

a monthly newsletter of the Silver City Food Co-op

Why Genetically Engineered Food is Dangerous

New Report by Genetic Engineers

Earth Open Source press release 17 June 2012

Are'n't critics of genetically engineered food anti-science? Isn't the debate over GMOs (genetically modified organisms) a spat between emotional but ignorant activists on one hand and rational GM-supporting scientists on the other?

A new report, "GMO Myths and Truths", challenges these claims. The report presents a large body of peer-reviewed scientific and other authoritative evidence of the hazards to health and the environment posed by genetically engineered crops and organisms (GMOs). Unusually, the initiative for the report came not from campaigners but from two genetic engineers who believe there are good scientific reasons to be wary of GM foods and crops.

One of the report's authors, Dr Michael Antoniou of King's College London School of Medicine in the UK, uses genetic engineering for medical applications but warns against its use in developing crops for human food and animal feed.

Dr Antoniou said: "GM crops are promoted on the basis of ambitious claims – that they are safe to eat, environmentally beneficial, increase yields, reduce reliance on pesticides, and can help solve world hunger. I felt what was needed was a collation of the evidence that addresses the technology from a scientific point of view. Research studies show that genetically modified crops have harmful effects on laboratory animals in feeding trials and on the environment during cultivation. They have increased the use of pesticides and have failed to increase yields. Our report concludes that there are safer and more effective alternatives to meeting the world's food needs."

Another author of the report, Dr John Fagan, is a former genetic engineer who in 1994 returned to the National Institutes of Health \$614,000 in grant money due to concerns about the safety and ethics of the technology. He subsequently founded a GMO testing company.

Dr Fagan said: "Crop genetic engineering as practiced today is a crude, imprecise, and outmoded technology. It can create unexpected toxins or allergens in foods and affect their nutritional value. Recent advances point to better ways of using our knowledge of genomics to improve food crops, that do not involve GM. Over 75% of all GM crops are engineered to tolerate being sprayed with herbicide. This has led to the spread of herbicide-resistant superweeds and has resulted in massively increased exposure of farmers and communities to these toxic chemicals. Epidemiological studies suggest a link between herbicide use and birth defects and cancer. These findings fundamentally challenge the utility and safety of GM crops, but the biotech industry uses its influence to block research by independent scientists and uses its powerful PR machine to discredit independent scientists whose findings challenge this approach."

The third author of the report, Claire Robinson, research

director of *Earth Open Source*, said, "The GM industry is trying to change our food supply in far-reaching and potentially dangerous ways. We all need to inform ourselves about what is going on and ensure that we – not biotechnology companies – keep control of our food system and crop seeds. We hope our report will contribute to a broader understanding of GM crops and the sustainable alternatives that are already working successfully for farmers and communities."

KEY POINTS FROM THE REPORT

1. Genetic engineering as used in crop development is not precise or predictable and has not been shown to be safe. The technique can result in the unexpected production of toxins or allergens in food that are unlikely to be spotted in current regulatory checks.
2. GM crops, including some that are already in our food and animal feed supply, have shown clear signs of toxicity in animal feeding trials – notably disturbances in liver and kidney function and immune responses.
3. GM proponents have dismissed these statistically significant findings as "not biologically relevant/significant", based on scientifically indefensible arguments.
4. Certain EU-commissioned animal feeding trials with GM foods and crops are often claimed by GM proponents to show they are safe. In fact, examination of these studies shows significant differences between the GM-fed and control animals that give cause for concern.
5. GM foods have not been properly tested in humans, but the few studies that have been carried out in humans give cause for concern.
6. The US FDA does not require mandatory safety testing of GM crops, and does not even assess the safety of GM crops but only "deregulates" them, based on assurances from biotech companies that they are "substantially equivalent" to their non-GM counterparts. This is like claiming that a cow with BSE is substantially equivalent to a cow that does not have BSE and is thus safe to eat! Claims of substantial equivalence cannot be justified on scientific grounds.
7. The regulatory regime for GM foods is weakest in the US, where GM foods do not even have to be assessed for safety or labelled in the marketplace, but in most regions of the world regulations are inadequate to protect people's health from the potential adverse effects of GM foods.
8. In the EU, where the regulatory system is often claimed to be strict, minimal pre-market testing is required for a GMO and the tests are commissioned by the same companies that stand to profit from the GMO if it is approved – a clear conflict of interest.
9. No long-term toxicological testing of GMOs on animals or testing on humans is required by any regulatory agency in the world.
10. Biotech companies have used patent claims and intellectual property protection laws to restrict access of inde-

pendent researchers to GM crops for research purposes. As a result, limited research has been conducted on GM foods and crops by scientists who are independent of the GM industry. Scientists whose work has raised concerns about the safety of GMOs have been attacked and discredited in orchestrated campaigns by GM crop promoters.

11. Most GM crops (over 75%) are engineered to tolerate applications of herbicides. Where such GM crops have been adopted, they have led to massive increases in herbicide use.

12. Roundup, the herbicide that over 50% of all GM crops are engineered to tolerate, is not safe or benign as has been claimed but has been found to cause malformations (birth defects), reproductive problems, DNA damage, and cancer in test animals. Human epidemiological studies have found an association between Roundup exposure and miscarriage, birth defects, neurological development problems, DNA damage, and certain types of cancer.

13. A public health crisis has erupted in GM soy-producing regions of South America, where people exposed to spraying with Roundup and other agrochemicals sprayed on the crop report escalating rates of birth defects and cancer.

14. A large number of studies indicate that Roundup is associated with increased crop diseases, especially infection with *Fusarium*, a fungus that causes wilt disease in soy and can have toxic effects on humans and livestock.

15. Bt insecticidal GM crops do not sustainably reduce pesticide use but change the way in which pesticides are used: from sprayed on, to built in.

16. Bt technology is proving unsustainable as pests evolve resistance to the toxin and secondary pest infestations are becoming common.

17. GM proponents claim that the Bt toxin engineered into GM plants is safe because the natural form of Bt, long used as a spray by conventional and organic farmers, has a history of safe use. But the GM forms of Bt toxins are different from the natural forms and could have different toxic and allergenic effects.

18. GM Bt toxin is not limited in its toxicity to insect pests. GM Bt crops have been found to have toxic effects on laboratory animals in feeding trials.

19. GM Bt crops have been found to have toxic effects on non-target organisms in the environment.

20. Bt toxin is not fully broken down in digestion and has been found circulating in the blood of pregnant women in Canada and in the blood supply to their fetuses.

21. The no-till method of farming promoted with GM herbicide-tolerant crops, which avoids ploughing and uses herbicides to control weeds, is not more climate-friendly than ploughing. No-till fields do not store more carbon in the soil than ploughed fields when deeper levels of soil are measured.

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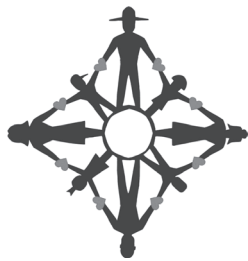
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Community Outreach Report

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

Store Hours

Mon-Sat 9am-7pm

Ends Statement

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

Cooperative Principles

1. Voluntary and open membership.
2. Democratic member control.
3. Member economic participation.
4. Autonomy and independence.
5. Education, training and information.
6. Cooperation among co-ops.
7. Concern for community.

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Annual Co-op Membership Dues

\$10.00 (plus tax)

Kids under 18 and living at home FREE

The Garbanzo Gazette

Garbanzo Gang: Margarita Courney, Vicki Gadberry, Judith Kenney, Carolyn Smith, Carol Young & Meggie Dexter.

Submissions are Welcomed!

Submit letters, articles, or items of interest to:

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Greetings from the General Manager

August is now upon us (or nearly so depending on when you read this) and that means that we are heading into the end of summer. There are so many great things going on this time of year that it becomes rather magical. One of my favorites is chile roasting. The Co-op will once again be roasting chiles from Hatch several times a week throughout the season. Remember that if you want large quantities, get your special orders in early. We will have signs up letting you know which days we will be roasting.

It is also a time that we start seeing more of the local fruit be-

come available. I love the diversity in local food that we start seeing this time of year. Just in my own yard I will be harvesting pears, potatoes, peppers, and tomatoes this month. And I really didn't even plant a garden as usual. And if I'm lucky, I may even have a few pears or plums left as well.

August also means the annual Co-op picnic. It's always a great time getting together with everyone and enjoying great food in a great environment. This picnic will be extra special for me as it will be my last one here in Silver City. I hope to you see all out there. Cheers. ☐

-Doug Zilm

Did you know?...

Spices with Super Healing Power

CHILI PEPPERS

People have been cooking with chili peppers for a long time -- almost 10,000 years, according to archaeologists. Since then, they've been used for everything from spicing up food to deterring would-be attackers. Japanese karate athletes eat chili to strengthen their willpower, and African farmers use it to keep elephants away from their crops.

Luckily, you don't need elephant-size quantities to get the health benefits of these potent peppers. Studies have shown that capsaicin, the active ingredient in peppers, works as a great topical pain reliever for headaches, arthritis, and other chronic pain problems. Capsaicin inhibits the release of P-protein, which in turn interrupts the transmission of constant pain signals to the brain.

BASIL

Basil, while often associated with Italian food, actually comes from India, where it's traditionally used to treat asthma, stress, and diabetes. Like thyme, basil has strong antimicrobial and antiviral properties, even against nasty bugs like Listeria and E. coli. Basil is a natural COX inhibitor, which means it's especially great for anyone with arthritis or other inflammatory health problems. Basil is also a great source of beta-carotene, which turns into vitamin A, as well as magnesium, iron, and calcium.

SAFFRON



Saffron is the most expensive spice in the world. Grown mostly in the Middle East, saffron threads are actually the stigmas of a particular kind of crocus, each of which needs to be carefully gathered by hand. Still, its high price might be worth it for some of its health benefits. According to a 2007 animal study, saffron had antidepressant properties similar to Prozac. And a small human study in 2006 showed antidepressant effects higher than a placebo.

Another study showed that saffron increased blood flow to the brain, which might help increase cognitive performance, and a 2009 study in Italy showed that saffron had beneficial effects on the genes regulating vision cells, potentially slowing or reversing degenerative eye diseases.

ROSEMARY

Rosemary has been associated with memory since ancient Greece, when students would wear it in their hair when studying for big exams. Modern science agrees: Carnosic acid, a component of rosemary, is thought to protect the brain from free-radical damage and therefore to lower the risks of stroke and Alzheimer's.

Rosemary is also full of antioxidants; a recent study from the American Association of Cancer Research linked carnosol, another component of rosemary, with inhibiting cancer growth. Like any herb, feel free to use rosemary in moderation. But check with your doctor before rushing out to buy rosemary supplements. In large quantities, it's been linked to seizures and inefficient iron absorption. And avoid serving a rosemary-heavy dish to a pregnant woman, since it's traditionally been used to induce abortion.

GINGER

Ginger has been used in both ancient and modern medicine for its stomach-settling properties. In a series of human and animal studies, ginger has been shown to help quiet nausea, speed food through the digestive tract, and protect against gastric ulcers.

Small studies have also shown that ginger can help with pain, including menstrual cramps, muscle pain, and migraines. Ginger is also a powerful COX inhibitor, Reardon says, so it's a great choice for anyone with osteoarthritis or other chronic inflammatory conditions. It's best to check with your doctor before ingesting large quantities of ginger, though, since it can cause heartburn and gas, worsening of gallstone issues -- and it may interact with some medications, including warfarin.

THYME

It's hard to imagine continental cuisine without the aromatic addition of thyme. But its antimicrobial properties are what get researchers excited. If you've used Listerine or a similar mouthwash -- or even some green household cleaners -- chances are it contained thymol, a volatile oil component of thyme. A 2004 study showed that thyme oil was able to decontaminate lettuce with Shigella, a particularly nasty type of food poisoning, and other studies suggest it's also effective against staph and E. coli. Thyme is a good digestion aid, helping to reduce gas and other discomfort, and it's good for the scalp and hair.

TURMERIC

Turmeric has been used in Indian Ayurvedic medicine for millennia, and Western science is starting to catch on. Its active ingredient, curcumin, is a strong antioxidant that's been shown in test tube and animal studies to fend off cancer growth, amyloid plaque development, and more. Turmeric might also boost heart health -- a 2012 study showed that adding turmeric and other high-antioxidant spices to high-fat meals could help regulate triglyceride and insulin levels and protect the cardiovascular system. Turmeric is also a powerful COX-2 inhibitor -- like a nonsteroidal anti-inflammatory but without the nasty side effects. A human study in 2009 found a daily dose of curcumin just as effective as ibuprofen for osteoarthritis in the knee. Turmeric may also help regulate the immune system -- a series of studies in 2010 and 2011 showed that curcumin might have positive effects on people with autoimmune disorders, such as multiple sclerosis.

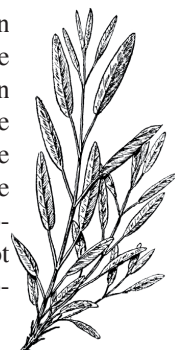
Like all herbs and spices, however, too much turmeric might not be a good thing -- it can inhibit blood clotting in large doses and may exacerbate gallbladder issues, so check with your doctor before using more than a typical culinary amount.

SAGE

If you associate "sage" with wisdom, you're not far off -- the spice has been shown to help with memory and mood. A study in 2005 gave essential sage oil to healthy young volunteers and found that participants tended to remember things better and feel both more alert and calmer after taking sage. Sage might also help those with Alzheimer's or other dementias. Like prescribed Alzheimer's drugs, sage inhibits an enzyme called acetylcholinesterase, which in turn may improve cognitive function. In an open-label study, six weeks of treatment with sage resulted in improved attention and decreased neuropsychiatric symptoms in participants with Alzheimer's. A separate study in 2006 found that rosmarinic acid, an active ingredient in sage, protected mouse cells from the amyloid peptides that are thought to contribute to Alzheimer's. Sage is also great for digestion, and it has estrogen-like effects, which might help curb hot flashes and other symptoms in women going through menopause.

CINNAMON

Cinnamon is a nutritional powerhouse, with antioxidant properties that keep cells safe from oxidative stress and dangerous free radicals. Antioxidants help fight such diseases as cancer, Alzheimer's, diabetes, and Parkinson's. What's more, cinnamon is a powerful weapon against cardiovascular problems. Cinnamon helps the hormone insulin work better, which reduces blood sugar levels. That's great news for the one in ten North Americans with type 2 diabetes and the millions more with prediabetes. Keeping blood sugar low can help treat diabetes or even stop it before it starts. Cinnamon may also help prevent Alzheimer's. A study in 2011 found that an extract from cinnamon bark inhibited the formation of amyloid plaques in mice with Alzheimer's. It even helped restore cognitive levels and correct movement problems in the animals. ☐



Who's the Boss? There Isn't One

By Rachel Emma Silverman

Like many tech companies, Valve Corp., a video game maker in Bellevue, Wash., boasts high-end espresso, free massages and laundry service at its offices.

One thing it doesn't have: bosses

Valve, whose website says the company has been "boss free" since its founding in 1996, also has no managers or assigned projects. Instead, its 300 employees recruit colleagues to work on projects they think are worthwhile. The company prizes mobility so much that workers' desks are mounted on wheels, allowing them to scoot around to form work areas as they choose.

Welcome to the bossless company, where the hierarchy is flat, pay is often determined by peers, and the workday is directed by employees themselves.

So, how does anyone get things done?

"It absolutely is less-efficient upfront," says Terri Kelly, chief executive of W.L. Gore, the Newark, Del., maker of Gore-Tex and other materials. Her title is one of the few at the company.

"[But] once you have the organization behind it... the buy-in and the execution happen quickly," she adds.

Companies have been flattening out their management hierarchies in recent years, eliminating layers of middle management that can create bottlenecks and slow productivity. The handful that have taken the idea a step further, dispensing with most bosses entirely, say that the setup helps motivate employees and makes them more flexible, even if it means that some tasks, such as decision-making and hiring, can take a while.

At Valve, there are no promotions, only new projects. To help decide pay, employees rank their peers—but not themselves—voting on who they think creates the most value. The company declined to provide information about how much salaries vary.

Any employee can participate in hiring decisions, which are usually made by teams. Firings, while relatively rare, work the same way: teams decide together if someone isn't working out.

As for projects, someone typically emerges as the de facto manager, says Greg Coomer, a 16-year veteran of Valve who works on product design. When no one takes the lead, he adds, it's usually a sign that the project isn't worth doing.

When colleagues disagree on whether to keep or scrap products, the marketplace decides, Mr. Coomer says. "When we honestly can't come to an agreement—that's really very rare—we ship and find out who was right. Over time we've become comfortable with the idea that we might be making a mistake when we do that; our customers know that if we screw up, we'll fix it," he says.

Hiring highly motivated workers is vital to making a boss-free system work. And it isn't for everyone. Most employees take anywhere from six months to a year to adapt, though some leave for more traditional settings, Mr. Coomer says.

The system has its downsides. Without traditional managers, it can be harder to catch poor performers. Even the employee handbook, a packet that explains Valve's philosophy and processes, notes that bad hiring decisions "can sometimes go unchecked for too long."

Recent research on the value of flat organizations has been mixed. One study, by researchers at the University of Iowa and Texas A&M University, found that teams of factory workers who supervised themselves tended to outperform workers in more traditional hierarchies, so long as team members got along well. "The teams take over most of the management function themselves," says co-author Stephen Courtright. "They work with each other, they encourage and support each other, and they coordinate with outside teams. They collectively perform the role of a good manager."

Other studies, however, have found that hierarchies can sometimes boost group effectiveness, and that having a clearly defined role can help people work more efficiently.

For years General Electric Co. GE +0.20% has run some aviation-manufacturing facilities with no foremen or shop-floor bosses. The industrial giant says it uses the system to boost productivity in low-volume factories with a relatively small number of employees, each of whom can do several tasks.

One leader, the plant manager, sets production goals and helps resolve problems but doesn't dictate daily workflow. Teams, whose members volunteer to take on various duties, meet before and after each shift to discuss the work to be done and address problems to be solved.

The first of these self-managed teams began nearly two decades ago in a Durham, N.C., plant, but in the past five years they have spread to other GE facilities. The team structure is being expanded to all of GE Aviation's 83 supply-chain sites, which employ 26,000.

Moving up can be hard when there is no corporate ladder. But many employees feel it is easier to grow in their careers without layers of management, says Chris Wanstrath, the CEO of San Francisco collaboration-software company GitHub, who insists his title is nominal. The company, whose products let teams work together to develop software, often without the aid of management, has 89 employees.

At GitHub, a small cadre of top brass handles companywide issues and external communications but

doesn't give orders to workers. Teams of employees decide which projects are priorities, and anyone is free to join a project in whatever capacity they choose. "You have the power to be where you are most useful," Mr. Wanstrath says.

Tim Clem, 30, was hired at GitHub last year for a back-end coding job. A few months into the job, he persuaded other colleagues that the company needed to develop a product for users of Microsoft Windows. He spearheaded the project, hiring a team of staffers to help him create the recently released application.

The bossless structure can be chaotic at times, he says, but "you feel like there is total trust and an element of freedom and ownership. It makes you want to do more," says Mr. Clem, who had previously worked at a large tech firm and smaller start-ups.

Since it was founded in 1958, W.L. Gore has operated under what it calls a "lattice" management structure, which relies on teams in place of bosses and traditional chains of command, and which was discussed by Malcolm Gladwell in his 2000 book "The Tipping Point."

Gore's 10,000 employees, who work mainly in engineering and manufacturing, take on leadership roles based on their ability to "gain the respect of peers and to attract followers," says Ms. Kelly, the CEO. Those who choose not to take the lead also are valued, she adds, noting that the company prides itself on staff "followership."

That doesn't mean that its workers are sheep. Frank Shipper, a management professor at Salisbury University, in Salisbury, Md., has been studying Gore for more than two decades and says its flat management structure has helped the company stay innovative, because ideas can come from anyone in the organization, regardless of tenure or position.

Gore's employees, who are called "associates," each have a sponsor to guide their career and orient them to company culture. Jim Grigsby, an electrical engineer who joined Gore 13 years ago after working for more traditional companies, including defense contractors, says his sponsor urged him to spend a few days simply meeting people, even giving him a list of names.

Mr. Grigsby found it jarring at first—"Am I really getting paid just to meet people?" he says he wondered. But, in a few months, he says, "it becomes apparent that you need these people to get project work done." □

—Kate Linebaugh contributed to this article. Reprinted with permission. This article appeared in the June 20, 2012 issue of *The Wall Street Journal*.



COLLECTIVE DECISION-MAKING

In our proposal to the Board, staff adopted a method of decision-making that alleviates the many hours normally required to make a single decision using the regular consensus process. The beauty of modified consensus is that everyone has an opportunity to speak and share their concerns; however, when the time comes for a decision, those opposing stand aside to allow for the best interest of the organization to be achieved.

MODIFIED CONSENSUS PROCESS

Modified consensus is a process for deciding what is the best end result for the Co-op. The final decision is not always the first preference of each individual in the group, but it is a decision to which they all consent because it is best for the Co-op. Modified consensus is a process for people who want to work together honestly in good faith and to find good solutions for the whole. It is a process that allows everyone in a group to participate and work together non-violently to make decisions – the ultimate realization of a true democracy.

This process gives everyone the power to make decisions and take complete responsibility for those decisions. A modified consensus process relies heavily on problem-solving, questioning, empathy, self-sacrifice and non-violent direct action. In a good process, conflict is not ignored or covered up, but encouraged. Issues and proposed solutions are thoroughly thrashed out until a good solution is found. Like any good non-violent action, the ideas are severely challenged, but the people involved are listened to, loved, and supported. □



Lemon-Ricotta Bars

Crust:

- 1 3/4 cups all purpose flour
- 2/3 cup confectioners' sugar
- 1/4 cup cornstarch
- 1 TB lemon zest
- 3/4 tsp salt
- 12 TB unsalted butter, cut into pieces

Filling:

- 8 oz whole milk Ricotta, drained
- 4 eggs, beaten
- 1 1/3 cups granulated sugar
- 3 TB all purpose flour
- 2 TB lemon zest
- 2/3 cup lemon juice
- 1/4 tsp salt

Preheat oven to 350°, lightly butter 13x9 inch baking pan, line with parchment paper and butter paper, lay second sheet crosswise over it

Sift flour, sugar, cornstarch, zest and salt; add butter and using pastry blender or 2 knives, blend until mixture resembles coarse meal

Sprinkle mixture into lined pan and press firmly into an even layer over entire bottom, about 1/2 inch thick; refrigerate 30 minutes, then bake 20 minutes until golden brown. Whisk Ricotta, eggs, sugar and flour in medium bowl, stir in zest, juice and salt to blend well.

Reduce oven temp to 325°; stir filling before pouring onto warm crust and bake 30 minutes until filling feels firm when touched lightly.

Cool 2 hours; transfer to cutting board, peel paper back and cut into bars; dust with confectioner's sugar.

Banana Pudding

- 2 TB plus 2 tsp cornstarch
- 1/2 cup sugar
- Pinch salt
- 2 large eggs
- 2 cups milk
- 1 vanilla pod
- 1 tsp vanilla extract
- 2 cups heavy cream
- 50 vanilla or lemon wafers
- 6 large, ripe bananas
- 1/2 tsp fresh grated nutmeg

Stir together cornstarch, 2 TB sugar and salt, whisk the eggs in another bowl until smooth and pale, gradually whisk in the cornstarch mixture.

Put milk in a medium saucepan; put remaining sugar in a bowl, split vanilla pod and scrape out seeds, rub the seeds into sugar with fingers. Add sugar and vanilla pod to milk and bring just to a simmer over medium-high heat, stir until sugar dissolves.

Slowly pour hot milk into the eggs, whisking constantly. Return to saucepan over medium-high heat. Bring to a boil, whisking continuously until thickened, about 2 minutes. Remove the pan from heat and whisk in the vanilla extract. Set saucepan in an ice bath, whisking occasionally until cold.

Whip cream to soft peaks and whisk 1/2 cup of the whipped cream into the chilled pudding. Gently fold in another 1/2 cup of cream.

Roughly chop 2 of the bananas, mash them lightly with a fork and fold mashed bananas into pudding. Gently fold in a little more whipped cream. Cover and chill both the pudding and the remaining whipped cream. Crumble wafers and set aside some of the finer crumbs for garnish, stir nutmeg into larger chunks of wafers. Slice remaining bananas thinly. Make layers either in parfait glasses or in a large glass bowl as follows: wafer crumbles, some pudding, a layer of bananas and a dollops of whipped cream. Repeat and top with a sprinkling of fine wafer crumbs and grated nutmeg. Cover and chill at least 2 hours.

Strawberry Shortcakes

- 2 cups all purpose flour
- 1/4 cup plus 1 TB sugar
- 1 TB plus 1/2 tsp baking powder
- 6 TB unsalted butter, chilled, cut in cubes
- 2 hard boiled egg yolks, pushed through a mesh sieve
- 3/4 cups heavy cream, chilled
- 2 TB unsalted butter, melted
- 3 pints fresh strawberries, cut up
- 2 TB sugar
- 1 cup heavy cream
- 1 TB sugar

Sift together flour, 1/4 cup sugar and baking powder, add 6 TB chilled butter pieces and using fingertips work butter into flour until the consistency of crumbs; add sieved hard-boiled egg yolks and the cream; gently mix until dough just comes together

Turn dough onto lightly floured board and knead to make a smooth dough (about 2-3 turns); pat down and make a 1-inch-thick round. Using a floured 2-3 inch round cookie cutter cut out 6 shortcakes; brush tops with melted butter and sprinkle with the reserved sugar; place on a plate lined with waxed paper and refrigerate for an hour.

Preheat oven to 350°; transfer chilled shortcakes to parchment-lined baking sheet and bake 12-15 minutes until golden and firm to the touch; remove and let cool slightly.

Place strawberries in a bowl and add sugar; gently stir and let sit 1-2 minutes. Whip cream and sugar in medium bowl until cream just begins to thicken.

Cut shortcakes in half using a fork; place bottom half on a plate and spoon macerated fruit and juices over; top with dollop of lightly whipped cream and top with other half of shortcake.

I Want to be . . . Grounded

by Thich Nhat Hanh



The practice of mindful walking is a profound and pleasurable way to deepen our connection with our body and the earth. We breathe, take a mindful step, and come back to our true home. Many of us walk for the sole purpose of getting from one place to another. Now suppose we are walking to a sacred place. We would walk quietly and take each gentle step with reverence.

I propose that we walk this way every time we walk on the earth. The earth is sacred and we touch her with each step. We should be very respectful, because we are walking on our mother. If we walk like that, then every step will be grounding, every step will be nourishing.

We can train ourselves to walk with reverence. Wherever we walk, whether it's the railway station or the supermarket, we are walking on the earth and so we are in a holy sanctuary. If we remember to walk like that, we can be nourished and find solidity with each step. To walk in this way, we have to notice each step. Each step made in mindfulness can bring us back to the here and the now. Go slowly. Mindfulness lights our way. We don't rush. With each breath we may take just one step. We may have run all our life, but now we don't have to run anymore. This is the time to stop running. To be grounded in the earth is to feel its solidity with each step and know that we are right where we are supposed to be.

Each mindful breath, each mindful step, reminds us that we are alive on this beautiful planet. We don't need anything else. It is wonderful enough just to be alive, to breathe in, and to make one step. We have arrived

at where real life is available—the present moment. If we breathe and walk in this way, we become as solid as a mountain. There are those of us who have a comfortable house, but we don't feel that we are home. We don't want for anything, and yet we don't feel home. All of us are looking for our solid ground, our true home. The earth is our true home and it is always there, beneath us and around us. Breathe, take a mindful step, and arrive. We are already at home.

UNITING BODY AND MIND

We can't be grounded in our body if our mind is somewhere else. We each have a body that has been given us by the earth. This body is a wonder. In our daily lives, we may spend many hours forgetting the body. We get lost in our computer or in our worries, fear, or busyness. Walking meditation makes us whole again. Only when we are connected with our body are we truly alive. Healing is not possible without that connection. So walk and breathe in such a way that you can connect with your body deeply.

Walking meditation unites our body and our mind. We combine our breathing with our steps. When we breathe in, we may take two or three steps. When we breathe out, we may take three, four, or five steps. We pay attention to what is comfortable for our body. Our breathing has the function of helping our body and mind to calm down. As we walk, we can say, Breathing in, I calm my body. Breathing out, I bring peace into my body. Calming the breath calms the body and reduces any pain and tension.

When we walk like this, with our breath, we bring our body and our mind back together. Our body and our mind are two aspects of the same reality. If we remove our mind from our body, our body is dead. If we take our body out of our mind, our mind is dead. Don't think that one can be if the other is not.

Walking meditation is first and foremost a practice to bring body and mind together peacefully. No matter what we do, the place to start is to calm down, because when our mind and our body have calmed down, we see more clearly. When we see our anger or sadness clearly, it dissipates. We begin to feel more compassion for ourselves and others. We can only feel this when body and mind are united.

Walking meditation should not be work. It is very pleasant, especially in the early morning when the air is still very fresh. When we walk mindfully, we see the beauty and the wonder of the earth around us, and we wake up. We see that we are living a very wonderful moment. If our mind is caught and preoccupied with our worries and suffering, we miss these things. We can value each step we take, and each step brings us happiness. When we look again at the earth and the sky, we see that the earth is a wonderful reality. □

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August Sales

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

August 1-August 21

coop deals

					
Bread Shop Bulk Honey Gone Nuts Granola reg \$3.79# SALE \$2.79#	Evol Burritos reg \$2.99 SALE \$2.29	Kevita Probiotic Coconut Drinks reg \$3.39 SALE \$2.29	Barbara's Cereal Shredded Oats reg \$5.19 SALE \$2.99	Avalon Shampoo/ Conditioner reg \$9.19 SALE \$6.99	Nordic Naturals 60 ct Children's DHA Strawberry reg \$14.99 SALE \$11.99

August 22-September 4

coop deals

					
Bulk Black Beans reg \$1.39# SALE \$1.29#	Cascadian Farms Frozen Vegetables reg \$2.89 SALE \$2.00	Organic Valley Sliced Provolone reg \$4.59 SALE \$3.99	Crofter's Just Fruit Spreads reg \$4.39 SALE \$2.79	Kiss My Face 16oz Peaceful Patchouli Bath Gel reg \$9.49 SALE \$5.99	New Chapter 30 caps Rhodiolaforce 100 reg \$17.99 SALE \$11.99

Member Only Specials

August 1-September 4



Lundberg
Bulk
Arborio Rice
reg \$3.79#
SALE \$3.49#



Food For Life
Brown Rice Bread
reg \$5.89
SALE \$5.29



Nancy's Kefir 32oz
assorted
reg \$4.19
SALE \$3.79



Earth Balance
Peanut Butter
reg \$5.79
SALE \$5.29



Natural Dentist
Mouthwash
reg \$8.69
SALE \$7.89



Boiron 2.6 oz
Arnica Gel,
Twin Pack
reg \$19.49
SALE \$17.59

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)



NAME: _____ AGE: _____

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

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 CAP 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. Membership Matters items sold in cases on the shelves will now receive a 10% discount (instead of 20% discount).

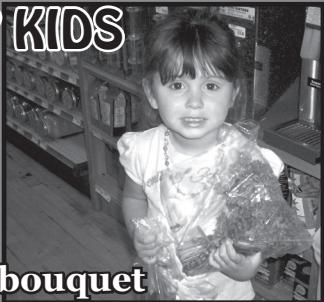
PRODUCE SPECIAL ORDER POLICY

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.

CO-OP COMMUNITY ROOM POLICY

Individuals, groups & organizations are welcome to use the community room, as long as one organizer is a co-op member. Seating capacity is 24. Room is not intended for commercial use or events where a fee is charged. Contact Margarita: margarita@silvercity-foodcoop.com or call the Co-op at (575) 388-2343. Please allow 7 days to receive confirmation of your request. Thank you!

CO-OP KIDS



parsley bouquet

Silver City Farmers' Market *by Lynno Aldin*

We went to the Silver City Farmers' Market on the third Saturday in June and saw so much good food! We saw baked goods, greenhouse tomatoes, burritos, honey, mushrooms, peaches, apricots, salves, meats, eggs, plants, jellies, wraps, and of course, *lots of vegetables!*

We met so many interesting people:



David from *La Esperanza Vineyard and Winery*, selling jellies at FM for 10+ years. "The Farmers' Market is the best part of my week!"



Lizard Dreaming Remedies selling salves and local remedies at FM for 10+ years. "Locally produced products are special."



John Justice Farm with their vegetables selling at the FM for two to three years. "We like all the dogs the best!"



Peter, Doug and James from *Townside Farm* selling vegetables. "Selling is easy, growing is hard." "Townside Farm is well worth weeding for."

Blythe Whiteley selling flowers at the FM for four years. "I love the people and the sense of community at the Farmers' Market."

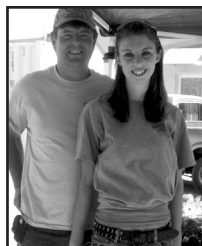


Nancy Jean's Farm selling sour dough crust pizzas, wraps, burritos, and cookies. "We love selling here!"



Francis Miller and her home-grown mushrooms.

Country Girls Nursery selling plants and homemade potting soil.



Tricia from *Lone Mountain Natives* specializes in native cacti, trees, shrubs, and wildflowers. She's been selling at the FM for 8+years.



Jan from *Diane's Restaurant* with breakfast burritos.



Martha from the *Guadalupe Montessori School* selling vegetables, herbs, plants, and tee-shirts. Martha's daughter Sylvia says, "I love bringing all the vegetables here and watching them go away".



For this week's local music: Jean Eisenhower and Greg Renfro.

The best thing? Everyone we talked to said that they loved all the nice people and the sense of community at the Farmers' Market. So if you also enjoy those things, nice people and sense of community, visit your local Farmers' Market soon and often! □

LOCAL FARMERS' MARKETS

Silver City Farmers' Market
Saturdays 8:30am-12pm.

Market Calendar:

Salsa Contest August 18
Farm-to-Chef Challenge September 15
Vendor Appreciation Day September 29
Pie Contest October 13

For more information: call Linda@575 654-4104

Did You Know?

The Silver City Farmers' Market accepts: Food Stamps, WIC Farmers' Market Vouchers, and Senior Nutrition Program Farmers' Market vouchers.

Gila Farmers' Market
downtown

Tuesdays 3pm-6pm
and Saturdays 1pm-4pm

Mimbres Farmers' Market

at Highway 35 and San Francisco Street
Thursdays 3:30pm-5:30pm

VOLUNTEER DISCOUNT POLICY

Members who volunteer for 3 hours of work receive a 15% discount on all purchases for one week. Discounts must be used within 12 months.

If you are interested in volunteer opportunities at the Co-op, email or call Carolyn: carolyn@silvercityfoodcoop.com (575) 388-2343.

Board Meeting Schedule

The SCFC Board of Directors meets the second Wednesday of each month in the Co-op Community Room, 4:30-7:30 pm, the agenda for the meeting is posted in the store at least one week prior to the meeting.

Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among those member 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.

Silver City Food Co-op Board of Directors

Susan Van Auken, President
Board Term: 2010-2013
susanvanauken@gilanet.com

Lynno Aldin, Vice President
Board Term: 2012-2015
lynno@peacemealcoop.com

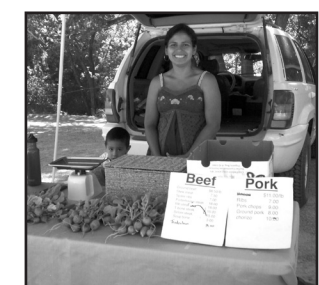
Gail Rein, Secretary
Board Term: 2011-2014
rein.gail@gmail.com

Jerry Boswell, Treasurer
Board Term: 2012-2015
gboswell5275@msn.com

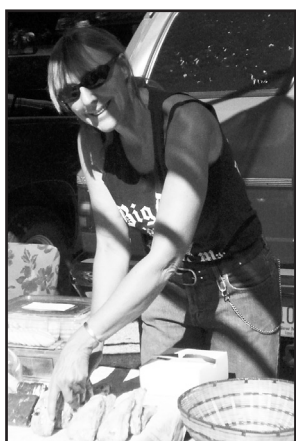
Meadow Clark
Board Term: 2012-2015
meadow@conflictmediation.net

Carmon Steven
Board Term: 2012-2013
yankiecarmon@yahoo.com

Lita Furby
Board Term: 2011-2014
luddite555furby@montana.com



Nevadith from *Easy Does It! Farm* sells her amazing burritos and hormone-free, chemical-free, antibiotic free-beef, pork, and lamb, selling at the FM for one year. "The FM is really fun!"



Badass Barb's got baked goods and plants. "Nice people, good food, it doesn't get better than this!"



Outreach Report *by Carolyn Smith*

In June, I joined a webinar entitled “Managing the Non-GMO Message” led by Megan Westgate executive director of the Non-GMO Project and the former outreach coordinator at the Food Conspiracy Co-op in Tucson.

The objective of this webinar was to start organizing all activists involved in the Non-GMO movement “to communicate about GMOs with clarity, consistency and effectiveness” and it focused on three aspects of effective communication: Tone, Terminology, and Talking Points. I think the main tenets of this webinar could be applied to any organization or movement for change.

Why manage the non-GMO message? There were three reasons cited: “the rapid expansion of the conversation, the grass roots nature of the movement with so many voices, and the complexity of the subject matter.”

TONE: At the Co-op Community Forum: “Effective Meeting Workshop” with SunnyYates (3/09), I learned that 35% of communication is achieved by tone of voice. Research also shows that the tone of a conversation is very important for conveying a message. Set the tone by starting with the basics, appealing to common sense, and keeping the message positive.

THE BASICS: Most people don’t know what GMOs (Genetically Modified Organisms) are; include an explanation of genetic engineering in all communications including press releases and on relevant website pages. Appeal to Common Sense: Focus on the big picture and emphasize the importance of labeling; people have the right to know whether food contains GMOs, so they can make informed choices about what they want to feed their families and themselves. Who can argue with this?

STAY POSITIVE: It’s tempting to talk about GMOs by

focusing on the science and the facts and figures that are scary or shocking, but “people don’t want to hear more bad news”, and the biotech industry has their own facts, figures and science to counter these arguments. Most people want to hear solutions to problems such as the Just-LabelIt campaign, the Non-GMO certification program or the National Organic Program that prohibits GMOs in Certified Organic food.

TERMINOLOGY: What is a GMO? “GMOs are plants or animals created through the process of genetic engineering. This experimental technology forces DNA from one species into a different species. The resulting GMOS are unstable combinations of plant, animal, bacterial and viral genes that cannot occur in nature or traditional breeding.”

The results from 76,000 online sources showed that the acronym “GMO” is overwhelmingly used in conversations on this topic; while in traditional media the term of choice is “genetically engineered.” For consistency and to avoid confusion, activists should use these two terms exclusively. Drop the use of genetically modified; traditional breeding can and has been described with this terminology and drop the acronym “GE” which is confused with the General Electric Company.

TALKING POINTS: Keeping in mind Clarity, Consistency, and Effectiveness there are 3 main talking points:

1. The Right to Know what’s in the food we’re eating and feeding to our families. We deserve an informed choice.
2. Genetically engineered foods are experimental; they have not been adequately tested. It is unethical to put experimental technology into the food we feed our families. We do not know the long term effects on the human body and the environment.

3. Labels on GMOs are required around the world: nearly 50 countries require labeling of GMOs, including all of Europe, Japan, China and Russia, as well as almost all of the developed countries. Many of these have severe restrictions or bans against GMO food production or sale. We deserve the same level of protection and information as citizens in other nations around the world.

The following organizations were named as sources for the most current information about GMOs:

- **JustLabelIt Campaign** which is working, on a national level, for mandatory labeling of all products that contain GMOs. They organized a petition to the FDA that has garnered over 1,000,000 signatures nationwide, at least 500 from the SCFC community!
- **California Right to Know-2012 Ballot Initiative**, organized to mandate labeling of GMOs in California. With almost 1,000,000 signatures from California residents in support, this initiative will be on the ballot in November.
- **Non-GMO Project** which focuses on voluntary labeling through its Non-GMO Certification program. They take the “Why wait for government to take action?” approach. Their website: www.nongmoproject.org has a list of all agricultural crops and animals that have the potential for containing GMOs and an article entitled “GM Crops-Just the Science” that answers all bogus scientific claims. They have over 70,000 Facebook fans, looking for the current news on GMOs or wanting to contribute their own comments, questions or posts.

The best ways to ensure that your food does not contain GMOs are #1: grow your own or buy locally grown food from a farmer you know or #2. buy Certified Organic or Certified Non-GMO food. The best way to ensure mandatory labeling for all GMOs is to spread the word using this simple approach. □

GMO continued from page 1

22. No-till increases the negative environmental impacts of soy cultivation, because of the herbicides used.
23. Golden Rice, a beta-carotene-enriched rice, is promoted as a GM crop that could help malnourished people overcome vitamin A deficiency. But Golden Rice has not been tested for toxicological safety, has been plagued by basic development problems, and, after more than 12 years and millions of dollars of research funding, is still not ready for the market. Meanwhile, inexpensive and effective solutions to vitamin A deficiency are available but under-used due to lack of funding.
24. GM crops are often promoted as a “vital tool in the toolbox” to feed the world’s growing population, but many experts question the contribution they could make, as they do not offer higher yields or cope better with drought than non-GM crops. Most GM crops are engineered to tolerate herbicides or to contain a pesticide – traits that are irrelevant to feeding the hungry.
25. High adoption of GM crops among farmers is not a sign that the GM crop is superior to non-GM varieties, as once GM companies gain control of the seed market, they withdraw non-GM seed varieties from the market. The notion of “farmer choice” does not apply in this situation.
26. GM contamination of non-GM and organic crops has

resulted in massive financial losses by the food and feed industry, involving product recalls, lawsuits, and lost markets.

27. When many people read about high-yielding, pest- and disease-resistant, drought-tolerant, and nutritionally improved super-crops, they think of GM. In fact, these are all products of conventional breeding, which continues to outstrip GM in producing such crops. The report contains a long list of these conventional crop breeding successes.

28. Certain “supercrops” have been claimed to be GM successes when in fact they are products of conventional breeding, in some cases assisted by the non-GM biotechnology of marker assisted selection.

29. Conventional plant breeding, with the help of non-GM biotechnologies such as marker assisted selection, is a safer and more powerful method than GM to produce new crop varieties required to meet current and future needs of food production, especially in the face of rapid climate change.

30. Conventionally bred, locally adapted crops, used in combination with agroecological farming practices, offer a proven, sustainable approach to ensuring global food security. □

Open Source press release 17 June 2012

It's the Co-op's Annual Picnic Time!



**Sunday, August 26, 2012; 11:00am-3:00pm
AT GOMEZ PEAK PICNIC AREA**

Co-op will provide the main dish
Please bring your own dishes & cutlery
and a salad or dessert to share!

MARK YOUR CALENDAR & JOIN THE FUN

BENEFITS OF MEMBERSHIP

- Membership means Ownership in the Silver City Food Co-op
- As a member, every dollar you spend at the co-op is a vote for a stronger local economy
- Supporting your co-op is investing in a vibrant downtown, a healthy community, and a business that seeks and sells local products
- Membership entitles you to share in the decision-making process; Voting to elect members to our Board of Directors, changes to our by-laws and other membership issues
- As a member, you may choose to be very in

involved by running for the Board of Directors, or serving on a board committee; Being active and committed by shopping at the co-op, voting, attending member forums, or sharing your thoughts with the Board, management or staff

- Another way to participate is to volunteer to represent the co-op in our community, such as:
Deliver groceries to homebound members;
Staff co-op outreach events;
Serve on board committees
- Members receive a 10% Membership Matters discount on:

Full cases of regularly stocked water or grain beverages;

Full (unopened) 25 or 50 lb. bags of products sold in bulk bins (nuts, beans, rice, flours and grains);
Coffee (5 lb. bags);
Pasta (box sizes);

25 lb. bags of juicing carrots;
Reference book Prescription for Nutritional Healing;

Reusable Chico bags & African Market baskets

- During Member Appreciation Days (MAD), members receive a 10% discount on everything in the store □



AUGUST 2012

Full Moon 8/1/2012 at 9:27:24 pm (MST) &
8/31/12 at 7:57:45 am (MST)

New Moon 8/17/2012 at 9:54:31 am (MST)

August is the eighth month of the year in the Julian and Gregorian Calendars and one of seven months with a length of 31 days. In the Southern Hemisphere, August is the seasonal equivalent of February in the Northern Hemisphere. In common years no other month starts on the same day of the week as August, though in leap years February starts on the same day. August ends on the same day of the week as November every year.

This month was originally named Sextilis in Latin, because it was the sixth month in the original ten-month Roman calendar under Romulus in 753 BC, when March was the first month of the year. About

700 BC it became the eighth month when January and February were added to the year before March by King Numa Pompilius, who also gave it 29 days. Julius Caesar added two days when he created the Julian calendar in 45 BC giving it its modern length of 31 days. In 8 BC it was renamed in honor of Augustus. (Despite common belief, he did not take a day from February; see the debunked theory on month lengths) According to a Senatus consultum quoted by Macrobius, he chose this month because it was the time of several of his great triumphs, including the conquest of Egypt. □

STAFF CELEBRATIONS

Co-op Anniversaries:

August 2 Angie Carr
August 13 Brian Bates
August 15 Elena Taylor
August 18 Tyrone Wright

Birthdays:

August 10 Joseph Patrick
August 14 Elena Taylor
August 31 Kevin Fast



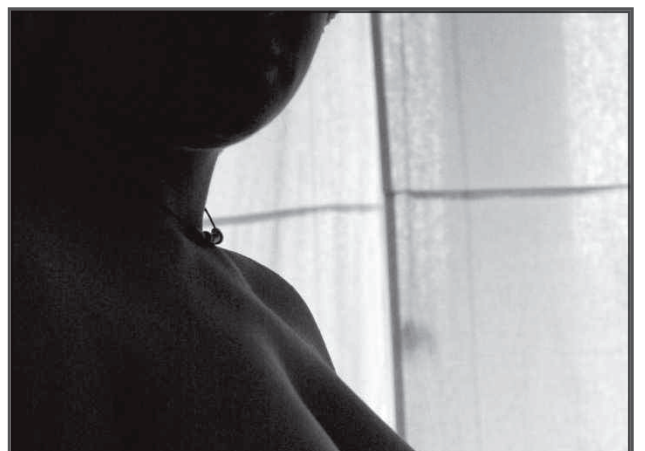
CO-OP EVENTS

August 2012

- 8 Monthly Board Meeting 4:30-7:30 pm
- 14 **Community Forum:**
& *BEAN RECIPES for SUMMER & FALL*
- 16 Noon-1:00 pm both days
- 16 **Member Appreciation Day**
- 23 Employee Appreciation Day
- 26 **Co-op Picnic- Everyone invited!**
11:00-3:00 pm
at Gomez Peak Picnic Area
- 30 Member Linkage Committee Meeting
10:00-11:00 am

September 2012

- 3 **LABOR DAY- CO-OP CLOSED**
- 7 **FIRST FRIDAY STREET PARTY!**
6:00-9:00 pm
at the end of 6th Street
next to the Co-op
- 12 Monthly Board Meeting 4:30-7:30 pm
- 11 **Community Forum:**
& *ICE CREAM MAKING 101*
- 13 Noon-1:00 pm both days
- 18 *ONE MAN'S PATH TO HEALTH*
w/ Russ Rappa. Noon-1:00 pm
- 27 Member Linkage Committee Meeting
10:00-11:00 am



"Remember this, for it is as true as true gets:

Your body is not a lemon.

You are not a machine.

The Creator is not a careless mechanic.

Human female bodies have the same potential to give birth as well as aardvarks, lions, rhinoceros, elephants, moose, and water buffalo.

Even if it has not been your habit throughout your life so far, I recommend that you learn to think positively about your body."

By Ina May Gaskin
from Ina May's Guide to Childbirth

Pre-Sorted Standard
US POSTAGE PAID
Albuquerque NM
PERMIT #762



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www.silvercityfoodcoop.com