

Silver City Food Co-op Garbanzo Gazette

Volume 20

✦ Your Monthly Newsletter ✦ August 2020

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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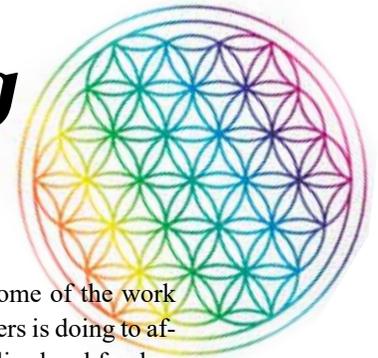
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Sales*



YOU
ARE
WHAT
YOU
EAT

Our Vision Is Strong

Our Vision as the Silver City Food Co-op is:
*Promoting the inherently healthy relationship
between food, community, and nature.*



It's just ten words, and each one bursts (like the red grapes Jake's talking about on page 5) with the potential that Co-op's strive for. They become especially true (or at least present) now, as each of us seems to be striving for certainty, questioning what matters most, and drawing our own personal lines in the sand. What better time than now to articulate and express vision, to remember direction, and to dream out loud for what our world is and what it shall be.

As you read through the snippets and articles for this month's Garbanzo Gazette, the truth of our Co-op's vision reflects clearly and well. Here we stand, promoting the inherently healthy relationship between food, community, and nature. You'll see this vision reflected throughout this month's edition. In the simplest of ways, we celebrate how good the cucumbers currently taste, and the health benefits they provide. Our vision is attended to true as each of us provides support when we "round up" for organizations such as Quetzalcoatl (July), the Mimbres Valley Health Action League (August), and the Lotus Center (September).

This vision is also present as we seek to better understand the weaknesses of our food supply chains, weaknesses that the pandemic has brought further into the light. Jennifer explores this topic in her article on pages 8 and 9. These challenges require action locally (in the food choices that we make, and the producers we support) and on a larger scale, as well. Kevin's

article this month highlights some of the work the National Cooperative Grocers is doing to affect national legislature as applies local foods.

You'll see our vision illustrated in the Board of Directors' pages too, as they explore the importance of our Member Connect Committee. Our vision is strong, and so is our membership. We express our support as members most usually with our dollars, but the opportunities for supporting our movement stretch well beyond our wallets. We're in a time of examining paradigms and changing food systems. Maybe it's time to dig in a little deeper to see what support in other ways looks like. Our Member Connect Committee is aiming to do just that, and to hopefully have some fun along the way.

In a time of such bitterness around us, it's so important to relish how sweet it is, how sweetness nourishes us and provides us health. As the bears fill their bellies and laze in the shade, ever preparing for the days turned cold, we also seek fruit's sweetness, and in this month's edition, we learn some benefits of all the goodness. Please check out RJ's article on the fruits of summertime for some sweet information.

The interconnection and interdependence amongst food, community, and nature nourish us and provide us health. They are each spokes of the same wheel. And this is a wheel that rolls at the forefront of a shifting paradigm. Let that be essential work. Thanks for all you do.

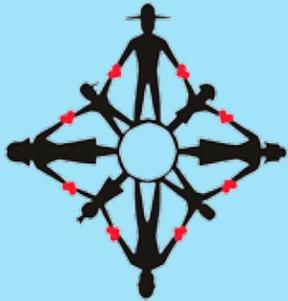


By Mike Madigan

1907 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

Guest Writers:

Jennifer Lamborn, RJ Jones
Rick Stansberger, Jane Papin

Staff Writers: Judith Kenney

Layout & Design: Carol Ann Young

Proofreaders: Eric Brown

Submissions are welcomed!

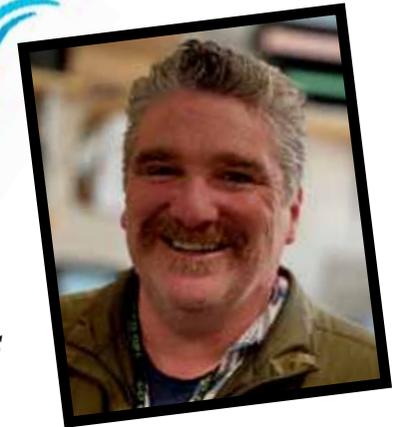
Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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Come On In the Water's Fine



By *Kevin Waters*

Being a member co-op of the National Co-op Grocers has a number of benefits. The one most visible and familiar to our co-op members is participation in the contract that NCG negotiates with UNFI, our largest distributor. The everyday pricing and promotions available allow us to be competitive as an independent market, with much larger organizations. Access to other business service contracts allow our co-op to maintain cost controls in other areas as well.

The NCG offers us many other operational services and resources. During the coronavirus pandemic, they have been a great source of assistance to co-ops, as things changed rapidly, and there was no pandemic playbook in the top drawer of the GM's desk in most stores. Beyond that, they are also an advocate for cooperatives in the policy arena. Recently during the passage of the legislation for the Paycheck Protection Program, initially cooperatives were not going to be able to participate, due to our unique ownership structure. The NCG advocated directly for cooperatives, and marshaled the help of scores of member co-ops to ensure that this important piece of aid would be available to cooperatives. This allowed many co-ops whose business had been disrupted to continue to serve their communities and maintain their staffing levels.

This advocacy is currently being directed toward legislation that is making its way through congress right now. Having been made aware through NCG, I have also directly voiced my support for these priorities to legislators:

- Federally funded premium pay for grocery and food system essential workers
- Additional support for small businesses, including reforms to the Paycheck Protection Program (PPP)
- Expanded SNAP (Food Stamp) availability and flexibility
- Personal protective equipment (PPE) for grocery and food system workers
- Increased support for regional, resilient food systems

The HEROES Act, the Expanding SNAP Options Act, and the Local FARM Act of 2020 are in various states of the legislative process right now, but have good prospects for passage either in current or revised form. The HEROES act would potentially have the most direct impact on our co-op. It provides for a huge hourly wage boost to various categories of employees for work performed during the COVID-19 crisis. Grocery workers are one of those classifications that would be eligible.

The Local Farm Act of 2020 would be a step in the right direction of strengthening local food systems. Much more needs to be done, but the bill would have five components to begin to address an imbalance that has been obvious for decades. The COVID-19 crisis has elevated this issue as the bizarre juxtaposition of mass dumping of food, empty store shelves and hungry

families makes it too vital to ignore. The five components of this bill:

- Creates Specialty Crop Block Grants. Provides grants to states to award to food assistance organizations and other entities focused primarily on marketing locally grown food to procure and distribute specialty crops to those in need. Fifty percent of the specialty crops must be purchased from small, beginning, and historically underserved producers.
- Expands Online Supplemental Nutrition Assistance Program. Provides grants to States to develop tools and provide technical assistance to (1) increase the number of retailers able to accept and redeem online SNAP benefits and (2) expand the capacity of retailers able to accept and redeem online SNAP benefits. At least 25 percent of funds must be used to assist local and regional retailers such as farmers markets, food hubs, and agricultural cooperatives.
- Expands LAMP Funding. Provides an additional \$500 million for LAMP, with \$100 million dedicated to organizations that serve historically underserved producers. Provides \$50 million for grants to assist producers in finding ways to get their products to consumers. Allows for grant funds to be used for market rebuilding projects.
- Expands Farm Microloans. Provides an additional \$350 million for 3 years for the Farm Microloan program and doubles the loan cap from \$50,000 to \$100,000. Temporarily waives certain eligibility requirements, extends repayment terms at a 1% or less interest rate, and gives priority to beginning, socially disadvantaged, and niche or nontraditional farmers and ranchers.

Wes King, senior policy specialist for the National Sustainable Agriculture Coalition, said the following about this legislation:

"The ongoing coronavirus pandemic has left many small, beginning, and historically underserved producers, including Black, Indigenous, and farmers of color; in a precarious financial situation - especially farmers who have traditionally relied on selling into local and regional markets such as schools, institutions, restaurants and farmers markets. Some producers have been able to maintain sales through innovation and entrepreneurship, but only through costly unplanned investments. Others have not been so fortunate and are asking themselves if this will be the year they give up farming. The Local FARM act recognizes that as the crisis continues producers need additional investments - now - to bolster their innovations with increased capital, technical assistance, and market opportunities. As the COVID-19 crisis stretches into peak growing season it is time for Congress to act and prioritize aid for small, beginning, and historically underserved producers."



Kitchen Meditations

Summer

Avocado Toast with Hot Sauce & Blue Cheese

Ingredients:

1 slice of a hearty bread of your choice
Extra virgin olive oil
½ medium pitted avocado
Freshly squeezed lemon juice, to taste
Your favorite salsa
Crumbled blue cheese, to taste (approximately 1 tablespoon)
Salt and pepper to taste

Directions:

Lightly brush bread with olive oil and toast to desired level of doneness. Top with avocado and mash with a fork to cover entire surface. Add a squeeze of lemon juice and drizzle with salsa. Top with blue cheese and sprinkle with salt and/or pepper, if desired.

Nutrition Nugget

Cucumber



Cucumber is a widely-cultivated creeping vine plant in the gourd family. It originates from South Asia, but now grows almost everywhere. Much like tomatoes and squashes, the cucumber is often perceived, prepared and eaten as a vegetable but, like the others, it's really a fruit! The edible part consists of 95% water, the perfect food for a hot summer day. Delightfully crunchy and delicious when simply sliced and eaten raw, cucumbers are a good source of phytonutrients which offer antioxidant, anti-inflammatory and anti-cancer benefits, according to "World's Healthiest Foods." The peel and seeds are the most nutritious parts of the fruit. They contain fiber and beta carotene and are also a good source of minerals. Cucumbers are a great addition to many dishes, especially an array of salads and sandwiches. In fact, a staff member was spotted last week eating a container of mouthwatering tuna salad from our deli, with sliced cucumbers on the side. Yummy!

See Jane Papin's article about cucumbers on page 11.

Wild Rice with Roasted Grapes & Walnuts

Ingredients:

2 cups red seedless grapes
1 shallot, thinly sliced
1 cup wild rice, cooked
½ cup walnut pieces, toasted
1 tbsp + 2 tsp olive oil, divided
1 tbsp red wine vinegar or vinegar of your choice
2 tbsp fresh sage leaves, chopped or 2 teaspoons dried
Salt and pepper to taste



Instructions:

- Preheat oven to 400°
- Toss the grapes and shallot with 2 teaspoons of olive oil.
- Transfer to a baking sheet that's been oiled or lined with parchment paper and roast for about 20 minutes, or until the grapes are softened, but not burst.
- Transfer the grapes and shallot to a large bowl. Add rice, walnuts, remaining oil, vinegar, and sage. Gently toss, careful not to smash the grapes. Season with salt and pepper to taste.

The Frugal Co-op Chef



Homemade Marinara Sauce

Quick and Easy!

Enjoy this simple, clean marinara sauce, perfect for any recipe calling for jarred pasta sauce.

1 tablespoon olive oil or 3 tablespoons water
3 cloves garlic, minced
1 can (28 oz.) tomatoes (crushed or whole, peeled)
3 tablespoons fresh basil, chopped (or 1 tablespoon dried)
1 heaping teaspoon fresh oregano (or 1/3 teaspoon dried)
Pinch of red pepper flakes, optional
Salt and pepper, to taste

- In a medium pot, add oil or water and saute garlic for 1 minute. Add the tomatoes, basil, oregano, optional red pepper flakes, and salt & pepper. Bring to a gentle boil, turn down heat to low and simmer for 15-40 minutes, stirring occasionally.

- Makes about 3 cups

Jake's August Produce Picks

Red Grapes

Red grapes are synonymous with good health. Although it's true that white grapes also are beneficial to our well-being, darker grapes possess a greater number of antioxidants. There are people who don't distinguish between the flavors of different grapes. Those who do understand the difference appreciate a nice bunch of red grapes above any other type.

Red grapes are not just meant for making the world's finest wine. There are more than 200 varieties of red grapes all over the world. Red varieties include red globe, cardinal, emperor, and flame seedless. Having been cultivated for thousands of years, dating back to the ancient Egyptians, grapes have always played an important part in global cultures. Purple grapes were likely the first to be cultivated, but red grapes have been cultivated for at least 1,200 years.

Red grapes contain fewer calories than green grapes. Red grapes contain Vitamins A, C, B6, potassium, calcium, iron, phosphorus, folate, magnesium and selenium. Flavonoids are the most powerful antioxidants found in grapes and contribute to ocular health.

Red grapes are a popular fruit in fruit salads and eaten raw, but are also important components for grape juice and wine. These grapes have a particular combination of pigment cells and resveratrol in the skin that gives them their distinctive color; for example, yellow and green grapes have lower resveratrol content than red grapes. One of the most commonly found grape varieties around the world, red grapes come in seeded and seedless varieties.



Yummm! Red grapes!!

Lemon Cucumbers



Lemon cucumbers are a fun and refreshing addition to your garden and summer kitchen. Like little balls of sunshine, these round, striped vegetables are lemon-colored gourds with traditional cucumber features in the center. Believed to have originated in

India or the Middle East in the 16th century, they

are still commonly found in a variety of dishes there and, now, around the world.

Lemon cucumbers are named for their lemon-colored skin, but they have a mild, sweet taste with a cool, crisp texture and are often eaten raw as a component of summer salads, in juices and smoothies. Another intriguing way to prepare these golden globes is to grill them, drizzled with olive oil, and sprinkled with sea salt and freshly ground black pepper. If simplicity is your motto, try snacking on lemon cucumber slices dipped in your favorite dressing. Ranch would be nice!

If you are growing your own lemon cukes, the best time to harvest them is when they are still smallish and just starting to turn yellow. When left on the vine longer, the skin gets a bit thicker and the seeds tougher, which may or may not appeal to everyone.

Becky's August Dairy Pick

Castello Extra Creamy Blue Cheese



Now Specialty Cheeses can be found in the front cooler.

Blue cheese is a generic term used to describe cheese produced with cow, sheep or goat milk and ripened with cultures of the mold *Penicillium Roqueforti*. It's the same stuff that's in the antibiotic Penicillin. We don't know exactly when (maybe as long ago as 1000 BC), but we do know where blue cheese was discovered. It is generally accepted that it was in the Roquefort region of France, specifically in one of the many caves that dot the landscape and in which the necessary mold was present. Most likely, locally made cheese was stored in these caves and they got moldy. Someone decided to taste it, despite its odd appearance, and found out how exquisite its taste had become.

The Co-op now carries a classic blue from Castello which owes its fine quality to the rich soil and lush pastures of Denmark. Creamy and pungent, with rich blue veining, it is milder and a little less salty than most blue cheeses. Aromatic and flavorful, enjoy it on pizza, salads, burgers, and steak. That's pretty standard. If you really want to experience the true essence of Castello's extra creamy blue, it is best delightfully enjoyed with figs and chocolate shavings.

Castello Blue • Members Only 20% OFF • August 5 - September 1

CO-OP Community

Co-op Community Donations

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

- Lions Club**
- Food Pantry**
- Future Forge**
- White Ally Workshop**

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 June service.

- Jane Papin •
- David Burr •
- Sue Childers •



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!

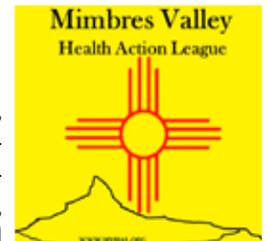
Round Up Donation Program

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 August

Mimbres Valley Health Action League

The Mimbres Valley Health Action League, (MVHAL), is committed to improving the well-being and health of our local community. We sponsor the annual fall Harvest Festival and Health Fair, the local elementary school's vegetable garden and greenhouse, the summer Saturday Mimbres Farmers' Market, the monthly mobile food bank, and the production of the Mimbres Messenger newsletter. MVHAL and the community make extensive use of the historic Round-Up Lodge on Acklin Hill at no cost. The Co-op round up donations for August are dedicated to revamping the heating and cooling system in the lodge which requires an expensive electrical update. MVHAL is grateful to all shoppers who participate in the Silver City Co-op round up. We are thankful for your support.



June Round Up \$993.96

Mimbres Region Arts Council

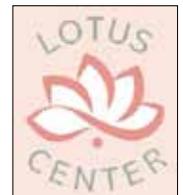
Mimbres Region Arts Council's mission is to nurture a creative community. Your donation will help support events like Silver City Blues Festival and Chocolate Fantasia.



Round Up for September

The Lotus Center

Lotus Center exists to provide a safe, serene, and sacred place where everyone is welcome to learn and practice paths that lead to growth and transformation. They accomplish this by providing high-quality classes in meditation, yoga, and other forms of mindful practice taught by qualified, committed instructors. They strengthen community and expand consciousness both by providing a gathering place that's available to everyone, and by bringing these practices of growth and self-realization to the community through their outreach and service programs.



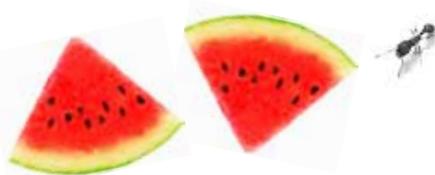
New Coffee Bins on the Way!

A giant “thank you” to all members who, through their donations, made it possible to have some very necessary cabinetry built for our bulk coffee department! Soon the shelving will be in place to hold our brand new, state-of-the-art coffee bins that are waiting and ready to go. This wonderful project would not have happened without the initiative of Evan Humphrey, former bulk department buyer. Thank you too, Evan, for your creativity and intelligent management of what is an essential and important part of the SCFC.



Weber Grill Given Away!

*Smiling member
Paul Slattery
is the winner of
the Weber Grill!*



MAD September

One Day of Your Choice

receive **15% 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!**



Produce Compost Guidelines

This is a free service provided for our customers. We are not able to honor “special” requests for specific produce in bags and keep this service free. Please note:

- First come, first served
- One bag per person, please
- Scraps are bagged randomly as produce is processed
- Best days for compost are Tuesday & Thursday



Imagining Food Systems in a New Era: A Call to Idealism

By Jennifer Lamborn

Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a portal, a gateway between one world and the next.

-Arundhati Roy

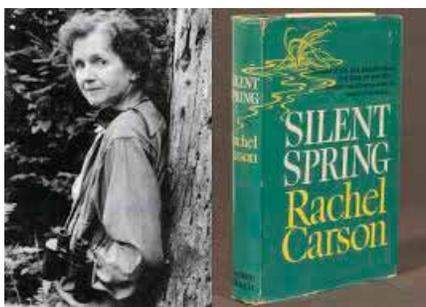


The Challenge

We find ourselves in a threshold moment as the COVID-19 pandemic presents us with the opportunity to re-envision who we are and how we should live. Contrary to the notion that social change is necessarily and often painfully incremental, in the past five months we have seen that rapid and radical structural change is, in fact, possible. People now use the phrase “the new normal” to describe post-COVID life, and the question arises whether we will merely watch “the new normal” unfold from the sidelines or take up the difficult task of actually imagining how a more ideal society might function. However, developing and exercising such social and moral imagination is daunting because it requires us to think “outside the box,” in other words, outside the paradigm in which many of us have been comfortably living.

An examination of food systems is the perfect lens through which we can better explore and understand social and economic inequality and assess the fragile health of our biosphere. Further, evaluating food systems during a crisis such as the current pandemic brings the added meaning of *resilience* to the concept “sustainability” during a breakdown situation. Since the World Health Organization cautions that COVID-19 may be a precursor to another pandemic in our lifetime, preparation for disruption—aiming for adaptability in the face of uncertainty—is simply rational. Yet our rationality must be supported with creative thinking if we are to envision a food system that is not only flexible but just.

The Role of Food Co-ops: Vanguard of Food Justice



To set the stage, it's useful to recall that the majority of food cooperatives emerged in the milieu of the ecology, environmental ethics, civil rights and countercultural movements of the late 1960s and early 1970s. In 1962, with the publication of *Silent Spring*, Rachel Carson helped launch the environmental movement by opening our eyes to the dangers of chemical pesticides and food additives, and by asking us to question the scope and direction of a scientific enterprise driven by corporate

interests. Likewise, when Frances Moore Lappé wrote *Diet for a Small Planet* in 1971, she dispelled the popular Malthusian¹ doomsday prediction that as the population grew, famine was inevitable. Rather, Lappé argued that the demand for meat from developed countries—especially the U.S.—was the primary

cause of world hunger. That is, famine is caused by political and economic structures rather than by an actual scarcity of food resources on the planet.² In response to these insights, food co-ops have always offered alternatives to the standard U.S. fare available in grocery stores, and, historically, their position toward food has been both political and ethical.

Since most food co-ops were born from an activist impulse, the current social upheaval beckons us to rejuvenate and deepen the discussion about the economic and democratic ideals of food. As food chains in the U.S. are tested by the pandemic-induced cycle of shutdowns, food co-ops that feature locally-sourced foods have proven more resilient than the larger grocery stores that sell many of the same products.

Thus, despite the financial and cultural struggles faced by many co-ops, it is striking that the choices made by food co-ops have historically *led the way* in raising awareness of the ramifications of how and what we eat. At a time when the pandemic is exposing the gross economic and social injustices in our nation, food co-ops can continue to set the standard for social and environmental justice.

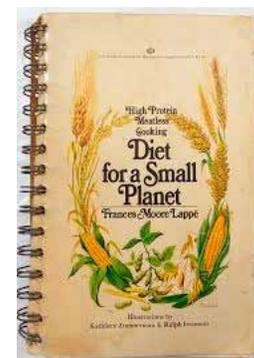
The history of food co-ops' influence in the natural foods market tells us that a society's marginal practices often transform into mainstream practices when a dominant paradigm collapses. While food co-ops are small businesses operating in a capitalist economy, they still present a way of doing business differently and play a role in the larger, global movement for change that is afoot.

Considering Food Supply Chains

Since the outbreak of COVID-19, most of us have given more thought to supply chains, especially when stores were quickly emptied by panic-buying. People want to know where products originate and how they arrive on the shelves—a question that's always concerned co-ops. While the demand spike from panic buying is likely a short-term problem, we must consider longer-run effects that may result from an economic downturn, joblessness, the vulnerable health of food workers, and the impact of erratic weather on crops due to climate change.

The pandemic has unveiled weaknesses in the mainstream food supply chains controlled by Big Food companies, but it has also highlighted the soundness and resilience of regionally sourced food. Simply, the longer the supply chain for a product, the less resilient it is in the case of disruption.

It is not news that we, the people, have lost control of our own food systems. This problem became entrenched in the early 1980s when the Justice Department under Reagan revised the rules of antitrust enforcement. Since then, mergers in the food industry have resulted in unbridled consolidation of corporate power so that each link in the food chain is now dominated by a few large corporations. A focus on efficiency—rather than resilience—has led to specialization in the industry that renders the mainstream food chain inflexible and fragile. For example, as restaurants have been forced to close, food destined for the food service industry cannot be sold for individual consumption and accounts for half of the food produced in the U.S.! Ironically and tragically, the dumping of food and the slaughter of animals stands in sharp contrast to short-



¹Thomas Malthus was an 18th C English demographer and economist who demonstrated that population increases exponentially whereas food increases arithmetically. The upshot of his 1798 *An Essay on the Principle of Population* was that eventually there would not be enough food for everyone on the planet. Presently, there is enough food to feed 10 billion people on the planet.

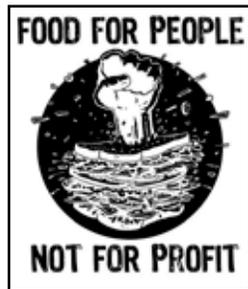
²Interestingly, Lappé's message was perceived as radical in the early 70s when meat was still at the center of most American meals; today, almost half a century later, we are acutely aware of the negative impacts of meat production on the ability to feed the hungry, the health of our already degraded biosphere, and, at present, the health of workers in the meat industry.

ages at food stores and long lines at food banks. Such a system is dangerously flawed, leaving people vulnerable in times of crisis.³

The Ideal of Food Sovereignty

In contrast, the notion of food sovereignty shifts the control of food resources from the large corporations to the small farmers and communities. Participation, self-determination, and local control play important roles in protecting local ecospheres and feeding its inhabitants. Such a “bio-regionalist” approach to food reduces fossil fuel needed for transport, and, as some countries are starting to stockpile food reserves and halt exports, reduces our dependence on the long food supply chains necessitated by present day global trade.

Clearly then, food co-ops have an advantage over large food retailers in times of crisis. The problem, however, is that the larger retailers can sell inferior “food” at lower prices. Given the income inequality globally, nationally, and here in Grant County, it is an appalling fact that only *some* people can afford quality, whole foods. Recall the mantra of many food co-ops in the 1970s: “Food for people, not profit.” The early founders took a keen interest in making whole, minimally processed food *affordable for everyone*, including the working class and poor.



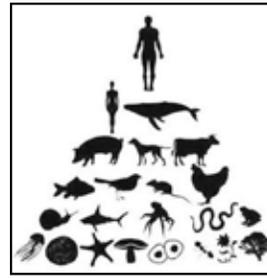
Addressing racism and economic inequality in our local food system may be ameliorated by outreach, sellers accepting (and doubling) SNAP dollars, community gardens and food banks, but true “food justice” will require affordability for all. Nevertheless, we find ourselves in a time when incomes are shrinking, and most people are forced to rely on cheap, processed food. For years, food writers such as Michael Pollan and Marion Nestle have warned that the “Standard American Diet” contributes to diabetes, hypertension, and obesity: all risk factors for COVID-19 complications and death.

As the Black Lives Matter Movement gains momentum here and around the world, we see plainly that people of color make up a disproportionate number of low-wage essential workers who’ve had to keep working in food processing plants, agriculture, and grocery stores despite risks to their health. Systemic racism (discrimination in education, hiring, and pay practices) contributes to persistent pay gaps between white and non-white people, further expanding the wealth gap originally created by slavery and colonization. When data from the CDC show that the death rates from COVID-19 among African American, Latino, and indigenous people are much higher than for white-skinned people, in all age categories, we understand that racism manifested in the food system is deadly.

Access to nourishing food is a right not a privilege. Although food co-ops are guided by cooperative values such as equity, equality and inclusion, members nationwide are predominately white. Activist Peggy McIntosh defines privilege as “unearned advantage and dominance,” but she also makes an important distinction between “positive” and “negative” advantage. The former are advantages that *all* people should enjoy while the latter serve to reinforce existing hierarchies. Ensuring access to whole food for all people demands radical systemic change.

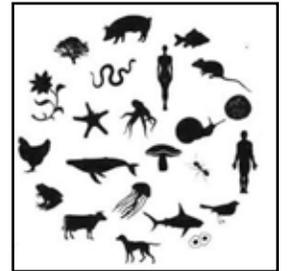
The “Message” of the Virus

Scientists tell us that since the appearance of life on earth, viruses have played a critical role in driving biological evolution; viruses and humans have co-evolved. COVID-19, like many post-industrial viral epidemics, emerged from the folds of the food system. While many point a finger at the wet markets in Wuhan, China, Cambridge Professor James Wood reminds us that we are constantly at risk of emergence of new pathogens from *farmed animals*. In fact, scientists have identified a strain of flu that has the potential to trigger another global outbreak; it emerged recently and is carried by domesticated pigs.



Will COVID-19 promote evolution of our consciousness as well as our biology? We hear echoes of Lappé’s message about the ecological imbalance and social inequities caused by animal agriculture. Because of the growing demand for meat globally, human beings now have more contact with farmed animals than their wild counterparts, increasing our risk of new animal-borne pathogens.⁴

Local UTEP philosopher Steve Best argues that “the domination of human over nonhuman animals underpins the domination of humans over one another and over the natural world.” Best calls for revolutionary changes in the way human beings define themselves and relate to other species and to the earth as a whole. Along the same lines, ecofeminist Karen Warren identifies “the logic of domination” (LOD) as the root cause of our humanitarian and ecological crises. The LOD provides (faulty) moral justification for the domination of human over human, human over animal and human over nature. The conceptual framework that maintains a LOD must yield to a new model that fosters mutual respect and cooperation if our species is to survive. Both COVID-19 and global climate change teach us that our fate as individuals is intertwined with the fate of *all* other individuals and *all* of nonhuman nature.



Pandemic as Portal

Many systems thinkers believe that we are presently in a time of paradigm shift. The old system is falling apart, so we find ourselves in chaos and uncertainty. Yet, this collapse may also be an opening, a space for renewed imagination and action. If this is so, then now is the time for us to think idealistically. In this threshold moment, small-scale actions can have outsized impacts. The choices and commitments we make may well direct history. How will we envision the “new normal” once we take a clear-eyed view of the system we are leaving behind?

We can choose to walk through [the portal], dragging the carcasses of our prejudice and hatred, our avarice, our data banks and dead ideas, our dead rivers and smoky skies behind us. Or we can walk through lightly, with little luggage, ready to imagine another world. . . -Arundhati Roy

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³We might say that “food” produced by the big corporations is designed to feed global trade rather than people. The U.S. agribusinesses ship government-subsidized corn, wheat, and soy abroad to be processed cheaply and returned as packaged goods. Just 55% of the world’s crop calories are directly eaten by people; the rest is fed to livestock or used for fuel.

⁴The Proceedings of the National Academy of Sciences, 2018, tells us that the biomass distribution on the planet is as follows: 60% of mammals are livestock (mainly cattle and pigs), 35% are human, and just 4% are wild animals. With respect to birds, 70% are farmed poultry with just 30% wild.

Kids' Corner

What do Bears do at the End of Summer?



In August, bears do what they do best: eat, relax, and eat some more. They can eat up to 16 hours a day in order to gain fat for the coming cold. If they are able to eat enough at this time of year, they enter into a state known as hyperphagia, excessive weight gain. This would be considered an eating disorder for humans, but for bears it is absolutely necessary so that

they can make it through their hibernation, the long, deep sleep of winter. The extra fat that they put on can make it difficult for bears to stay cool in the August heat, so they have to slow way down. Much of their time is spent swimming or lying in cool water or resting in the shade. A bear's hot spots include the ears, muzzle, nose, footpads and especially the inner thighs and armpits. The combination of huge meals and the heat make it a common sight to see bears lying with legs outspread, obviously content to simply rest and digest.

Co-op
KID



Corner

It's Summer & the Ornaments are Painted Yellow



*A poem and a drawing by
Rick Stansberger*

Yellow as sleep on a late
morning, the sun eye-high

through second floor
glass. Summer is the story

Sun paints on wrought iron
& wrong turnings. No

path forks too
far to be returned to.

Iron daisies, real
daisies, dandelions,

garbage cans. This
is the secret to making

summer in the heart when
sunset makes the icicles

bloom red.

Cucumbers

By Jane Papin



Sweet, cooling and astringent, the cucumber is a classic summer-time balancing food whose refrigerant and diuretic properties help our bodies stay cool during the hottest time of the year. They help cool our blood, hence the term, “cool as a cucumber.”

The cucumber, *Cucumis sativus*, is thought to have originated in northwest India where it was cultivated over 3,000 years ago, with the wild ancestors being part of the human diet since our origins.

Jeff Primack, in his book *Conquering Any Disease*, states that for cancer prevention, cucumbers change out the intracellular fluid and shift the environment inside us to be unfriendly to cancer. Cucumber skin is high in Cucurbitanes, which are the most anti-cancer phytochemical in the plant. Cucumber used medicinally for any purpose requires eating the skin, so when blending or juicing, leave the peel on.

Domestication made the cucumber more desirable to eat with lower amounts of bitter Cucurbitanes. Bitter Melon is the highest food in Cucurbitanes and is a relative of cucumber. It just contains more Cucurbitanes and is much more bitter. Doubt we’d eat as much of it.

Fresh cucumber juice is considered a rejuvenation tonic. Highly alkalizing and hydrating, cucumber juice has the ability to cleanse and detox the entire body. Its mildly sweet taste makes it easy to drink. It offers the best benefits when consumed alone and on an empty stomach. If you prefer to sweeten it a bit, some apple can be added.

Anthony William in his book, *Life Changing Foods*, considers the fresh juice of cucumber to be the best rejuvenation tonic in the world. It contains electrolyte compounds specifically geared to nourish and cool our tired and overused adrenal glands as well as our kidneys, that may be struggling with filtering out toxic debris and getting over-heated from uric acid.

Many people go through life chronically dehydrated, with no idea of the negative affects this has on their well-being. Cucumbers are a great antidote, they have a fountain-of-youth effect, hydrating at the deepest cellular level.

Again, from Anthony in his *Liver Rescue*, cucumber is an ally to our livers due to their ability to hydrate it. The liver is always in need of the living waters, the juices that are loaded with minerals and other nutrients, because our livers keep our blood hydrated and cool.

These living juices help minimize dirty blood syndrome in keeping us hydrated and helping reduce fats and toxins inside our blood, keeping it all easily flowing. Cucumbers also have a gentle blood thinning ability, allowing detoxification to happen naturally.

Cucumbers are a wonderfully refreshing fruit that can be cut in many creative ways. Those with non-organic skins are better peeled. Try turning cucumbers into noodles with a spiralizer or julienne peeler. Cucumber noodles are more hydrating than the popular zucchini noodles. Try the long thin English cukes for best results. Fortunately for us, so many Silver City and surrounding area growers are offering their homegrown cukes at the Co-op and at the Farmers Market. Now is the time to be enjoying them, nothing like fresh off the vine!!



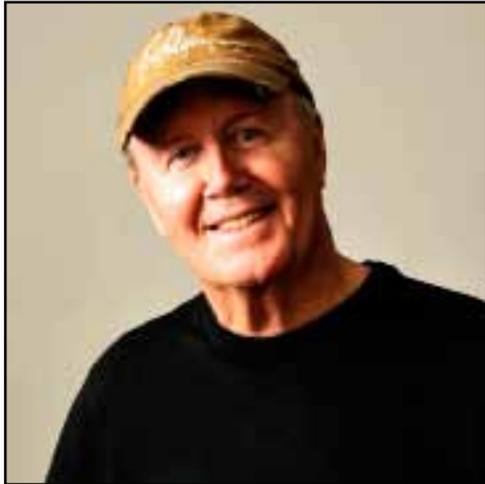
*Jane in her garden
on a cool July morning.*



It's Summer Time *Fruit Sugar As Part of a Healthy Diet*



by RJ Jones



Just behind each of our masks is a mouth. Is it okay to put fruit in it? What if I'm overweight or diabetic? Isn't fruit full of sugar and carbohydrates?

Cards on the table: Information beyond my personal experience comes from authorities like Dr. Caldwell Esselstyn (Cleveland Heart Clinic), Dr. Saray Stancic (Stancic Health and Wellness Clinic), Dr. Nathan Bryan (The Nitric Oxide Solution), Chef Katie Mae

(The Culinary Gym), Dr. Michael Greger (How Not To Die), and Dr. T. Colin Campbell (Center for Nutrition Studies).

As most of you know, the word carbohydrate has become pejorative to some. Many diets stress avoiding or limiting how many carbs you consume. And, yes, carbs associated with processed foods (foods created by the factory food industry), should be avoided. Often they have little food value and very little fiber. Of course I'm referring to "foods" like white bread, sugary cereals, hot dogs, cookies, sodas, lunch meat, and chips. And let's not forget my nemesis, glazed old-fashioned donuts!

So how can an apple be good for you when it's high in carbohydrates and sugar?

The T. H. Chan School of Public Health (Harvard University) has a page on its website dedicated just to an apple. I am quoting here from that page:

"The antioxidant effect of flavonoids in apples may protect cells from damage in the pancreas, an organ responsible for secreting insulin in response to extra sugar in the blood. An epidemiological study of more than 38,000 women in the Women's Health Study followed for almost nine years supported a beneficial relation between apple intake and risk of type 2 diabetes. Those who ate one or more apples a day had a 28% lower risk of type 2 diabetes compared with those who ate none."

FYI: Much of the fiber and most of the flavonoids are in the skin of the fruit. A flavonoid called quercetin supplies the apple's anti-inflammatory and anti-oxidant effects. A soluble fiber called pectin helps your body lower LDL cholesterol and it helps you poop. So think twice before peeling your Pink Lady!

And it's not just apples that are good for you; it's most any fruit!!! The International Journal of Epidemiology has published

more than 90 studies that show increasing fruit consumption is associated with less stroke, less cancer, less cardiovascular disease, and less early death.

There's no space here to visit all of the fruits that are good for you. Hopefully, you're doing that on your own. And, if you have a unique health situation, ask your health provider how fruit fits into your diet.

And what about weight loss and fruit consumption? In 2009, Pennsylvania State University did a study comparing apples, apple juice, and applesauce. Because of its high nutrient content and effects on the microbiome in the gut, eating a whole apple (including its peel), compared to drinking its juice or eating applesauce led to increased fullness and helped the participants continue to feel full for hours. In fact, there are so many health benefits to eating an apple that a whole article would have to be dedicated to it.

BTW: Studies show that fruit juice consumption is associated with obesity in children and type 2 diabetes in adults. Look it up! Just please don't shoot the messenger!

In 2016, *Nutrients*, an open-access journal published by the Multidisciplinary Digital Publishing Institute (MDPI) in Switzerland, examined the scientific evidence contained in study after study about fruit. These studies showed fruit consumption to be associated with reduced obesity and weight loss. Got the munchies? Still want to lose a few pounds? Grab your terry cloth bib and fruit up!

Fun stuff: I've been told that in years gone by a Silver City man would distribute a map showing the location of fruit trees owned by folks happy to have their trees plundered. As for me, I do have an apricot tree (on the street) and a peach tree (on an alley) that my friends and neighbors are welcome to pick from.

I usually buy most of my fruit and produce either at the Co-op (9am-7pm, except Sundays 11am-5pm) or at the local farmers markets: Saturdays, 830am-noon at 907 Pope Street, and Wednesdays, 9am-noon in the Ace Hardware parking lot. Fruit that's often available this time of year from local trees are apples, peaches, pears, and plums. Check out what's available and be surprised. One beautiful morning last week I felt like I'd struck gold. The Co-op had strawberries, blueberries (oh, sooo good for us), a strange looking fruit I'd never seen before called brown turkey figs, and a nice selection of grapefruit, limes, pluots, oranges, plums, apples, pears, and bananas.

Wow! Sounds like a most yummy fruit salad, doesn't it?



Department

NEWS

By Judith Kenney

Fresh meats and specialty cheeses have a new home at the front of the store.

Both sections now occupy a cooler, in plain view, to the right as you enter the store. The two departments have grown, in size and quality, over the last few years and the old coolers were bursting at the seams with their plentitude.



Be assured that the meat you purchase from the Co-op is of the highest quality. Misha uses humane treatment of animals and holistic lard management as her top criteria for her selections.

In a food rut? Becky says, "Try a new specialty cheese!" It's an easy and fun way to experiment with different tastes.

Fresh Meats

The Co-op meat department offers a selection of grass fed, free range, organic, and Non-GMO products. Frozen meats remain in their original place and, now, you'll find fresh meats right next to them, just one cooler door away. Misha, our buyer for the meat department, has worked tirelessly to ensure that only the highest quality foods are available to our customers. Our meat is free from additives, synthetic preservatives, nitrates/nitrites, antibiotic residues, steroids, and added growth hormones.

Convenient fresh meat options include organic chicken, pork ribs, pork loin roast, hickory smoked bratwurst, ground beef, rib-eye steak and New York strip steak. Pre-packaged sliced meats can also be found in the new location.

Specialty Cheeses

Hankering for a rustic, creamy blue? Longing for a salty, nutty Manchego made from sheep's milk? Our dairy buyer and cheese expert, Becky, has created an array of unique cheeses that will satisfy the desires of any cheese lover. This major food group inspires immense loyalty and, now, cheese-aholics can gaze lovingly at assorted cheeses beautifully arranged in their new place. As you stand raptly in front of the cooler, it may occur to you that something is missing! Due to space considerations, our cheese section now occupies two territories. Please look for goat, non-dairy, and "American" varieties in the main dairy department at the back of the Co-op. It's different, we know, but the new arrangement allows for a greater selection that you, our customers, can choose from.





From Your Board . . .

Member Connect is Looking for Member-Owners to Join Us!



In last month's Garbanzo Gazette, there was a brief update about our new "Member Connect" Committee (MC) and the work we are aiming to do this year. The new group is both fresh and ripe, bringing in two seasoned board members and three newly immersed members. This balance of experience and excitement of the new has our minds whirling with the possibilities of the year to come. Each MC member comes with a strong desire to strengthen Silver City Food Coop and believes focusing on relationships between board members, staff, and member owners is a great way to grow a strong foundation. Our hope with this article is to educate about MC's purpose, goals, and ideas, and to recruit members like you so that we can truly encompass our whole community's vision and goals in our work. We need to have at least 3 additional member owners as MC committee members and we're looking for just the right folks to help us with our work. Especially in this time of virtual meeting and learning, we need people who are interested and, hopefully, skilled with online connection and outreach.

The purpose of MC is to be a conduit for communication between member-owners, the board, operations, and the wider community so that we can all engage together for the health and wellness of our Co-op and our community. Working with these two board pages of the Garbanzo Gazette is one way we do this. We also plan the General Membership Meeting, organize the Round Up program, and work on communication channels between member-owners, staff, and board. At our first meeting, we established areas we'd like to grow within our committee work: Community Outreach, Community Education, Garbanzo Gazette, and Communications. We're hoping to form subcommittees in each of these areas. So, if you loved when the Co-op offered educational forums during lunch breaks and you want to help us figure out new and innovative ways to use online platforms to share knowledge about our local food system and nutrition, Emma

Eileen McKinley will be leading educational outreach! One of Emma's ideas is to create infographics for social media about some of the immune boosting products at the co-op. If you think it is important to grow and increase diversity within our membership, then outreach is the place for you and you can join Susan Golightly helping grow our membership. Susan is hoping to have a booth in the parking lot of the Pope St building Saturdays while Farmers' Market is happening to educate folks about the benefits of membership and invite people to join. If you love to write, Tuan Tran is leading the Garbanzo Gazette crew to support our board pages. And finally, if you are good at creating communication networks between different groups of folks, the Communications group with Scott Zager would love to have you. The more folks that participate in Member Connect, the more gets done to reach our goals.

Co-op shoppers give to the community by choosing to "round up" their purchases to the next whole dollar. The difference between the purchase total and the "round up" is donated each month to a different local organization. Our Round Up Application process is coming up soon. We'll invite organizations in Grant County to apply for a month in the year 2021 to receive all "round up" donations when customers choose to donate the change from their purchases to the month's charity. It's one of the really great examples of how we demonstrate the Cooperative Principle of "Community Care." We've donated \$57,530 to organizations around Grant County since December 2016 through this program. It's a fun and exciting time to join Member Connect and participate in this awesome community-focused program.

Now is the time to really figure out how to support our food systems. As we face unprecedented social distress and unknown, we must think about the ways we engage together as a community for our wellbeing. Growing and strengthening community engagement is a great foundation for future movement and we'd love to have you on board! If you're interested contact klundgren2@gmail.com.





The Seven Cooperative Principles

1. Voluntary and Open Membership

Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

2. Democratic Member Control

Cooperatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives members have equal voting rights (one member, one vote) and cooperatives at other levels are also organized in a democratic manner.

3. Member Economic Participation

Members contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the cooperative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing their cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.

4. Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.

5. Education, Training, and Information

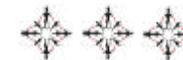
Cooperatives provide education and training for their members, elected representatives, managers, and employees so they can contribute effectively to the development of their co-operatives. They inform the general public - particularly young people and opinion leaders - about the nature and benefits of co-operation.

6. Cooperation among Cooperatives

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

7. Concern for Community

Cooperatives work for the sustainable development of their communities through policies approved by their members.



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



August

Members Only Specials

August 5 - September 1

20% OFF! listed prices



PikNik
Coffee Creamer
25.36 oz
reg \$5.89



Papa Cristo's
Spanakopites
8 oz
reg \$8.29



Maxine's Heavenly
Cookies
Assorted, 7.2 oz
reg \$6.99



Emerald Cove
Pacific Nori
10 count
reg \$7.69



bioAllers
Tree Pollen
1 oz
reg \$11.99



Castello
Blue Cheese
4.4 oz
reg \$4.99



Chatham Village
Crotons
Assorted, 5 oz
reg \$2.69



Emerald Cove
Pacific Kombu
1.76 oz
reg \$5.99



Otto's
Cassava Flour
2 lb.
reg \$17.59



Boiron
RhinAllergy
60 count
reg \$11.99



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

