eat on the spot or save for later. Children participating in this program also get a Fruit & Veggie Passport and a sticker to show that you're an Explorer.

We look forward to sharing the delicious fun with you!





We think we know the meaning of words like natural, wholesome, optimal, guaranteed, and quality. But when it comes to what's printed on the packaging of the foods we buy, they actually don't mean a thing. And what about the Nutrition Facts label, you know, the one the FDA improved in 2016? It reminds me of the Woody Guthrie song *Pretty Boy Floyd* which talks about getting robbed with a fountain pen.

Jeff Novick MS RD has an excellent video on YouTube using Pam Olive Oil Cooking Spray to show how the Nutrition Facts label can be manipulated. Olive oil? You mean that supposedly heart-healthy sacred cow? Yep. Let's see. In spite of the fact that the entire Pam can is filled with only one thing, oil, the "facts" label shows it has no fat and no calories. Wow! Let's sauté some mushrooms and garlic in it and then spray some all over our salad and pasta. *Buon Appetito!* After all, with no fat and no calories, we can consume as much of it as we like! But wait a minute, how can a can of oil have no fat or calories? After all, olive oil is 100% fat!

The culprit is the serving size. The FDA allows the manufacturer to "round down." When the amount of an ingredient is below ½ a gram, it can be rounded down to zero. How does Pam get to zero? The serving size is a quarter of a second of spray. But don't hold that button down too long! Olive oil has 14 grams of fat and 119 calories per tablespoon. What about a premium brand like Spectrum? Would they employ this ploy? Oh, yes, and Crisco.

The rounding down rule is why you'll see quirky stuff on facts labels. Barbara's Shredded Wheat box shows one biscuit is 90 calories, but two biscuits are 170. I wrote to Barbara (actually Post Consumer Brands) and here's the response I received: "There are rounding rules for each nutrient based on FDA regulations. The calories in one biscuit may actually be 86 or 87 calories per biscuit, which would round up to 90 calories. Two biscuits would equal 172 or 174, which would then round down to 170 calories." Although this instance isn't off-putting, it is an example of how undependable facts can be.

Can scrutinizing the ingredients list unearth the truth about what's in a product? It depends on whether you are Nancy Drew or Dory. Ingredients are listed in the order of descending volume. A product with a first ingredient of 100% whole-wheat flour would give you confidence that there's more flour by weight than its second ingredient, right? Well, 100% whole-wheat flour,

followed by glucose, high-fructose corn syrup, and maltose, likely means that the total amount of sugar in the product from the three ingredients that follow the flour weighs more than the flour! Congratulations, you've just bought a package of sugar with some flour in it! (Ingredients ending in "ose" are really some kind of sugar.) And phrases like "made from grains" on the package don't tell you how much of the grain was used. Look for the words "100% whole-wheat flour" or 100% whole-grain spelt flour" or something similar.

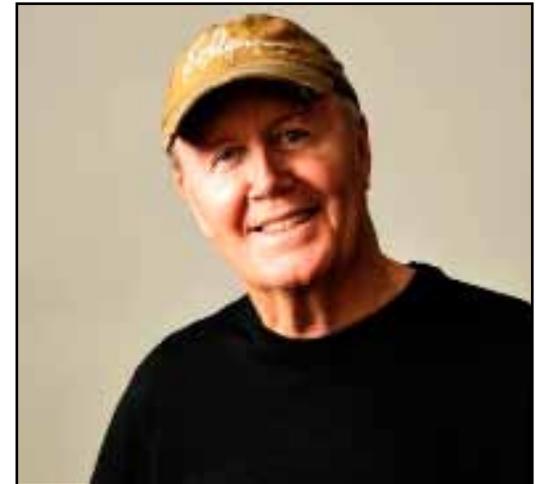
The world of supplements is a whole 'nother kettle of malarkey. The FDA has a disclaimer on every bottle that washes its hands of any responsibility for what's actually in it.

Manufacturers know consumers often place faith in little round seals (or in oval-shaped ones like the Good Housekeeping Seal of Approval).

Let's examine a supplement I purchased recently. I knew it was of the highest quality because it had four beautifully designed little round seals on the label. I had to fetch a magnifying glass to actually read them (I'm no longer 15). The first seal said, "90 Days Money Back Guarantee." The second, "100% Highest Quality."

The third seal had an American flag on it! It said, "Packaged & Lab Tested in the USA." Turns out it was tested in the manufacturer's lab. And where was it manufactured? The fourth had a large check mark and the initials GMP surrounded by the words "Good Manufacturing Practices." The pharmaceutical industry and the government created GMP years ago. It calls for the minimum current good manufacturing practice. It doesn't mean that the government tests what's in the bottle. It may only mean that the label was manufactured by GMP standards, thereby avoiding dangerous mislabeling problems.

A seal that can be hard to find is the one that says "USP" on it. The USP label means that an independent non-profit company has tested the product (paid for by the manufacturer) and verified that what the label says you'll be swallowing is what's actually in the bottle. That's a seal whose bite is better than it's bark!



By RJ Jones

Deli Department

NEWS

Made From Scratch

On a busy spring morning at the Silver City Food Co-op, our new deli manager, Carolyn Smith, and her team of skilled cooks, Marchelle Smith and Judy Kenneally, are preparing the day's assortment of fresh organic soups, sandwiches and salads. Hungry customers and staff members alike, have come to rely on our Deli to stock the Grab and Go cooler with a selection of healthy foods to munch on-the-go or to enjoy at home as part of a leisurely repast.

As a returning employee of the Co-op, Carolyn pretty much knows the ropes, having formerly worked in produce, outreach and, most recently, at the Market Café as line cook and cook. She is passionate about preparing food and an expert gardener, to boot. Welcome back, Carolyn!

Our deli women are continually dabbling, changing and perfecting old recipes, and developing new ones. You can expect the same array of sandwiches, with new choices to come. You'll find a variety of curried soups and Asian Adzuki Bean Hot and Sour Soup. All our great salads are still here, along with the delectable new Kale Quinoa Vegetable salad (look for the recipe below). For hummus lovers:

the Garlic Hummus is now made with roasted garlic, instead of raw, for a deeper, mellower flavor.

Thank you Brenna Brown for all the hard work that you put into starting up the SCFC deli. It's impossible to quantify the energy that you, our first deli manager, invested to get things up and running successfully.



Marchelle and Judy sorting beans and making sandwiches.



Our new deli manager stirring the pot. Welcome back Carolyn!

Kale Quinoa Salad

1 ½ cups quinoa
3 cups water
Bring water to boil, add quinoa, reduce to a simmer until done (15-20 minutes). Let cool.
½ bunch kale, thinly sliced
¼ small red cabbage, thinly sliced and chopped
½ cup lemon juice
1 tsp salt
¾ tablespoon coriander
½ tablespoon paprika
3 tsp thyme
Mix above vegetables, juice, and spices together in a bowl. Massage until kale is translucent (about 5 minutes). Use gloves.
2 stalks celery, sliced
2 carrots, grated
1 red bell pepper, diced
½ bunch parsley, minced
Place last four vegetables in largish bowl. Add cooked quinoa (when cool). Then add kale mixture and stir all until well combined.



Tai Chi: Mastering a Meditative Martial Art

by John Dye

What is Tai Chi Chuan really? On first appearance, it may be hard to categorize since the movements familiar to most are slow, fluid and dance-like. Indeed, in our school of Tai Chi Chuan, we can move very slowly, particularly when we're practicing what is usually called the Yang-style Long Form; so slow that we call it Slow Set. It is very long, 89 moves (or more, depending on how you count them), and can take as long as an hour to complete (although 35-40 minutes is more usual). Of course, if someone knows only one thing about Tai Chi it's that it is done slowly. This gives it a true meditative character. Yet what most people don't know is that there is also a Fast Set. Yes, Tai Chi is done quickly as well.

So many also don't realize that Tai Chi Chuan is a martial art: a true, potent system of self-defense. The word 'chuan' means 'fist' or 'boxing' in Chinese. What confuses people is surely the slowness of the Long Form movements. Why so slow? Let me try to explain briefly.

- 1. Strength** The first thing you realize when beginning to learn Slow Set is how much work it is for the legs. Slower is actually more difficult because one must engage postural muscle as well as the fast-acting muscle typically stressed during exercise. The first personal change one notices after beginning Tai Chi is an increase in lower body and core strength.
- 2. Balance** Slow Set requires one to shift gradually from one leg to the other, stepping and 'walking' in a radically different way. During the form you are continually and predominantly supported by one leg, even before raising a leg to kick. So the next change beginners experience is a marked improvement in their balance.
- 3) Rootedness** A result of the improvement in strength and balance is what can best be called rootedness, an enhanced connection to the earth beneath your feet. Your relationship to the ground changes.
- 4. Relaxation** While doing this hard work with the lower body, the upper body is kept loose and relatively relaxed. This fosters sensitivity and rapid response to attack. Fast movement naturally inclines us to unnecessary tension, and tension slows reaction time.
- 5. Control** The slow movements involving the entire body, precisely defined, and repeated again and again, enhance the mind's spatial and temporal control of the body. The kind of mind-body connection that Tai Chi demands can't be learned moving quickly.
- 6. Awareness** Slow Set is rightly called a 'moving meditation'. Mental focus on both the external position and internal state of the body is an essential element of the practice. This is where the concept of Qi or internal power comes in. Intention, the mental concentration cultivated during the slow movements, is the ultimate source of Tai Chi's power.

So that's why we go slowly and why the first thing taught is Slow Set. But, as I said, there is a Fast Set, which is basically the same series of movements done quickly. Yet when you eventually do move rapidly in Tai Chi, the principles developed in the slow form still pertain. With Fast Set the martial art becomes obvious. Then come two-person forms, Tai Chi sparring (called Push Hands), weapons forms for saber, sticks, sword and staff, and more. Tai Chi Chuan is a classic and complete Chinese martial art.

Slow Set remains, however, the heart of the discipline: continually practiced and refined. It is a low impact exercise, hence suitable for older practitioners, and should be a daily practice, encouraging and requiring commitment, self-discipline and, dare I say, humility. For Tai Chi is much more difficult than it looks. It is quite unlike other common forms of exercise. The student has to endure his or her own initial shortcomings, trust the instructor, and, above all, practice (and come to class) regularly. These necessary attributes to succeed with Tai Chi can be encapsulated in the old-fashioned concept of mastery. The Eastern concept of mastery is really no different from the Western, with perhaps an extra fillip of respect for the teacher. Patience and perseverance are key. I've noticed that accomplished musicians tend to be excellent Tai Chi students. They have internalized the importance of disciplined practice, experienced the resulting gradual improvements, and achieved some high level of competence. Consider Tai Chi as a mastering the control of one's own body as of a musical instrument.



*John and Anna Dye teach Tai Chi Chuan at Lotus Center in Silver City,
Tue & Thu, 8:15 am (Beginners) & 9:30 am.
See lotuscentersc.com for more information.*



2 U From Your Board . . .

Candidates' Statements

Susan T. Golightly ✦

I sometimes have a hard time believing that I have decided to run for the Co-op board. I think I decided to do it because in a very real way the Co-op is a focal point in my daily life. I shop at the Co-op almost every day. It's like it is part of my Silver City life. Silver City would not be the same without the Silver City Food Co-op. It's like the hub for downtown Silver City life.

To put it bluntly, I love our Co-op.

I am in favor of the Co-op moving to Pope Street. I think it is time for the Co-op to expand and bring in some of the more suburban and rural members of our community. Of course, I will be sad to see our store on the corner of 6th and Bullard St. be empty. Maybe there will be a solution to that. Maybe there will be a way to keep a Co-op presence there. I know we need to sell that building to pay for the new one, but one can hope. On the other hand, it's only around five or six blocks from the old location to the new one. So, I'm thinking—more walking, more biking, better health, and stronger muscles.



I am relatively new to eating healthy and sustainably. It all started around 14 years ago when I realized I could not continue my life as it was. I needed to be true to myself, so I transitioned from male to female. However, that is not all I did. I transitioned from a consuming lifestyle to a sustainable lifestyle. I mean as sustainable as I am able to be. We don't buy plastic bags, and we wash and re-use the ones we get from shopping at the Co-op. Everyone in our house (5 people plus friends) eat organic, responsibly, and sustainably.

At least as best as we can. I know I don't always make the best food decisions. But, I'm a work in progress. I think we all are.

I think I'm kind of an odd bird to want to be on the Co-op board. I don't do a lot of cooking. I don't garden. And I don't pay a lot of attention to the latest supplements or the latest fads in healthy fruits and veggies. I don't buy any of the liquids at the Co-op. Now, if our new store sells wine, I'll be a big customer. I do buy my honey there most of the time—that's sort of a liquid.

Oh, and I do buy half-half for my coffee, and of course, bone broths and soups. I just don't buy canned or bottled drinks. Maybe I would if they were sold in bulk. I'm a fan of the bulk food department. I think Evan is doing a great job. Actually, I think everyone that works there is doing a great job.

So, what can I bring to the Co-op? I'm a successful businessperson. I built the Silver City RV Park and the Silver City Self-storage. I owned my own real estate brokerage, which was quite successful. I have had several other businesses in the past such as a bookstore, a sandal shop, a printing business (We printed about everything on Mt. Desert Island), a headshop, an import store, and a pot (flower) hanger business. All my businesses were successful. While in Silver City, I was the president of the Silver City/Grant County Board of Realtors and a state director for the Real Estate Association of New Mexico. I was on the Board of the Home Builder's Association, the Southwest Christian Center, and the Grant County Pilots Association. Currently, I am on the board of the Unitarian Universalist Fellowship, the New Church of the Southwest Desert, and the Town and Country Garden Club.

My time will soon be up for several of those boards so that I can concentrate my focus on the Co-op board.

However, I think the most important thing I bring to the board is that I am a people person. I love my community and the people in it.

I would like to help maintain the friendliness and helpfulness of the Co-op. I see the Co-op, amongst other things, as a resource center for people exploring healthy living and sustainability. I would like to help organize workshops and learning opportunities towards that end.

I have lived in Silver City for 32 years. I believe strongly in supporting my community. I know my answers below may look pretty grim, but for those who know me, they know that I follow through with my commitments. I have served our community in many other ways for many years. I feel it is time I serve our community through being a member of the Co-op board.

Questions:

1. Have you participated in Board Member in Training (BIT) this year? **NO**
2. Have you served on a Co-op Board committee? **NO**
3. Have you served on a previous board? **YES**
4. Have you attended a board meeting this year? **NO**
5. Have you ever volunteered for our Co-op? **NO**
6. Have you ever worked for a Food Co-op? **YES**

✦ Emma Eileen McKinley

To all who participate in the co-creation of the SCFC,

Hello! My name is Emma and I am running for the Silver City Food Co-op's Board of Directors. Some of you may know me because I worked at the SCFC in the springtime of 2019. Unfortunately, I underfell intense health complications in the same summer and spent the rest of the season under the care of my mom in White Rock, NM. I returned in the autumn of 2019 and have been studying social work at WNMU. Many of you know that I spent two years at the Los Alamos Cooperative Market in northern New Mexico working in the full service deli and coordinating social media and outreach before moving to Silver City. I am excited to become more involved with the co-op again by amplifying young voices on the BoD (and hopefully drawing more young people to our customer demographic as well)! I have extensive knowledge of both Microsoft Office and Google Suites, including collecting data in a spreadsheet and crafting effective infographics. I currently manage a team of over 20 volunteers with four other co-directors providing public health and personal safety services for night-life and festival events in New Mexico and surrounding states. In this position I have developed immense organization and coordination skills. It also has granted me extensive experience governing as a team. I am confident that I can bring skill and perspective to my role as board member, to the benefit of the board, the staff, and the Silver City Food Co-op as a whole. Thank you for your time and interest.



Essential Questions:

1. Have you participated in Board Member in Training (BIT) this year? **YES**
2. Have you served on a Co-op Board committee? **NO**
3. Have you served on a previous board? **NO**
4. Have you attended a board meeting this year? **YES** If so, how many? **One on 2/19, attending the March Board meeting on 3/25 as well**
5. Have you ever volunteered for our Co-op? **NO**
6. Have you ever worked for a Food Co-op? **YES** If so, how long? **I worked for the Los Alamos Cooperative Market for two years, both as a front-of-house deli worker and the latter year also working part time working in social media and outreach. I worked for the Silver City Food Co-op for 3 months between March and June of 2019 doing grocery and cashier shifts (with the occasional produce, which was my favorite).**

Thank you again for your time. I hope all who read this have a wonderful day/week/year/life, and I look forward to seeing you soon. It would be an honor to serve on the SCFC Board of Directors.

Warm wishes,
Emma Eileen McKinley

◆ Tuan Tran

Why do I want to be on the board?

I have worked at the Co-op for over a year now, with experience in most of the departments in our store. One criticism I have heard is that there is a disconnect between the board and the day-to-day operations of the store. I would work to bridge that gap and would operate with my perspective of things on the ground level.

Having a strong interest in business, I think we can use data to make better decisions and cater better to customer tastes.

Part of the heart of the Co-op, alongside the members and volunteers, in my humble opinion, is the highly-educated, intelligent and competent workers. If we can make decisions that take everyone's perspective into account and make everyone feel like they're a part of a winning team, that would be ideal.

Who am I?

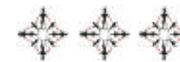
My style is to ask basic questions to check for sound logic until I understand the decision being made. I will not gloss over things and nod my head mindlessly.

I am part of a lineage of survivors and hustlers, people who have had to deal with war, loss of property, humiliation, natural disasters, etc. and have come out with a stronger will and determination.

What is my perspective on the future?

As of now, I believe we are under the thumb of powerful forces that we don't have a lot of control over. My ideal strategy would be to nurture local resilience that is able to withstand possible disruptions of supply chains. We can "grow our own" if we use our collective minds to cooperate and work together.

1. Have you participated in Board Member in Training (BIT) this year? **YES**
2. Have you served on a Co-op Board committee? **NO**
3. Have you served on a previous board? **NO**
4. Have you attended a board meeting this year? **YES** If so, how many? **Three**
5. Have you ever volunteered for our Co-op? **NO**
6. Have you ever worked for a Food Co-op? **YES** If so, how long? **More than one year at the Silver City Food Co-op**



Recruiting Board Members in Training

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

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

CONTACT: Jennifer Johnston
johnstonjenny40@gmail.com
Recruitment, Orientation, and Development Chair
Or, any board member

WE LOOK FORWARD TO HEARING FROM YOU!

Board Meeting Schedule

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

Laurie Anderson/President

Board Term: 2017-2020
laurindaa713@gmail.com

Jennifer Johnston/Vice-President

Board Term: 2018-2021
johnstonjenny40@gmail.com

Shanti Ceane/Secretary

Board Term: 2018-2021
shantifo@gmail.com

Scott Zager/Treasurer

Board Term: 2019-2022
sczager1959@gmail.com

Julianna Flynn

Board Term: 2019-2022
juliannaflynn8@gmail.com

Gwen Lacy

Board Term: 2019-2022
glacymail@gmail.com

Kristin Lundgren

Board Term: 2019-2020
klundgren2@gmail.com

Board of Directors



April

Members Only Specials

April 1 - April 28

20% OFF! listed prices



Shelton's
Turkey Sausage Patties
12 oz
reg \$8.49



Good Clean Love
Personal Lubricant
4 oz
reg \$11.49



Living Intentions
Sprouted Almonds
16 oz
reg \$16.99



Chatham
Caesar Croutons
5 oz
reg \$2.69



Base Culture
Almond Butter Brownie
2.2 oz
reg \$2.49



Kuli Kuli
Assorted
2.5 oz
reg \$3.99



Base Culture
Nutty Pumpkin Bread
3.2 oz
reg \$3.29



Good Clean Love
Personal Wash
8 oz
reg \$9.39



Sustainable Seas
Chunk Tuna NS
5 oz
reg \$4.19



Good Clean Love
Rebalance Wipes
12 ct
reg \$5.79



Crown Prince
Anchovies
1.5 oz
reg \$3.99



Go Veggie
Vegan Cream Cheese
8 oz
reg \$4.19



Solaray
BioCitate Magnesium
90 ct
reg \$9.99



Co-op Deals
flyers
available
on our website
www.silvercityfoodcoop.coop
and at the front of the store

