



Silver City Food Co-op Garbanzo Gazette

MAD!

Volume 21

✧ Your Monthly Newsletter ✧ February 2021

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

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Fair Trade: A Primer

We all want to feel good about our food choices, and buying produce from a local farmer makes it easy. But what about food that comes from afar? In some communities around the world, impoverished workers are paid low wages while their land is depleted by industrial agriculture. Luckily, the Fair Trade Certified label can help us steer clear of foods grown under such conditions.

When a product sports a Fair Trade Certified label, it means producers were paid wages that allow them to support their families and contribute to the betterment of their communities. Fair Trade farmers deal one-on-one with importers (rather than middlemen), and Fair Trade encourages democratic decision-making, transparency, gender equity, and independence.

By choosing Fair Trade, we can support the environment, too. Since Fair Trade supports small-scale farmers, it encourages biodiversity (think shade-grown coffee and cocoa, which protect wildlife habitats) and sustainable practices like organic farming. There's no need to sacrifice quality with Fair Trade either; one emphasis of Fair Trade is supporting farmers in improving the quality of their crops.

Fair Trade Certification is not yet available for every kind of food, but it's a growing trend; you'll spot the label on coffees, teas, spices, chocolates, sugar, vanilla, fruits, wines and other foods. Fair Trade Certified non-food items like clothing and accessories, bodycare items and home and garden products are also available.

On your next trip to the Co-op, try looking for the Fair Trade Certified versions of your favorite products—and feel great about helping to improve the lives of farmers and conserve the environment.



by Co+op, welcome to the table

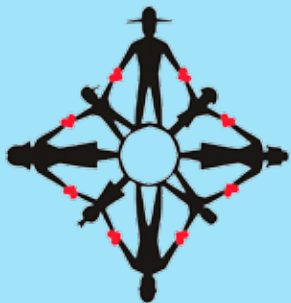


**YOU
ARE
WHAT
YOU
EAT**

1771 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

Editor: Mike Madigan

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Carolyn Smith, Vynce Bourné, Rick Stansberger

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Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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Not Watered Down

by Kevin Waters



In the words of the immortal Tom Petty, “the waiting is the hardest part.” That great song comes to mind as I am approached more frequently about the state of the Pope Street relocation. Without question, this unprecedented year has put the icing on the anticipation cake when it comes to the project. The longer I am here, the more I learn about how long relocation in some form or another has been in the cards. Pulling plans from a dusty file out of a cabinet last week, I learned about the possibility of a new store being built at 7th and Bullard back in 2014. I found business planning for a new store dating back to 2011. Heck, a building was purchased two years ago for the express purpose of relocation. Hoopla ensued, and progress stalled.

Silver City Co-op members may feel like Charlie Brown getting the football pulled back by Lucy when it comes to kicking off the store they deserve. The muted condition of 2020 has kept information on the project steady but low key. Our board is aware of some of the start/stop nature of communication in the past, in this area, and it is important to all that they speak with one voice, and are assured of forward progress before making pronouncements. All that being said, all along, research has been done, plans made, designs drawn, meetings held, numbers crunched, theories tested, studies conducted, and PROGRESS MADE. The building may be idle but the project is live. The board of directors are closer then ever to a clear direction forward, and details should emerge in a matter of weeks. It is no fun to say, “just a little bit longer.” So, to make that waiting just a little bit harder, here is a look at the state of the new store project, 2020 style:



Winter blues?

Perk up
with
February/
March
MAD

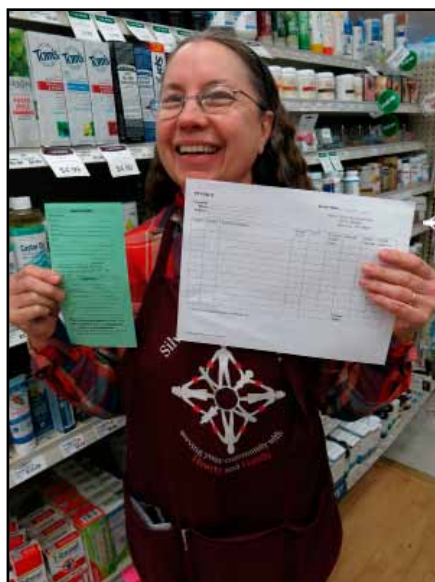


Member Appreciation Days *any 2 trips of your choice to save 10%*

(excludes mark-down items
maximum discount 25%)

Special Orders Don't Upset Us

We are happy to offer you, our members, a service that is very rare in this day and age of the big-box and on-line stores- special ordering! Many of our members take advantage of this, and when ordering by the case, as a Co-op member, you can get a discount.

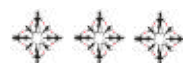


Supplement buyer, Kate, holding examples of special order forms; produce on the right and all other departments on the left.

General Guidelines for Special Ordering

Remember to write LEGIBLY on your form and turn in separate forms for products from different departments, such as Grocery, HABA, or Supplements:

1. Date that you are turning in the special order form.
If you need to specify that you need it by a specific date, please let us know.
2. Your Name (first and last) and phone number (including area code)
3. Item info:
 - Item description, which includes brand, name of product, size, flavor, etc.
 - Quantity desired
4. Check box(es) if you want to be called before order is placed.
5. Tell us if the store carries this item.
6. UPC (or scanning code) 12 digit #, if possible



Silver City Food Co-op Staff

Judith Kenney
outreach/GG

Dougan Hales
produce/bulk

Kate Stansberger
supplement buyer

Jake Sipko
produce manager

Carol Ann Young
GG/office

Becky Carr
dairy buyer

Jess DeMoss
POS manager

Misha Engel
frozen buyer

Marguerite Bellringer
finance manager

Kim Barton
POS

Doug Smith
grocery buyer

Tinisha Rodriguez
HABA buyer/POS

Mike Madigan
am

Leah Chastain
merch. specialist

Marchelle Smith
deli

Joy Kilpatrick
receiver

Judy Kenneally
deli

Christine Dalmedo
produce/grocery

Melissa Yarbrough
wherever needed

Tuan Tran
wherever needed

Clorissa Holguin
wherever needed

Eric Brown
wherever needed

Vynce Bourné
bulk buyer

Kevin Waters
gm

Carolyn Smith
deli manager

Anjelica Anaya
wherever needed

Lauren Christensen
wherever needed

Willem Jepson-Browne
wherever needed

Kassandra Sedillos
wherever needed

Taylor Alphabet
wherever needed

Andrea Sandoval
wherever needed



Kitchen Meditations

Winter

Peas & Shallots

Ingredients:

- 1 tablespoon butter
- ½ pound fresh sugar snap peas, trimmed
- 1 cup frozen peas
- 2 shallots, thinly sliced
(try adding one or two more, if desired)
- ½ teaspoon salt
- ¼ teaspoon pepper

Directions:

- In a large, heavy skillet, heat butter over medium-high heat. Add snap peas, frozen peas and shallots.
- Cook and stir until crisp/tender, 5-6 minutes. Stir in salt and pepper.

Roasted Potatoes and Shallots

Yukon Gold or regular yellow potatoes go creamy and crusty when roasted with caramelized shallots. Although salt and pepper are all this dish needs, a spoonful of gravy (vegan or otherwise) is a yummy addition.

Ingredients:

- 6 large shallots, peeled and halved lengthwise
- 3 tablespoons olive oil, divided
- 1 ½ pounds medium Yukon Gold potatoes, peeled and quartered

Directions:

- Preheat oven to 400°, with rack in the lowest position
- Toss shallots with 1 ½ tablespoons olive oil, ½ teaspoon salt, and ¼ teaspoon pepper in a 13 x 9 inch baking pan, spreading evenly.
- Roast, stirring occasionally, until shallots are golden, about 30 minutes.
- Toss potatoes with remaining 1 ½ tablespoons oil, ½ teaspoon salt, and ¼ teaspoon pepper in a bowl, then add to shallots.
- Roast, turning occasionally, until vegetables are tender and potatoes are crusty, 40-50 minutes.

The Frugal Co-op Chef



Baked Pears with Walnuts & Honey

Ingredients:

- 2 large ripe pears
- ¼ tsp ground cinnamon
- 2 tsp honey
- ¼ cup crushed walnuts

Instructions:

- Preheat oven to 350°
- Cut pears in half and place on a baking sheet
- Using a measuring spoon or melon baller, scoop out the seeds
- Sprinkle with cinnamon, top with walnuts and drizzle ½ tsp honey over each half
- Bake in the oven for 30 minutes.
- Remove, let cool and enjoy!

Herb News

Assam Tea

Assam, the quintessential black Indian tea, comes from the Assam region of India, the most tea-producing region in the most tea-producing country in the world. Sultry, malty and brisk, it is among India's most famous. Discovered in the early 1800s, growing wild in tropically warm and wet Assam at the eastern edge of the Himalayas, this indigenous tea is easy to grow and thrives throughout Asia.

Assam tea was introduced to the world outside of India by Scottish explorer-turned-tea-planter, Robert Bruce (not to be confused with Robert THE Bruce, king of the Scots from 1306 to 1329). His efforts would slowly launch a permanent shift in the tea trade, as India would eventually eclipse China in worldwide tea production. Though modern-day Assam tea largely ends up as a mass-market, tea bag quality product, there are high grade Assams that are worth seeking out. The leaves from the second flush (harvest) are most esteemed. From early summer throughout the monsoon is the time for second flush. Tea leaves absorb maximum rain water and mature during this rainy season. As a result, they acquire a rich color, muscatel-like flavor, and an enticing aroma when brewed.

Due to political and environmental instability, Assam's tea production is currently plagued by rising temperatures and lowering rainfalls, which are slowly shifting the flavor profile of the teas iconic to the region. For now, this wonderful tea is still characterized by its robust, malty-smooth flavor that may drift toward astringency in a lower quality or poorly steeped cup.

The Silver City Food Co-op carries a high-quality, organic Assam in the bulk herbs department. As ever, customers can purchase just the amount that they'd like.

Jake's February Produce Picks

Good News for Potato Lovers

Lately, in some circles, potatoes have gotten a bad rap. You know the standard objections to this beloved (by many) starchy vegetable: high in carbs, fattening, and devoid of nutrients. It all seems so dismal to potato devotees everywhere. But take heart! It turns out that anti-spud sentiment is not as prevalent as it once was.

Potatoes actually have it going on in the nutrition department. Because they are a vegetable, they come with a lot of benefits. One large potato has nine grams of fiber, 1502 mg of potassium (three times as much as you'd get in a banana) and 34 mg of vitamin C. That's 45 percent of your daily intake. It also contains magnesium, vitamin B6, phosphorus, niacin, and folate. But wait! What about those carbs? Well, as with most dense and filling foods, it's advised to practice moderation. When you go to a restaurant (I know, that's not happening much these days) exercise a little self-discipline when served a baked potato the size of a cabbage or a plate towering with French fries. Keep in mind that how you prepare potatoes and what you serve them with matters, too. They're a great source of fiber, especially if you leave the skins on versus peeling them, in your favorite recipes. A lot of that fiber and good nutrition resides in the skin. Skip the cream and cheese as additions to your potato dishes or cut back as much as you can. Simply adding a spoonful of healthy fat, like butter, ghee, olive oil or avocado oil, allows for a slower release of the sugars naturally found in potatoes and will help vitamins to be better absorbed. Instead of eating fried potatoes or potato chips, opt for healthier ways to prepare potatoes to retain their healthier profile, like roasted, boiled, baked (sans the rich toppings), and grilled. Try adding steamed, chilled potatoes to a green salad or sliced up on a roasted veggie sandwich. Bon appetit!



Yummy potatoes pack a nutritious punch and provide a healthy dose of fiber, to boot!

Shallots

Shallots are alliums, in the same family as red, white and yellow onions, as well as leeks, green onions and garlic. Of all of these, shallots are probably the least used and the most mysterious member of this pungent family. What sets them apart? Their flavor borders on sweet, acidic, spicy and sharp, all at the same time, very much like its sister and brother alliums, but the flavor differs from a regular old onion in a few important ways. It has a more delicate, softer and less "abrasive" taste, but also a bit deeper. When you cook a shallot its cell structure breaks down more easily than that of an onion which, generally, holds its shape fairly well. It will meld richly with whatever recipe you're working them into, inviting its flavor to permeate the dish. Roasting shallots whole emphasizes their most admirable qualities, because it deepens flavor and results in an almost creamy consistency at their very center. They go quite nicely with potatoes, meats and other veggies, everything savory. See our "Kitchen Meditations" page for shallot recipes.

Note: An interesting point about shallots is that they don't give you dragon breath the way onions and garlic do and they are easier to digest.



Will and Jake took time out to build a "scary" produce snow monster.

Becky's February Dairy Pick

Pecorino Toscano

• DOP • Fresco

The Co-op is now carrying this flavorful fresh cheese from Italy. Pecorino Toscano - DOP - Fresco has been made from sheep's milk throughout the region of Tuscany for over 2500 years. In the 18th century, Italian women who could craft Pecorino were cherished. Their skill was considered part of their dowry and boosted their chances of finding a husband!

DOP stands for "Protected Designation of Origin." Many regions produce Pecorino cheese. Pecorino Toscano DOP, however, comes strictly from Tuscany, made according to traditional methods decreed by a consortium. It's authentic. Rich, sweet and clean-tasting, it goes well with bread, pasta, honey and fruit preserves. It's also delightful with vegetables, cold meats and as a dessert course with peaches, grapes or berries.

Buon appetito!

Available in the front dairy cooler

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their December service.

Sue Ann Childers • Jane Papin
Susan Van Auken
Rick Stansberger • David Burr
Tammi Pittman



**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!

**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 February

Mimbres Valley Health Action League (MVHAL)

The donations from Round Up will support the Mimbres Valley mobile food pantry. Each year, they distribute about 40,000 pounds of food to local families in need.



December Round Up \$995.00

Silver City Community Theatre



SCCT's Zoom productions—small plays, readings, and a workshop—have been challenging and exciting. We have had great audience support. The Round Up will enable us to keep on Zooming and to put our actors back on the stage as soon as possible.

Round Up for March

Upper Gila Watershed Alliance



UGWA will use Round Up funding to support UGWA's Thinking On a Mountain program. The program will offer a climate club for all middle and high school students in our area to teach the science of climate change, advocate for climate change legislation so climate change will be taught in all of New Mexico's schools, and will engage our community in a wide range of activities, discussions, and presentations this year that will foster ecological and societal resilience.



Garbanzo Gazette

Guidelines for Article Submissions

1. All articles support our Mission and Values.
2. Articles are not intended to criticize other submissions. These will not be published.
3. Articles can discuss governmental issues that have the potential of impacting our food system, but not intended as support for any political party.
4. The Garbanzo Gazette is not intended as a letter to the editor or personal opinion piece, but as an education tool.
5. Letters may be edited for length and clarity.
6. All submissions must be written with respect for all readers.
7. The editors of the Garbanzo Gazette reserve the right to refuse publication.

The Co-op is seeking
local potters to sell their work
in our store.
Contact Leah,
our Merchandise Specialist
leah@silvercityfoodcoop.coop



**DOUBLE UP
FOOD BUCKS™**
2 for 1 on
Local Produce
everyday
with your EBT card

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



**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!**

The Joy of Local Recycling

by Monica Rude



The planet is filling up with plastic waste but folks in Grant County are doing something about it. It all started in the fall of 2019 with the purchase of a glass crusher by the Town of Silver City and collaboration between the Town, Silver City Recycles non-profit, Trash2Treasure (T2T) - a local business owned by Stuart Egnal, The Future Forge, a non-profit downtown makerspace, and United Way of SWNM. Along with public participation, it is a true community effort to reduce the amount of recyclable materials going into the landfill.

I answered the call for volunteers to sort plastic and this is what I learned. There are seven different types of plastic, each with varying properties which determine their use, i.e., heat tolerance, price, flexibility, food safe, chemical safe, etc. To be recycled, they must be sorted by number into respective type bins and later shredded by the super duper plastic shredder... see it in action here: www.t2t.green. Shredded plastic occupies 1/16 the volume of unshredded plastic and makes it more practical to store for future use.

The most common plastic is #1: PET or PETE, polyethylene terephthalate. It is mostly used for food and beverage containers. **The bottle cap and it's associated ring and label are each made of a different type of plastic and must be removed and discarded.** At our sorting session we spent most of our time and effort removing those rings from thousands of bottles, not an easy task. A sharp tool and patience are needed. You can contribute to the recycling effort by removing these and presorting plastics by number before dropping off at the recycling facility. It is essential for you to wash containers before recycling or else you might as well discard them in the trash as they are considered contaminants and make the plastic unable to be recycled. Containers with residue from dairy products, beer and wine are especially disgusting to sort.

T2T is providing a subscription service for pickup of recyclable materials in the Silver City area on a bi-weekly or monthly schedule. Customers subscribe to the service at \$30 or \$20 per month, respectively. Visit www.t2t.green for details. Silver City Recycles provides a free drop-off on the last Saturday of every month at the recycling facility at 305 South Bullard Street. Times vary so get on the emailing list for updates or check out the Facebook page of Silver City Recycles.

Here are the details to help you prepare materials for either pick up or drop off. ALL must be clean and in separate containers easy for one person to pick up. Your containers will be emptied and returned to you. ALL must be separate from other materials. Please do not tie bags when dropping off.

Plastic: Remove labels, caps and rings. Separate types: #1, #2, #5. If caps have a number, add to bin. If you can't find a number, discard.

Aluminum: Preferably crushed. Some catfood cans are aluminum. Check with a magnet.

Corrugated Cardboard: Must be clean – no pizza boxes, milk or beer cartons, or anything that touched food or has a waxy coating. Completely broken down flat. Cut into pieces that are no larger than 3 foot square and stacked flat under your other containers.

Glass: Separate blue glass. No broken glass. Labels ok.

Steel: Remove labels if possible. Remove both ends and flatten. Beer bottle caps and tin cans are steel.

Used prescription containers: are being collected by Veterans to be re-used for veterinary medications. Must include lids and bag separately.

If you are dropping off materials, access the drop off location from Bullard and Sonora Street and wait your turn to have your recyclables collected by one of our friendly volunteers. Please do not leave your vehicle and wear a mask or face covering. Have your recyclables easy to access in your back seat or trunk. Your containers will be emptied and returned to you. Drop off is free but a donation of \$5.00 helps support the project. Expect a long line but it moves quickly.

Remember: Reduce Reuse Recycle. Try to reduce acquiring plastic by looking for packaging made of paper or cardboard which are easier to recycle. When shopping at SC Food Coop, bring your own clean containers to utilize their bulk section instead of buying new. Avoid single use containers and packaging, especially water bottles. Bring your own. You might "feel good" that you are recycling but Remember: recycling consumes money, time, water and human resources. It is not a final solution.

For more information:
silvercitynmrecycles@gmail.com or: www.t2t.green

Monica Rude, owner of Desert Woman Botanicals in Gila, NM, grows over 100 medicinal & culinary herbs for use in the DWB product line and for the gophers, grasshoppers, nematodes & pollinators.



Be the Change You Wish to See

• Take Action •

by Susan Van Auken

This past July's Garbanzo Gazette included the article "Imagining Food Systems in a New Era: A Call to Idealism," by Jennifer Lamborn. Although many good points were made, how we might move toward this call to idealism was not addressed.

Lamborn proposes that the primary difficulty in imagining new food systems is thinking "outside the box" – or outside the paradigm in which most of us are comfortably living – to envision a food system that is not only flexible, but is just, ensuring access to whole food for all people, demanding radical systemic change.

A potential shift in our national or global food system would need to encompass the farms and farmers, big agribusiness, producers and packagers, delivery systems, and retail stores – the entire food chain – which makes me wonder: Whose responsibility is it to initiate and execute such a paradigm shift?

Then more questions emerge: How did we create our food system? Who does it serve and benefit, and who does it not? What must be changed to make it more equitable? Must we all work together to create a new system?

As individuals, we can take action, by educating ourselves on food issues like food insecurity, food deserts and work conditions for farm workers, supporting hunger relief organizations, understanding where and how our food is grown and produced, and growing and cooking real food at home. Personal change, although a small step, could lead to greater systemic changes.

Might our co-op (and other retail grocery stores) have a responsibility to initiate and make such change? Could stores work together and, by thinking creatively about the common good, create differences in the local food system? I imagine that the large for-profit food conglomerates would have little interest in a paradigm shift if it were not to increase their bottom line, so could the federal government possibly lead the way to create a more equitable and just food system?

Ricardo Salvador provided a possible answer to this question during an interview on Democracy Now, and in the New York Times. Salvador, who directs the Food and Environment program at the Union of Concerned Scientists, provided this specific, sweeping suggestion that could alter the food system in our country: Change the US Department of Agriculture.

President Lincoln established the USDA in May of 1862, when over half of all Americans lived on farms, and he called it "the people's department." Now less than one percent of our population is farmers, less than twenty percent of agricultural land is used to grow food, and the USDA provides programs well beyond agriculture. Consider that eighty percent of the USDA's \$141 billion budget goes to the Food and Nutrition Program, the bulk of which funds SNAP (Supplemental Nutrition Assistance Program). The USDA also provides rural housing

loans and economic development; food safety and inspection; certified organic standards; conservation and climate change programs; and the US Forest Service.

But back to Salvador's inspired idealism and thinking outside the box. He states that if the USDA shifted its mission for farming away from large multi-million-dollar agribusiness and trade issues to focus on smaller farms and our country's well-being, the ripple effect would impact economic inequality, the rural/urban divide, climate change, the growing mistrust of science, and systemic racism.

Consider these figures from the last USDA Census of Agriculture in 2017. The two million farms across the country then had a total of \$389 billion in sales, of which just one hundred thousand farms, or 5 percent, shared \$291 billion (nearly 75 percent) of the total sales. The one and a half million farms with sales of less than \$50,000 had less than 3 percent of total sales.

If the USDA were to change its focus from the few to the many, it might conceivably once again become "the people's department."

Salvador proposes that expanding the department's vision of farming and the food system beyond the interests of agribusiness would allow the USDA to promote greater health and well-being for all. The Secretary of Agriculture could lead the fight against corporations that have created a toxic food environment and support groups building healthy alternatives; it could champion unity among farmers, rural people, and urban advocates for racial and economic justice against the common enemy of consolidation and concentration of wealth. We could create a system to provide nourishing food for all.

Salvador dreams on by suggesting that the USDA be changed to the US Department of Food and Well-being!

Ricardo Salvador's dreams of much needed change are sweeping and substantial, but they require people's action to make them reality, which brings me to my final question: Would you support changing our food system?



Please read Salvador's Opinion in the New York Times on December 3, 2020
<https://www.nytimes.com/2020/12/03/opinion/usda-agriculture-secretary-biden.html>

Please listen to the Democracy Now interview with Salvador December 10, 2020
https://www.democracynow.org/2020/12/10/ricardo_salvador_world_hunger

USDA website: 2017 Census of Agriculture:
USDA website: 2017 Census of Agriculture: <https://www.usda.gov/media/press->

GRAB'N'GO

Tempting Tempeh



By Carolyn Smith

Cashew Tempeh Recipe

- 1 lb tempeh (2-8oz packages of the traditional or 5 grain tempeh) cut in ½" cubes
- 1 tablespoon olive oil
- 1 tablespoon tamari
- 4 stalks celery sliced thin
- 1 red or orange bell pepper diced
- ½ bunch cilantro or basil chopped
- ½ bunch of green onions sliced
- ½ cup cashews split in half

Dressing

- 1/8 cup sesame oil
- 1/8 cup tamari
- ½ tablespoon of fresh grated ginger
- 1 clove garlic minced
- ½ cup Veganaise

- Place cubed tempeh in a baking pan, toss with olive oil and tamari and bake at 425 for 30 minutes, stirring once halfway.
- Toast cashews until light brown.
- Prepare vegetables.
- Whisk together all dressing ingredients.
- Gently combine all ingredients in mixing bowl to not break up tempeh.

Serve hot on rice or noodles or as a side or cold as a salad or salad topping.



Both tempehs are available in the back dairy cooler

The Grab 'n' Go regularly tempts shoppers with our Tempeh Reuben and Cashew Tempeh. Tempeh is delicious, nutritious and versatile and is a kitchen staple in many homes.

Tempeh is believed to have originated in the Javanese region of Indonesia and may have been the result of discarded soybeans from a tofu-making operation that were inoculated by a wild species of *Rhizopus* mold and then found to be quite edible.

To make tempeh, the ingredients are soaked, hulled and partially cooked before being inoculated with *Rhizopus* spp. molds and allowed to ferment. This fermentation process makes the carbohydrates in beans more digestible and also reduces the phytic acid in beans which allows minerals to be more readily absorbed. Tempeh is a good source of protein, minerals and B vitamins.

Traditionally tempeh is made with whole soybeans but can also be made with other beans or a mixture of beans and whole grains. The best tempeh I've ever had was my friend Sharon's homemade, one made from black-eyed peas and another from pinto beans. Our co-op sells traditional soybean tempeh and a 5 grain tempeh, both very tasty. You can find them in the back dairy cooler.

how it begins, how it ends

*a poem by
Elise Stuart*

start loving right away in the morning,
realize this day is the only one you'll get.
contemplate, drink tea, read in the sun,
make a story, write it down,
wash the dishes,
sit on the swing,
follow the moon's path
through branches of the apricot tree.

keep loving far into the night,
even in your dreams.
feel the cat against your back.
imagine yourself living inside
a passionflower, a star, a sound.
now you exist everywhere—
quiet joy, your song.



January 28th, Looking West

*drawing & a poem by
Rick Stansberger*

Sky a smear of yellow.
Trees in their black
collect birds.

Sky blue-green
banded with orange.
Trees in their black
release night.

(From Strange Gods)



Grocery Department

NEWS

Chocolate, Food of the Gods

Before chocolate became the sweet treat beloved by humans around the world today, Mesoamerican cultures made bitter drinks out of the cacao bean.* As early as 1900 B.C., the Mokaya people, living in what is now extreme southeastern Mexico and parts of Guatemala, were processing and consuming a liquid that seems to have been chocolate. Archaeologists have found residue of cacao in the pottery vessels that they used. No less delicious (and important) to the ancient Olmecs, Mayans and Aztecs, it was used ceremonially by those people, during burials, weddings and baptisms. So valued was it by Mayans and Aztecs, that they used it in place of money. The word “chocolate” is traced back to the Aztec word “xocoatl” and the name of the cacao plant, *Theobroma cacao*, means “food of the gods.”

Although chocolate is a product of Mesoamerica (a historical and cultural region encompassing southern Mexico and Central America) it is native to South America and is a very picky plant to grow. Cacao only grows within 20 degrees latitude north and south of the equator. It needs light, but not too intense UV light. It needs humidity and moisture, somewhere between 40-100 inches of rain per year, and constant, warm-to-hot temperatures year-round (60-100 degrees Fahrenheit). Fascinatingly, the pollinator for this tree is a very small midge that thrives only in a very moist, humid environment. Very particular, indeed!

**Cacao beans are the basis of chocolate. The word "cocoa" comes from the Spanish word cacao, which is derived from the Nahuatl word cacahuatl.*

Hu Chocolate: Dangerously Good!

Hu, which comes from the phrase “Food for Humans,” created their chocolates with a distinct philosophy in mind; namely, that food can be delicious, made with simple, high-quality ingredients. All of their products are fair trade, vegan, paleo, gluten-free, non-GMO, with no refined sugar or questionable additives.

Bars

What chocolate is meant to be!

Salty: Over the moon addictive.

Simple Dark: This may be the best chocolate you’ve ever tasted.

Crunchy Mint Dark: Minty delight in every bite.

Almond Butter and Puffed Quinoa: Excellent flavor with a little crunch.



Chocolate Covered Hunks

These are delicious!

Not overwhelmingly sweet or bitter. A little goes a long way to satisfy a chocolate craving.

Cashews and Vanilla Bean
Almonds and Sea Salt



Dark Chocolate Gems

for snacking and baking with just three ingredients:

Organic cacao,
organic unrefined coconut sugar,
organic fair-trade cocoa butter.
Perfectly balanced, with no bitterness.



Healthy Hot Chocolate

When you make your own hot chocolate, you can customize the flavors exactly to your liking. Want a darker chocolate drink? Add more cocoa or use less sweetener. Want it to be completely sugar-free? Use an alternative sweetener. Almond milk has a neutral flavor that blends seamlessly with the rich cocoa powder, but if you want a creamier, nut-free drink, try using coconut milk instead. If a spicy hot chocolate appeals to you, add a bit of cinnamon or chile powder for a little kick.

This recipe calls for just four ingredients and is dairy-free and naturally sweetened. It’s the perfect treat on a cold day and ready in minutes!

Ingredients:

- 1 cup almond milk
- 1 tablespoon cacao powder
- 1 tablespoon pure maple syrup
- ¼ teaspoon vanilla extract
- Pinch of sea salt (optional)

Instructions:

- Combine all the ingredients in a saucepan over medium/high heat, using a whisk to break up any clumps.
- Keep stirring until smooth and piping hot. Pour into a mug and serve.
- Finish with a big dollop of dairy-free whipped cream, shaved chocolate, and any other toppings you desire.

Substitution notes:

Feel free to use any type of milk, whipped cream, or sweetener you like.

Navitas Cacao Powder

is available below the honey across from the bulk herbs



Bread, Past and Present

by Elise Stuart

The first time I made bread was when I lived at the commune in northern Minnesota. The name of the town was Saum, marked by a gas station-grocery store-post



office, and we called the commune that too. The only other building in town was an empty white school house across the road. About a mile from the store, down a dirt road, was the land that we lived on. It was 160 acres of low, flat land, open in front half, divided by a small river with a woods of white ash, birch, black ash and maple on the other side. The man that owned it lived in California and his son, John, opened it up for anyone who wanted to live there.

In the summer there were 18-20 people and in the winter, there were four or five.

I hadn't been there long when I decided to make bread. We lived mostly on potatoes and eggs. Potatoes we'd grown and eggs from our chickens. My big goal was four loaves of wheat bread. Because I was new, someone kindly chopped wood for the cook stove and left it in a pile out front. I started grinding wheat berries in the Corona hand mill, twice through, to get a fine enough flour. I found a gigantic bowl and started the yeast in honey and warm water. Mixed in the salt, oil and a seemingly endless amount of flour before I could knead it, let it rise and put it in pans. Half the day was gone. Started a fire in the cook stove, a blue Monarch beauty, put the pans in, and kept the fire going for an hour. When it was done, I set out the four loaves on the wooden counter beside a small bowl of butter. And walked away, feeling gratified and happy. I heard a rush, like a flock of birds coming down to land, as the 18 people that lived there swarmed into the kitchen. When I came back about 20 minutes later, there were two pieces left. I took one. It was the most satisfying bread I'd ever eaten because I knew all that went into it, the experience of making it - the grinding, the kneading, the love I put in.

Baking makes me happy. I like the way the various ingredients are mixed together to make something new. A

combining. I love kneading, how hands work the flour in, and how beautiful the rising of the bread is, rounded and alive, under a cloth out in the sun.

I have always kept baking, but found lately that my body can't assimilate wheat, so have switched to gluten-free flours. My first experiments in substituting gluten-free flours from a wheat flour recipe were heavy and hard and pretty discouraging until a friend gave me a cookbook, *Bread and Butter* by Erin McKenna. Erin shares the recipes she's used in her bakeries in New York City, and I've had good success with her Sandwich Bread and Sweet-Sesame Bread and her Chocolate Croissants. (Yes, it's true.)

I lived at Saum for two years. The winters were fifty below, with lots of snow. We had a few pairs of good boots and snowshoes for the trek across the river. We had a wood stove and a cook stove. An outhouse. Eventually we built a new house, a rectangular place with lofts for people to sleep in, an inside hand pump for water and a refrigerator. One of the many things I learned there was the power of the dream, be it an everyday dream of bread-making or larger, that it was possible to make a dream come true, that I only had to give it everything I had. That a dream could be realized with vision and hard work.

The end of the commune was sad. First a spark from a wood stove in a house my first husband and I built, ignited and burned our scavenged wood home to the ground during the night, when no one was there. Then a visitor from Chicago threw gasoline instead of kerosene on a fire in the cook stove in the new house, and when it flared up, threw the can in back of him. He was alone and when we all came back from town, our house was a pile of ashes, with the fridge and wringer washer still smoldering. Our cat died in the fire, but no one else. It was Christmas Eve. That was the signal that we should disburse, that it was time to go our separate ways. The old house stood a while longer until a man left a candle burning one night. Then it was gone too. Time to move on. And we did. It remains one of my favorite times of this life, the freedom was new and sweet, and I shall never forget it.





by Vynce Bourné



As we all embark on this hopeful mission of finding Peace among us, our country, and throughout this beautiful planet we live on, we thought it would be fitting to highlight and promote a somewhat new coffee company here at the Co-op called, well, *Peace Coffee!*

Peace Coffee started as a nonprofit known as the Institute for Agriculture & Trade Policy. It was their mission to help American farmers during the family farm crisis of the mid 1980s.

That mission grew to include a vision for expansion to other countries with rich farming roots to see how they could best partner and advocate for long-term systemic change and, ultimately, commodity-farmer profitability.

Through their relationships with other Co-operative Coffee partners they're able to di-

rectly import from their farmer-partners, and they do business in a way that creates a fairer, more transparent, and sustainable system of coffee trade that directly benefits those farmers, their families, and communities.

They utilize the underrated power of bicycle-focused delivery around their community; clocking in around 70 miles per week and an average of 1,800-2,500 pounds of product delivered between just three pedalers.

We feel that this can symbolize the effect that just a few of us can have on our communities if we put in the hard-work and continue to practice the patience needed for the better days to come.

So as we turn further into this new year, towards a new direction, and hopefully towards some new-found peace, pour yourself a cup of *Peace Coffee* and enjoy the ride.



www.peacecoffee.com



15%
OFF

February 3 - March 2

Chocolate Covered
Almonds



Roasted Salted
Mixed Nuts



Triple "C"
Trail Mix



Maple Ginger
Cashew Granola

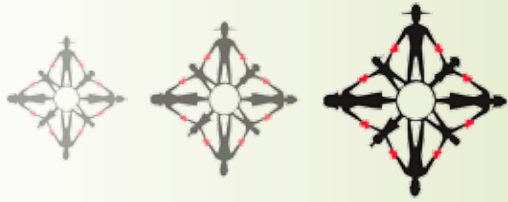


Crystallized
Ginger Medallions



Cashew Butter





From Your Board . . .

Consider Service to Silver City Food Co-op as a Board Member

It's that time of year again! Board elections will be coming up in no time, so we are getting our recruitment hats on. We'll have up to 3 board position openings, and we want to fill them with a diverse group of folks with diverse skills that will support our Co-op's sustaining presence.

What do we need from Board Members?

The board recently had a conversation about what we are looking for in on-coming board members and compiled a list of qualities and skills that would support our work. The first and most important thing is an ability to work collaboratively with others. This means being able to work in committees together, practice policy governance cooperatively, and use respectful communication through decision making processes. Here's a list of some other qualities that could help our board grow:

- Ability to work collaboratively with others is the most essential quality
- Board Development, Training and Recruitment
- Conflict Resolution/Mediation
- Real Estate local knowledge
- Development fundraising, grants, funding source contacts
- Finance and Lending for advice, and relocation loans
- Local business owners
- Young people, next generation vision
- Education community outreach events coordination
- Willingness to understand and follow policy governance

What workload can you expect as a board member?

- *Monthly board meetings:* The official business of the board is conducted in monthly meetings which last about two hours. The board uses consensus decision making.
- *Board committees:* Each director is expected to participate in two of the four standing board committees, which typically meet monthly. Committees are: Board and Manager Evaluation; Finance; Member Connect; Recruitment, Orientation, and Development
- *Special meetings and trainings:* Each director is expected to participate in special meetings, which include: Evaluation sessions, member forums, the coop's annual membership meeting, and trainings as set by the board.
- *Spring and/or fall retreats:* One or two retreats are held each year to build teamwork or work on a specific task related to the strategic plan.
- *Regular preparation, attendance, and active participation:* Time spent on board work by individual directors varies, but most directors spend about three hours each week, which includes board and committee meetings, task completion, email discussions, and reading of relevant materials.

What is required to become a board member?

- Be at least 18 years of age.
- Be a Silver City Food Coop member-owner, in good standing, for at least 90 days prior to the end of the voting period.

NOTE: Household members who are not the member-owner who signed the share certificate are ineligible.

What are the perks of board service?

Board members are compensated with either:

a 20% discount, **OR**

a monthly gift card to the Coop. (board members receive a \$70 gift card, officers receive a \$75 gift card, and the president receives a \$90 gift card.)

Also, some ordinary and extraordinary expenses incurred by board members are reimbursable, such as mileage beyond 75 miles per month, about \$10/month for internet/phone/computer costs, about \$75/year for paper and toner costs (printing). Members are reimbursed for travel, food, and lodging costs for out of town board training.

To support younger board members with families, we've also set aside funds for childcare.

If you are interested in running for the board, we strongly suggest that you attend a board meeting so you can gain familiarity with the work we do. In addition, we strongly encourage you to have a conversation with current (and alumni) board members. All of the board members are available by email. If, after those two steps, you'd still like to run for the board, submit your candidate statement to our Vice President, juliannaftynn8@gmail.com, by March 4!

Important 2021 Election Dates to Remember:

Candidate Statement Deadline

Sunday • March 7

Candidate Orientation Session

(To be Determined) Week of March 15-21

Printing Deadline for Ballots

Saturday • March 27

Voting Begins

Saturday • April 10

Meet the Candidates in the Store

April 10-21

Voting Ends

Saturday • April 24

Mail-in Ballot Deadline

5 PM • Wednesday • April 28

Ballot Counting Begins

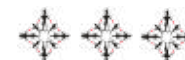
Friday • April 30

Election Results Posted (and new board members announced)

Week of May 4

General Membership Meeting (GMM)

Sunday • May 16





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

Why I Like Shopping at the Silver City Food Co-op

by Susan Golightly
Board Member

When I go into the co-op, which I do almost daily, I see people I know, and I see people I don't know, but they seem like people I would like to know. I feel community. I feel here we all are shopping and buying good food to nourish our bodies. I notice that everybody is choosing different foods—foods that speak to them individually. Most importantly, at least for me, there are no differences between the employees working there and the customers. We are all one family. I can trust that the co-op is doing its best to buy organic, safe, and healthy food. I can trust that they look into where their food comes from and try to not buy food or other non-food items from companies that exploit their workers or pollute the environment. I feel that when I shop at the co-op the staff, from the managers to those who stock the shelves, care more about me rather than about profit. After all, it is a cooperative and I am one of the owners.

(An excerpt from my column in the Desert Exposure.)



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

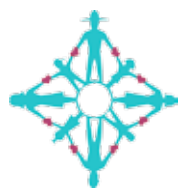
Gwen Lacy/Member
Board Term: 2019-2022

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



February

Members Only Specials

February 3 - March 2

20% OFF! listed prices



Nutiva
Hempseed Oil
8 oz
reg \$8.59



Earthbound Farm
Broccoli Florets
2 lb
reg \$8.79



Bar Harbor
Clam Chowder
15 oz
reg \$4.69



Chatham Village
Garlic & Butter
Crutons
5 oz
reg \$2.69



Emperor's Kitchen
Chopped Ginger
4.5 oz
reg 3.99



Nordic Naturals
Omega One
30 ct
reg 19.99



Radius
Silk Floss
33 yds
reg \$4.19



Earthbound Farm
Riced Cauliflower
10 oz
reg \$3.99



Tosi
Cashew
Superbites
1 oz
reg \$1.99



Maxine's Heavenly
Chocolate Chunk
Cookies
7.2 oz
reg \$6.99



Nutiva
Hemp Protein
16 oz
reg 21.29



Co-op Deals

flyers

available

on our website

www.silvercityfoodcoop.coop

and at the front of the store

