

the Garbanzo Gazette



Volume 15

a monthly newsletter of the Silver City Food Co-op

614 Project: Decision Time

On April 30th, our year's lease on 614 Bullard St will end. We—the board and general manager—have a decision to make before that date. Will we continue on, in some fashion, with 614?

Last April, the board approved the proposal from the general manager to rent the building because it was big, in a good location downtown, had parking nearby, and had a lot of potential. We wanted to conduct a feasibility

study concerning the potential purchase and renovation of the building with the possibility of moving the store to this new location at some point in the future. Renting the building was a way to hold on to this space while completing the necessary research and staff had ideas for using the building in various ways with some that could generate income.

The year is almost over and not everything worked as planned. We did not finish all the

feasibility tasks we itemized. Staff did not begin the process of generating income as soon as they hoped. We did determine we do not have enough information, at this point, to make any decision about our long-term future use of this building. We do, however, need to make a decision with the information we have about the co-op's involvement with 614 after the lease ends.

Currently, we are using the space in the building for a variety of co-op functions: forums, staff meetings, board meetings, and storage space. Additionally, staff is actively making plans to generate income and excitement through other uses. We must consider where we would move the current activities if we no longer rent the space, but we also must con-

sider whether additional uses will generate the needed income to cover expenses.

The board faces a couple of challenges with our upcoming decision. First, we must consider what our governance structure and board policies indicate regarding a financial decision such as this. It's possible that this decision lies not with the board, but with the general manager. Second, a consensus among board members on this decision will not be easy. Individual directors think and process material in different ways, view the project and governance from different perspectives, and look to the future with different ideas. We are all bringing our best to this project and decision so we act on behalf of our member-owners and invest co-op funds wisely. ✦

Dear Members,

My name is Jennifer Johnston and I would like to ask you to consider electing me to the Silver City Food Co-op's Board of Directors. I volunteered to assist the board when it was down one member this summer, and then I was appointed to the board in September to finish out that term. Now we have open spots on the board again, and I would like to officially run for election. I have the board's vote of confidence, and hope you will weigh in as well, for a few reasons. First is that I now have solid experience with the functioning of the board and co-op from the inside. I have participated in the annual report from our accounting firm, the annual evaluation of the general manager, many visioning and strategizing-for-the-future board exercises,



Jennifer Johnston

and expansion feasibility studies and discussions. A second reason you may want to retain me on the board is that I have previous board experience. I was a founding member of the committee that created the Volunteer Center of Grant County, and I remained on that advisory board for the first five years of the organization's inception. I tend to bring a level-headed, reasoning mind to board work. I care about balancing the many competing needs of an organization's people, business goals, and bottom line. I have strong people skills and mediating skills from being a counselor for many years. I am also trustworthy and reliable—sticking out any commitment I make until the job is done. I am comfortable in a leadership role and welcome member communication and feedback.

Another reason you may want to consider my candidacy is my experience with the cooperative model. I place great value on cooperative principles and strive to support coop-

erative organizations in all aspects of my life and community. For example, I have been a member of a credit union my entire life and prefer banking to remain a local experience with local voice, whose benefits return to members. I also prefer to shop and purchase goods and services from cooperative groups, non-profits, equal exchanges, and second-hand businesses wherever possible. One of my favorite local cooperatives is the Fiber Arts Collective, and I volunteered on one of their projects for two years.

Finally, I hope you will consider me for the board because of my passion for The Food Co-op itself, and my love of its products, people, and focus on the planet. I have been a member for 17 years, and many of those years, my sustenance was entirely dependent on the co-op and its products—from bulk shampoo, toilet paper, tooth powder, herbal supplements, chewing gum, chocolate, fruit, vegetables, eggs, meat, bread and all other food in between. I have to admit the tooth powder was a mistake, but in general, I haven't met a product at the co-op that did not meet my rigorous standards of quality, minimally-processed ingredients (organic wherever possible), local sourcing, ethical business and people-first practices, minimal, eco-friendly, or recyclable packaging as well. That is a tall order and I have been impressed and relieved to know that this kind of thoughtful buying and selling has been going on at the co-op for forty years. It improves my quality of life and makes my life easier to have the Food Co-op attend to these important details for me. As a board member it is my privilege to give back, in some measure, all that the co-op has given to me these many years. I hope you will help me make that a reality by voting me onto the Board of Directors. Thank you.

Sincerely,
Jennifer Johnston

Candidates Statements

Hello! My name is Karen Strelko, and I am pleased to announce my candidacy this year for the Silver City Co-op Board of Directors.

Like many Co-op members and customers, I would not have relocated to Silver City if the Co-op did not exist. My family and I are strong proponents of healthy lifestyles and healthy diets. We believe in the value of organic and nutritious products, and applaud the efforts that our Co-op makes in order to offer these foods. Many of the smaller communities in the United States do not have healthy food choice alternatives, and Silver City is truly fortunate to be an exception to this rule.

To me, our Co-op is one of the most important businesses in Silver City, not only because it is incomparable in the quality and quantity of local and organic products it offers, but because the underlying principles of a cooperative business are, in my opinion, so vital to the fabric of the local community.

I appreciate the fact that as Co-op members, we have the ability to participate and truly make a difference in the vision, direction and operation of our store. To that end, I am volunteering to serve on the Board of Directors based primarily on my strong desire to become an advocate for Co-op members and to actively promote and represent our Co-op and its operations here in Silver City.

While I do not have specific experience working in a cooperative business environment, I do have a sincere appreciation of the Silver City Co-op's underlying cooperative business philosophy. My own business background includes 20+ years in commercial mortgage banking and corporate finance – a field with business objectives that are about as far from the cooperative model as could be. Having experienced the former firsthand, I know how important the latter is to the cohesiveness and economic wellbeing of a small town. The Co-op's commitment to offering locally sourced

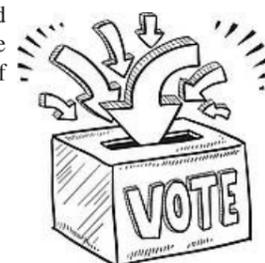
produce, foods and other items, and operating the store with the members' best interests at the forefront are, to me, the proper way for a business to support a local community.

These are the primary motivators behind my wish serve on the Silver City Co-op Board of Directors. My business background gives me the needed experience regarding vital economic principles such as budgeting, setting financial goals, and cash flow oversight and management. I have extensive experience working with diverse groups of people, and have served in the equivalent of directors' roles where my responsibilities have included participating in the business decision making process and contributing sound business judgments that are beneficial not only to the operations, but to the goals, objectives, needs and wants of the business members and community.

I look forward to this opportunity to support our Co-op in a capacity that goes beyond being a member and a patron. I am committed to dedicating the time and effort required to help the Co-op maintain its vision and status within this community. I want to continue to promote our Co-op in the community, and to work with our existing board members to ensure the continued success, purpose and mission of our store.



Karen Strelko



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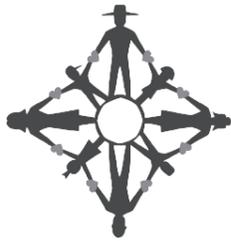
From Your Board . . .

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Healthy Chile?
Down to the Real Dirt
Superwoman Kate!

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

Ends Statement

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

Seven Cooperative Principles

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

Staff

- Judith Kenney - produce
- Bob Lee - bulk
- Carolyn Smith - EMO
- Dougan Hales - produce
- Jake Sipko - produce manager
- Kate Stansberger - supplement manager
- Carol Ann Young - office
- Jeanné Miller - POS/et cetera
- Becky Carr - dairy
- Vicki Gadberry - office
- Jess DeMoss - POS manager
- Meggie Dexter - offsite website
- Misha Engel - frozen manager
- Dan Jameson - herbs/cashier
- Jenny Morgan - office/assistant front end
- Joe Z - gm
- Marguerite Bellringer - finance manager
- Kim Barton - grocery manager
- Eric Lynch - receiving manager
- Michael Sauber - produce/stocker
- Mia Crandell - POS
- Paul Slattery - produce
- Monica Hoepfer - produce
- Eva Featheringill - assistant grocery
- Patricia Walsh - HABA manager
- Jody Andrews - cashier
- Jessie Gauthier - on leave
- Lee Ann Miller - cashier
- Gabbie Sturdivant - wherever needed
- Brenna Brown - deli lama
- Andrea Padilla - cashier
- Julianna Tow - cashier
- Henry DeMars - produce
- Sarah Hardisty - deli/grocery/cashier
- Tinisha Rodriguez - grocery/cashier
- Evan Humphrey - cashier/office
- Charmeine Wait - EMO manager
- Allie Iacocca - wherever needed

Annual Co-op Equity

\$10.00

The Garbanzo Gazette Gang

Editor: Charmeine Wait

Contributors: Judith Kenney, Carolyn Smith

Layout & Design: Carol Young
& Meggie Dexter, Consultant

Submissions are welcomed!

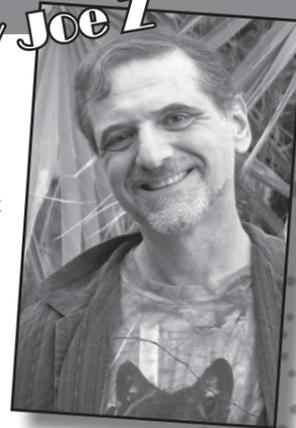
Submit letters, articles, or items of interest to:

gg@silvercityfoodcoop.com

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Cup O' Joe by Joe Z



Unbeknownst to most of our Co-op Members, the Silver City Food Co-op is undergoing a major transition. It's pretty much invisible on the surface – for now.

Eagle-eyed Members might have noticed an announcement for the opening of the Assistant Manager position. That may not seem like a big thing, but here, in our Co-op family, it's major.

Margarita came to Silver City at a time that there were major transitions here at our Co-op - circa 2008. I've heard all kinds of stories about what happened but, ultimately, Management-wise, there was a bit of instability. With experience of years in other Co-ops, Margarita was able to step into the void and hold our Co-op together until we created a better, more stable system. While there is still always to go, we do seem stable enough now that Margarita felt it was okay to retire and travel a bit.

Even in normal times, the Assistant Manager position is probably the most difficult job in a Co-op. And also the most rewarding. Generally, they are in charge of the day to day operations of the Staff. And generally – they are the ones that stop the proverbial “buck” but sometimes a few get through and come my way. At that point, I call a press conference and pose with the buck declaring that the “buck stops with me!” and then, after the press leaves, hand it back to the A.M. to take care of.

If we were dogs, I guess I would think of myself, in my position as GM, as a Doberman. Not in the “mean” sense that they conjure up in many folk's minds but rather as a guard dog looking after the pack, watching for danger, moving the pack along in search of the best feeding grounds and keeping a close eye on order.

But the Staff is probably like a bunch of different kinds of terriers – from Airedales to Norfolks (remember that Pit Bulls are terriers also). Maybe with a couple of hounds and a Dachshund thrown in too. Oh – and two cats. Gotta be...

No way can a Doberman contain that group so a good herding dog is absolutely necessary. Something like a Border Collie or an Australian Shepard. So that's the primary role of the Assistant Manager: keeping the pack together.

And it's a heck of a job. If you ever watch herding dogs, you will notice one overwhelming trait: they run. A lot. Back and forth. With sudden changes in direction to bring back way-ward individuals. At the end of the day, they are totally exhausted. And then they do it all over again the next day. And they are happy about it!

The AM does most of the hiring and basic training at our Co-op. So in a subtle way, their choices effect the entire tenor of the Store. While the GM may help set the general direction, stomp around and guffaw, it is the AM that is most involved implementing policies and watching the details.

Unbelievably, we had quite a bit of applicants for this

burdensome position. Not only that, but, Wow! There are a lot of talented folks here in Silver City! All types of breeds applied. And then the “getting to know you process” began. As I write this we are preparing second visits with selected prospects.

It's super hard to make a decision. They are all so smart, happy, eager and cute! Someone likened the process to going to the shelter to rescue one but can't decide because you want them all. Now I prefer to think of it as you are allowed to pick one of the top winners at a show but the concept is basically the same. And yet, on further thought, the shelter scenario may be more apt because the ones that aren't picked may then be sad.

But one will be selected and will be brought into the Co-op to meet the pack and see how they all play together. There will be a lot of jostling and sniffing. You know how it is. But if we choose well, the new member of our family will be adept at creating calm amongst the group.

And so it goes. Over the last two years, we have experienced a bit of turn-over in very important positions. Besides myself being new here just over two years ago, we have a new Finance Manager, a new Grocery Buyer (our largest dept. with one third the sales of the store), a new Education/Membership/Outreach Manager, a new POS Manager as well as its assistant position, a new Receiver, a new Assistant Front-end Manager, a new HABA buyer, a new Frozen buyer and a new Herb buyer. Oh – we also created the new kitchen and Grab & Go Deli. And now, a new Assistant Manager (who is also the Front-end Manager – another one of many hats – told you, it ain't easy).

Each eager beaver in their new positions have built upon what the previous occupant had created. I believe that all their subtle influences and contributions are seen in many ways around our Co-op over the past two years. Of course, the eager beaver stage usually only lasts about a couple of years or so in average cases. Then that disguise fades and their true breed can be seen clearly. Which, in the vast majority of cases, is a fine thing.

This is the way it is supposed to be. Different sets of folks guiding and protecting our Co-op over all these decades. A gentle hand-off of responsibilities to the next generation. Constantly building and growing and serving our community in more and more ways.

As I think about it, I'm sure that most of our Staff have some Lab mixed in individually. They always seem so eager and anxious to please. The only slight problem with that Lab part is that they all can be easily distracted by a good game of ball.

NEW PRODUCTS at the Silver City Food Co-op



Imagine brand offers health-conscious people a bountiful variety of organic soups, broths, stocks, sauces and gravies. Now you can purchase their Thai Coconut Curry Culinary Simmer Sauce at the Co-op. This velvety sauce is made from coconut cream, veggies and seasonings that include cilantro, ginger and sesame. Just add chicken or tofu for a mildly spiced, uniquely flavorful dish. Each package serves 4-5 hungry folks

INBalance Chocolate Butter Crunch

Peanut lovers rejoice! For all of you for whom peanuts are an allergen, INBalance Health Corp has created the INBar, a great-tasting food bar formulated for people looking for a convenient, allergen-free snack. INBalance is dedicated to creating alternative nutrition bars and a variety of other products, suitable for Pre-Diabetics, individuals dealing with Type 2 Diabetes, or those with weight and glucose management issues. Chocolate Butter Crunch is a filling, nutritious treat that features creamy chocolate blended with sunflower seed butter for delicious nourishment.



Dave's Killer Good Seed Bread

Come, partake of a loaf of Dave's Killer Good Seed Bread! Organic and non-GMO, you'll enjoy its bold texture and slightly sweet flavor. An average slice has five grams of protein, as much as an egg! Dave's is a company built on the philosophy of seeing the good in everyone. This organization prioritizes efforts to reduce hunger, empower people by providing second chances, and to provide resources for youth impacted by criminal justice.

Our Co-op Our Community

Popcorn Friday – Not!

On Friday April 24, 2015, we will have a new twist on Popcorn Friday. No popcorn! What!! No worries, we will have delightful, delicious samples of foods we carry. Hoorah!

Come by the Co-op and see what is being sampled. You never know what new discovery your taste buds will make!

WNMU Occupational Therapy Assistant Health Fair

The Co-op is happy to once again have a booth at the WNMU OTA Health Fair, Friday, April 24, 2015 from 10 am to 2 pm on the campus of WNMU. We will be sampling our grab and go deli items, and other healthy fare our community may not be aware that the Co-op offers. It's a great opportunity to share food that is delicious and good for you.

See you there!

April Community Forum Seasonal Eating and Easy Cooking Techniques

The April Community Forum will be presented by our very own Monica Hoyer, who will discuss Seasonal Eating and Easy Cooking Techniques. The forum will be held on Tuesday and Thursday, April 14 and 16, 2015 from 12 noon to 1 pm at 614 N. Bullard.

Have you ever wondered why certain produce is not available all of the time? Monica will explain the nutritional and cost benefits of eating produce in season. Along with the discussion, Monica will provide attendees a calendar of when produce is in season. Monica is a great cook of seasonal produce, and she will share cooking techniques and delicious samples of food you can make. Recipe cards will be provided.

Monica Hoyer moved to New Mexico in 2008 to work for Americorp in Las Cruces teaching gardening and cooking to middle school youth.

This was followed by working for Mt. View Co-op in the produce department, deli, and their farm. After moving to the Silver City area to work at Frisco Farm, Monica joined the Silver City Food Co-op staff and works in the produce and deli departments.

You won't want to miss this informative and fun forum just in time for Spring and a new bounty of seasonal produce.



614 Project Update by Carolyn Smith

The February Artisan Market and our first Community Flea Market were both very successful!

The Artisan Market featured a variety of mediums: clay, metal, glass, plant fiber, herbs and food. Participating artisans/co-op members were potters Malika Crozier and Marghie Seymour, metal workers/jewelry makers Patty McDonnell and Cedar Smith, glassworkers Isaac Clodfelter and Ari Werber, fiber artist and jewelry maker Blythe Whiteley, body care producers Mary Buonocore and Lisa Ross and baker/chef Barb Fila. In addition to Barb's own bakery business, she is also the new kitchen manager of the Nuevos Comienzos Kitchen at The Commons, The Volunteer Center's commercial kitchen. She shared information about this exciting new project. For more info on this call 388-2988.

Our first Community Flea Market was a fun event. Co-op members filled up the room with their former treasures: furniture, kitchen items, clothes, books, record albums, CDs, rugs, musical instruments, shop and garden tools, and so much more. Business was brisk and vendors and customers went away happy.

New vendors are signing up every day for both markets and we will be expanding into the adjoining back room as we grow.

Please note the new hours for 614 markets:

Artisan Market: 2nd Saturdays 10 am-3 pm and Community Flea Market fourth Saturdays 9 am-2 pm.

614 is a great downtown location for community events and meetings. Please contact me for information on our use policy and rental rates. Last month Friends of the Clay rented out 614 for a Pop-up market to sell artwork by WNMU students and this month the back rooms and enclosed yard will be used as part of the Continental Divide Trail (CDT) Trail Days and Kick-Off Celebration on April 11th.

Stay tuned.....!



Even more vendors will be at the April Artisan's Market



Treasures being found at the February Flea Market

Bikeworks and Co-op Collaborative Fourth of July Parade Float!

Have a great time and help promote the Co-op this July 4th. We are looking for volunteers to help with a Silver City Food Co-op and Bikeworks Float. The Bikeworks will be collaborating with us to make fun bike powered carts. The float could actually be wagons, wheelbarrows, bikes or some other fun mobile device used to help us hand out organic fruit along the parade route. We can really

have some fun, maybe dressing up as fruit or vegetables. This is a great opportunity to educate our community about the organic produce the Co-op offers and let people taste the organic difference. So if you like being a little silly and having fun, please contact Charmaine at charmeine@silvercityfoodcoop.com if you are interested in planning and/or participating.

DATES TO REMEMBER

Remember to sign up now for your
Artisan Vendor booth
or
Cooperative Flea booth!

- April 7 – Ask the Board Anything Day
5:30 to 7pm at Little Toad Creek
- April 11 – Artisan Market 10-3 (@614)
- April 18 – Earth Day Booth 10-2 at Gough Park
- April 14 & 16-Community Forum (@614)
- April 19 – General Membership Meeting
12noon to 3pm at The Commons
- April 24 – WNMU OTA Health Fair Booth
10 to 2pm at WNMU Campus
- April 25 – Community Flea Market 9-2 (@614)
- Upcoming:
- June/July – Choose Your MAD Day
- September 1 -15% MAD Day, date tba
- November/December – Choose Your MAD Day

April Forum

Seasonal Eating
and
Easy Cooking Techniques

Presented by Monica Hoyer

Monica will explain why seasonal eating is good for you and your budget, learn cooking tips, and receive some great recipes!

the forum is presented twice

**Tuesday, April 14th
& Thursday, April 16th**

from Noon to 1 pm

the blue building @ 614 N. Bullard St.

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

Co-op Community Donations

The Co-op donated to, or collected donations on behalf of these organizations in March 2015:

- Aldo Leopold School
- NM Organic Farming Conference
- S.A.S.S
- The Volunteer Center Seed Library
- End of the Road Ranch Horse Rescue
- Lotus Center
- Grant County Community Food Pantry
- Gila Mimbres Community Radio
- WNMU Expressive Arts Department

Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service in March:

Althea Booth	Rebecca Summer
Richard Mahler	Pat Cowan
Miriam Richer	Julie Williamson
Rikk Foxx	Connie Downard
Dan Turner	Betty Spence
Donna Foley	Patricia Erickson
Betty Spence	Melvyn Gelb
Mary Ann Finn	

EASY ENCHILADA SAUCE

- 1 to 1 ½ cups vegetable broth
- 1 1/2 to 2 ½ TB chipotle adobo sauce, divided
- One 15-ounce can tomato sauce
- 1/3 cup tomato paste
- 2 cloves garlic, chopped
- 1 ½ TB mild chili powder
- 1 TB extra-virgin olive oil
- 1 tsp cumin
- 1 tsp oregano
- 1/2 tsp onion granules
- Salt, to taste
- Black pepper, to taste

1. Add all ingredients to your blender, starting with 1 cup vegetable broth and 1 1/2 tablespoons adobo sauce.

2. Blend, starting on low speed and working up to high speed, for about 30 seconds.

3. Pour into a medium-sized pot and bring to a simmer over medium-high heat. Reduce heat to maintain the simmer, and cook for 12 to 18 minutes, uncovered, until the sauce has thickened and the flavors have deepened. Stir every few minutes.

4. Taste the sauce and add more salt and pepper as needed. Add more adobo sauce for a smokier and spicier flavor. Add more vegetable broth to thin out.

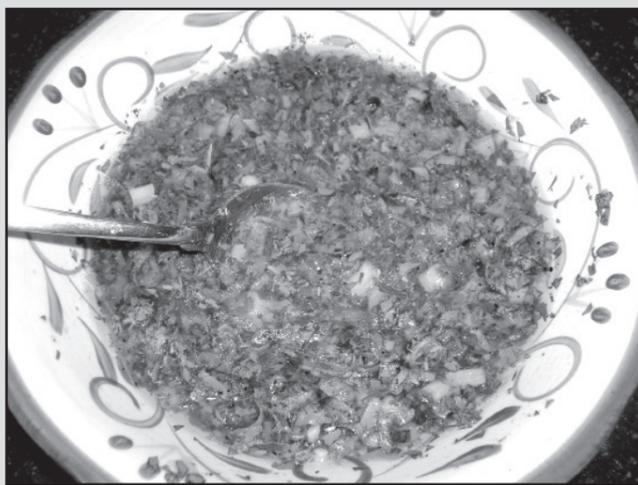
5. Once the sauce is to your liking, remove from the heat and pour over dish you're using it for and proceed with that recipe. Or, let cool then place in a sealed jar and store in the fridge for 10 to 14 days. Makes 3 ½ cups.

GREEN SAUCE

- 2 cups fresh parsley leaves
- 3 scallions (white and green parts), sliced
- ½ cup fresh dill sprigs
- 3 anchovy fillets, drained, optional
- 3 cloves garlic, roughly chopped
- 1 TB capers, drained
- 6 TB fresh lemon juice
- ¾ cup olive oil
- Salt and freshly ground black pepper, to taste
- 2 hard-cooked eggs, finely chopped

Mince the parsley, scallions, and dill in a food processor or blender. Add the anchovies (if using), garlic, capers, and lemon juice. Process until smooth. With the machine running, add the oil in a thin, steady stream. Season to taste with salt and pepper. Remove to a serving bowl and stir in the eggs.

Makes 1 ½ cups.



RED WINE BARBECUE SAUCE

- 2 5.5 oz cans tomato paste
- 1 cup unsweetened applesauce
- 1 cup honey
- 1 cup red wine vinegar
- 1 cup full-bodied red wine
- ¼ cup dark molasses
- 1 TB smoked mild paprika
- 1 TB dry mustard powder
- 2 TB onion powder
- 2 tsp garlic powder
- 2 tsp fine sea salt
- ½ tsp ground allspice
- ¼ tsp cayenne pepper (more to taste)

1. Mix all ingredients together in a large saucepan. Set over medium heat and bring to a simmer. Reduce to low, and simmer uncovered, stirring occasionally, for about 15 minutes or until thickened to your liking.

2. After 10 minutes simmering, taste the sauce and add a bit more cayenne pepper if you like. Continue simmering for the remaining 5 minutes.

3. Let cool, and pour into a bottle or jar with a tight-fitting lid.

4. Sauce will keep for months in the refrigerator, and it also freezes well. Makes 4 ½ cups.

TERIYAKI SAUCE

- ¼ cup soy sauce
 - ¼ cup mirin
 - ¼ cup sake
 - 2 TB sugar
 - 2 tsp cornstarch
 - 2 TB water
1. Combine soy sauce, mirin, sake, and sugar in a saucepan and bring to a boil over medium-high heat.
 2. In a small bowl, mix together the cornstarch and the water. Whisk into the sauce. Turn the heat to medium and reduce the sauce until slightly thick. Taste and adjust with soy sauce and sugar if needed. Makes ¾ cup.

PEANUT SAUCE

- 1 inch peeled, fresh ginger
 - 1 clove garlic
 - 1 TB honey
 - 1 tsp Sriracha
 - ½ cup smooth peanut butter
 - ¼ cup gluten-free tamari
 - 1 TB rice vinegar
 - 1 TB toasted sesame oil
 - Scallions, for garnish
1. In a food processor or blender, combine all the ingredients and purée until coarsely combined. Add 1/4 cup warm water and purée until smooth. Add more water as necessary so the peanut sauce is similar to the consistency of ranch dressing.
 2. Garnish with scallions. Sauce can be stored in an airtight container for up to 2 weeks. Makes 1 cup.

How to Pair Herbs with Fresh Fruit

The bounty of fresh fruit available during the spring and summer months can be enhanced with the addition of herbs, both fresh and dried, to any recipe that strikes your fancy. The naturally delicious meeting between the sweetness of fruit and the diverse flavors of herbs is simple enough to master. You need just a glimpse into which ones go with which. There's absolutely no right or wrong here, but if you're just starting out, this easy guide will help you get going. Find out how herbs can complement fruits...perfectly!

Basil

Sweet, aromatic, and slightly spicy, basil is wonderful with berries, Mediterranean fruits, and ripe summer fruits with bold flavors. Pair with:

- Apricots
- Berries
- Figs
- Peaches
- Plums



Thyme

Thyme has a floral-meets-woody flavor and delicate aroma. When used sparingly and in the right pairings, it brings out the flowery essences of fruits—just don't use too much or it can overpower easily. Thyme is wonderful alongside fruits with strong aromatics, as they will hold up to the herb's floral qualities. Pair with:

- Cherries
- Figs
- Grapes
- Honeydew melon
- Peaches



Cilantro

Grassy, slightly sweet and with a pleasant "soapy" flavor, cilantro pairs best with fruits that have green, tangy and slightly earthy flavors. Pair with:

- Apples
- Bananas
- Mangoes
- Pears
- Summer melons



Parsley

Parsley is one of the least "sweet" of the leafy herbs, but it still pairs with certain summer fruits. For best results, use parsley with tropical fruits and rich, robust seasonings like ginger. Pair with:

- Bananas
- Coconuts
- Grapefruits
- Mangoes
- Pineapples



Mint

Mint complements most fruits year-round with its sweet, cooling flavor and peppermint aroma. Pair with:

- Berries
- Figs and dates
- Oranges and limes
- Summer melons
- Stone fruits (cherries, apricots, plums, etc.)
- Tree fruits (apples, pears, etc.)



Lavender

Dried lavender flowers make for purely garden-inspired summer fruit dishes, especially salads, tarts and infused cocktails. Its incredibly floral flavor and aroma will match with dark berries, near overripe stone fruits, and lemony citrus. Pair with:

- Blueberries
- Blackberries
- Lemons
- Peaches
- Raspberries



April Sales

To Our Co-op Members & Customers: Please note that sales run for a two-week period. Please stop by the Co-op and take advantage of all the great offerings each month. A few of the sale items are listed below.

April 1-April 14

coop deals



Bulk
Yellow Popcorn
reg \$1.99#
SALE \$1.69#



Chobani
Pomegranate
Yogurt, 5.3 oz
reg \$1.49
SALE \$1.19



Julie's
Blackberry Sorbet
pint
reg \$4.99
SALE \$3.19



DeBoles
Pasta
8 oz, assorted
reg \$2.99
SALE \$2.19



Epic
Bars
1.5 oz, assorted
reg \$2.89
SALE \$1.99



Megafood
Complex C
30 ct
reg \$18.99
SALE \$12.99

April 15-April 28

coop deals



Bulk
Red Kidney Beans
reg \$3.69#
SALE \$2.19#



Bubbie's
Pure Kosher Dills
16 oz
reg \$6.69
SALE \$4.69



Three Twins
Lemon Cookie
Ice Cream
pint
reg \$4.99
SALE \$3.69



Annie's
Organic Dressing
8 oz, assorted
reg \$4.69
SALE 2.69



Tom's
Calendula Deodorant
2.25 oz
reg \$6.49
SALE \$4.99



Natural Vitality
Raspberry-Lemon
Calm
16 oz
reg \$40.99
SALE \$26.99

Kids' Corner

FREE FRUIT FUN

Now Kids, color in this here picture, bring it on down to the Co-op and get your free piece of fruit.
(Produce Staff Selection)



AGE: _____

NAME: _____

Member Only Specials

April 1-April 28



Honey Gone Nuts
Bulk Granola
reg \$5.19#
SALE \$4.69#



Follow Your Heart
Grapeseed Oil Veganaise
16 oz
reg \$6.99
SALE \$6.29



Rising Moon
Ravioli
8 oz, assorted
reg \$4.59
SALE \$4.19



Arrowhead Mills
Stone Ground
W W Flour 5 lb.
reg \$7.49
SALE \$6.79



Dr. Bronner's
Liquid Soap
32 oz, assorted
reg \$15.29
SALE \$13.79



Nature's Gate
Fragrance-Free
Lotion, 18 oz
reg \$8.39
SALE \$7.59

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 as produce is processed
- Best days for compost are Tuesday & Thursday

GROCERY SPECIAL ORDER POLICY

Members receive a 10% off shelf price discount on special orders of case quantity in ALL departments. HABA and Supplements will receive the 10% discount when the quantity ordered is at least six (of the same item). Cases of local meat must weigh 10 pounds or more to receive the discount. All CO+OP Deals and Essentials Program items will no longer be excluded from receiving the discount; however, a case MUST be ordered to receive the special order 10% discount.

PRODUCE SPECIAL ORDER POLICY

Produce special order deadline is Thursday at 7 pm. The pickup date is conveyed to the customer by the buyer. The only exception of this deadline is when the Co-op is closed on Thursday due to a holiday. Check with the produce managers if this occurs.

614 MEETING ROOM POLICY

Individuals, groups & organizations are welcome to meet at 614 N. Bullard, as long as one organizer is a Co-op member. The space can be rented for commercial uses or events. Meeting and events must be held during regular store hours (Monday - Saturday 9am to 7pm) A key is required to open the building which must be picked up, and returned to the store the same day of the meeting. Contact Charmaine: charmeine@silvercityfoodcoop.com or the Co-op at 9575) 388-2343. Thank you!

Co-op
KID



Corner



Future *From Your Board...* FOCUS

by Gail Rein,
President

April is Happy Co-op Month

Everyone knows April Fool's Day is the 1st, but do you know April 1st is also International Fun at Work Day, the 14th is Bat Appreciation Day, the 23rd is Take a Chance Day, and the 30th is National Honesty Day? Even more importantly, do you know April 7th is our second Conversations with the Board (and World Health Day) and April 19th is our annual General Membership Meeting (and National Garlic Day)?

I think we need better names for our events to compete with all the other special April days. So here we go... I de-

clare April 7th as Ask the Board Anything Day... and... April 19th is Love Your Co-op Day! Seriously, I want to tell you more about these two events.

The April 7th affair will be at Little Toad Creek Brewery & Distillery, 200 N. Bullard St. at Broadway, from 5:30 to 7:00 p.m. Come for conversation with members of the board. There is no agenda, which means it is totally up to you what we talk about. Refreshments will be provided until we hit our \$75 bar tab, so come early!

Sunday, April 19th is our annual mem-

bership meeting. Like last year, it will be held at The Commons, 501 East 13th St., from noon to 3:00 p.m. Food first, from noon to 1:00, then you'll have a chance to meet the members who are running for the board. We'll be asking these willing and committed folks some serious, tough questions, some silly questions, and give you a chance to ask your questions. The business reports will be last, with treasurer Lynno Aldin giving the financial report and general manager Joe Z giving the state of the co-op report. The reports will be short to

allow time for your questions. The election will officially start at this meeting and you'll be able to vote then and there if you want. There will also be some surprises to delight you, so come one, come all! Children are welcome.

With two exciting and fun events in one month, I hereby declare April as Happy Co-op Month. Please write Tuesday April 7th 5:30 p.m. (Conversations with the Board aka Ask the Board Anything) and Sunday April 19th noon (General Membership Meeting aka Love Your Co-op) on your calendars and come!

Peel Out and Hurry to the Silver City Food Co-op's Earth Day Booth

The Silver City Food Co-op will once again have a booth at the Earth Day Celebration on Saturday, April 18, 2015 from 10 am to 2 pm at Gough Park. This celebration, co-sponsored by the Town of Silver City's Office of Sustainability, Silver City Food Co-op, Gila Resource Information Project, and Guadalupe Montessori School, is a venue to remind us all to respect and honor the Earth that supports all life.

The Co-op will participate with a fun food booth. Come by and peel apples with a vintage reproduction apple peeler and enjoy eating the results of your efforts! There will additional children's activities for the event.



40th Anniversary
2014 GMM Meeting

Come One, Come All!

to our General Membership Meeting
April 19th
noon-3 pm
The Commons 501 E. 13th Street

Have lunch with us-Win a door prize
Hear the State of the Co-op and Financial reports
Meet the board candidates

VOTE

Enjoy conversation with other co-op members.
Let's learn about the co-op and have some fun!

See you there!

Conversations with the Board

Come for conversation with members of the
Silver City Food Co-op's Board of Directors

Tuesday, April 7th
5:30 to 7:00 pm

Little Toad Creek Brewery and Distillery
200 N. Bullard St., at Broadway

Refreshments provided
until we hit our \$75 bar tab,
so come early!

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

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

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

Lynno Aldin/Treasurer
Board Term: 2012-2015
peacelynno@gmail.com

Jennifer Johnston
Board Term: appointed
thru May 2015
johnstonjenny40@gmail.com

Board of Directors

Board Meeting Schedule

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

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



Will Chile Continue to be a Healthy New Mexico Food?

by Athena Wolf

The aroma of roasting green chilies in the fall is part of the beauty of the New Mexican culture. Green chiles are very rich in Vitamin C, which plays an important role in the absorption of other vitamins in the body. Its dietary fiber is important for a healthy digestive system, and it has high levels of other vitamins and minerals.

Chile is a part of New Mexican culture, cuisine and health. The use of peppers has been a part of the Ayurvedic tradition for thousands of years. According to Agrocrops.com India is the world's largest producer, consumer and exporter of chili peppers. It is a tradition that we share.

A recent series of laws passed in our state seem designed to control who owns chile seeds, and to regulate how it is grown, shared or sold.

The bill enacted in 2012 defines "New Mexico chile" as including all types of peppers such as jalapenos, Italian sweet peppers, yellow hots, etc. In 2013, the NM legislature passed an amendment to the Chile Act which criminalizes any grower who uses the name of any city, town, county, village, pueblo, mountain, river or other geographic feature or features located in NM, unless the grower

is registered with the NM Department of Agriculture.

In August 2014, the New Mexico Chile Association trademarked the term "New Mexico Certified Chile" for use only by their members. You no longer have the right to refer to your chile as New Mexican, or to call it by its varietal name, unless you register by paying the annual \$500 fee plus kickbacks on every pound sold. A verification form must follow every sale a NMCA farmer makes. Now anyone can report a "suspect" chile grower by calling an NMDA inspector who has the legal right to come onto our place to inspect records related to the chile. There are six inspectors available at an annual cost to taxpayers of about \$525,000.

The NMCA lobbied vigorously against the GMO labeling bill presented in 2013 by Senator Peter Firth. Why would this organization do this? The make-up of its members may give us a clue. The NMCA is comprised of large chile industry processors. In 2006 it became a nonprofit organization that asks for government and public funding.

Board members include Gene Baca, also vice president of Bueno Foods. Bueno Foods "is asking consumers to demand 'New Mexican grown chile' from restaurants and grocers" (Daniels Fund Ethics Initiative). Lou Biad, of Rezolex. Rezolex farms in NM, Texas and Arizona. Dino Cervantes. Cervantes foods reports annual revenue of \$20 to 50 million. All three companies import chile from outside the US as well as what is purchased here. Border Foods, and Farm Credit of New Mexico are also members.

The NMCA is working with New Mexico State University's (NMSU) Agricultural Experimental Station to create GMO chile. Greenfire Times reports that "A lack of transparency, with evidence that, outrageously, tobacco settlement funds have been used to fund a GMO chile... the idea that our limited tax dollars are going to develop a patented seed for a staple crop that will be owned by a state university and international biotech companies is beyond comprehension."

Jaye Hawkins, executive director of the NMCA, said the state is in danger of losing its chile because farmers will not be able to grow the crop due to the rising labor challenges and foreign competition. "We're chipping away at the problems, and this is just one alternative," she said of the genetic research. This genetically engineered chile seed may be available for commercial farmers to plant within

the year. Save NM seeds.org says that the NM state legislature has been funding the development of a genetically engineered chile since 2006.

While this statement on the NMCA's website assures us that "Some fringe groups have slandered and libeled our members by implying they are currently using GMO chile, despite the fact that none is available at this time." The rest of this webpage goes on to list advantages of using GMO seeds.

Who can forget Monsanto's battle with Percy Schmeiser and other small farmers. When NMSU has its GMO pepper seed ready, will small growers face patent lawsuits if crops become contaminated by GMO seeds? We still don't have labeling of genetically modified organisms. Our traditional chile varieties could be altered forever from GMO crops, and recent legislation seems to be preparing for that.

[Athena Wolf practices Ayurveda and Curanderismo in the Mimbres. You can find her at curanderah healing.com, or 575.536.9335]



Gardening: Getting Down to the Real Dirt Part I

by Monica Rude

Gardening improves health. We've heard that. We've heard about the restorative benefits of gardening and the reasons why it makes us feel good by connecting with nature, that it's a meditative practice, it's gentle exercise (or not), it's fun, it allows us to be nurturing. Homegrown produce contains fewer pesticide residues to poison ourselves and especially children who are four times more susceptible to the toxins. Home gardening results in less water contamination. Home gardeners generally do not monocrop, planting large areas with one crop which attracts insects, disease, and depletes the soil of minerals and a diversity of microorganisms.

But now we know more about why gardening is beneficial. We know the truth about...dirt. Yep, plain ole dirt. Mycobacterium vaccae, a type of non-pathogenic bacteria commonly found in soil, stimulates an immune response which induces the brain to produce serotonin. This molecule is a neurotransmitter (a

chemical messenger between nerve cells) that helps to make us feel happier and more relaxed. Lack of serotonin is one symptom, or perhaps even cause, of depression. This bacterium has been found to improve cognitive function and possibly even treat cancer, Crohn's disease (an inflammation of the gut) and rheumatoid arthritis. A recent clinical trial of oral M. vaccae (a close cousin of the TB bacteria) against tuberculosis has provided further evidence of its efficacy as an immunotherapy. This means that contact with soil, through gardening or other means, is beneficial on many levels. Having our hands in the dirt, inhaling it while working, getting it into that little cut on your finger, as well as eating fresh veggies that aren't super clean are all ways to expose our immune system to ordinary health-promoting bacteria. We are already benefiting from the anti-inflammatory and immune boosting benefits of acidophilus and bifidus found in fermented foods. Getting beneficial bacteria directly from food is just another way of doing this.

This idea opens a new line of inquiry into why depression is becoming more common. Two other conditions that have increased in frequency recently are asthma and allergies, both of which are caused by the immune system attacking cells of the body it is supposed to protect. One explanation for the rise of these two conditions is the hygiene hypothesis, ie, the impact of microbial deprivation (via the use of bacteriocides, fungicides, irradiation, triple washing and chlorination of our food and water) on human health and evolution. This hypothesis suggests a lack of childhood exposure to harmless bugs is leading to improperly primed immune systems. In the case of depression, a similar explanation may pertain. If an ultra-hygienic environment is not stimulating the interaction between immune system and brain, some people may react badly

to the consequent lack of serotonin. The bacteria and fungi present in every square millimeter of soil ultimately act as the digestive system for plants. They fix nitrogen and break down soil nutrients and minerals into forms that can be taken up by the plants' roots. When we eat plants, we also take in some of the bacteria and fungi present in the soil. Therefore, nurturing the health of your soil and its microbes might make your gardening even more beneficial. Grow even more nutrient-dense foods and feel happier than ever. Tune in next month for ideas on how to improve the microorganisms in your garden soil. In the meantime...happily eat more dirt!

[Monica Rude owns Desert Woman Botanicals and lives in Gila where she grows herbs for the product line and cooks from scratch with fresh garden produce.]



Kate Stansberger, Supplement Superwoman!



Kate in our supplement department

The Co-op is lucky to have Kate Stansberger on staff as the Supplement Manager. Kate has lived in Silver City for 20 years and been the Supplement buyer for the past 8 years.

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

- makes sure the company accurately lists the ingredients and they do not

contain contaminants

- looks for both company and independent lab testing of those ingredients
- looks to see if the company bases the product on research and clinical trials

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

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

APRIL 2015

Full Moon 4/4/2015 05:07:21 am (MST)

New Moon 4/18/2015 11:59:19 am (MST)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7 Converation with the Board 5:30-7 pm @ Little Toad	8	9	10	11 Artisan Market 10-3 pm
12	13	14 Forum Seasonal Fruits 12-1 pm	15 Board Meeting 4:30-7:30pm	16 Forum Seasonal Fruits 12-1 pm	17	18 Earth Day 10-2 pm @ Gough Park
19 GMM 12-3 pm @ The Commons	20	21	22	23	24 Health Fair Booth WNMU 10-2pm	25 Flea Market 9-2pm
26	27	28	29	30	1	2

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4	5	6	7	8	9 Artisan Market 10-3 pm
10	11	12 Forum Reconnective Healing 12-1 pm	13	14 Forum Reconnective Healing 12-1 pm	15	16
17	18	19	20 Board Meeting 4:30-7:30 pm	21	22	23 Flea Market 9-2 pm
24/31	25	26	27	28	29	30

May

(all meetings @ 614 unless
otherwise noted)

The Other Woman. Another woman used to work this ground, they say. She had the whole back yard filled with garden; every year she would work her small patch of Earth. As she got older she would even go out with her cane and later, they tell me, in her walker. There is little evidence anymore of a gardener's loving care. Weeds choke the entire back yard, and there is but one sign of past fertile growth: a pear tree. Last Fall I tilled up a nice garden plot. My neighbors came out and told me of this wonderful creature who believed in the miracle of birth and growth, and stretched forth her hands to touch it every Spring, even when her own body was growing weaker and more frail. I kneel in the Earth and take a handful of soil in my hands. It is rich, black, crumbly and beautiful. Although the yard tells a tale of neglect, the soil speaks to me of once being nurtured. It seems to respond once again to a woman's touch. I wonder if this corner of the Earth remembers her? I must learn her name and speak her name to the Earth-the-birds-the tree. I will honor her memory, I will consider myself blessed in entering into the fruits of her labor. I will revive her dreams and bring new life to her legacy of a beautiful yard teeming with goodness and life. And I will believe that she is standing beside me as I plant and harvest, smiling.

The Crayon

By Ambika Devi

The Crayon Named Flesh
didn't necessarily look like me

Early on I switched to Cerulean,
Sea Mist and Violet,
to describe my true colors

What's in a name?
A Crayon is just a Crayon

So Flesh became Peach
and colors that I knew and loved,
Mahogany and Apricot,
Raw Sienna and Burnt Orange
Found their way
out of the sixty four pack
And into a multi-cultural
meeting of the tribes

Last night I had a dream
That in my hands I held Crayons
the colors of people
And I was tearing off the Labels



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520 N. Bullard St.

Silver City, NM 88061

www.silvercityfoodcoop.com

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9 am - 7 pm
Sunday
11 am - 5 pm