April 2014

the Garbanzo Gazette

Volume 14

a monthly newsletter of the Silver City Food Co-op

Come to Our 40th Anniversary Celebration!

Sunday, April 27th 12noon-3pm

FOOD • MUSIC • CAKE • CONTRA DANCING

GENERAL & MEMBERSHIP MEETING

As many Silver City Food Co-op members already know, we will be celebrating the 40th anniversary of our co-op at a gathering slated for Sunday, April 27th from 12:00 p.m. until 3:00 p.m. at The Commons, located at 501 E. 13th Street. Members of the Member Linkage Committee have been planning this special event for several months, and it is shaping up to be an informative and fun-filled afternoon.

There will be good food provided by the co-op, a couple of brief business presentations that will cover the state of the co-op and some financial information, and then the tables and chairs will be swept aside so that we can dance to the live music of "The Big Ditch Crickets." There will also be fun activities for the kids, and our "in-house vintage music aficionados," Becky Carr and Jake Sipko, have put together some retro tunes from the 1970's and the 1940's for our enjoyment.

The Member Linkage Committee has also extended a special invitation to the founders of the Silver City Food Co-op. These are the folks that started the co-op and helped nurture it over the years to become the great business it is today. There was an informative article in the January 2014 issue of the Garbanzo Gazette that covered the chronology and evolution of our store since its inception, and I am proud to say that I helped David Berry and Beth Menczer organize the 1974 buyer's club that began in the Berry's kitchen across the street from the co-op's present location. The buyer's club set the stage for the formation of what would eventually become the state's oldest food cooperative, right here in Silver City.

Please attend this very important and special General Membership Meeting. Come and find out what is new with the co-op and enjoy visiting with old and new friends alike. And remember, the one thing that sets the Silver City Food Co-op apart from other businesses in Silver City is our business model. We sell good food, we keep our money local, and we are all about building community. That's why we want you to come join us on April 27th at The Commons. Oh, and one other thing. Don't forget your dancing shoes.

by Jerry Boswell

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printed in New Mexico using soy-based ink on 100% recycled paper
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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

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Jody Andrews
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Annual Co-op Equity

$10.00

The Garbanzo Gazette Gang

Editor: Margarita Courney
Contributors: Judith Kenney & Carolyn Smith
Layout & Design: Carol Young & Meggie Dexter

Submissions are welcomed!
Submit letters, articles, or items of interest to:
gg@silvercityfoodcoop.com

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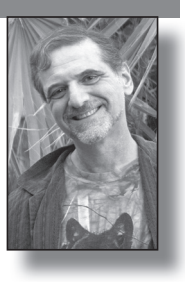
Cup o' Joe

by Joe Z



My taste in music is quite diverse and eclectic. If I would bring my MP3 player to the Co-op, it's almost guaranteed that you may like a couple but hate a bunch more. Rock, Blues, Pop, Dance, Jazz, Opera, Techno, Metal, Big Band, Rap, Country, Classical – they're all good. Although, I do admit that I never was able to appreciate Lawrence Welk. I once spent about 6 months viewing repeats of that show in the hope that repeated exposure would result in an "ah-ha" moment and his style of music would enter its way into my selections. That didn't happen. Instead, I'm sure part of my brain was turned into a mushy porridge type substance.

Musical preferences are very personal and many, if not all, of us have very firm feelings about what is good and what is noise. Yet we need to find a balance when we play music in our Co-op. As a matter of fact, I was told about the "Music Wars" that occurred here before I arrived. It wasn't pretty I'm told. But it did seem to get resolved – or at least suppressed – on its own.

The Veterans of that skirmish think that it was unique to this Co-op but I can assure you that some version of this conflict happened in almost every New Wave Co-op over the past 50 years. While we here achieved a natural armistice, other Co-ops had to resort to the dreaded…. Policy.

Now overall, Policies are necessary and often beneficial as they seek a common way for all of us in a business to move forward in unison while providing a framework to settle differences and conflicts. Policies govern most aspects of a business that are not proscribed by actual laws of the land. When I worked for a large corporate business (though a Co-op), we had binder after binder full of policies that governed almost every aspect of our interactions. All questions that arose would in most cases be addressed in one of these policies. Those that weren't covered would instigate a new policy being formed.

Without Policies, we would become mired in chaos as the ability of reach compromise or embrace other points of view does not seem to be a naturally occurring human trait. We need Policies the same way we need Laws. But that doesn't mean that all Policies are positive on an individual or personal level.

How many times in your life have you had a problem with a business only to be confronted with an inflexible, "I'm sorry, our policy doesn't allow that". Not only have I encountered that but I also have been on the other side and had to use it to quell situations that arise with Customers and Staff. As I've said – they are necessary.

Yet too often, Policies are created that actually thwart creativity, diversity, common sense and individual solutions. In our desire to be fair and equal to all, Policies become rigid. We can't break our Policies because it could be seen as preferential treatment to some.

Many Co-ops, for example, have solved their music wars with the institution of a service that plays only bland, non-offensive offerings that disappear in the background or one that caters to the perceived tastes of the clientele. Policies can and often do drift to the lowest common denominator.

We have lots of Policies here at our Co-op. We need them. The vast majority are important and helpful. But there are others that have been formed because of abuse by our Member/Owners, Customers and Staff. For example, we have a policy that allows cash back on a debit card transaction with a limit of $20. Yet, to get around this policy, some customers will repeatedly come through the registers with one item until they have accumulated over $100 in cash backs. Sure that's minor but other abuses may not be.

I worked at REI for years and we had a "100% Customer Satisfaction" guarantee policy. That was it. That is all that was stated. It was abused horribly with customers bringing in worn out items that were years old stating "they were not satisfied". It became so bad that the company had to put qualifications on it such as the return must be within one year of purchase. But I know I often buy items for a future trip because it was the right price, or color or whatever yet may not actually be used for over a year. There are many reasons someone may purchase an item but not use it immediately. Well now they're out of luck if the product isn't performing as they expected. After all, "The Policy is the Policy".

We don't have any easy solutions for all this. But as a Co-op, I feel it is necessary that we're very cognizant of each individual's need as we apply our Policies. Co-ops – and really any good business – must be able to bend Policies at times depending on the situation. Not on a continual basis but on a case by case one.

If the Music Wars should begin again here (not very likely), drastic measures would need to be called for and new Policies would need to be implemented. Perhaps only allowing music played by the Lawrence Welk Orchestra…

Did You Know?...

AMARANTH

Amaranth, an ancient crop, is making a comeback with farmers in its native Mexico. Unlike most grains (it's actually a pseudocereal), nutty, slightly peppery amaranth is an excellent source of the amino acid lysine, making it a complete protein. Naturally gluten free, amaranth is also rich in fiber, calcium, iron, and magnesium. When cooked, the whole grain softens on the inside while retaining crunch on the outside. It's sold as flour, too.

COOK. Because it's quite absorbent, use a lot of water, 5-6 cups, to cook 1 cup amaranth grain. Bring to a boil, reduce heat to medium, and simmer for 20-25 minutes, stirring occasionally. Pour off any excess liquid; then combine cooked amaranth with sautéed vegetables, or serve as porridge with coconut milk, toasted nuts, and chopped fruit.

POP. Heat a large pot over high heat; add 2-3 tablespoons amaranth, reduce heat to medium, and stir until most of the grains have popped. (It burns easily, so pop larger amounts in batches.) Eat it straight, or mix with chopped fresh dates, form into balls, and roll in shredded coconut.

BAKE. Substitute about 25 percent amaranth flour in your favorite gluten-free baking mix to add a nutritional kick to cookies and muffins.

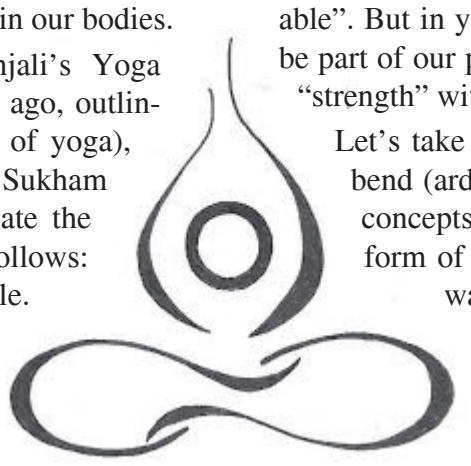
AZTEC CORN CAKES. Tasty when topped with mole sauce or pear salsa. Combine 1 cup yellow cornmeal and 3/4 cup amaranth flour in a large bowl. Bring 1 1/2 cups vegetable broth to a boil; pour hot broth over amaranth mixture. Stir and set aside; consistency will be thick, like masa. Heat 1 tablespoon olive over medium heat, sauté 1/4 cup diced onion, 1/4 cup diced Anaheim pepper, and 1 teaspoon minced garlic until softened. Stir in 2 tablespoons white wine, 1/2 teaspoon chili powder, 1/4 teaspoon salt, 1/4 teaspoon ground cumin, and 1/8 teaspoon ground pepper. Fold vegetable mixture into amaranth mixture. In a hot skillet with a little oil, scoop batter into mounds, flatten slightly, and brown on both sides. Serve warm.

Yoga & Balancing: Sthira and Sukha

by Matthew Sommerville

We often hear about the way yoga can increase both our flexibility as well as our strength. This is true, and a testament to the 'elegance' of yoga in that, as a practice, it combines two aspects of conditioning the body that are often addressed separately.

There are two words that are used in yoga that loosely describe these qualities of "strength" and "flexibility". They are, respectively, (in Sanskrit) the words "shira" and "sukha". In yoga, we say we want to develop and balance in ourselves the qualities of "sthira" (strength) and "sukha" (flexibility) as a way feeling more integrated in our bodies.



We find these words in Patanjali's Yoga Sutras (written some 1700 years ago, outlining the practice and philosophy of yoga), simply stated in the sutra "Sthira Sukham Asanam" (II:46). We can translate the meaning of these three words as follows: "Asana is steady and comfortable. Performed with willingness as well as acceptance. Firm as well as pleasant. Strong as well as relaxed. Maintained with effort as well as ease".

However, these two Sanskrit terms refer to more than physical strength and flexibility. As well as referring to physical attributes, they refer to strength and flexibility in our character, our emotional well-being, and our spiritual or conscious awareness.

Let's look more closely at the word sthira. Besides referring to strength, sthira also refers to the qualities of stability, assuredness, being well grounded, and even the qualities of fortitude and vigilance. It also means the ability to pay attention and to remain present. It is the opposite of agitation.

The qualities of sukha are, along with flexible, attributes that include relaxed, pleasurable, joyful, and comfortable. The opposite of sukha is the quality of discomfort or pain. Noticeable here is that these adverbs suggest not just a physical state of being, but a way of being in ourselves, and a way of relating to the world around us.

We can see that, based on the intent to balance sthira and sukha, practicing yoga is more than just getting a workout on a mat (though we can certainly do this in yoga). We commonly think of exercise (of any kind) as something we do where we push the body physically in order to "improve" our (physical) conditioning. In this regard, working out is not something we commonly associate with a word such as "pleasurable" or "comfortable". But in yoga, these qualities are meant to be part of our practice, balancing the quality of "strength" with "pleasurable ease".

Let's take the asana standing half forward bend (ardtha uttanasana) and see how the concepts of sthira and sukha apply. In one form of ardtha uttanasana, we bend forward at the waist reaching down, touching the ground with our arms extended. The back is flat with the chin tucked, creating a line from the base of our pelvis to the crown of the head. Our body forms a kind of right angle between the legs and the (half) forward bent torso. This engages the muscles of the back, legs, and arms, some of which are flexing and some stretching. In this way, the asana requires both strength and flexibility and, thus, qualities of sthira and sukha.

But where we also experience sthira and sukha is the way we feel as we hold ardtha uttanasana. Do our arms, legs, and back feel strong? Are we present with all the sensations and details that we're experiencing? Is our mind wandering (qualities of sthira)? Do we feel relaxed and at ease? Do we experience a sense of lightness and pleasure as we hold this pose (qualities of sukha)?

In practicing asana (but, as well, meditation and pranayama) we want to notice if we are experiencing a balance between the qualities of sthira and sukha. What is often the case is that, depending on our "character", we tend to favor one or the other. Those who like to push themselves both physically and mentally, who tend to do things with effort, will naturally favor sthira in their practice. Those who tend to be more relaxed and at ease about things will favor sukha. As we become aware of this through our yoga practice, we balance ourselves by foregrounding the quality we dis-favor and, in turn, background the more familiar quality. We develop the qualities of sthira and sukha to take them into the world with us. As we are learning to balance strength with flexibility in yoga practice - learning to experience effort with ease - what we are also doing is learning a way of engaging in life. We apply sthira and sukha to our daily circumstances, new experiences that we encounter, and people around us – meeting life with both a strong and relaxed frame of mind. We acquire the ability to stay strong without over exerting our bodies or minds, to remain steady when facing new challenges in our lives. We also find we are able to be relaxed and at ease, to actually enjoy ourselves in stressful or uncomfortable situations (while remaining engaged).

Cultivating sthira and sukha through yoga becomes meaningful when we can apply it to our everyday lives, when it is enabling us to more fully enjoy, fully experience, and engage in living and life. In this way, it's easy to see why yoga is considered a spiritual practice in living, as well as physical practice on the mat.

Matthew

[Matthew Sommerville teaches Svastha yoga and offers yoga therapy in Silver City. For more information call 575-956-9988 or go to: www.yogahridaya.com]

What's New @ the Co-op

Mary's Free Range Organic Chickens

Mary's chickens, now in our freezer section, are fed a premium diet, devoid of chemical constituents; no antibiotics, no hormones, and no GMOs. Instead of the common practice of soaking chickens in a chlorine bath after slaughtering, Mary's chickens are air-chilled, which inhibits the spread of bacteria in a more healthful way and saves thousands of gallons of water every day. It also produces a better tasting chicken.

Pure Bliss Organics Peanut Butter Protein Bites

This company uses only pure, organic ingredients that are vegan, soy and wheat-free, and contain no GMOs. Enjoy these nutrient dense, mildly sweetened nuggets as a wholesome, satisfying snack that will help provide you with the energy you need to do what needs to be done! They are located near the front of the co-op on a wooden shelf between the drink cooler and frozen foods.

Ford Farm Dorset Smoked Cheddar Cheese

Ford Farm is situated in an idyllic setting between the rolling Dorset Downs and the Jurassic Coast of southern England. Lush pastures enable their grazing herds to produce the rich, creamy milk used to make their award-winning cheeses. Their Dorset Smoked Cheddar, aged to a deep pumpkin color and slowly smoked over oak chips, is medium sharp and a bit salty with a crumbly, semi-firm texture. It pairs well with beer, an off-dry fruity white wine or, especially, with fruit.

Acure Organic Body Washes

We are now carrying Acure Organic Body Washes in four fragrances, each with its own rejuvenating property: Sensitive Unscented; Exfoliating Mint; Coconut Pumpkin; and Argan Cell Stimulating. All are biodegradable and completely free of any chemical or artificial ingredients. Treat yourself to these deliciously restorative products that are ethically produced and leave your skin soft and nourished at the same time!

KITCHEN MEDITATIONS

Tempeh is a traditional soy product originally from Indonesia. It is made by a natural culturing and controlled fermentation process that binds soybeans into a cake form, similar to a very firm vegetarian burger patty. Tempeh is unique among major traditional soy foods in that it is the only one that did not originate from the Sinosphere (Greater China) cuisine. It originated in today's Indonesia, and is especially popular on the island of Java, where it is a staple source of protein. Like tofu, tempeh is made from soybeans, but it is a whole soybean product with different nutritional characteristics and textural qualities. Tempeh's fermentation process and its retention of the whole bean give it a higher content of protein, dietary fiber, and vitamins. It has a firm texture and an earthy flavor which becomes more pronounced as it ages. Because of its nutritional value, tempeh is used worldwide in vegetarian cuisine, where it is used as a meat analogue.

Tempeh begins with whole soybeans, which are softened by soaking, and dehulled, then partly cooked. Specialty tempeh may be made from other types of beans, wheat, or may include a mixture of beans and whole grains. A mild acidulent, usually vinegar, may be added to lower the pH and create a selective environment that favors the growth of the tempeh mold over competitors. A fermentation starter containing the spores of fungus Rhizopus oligosporus is mixed in. The beans are spread into a thin layer and are allowed to ferment for 24-36 hours at a temperature around 86°F. In good tempeh, the beans are knitted together by a mat of white mycelium. Traditional tempeh is often produced in Indonesia using Hibiscus tiliaceus leaves. The undersides of the leaves are covered in downy hairs known technically as trichomes to which the mold Rhizopus oligosporus can be found adhering to in the wild. Soybeans are pressed into the leaf, and stored. Fermentation occurs resulting in tempeh. Under conditions of lower temperature, or higher ventilation, gray or black patches of spores may form on the surface—this is not harmful, and should not affect the flavor or quality of the tempeh. This sporulation is normal on fully mature tempeh. A mild ammonia smell may accompany good tempeh as it ferments, but it should not be overpowering. In Indonesia, ripe tempeh (two or more days old) is considered a delicacy.

The soy carbohydrates in tempeh become more digestible as a result of the fermentation process. In particular, the oligosaccharides associated with gas and indigestion is greatly reduced by the Rhizopus culture. In traditional tempeh-making shops, the starter culture often contains beneficial bacteria that produce vitamins such as B12 (though it is uncertain whether this B12 is always present and bioavailable). In western countries, it is more common to use a pure culture containing only Rhizopus oligosporus, which makes very little B12 and could be missing Klebsiella pneumoniae, which has been shown to produce significant levels of B12 analogs in tempeh when present. Whether these analogs are true, bioavailable B12, has not been thoroughly studied yet. The fermentation process also reduces the phytic acid in soy, which in turn allows the body to absorb the minerals that soy provides.

Tempeh is often prepared by cutting it into pieces, soaking in brine or salty sauce, and then frying. Cooked tempeh can be eaten alone, or used in chili, stir fry, soups, salads, sandwiches, and stews. Tempeh's complex flavor has been described as nutty, meaty, and mushroom-like. It freezes well, and is now commonly available in many supermarkets, as well as in ethnic markets and health food stores. Tempeh performs well in a cheese grater, after which it may be used in the place of ground beef (as in tacos). When thin-sliced and deep-fried in oil, tempeh obtains a crisp golden crust while maintaining a soft interior—its sponge-like consistency makes it suitable for marinating. Dried tempeh (whether cooked or raw) is more portable and less perishable and may be used as a stew base.

Tempeh in Hearty Mushroon-Mustard Sauce

- 4 TB olive oil, divided
- 1 7-oz package tempeh, cut into cubes
- 1 TB soy sauce or tamari
- 10 oz crimini mushrooms, sliced
- 8 oz shiitake mushrooms, stemmed/sliced
- 2 TB flour
- 2 1/2 cups lager
- 2 TB Dijon mustard
- 2 green onions, white and green parts, sliced

Heat 2 TB oil in skillet over medium heat; cook tempeh cubes in oil 7-10 minutes, or until browned on all sides; add soy sauce or tamari and cook 2 minutes, or until pan is almost dry; transfer tempeh to paper towel-lined plate.

Add remaining 2 TB oil and mushrooms to pan, sprinkle with salt to taste; sauté 10 minutes, or until browned and slightly caramelized, stirring occasionally.

Reduce heat to medium-low, and stir in flour; cook 1-2 minutes, or until flour begins to brown, stirring constantly; increase heat to medium-high, add lager and mustard, and bring to a boil; reduce heat to medium-low; simmer 15 minutes, or until sauce thickens.

Stir in tempeh; simmer 5 minutes more; serve sprinkled with green onions.

Spicy Tomato Tempeh

- 4 TB olive oil, divided
- 2 TB soy sauce or tamari
- 1 tsp sesame oil
- 1 tsp paprika
- 8 ounces tempeh, cubed
- 1 green pepper, thinly sliced
- 1 onion, thinly sliced
- 2 cloves garlic, minced
- 1 1/2 pounds tomatoes, chopped
- 1 TB paprika
- 1/4 tsp crushed hot chiles, or to taste
- 1/2 tsp dried thyme
- 1 bay leaf
- 1 TB flour
- 1 tsp sugar
- dash balsamic vinegar
- salt to taste

Combine 2 tablespoons olive oil, soy sauce or tamari, sesame oil and paprika in a bowl; add tempeh and toss to coat. Spread on baking sheet and roast in preheated oven 375 F degrees until tempeh is browned, 30 minutes, stirring after 15 minutes.

In a deep frying pan, sauté pepper, onion and garlic in 2 tablespoons olive oil until softened, about 10 minutes; add tomatoes, paprika, crushed chiles, thyme and bay leaf, cook over medium-high heat until mixture is bubbling, about 10 minutes.

Sprinkle in the flour, stirring, and cook 2-3 minutes until sauce is thickened; add roasted tempeh, 1 teaspoon sugar, dash of balsamic vinegar and salt to taste. Serve over rice or polenta.

Star Anise-Glazed Tempeh

- 1/4 cup soy sauce or tamari
- 1/4 cup mirin
- 2 TB brown sugar
- 1 TB maple syrup
- 1 cinnamon stick
- 2 star anise
- 1 package tempeh, cut into squares
- 4 tsp roasted peanut oil
- 1 garlic clove, chopped
- 1 TB ginger, minced
- 1 bunch scallions with greens, slivered
- 4 cups red cabbage, finely sliced
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- sea salt
- a handful cilantro, chopped
- 1/2 cup roasted cashews or peanuts

Bring first 6 ingredients to a boil in medium skillet with 1 cup water. Cook at a lively pace 4 minutes, then turn off heat; cut each tempeh square into triangles, then put them in the hot marinade for 4 minutes, turning once; remove and set aside, reserving marinade.

Heat 2 tsp of the oil in a wok or wide skillet, when hot, brown the marinated tempeh, about a minute on each side; add a few tablespoons of the reserved marinade and allow to bubble up and glaze the tempeh; set aside on a plate, rinse out wok or skillet and return to stove.

Heat the rest of the oil, when hot, add garlic, ginger and scallions, stir fry for a few seconds, then add cabbage and peppers; season with a little salt and stir fry until just wilted, several minutes; add remaining marinade and cilantro, simmer 30 seconds.

Serve vegetables mounded over rice with tempeh pieces on top; drizzle remaining sauce over all; add cashews or peanuts last.

	TOFU	TEMPEH
How it's made	Curdling hot soymilk with a coagulant	Fermenting cooked soybeans w/a mold
How it's sold	Blocks: silken, soft, firm/extra firm	Flat rectangular pieces
Appearance	White, smooth, wet	Brownish color/dry; soybeans visible
Consistancy	Soft, smooth, spongy	Firm, chewy
Flavor	Takes on flavor of what you're making	Slight earthy, sweet taste
Calories in 1/2 cup	97	160
Protein (g) in 1/2 cup	10.1	15.4
Fiber (g) in 1/2 cup	.5	3.5

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 sale items are listed below.

April 2-April 15

co+op deals

Bulk Raw Sunflower Seeds
reg $3.69#
SALE $2.99#

Organic Valley Raw Sharp Cheddar, 8 oz
reg $6.69
SALE $5.39

Rising Moon Ravioli assorted
reg $4.39
SALE $3.00

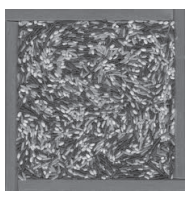
Blue Sky Soda 6 pack assorted
reg $5.34
SALE $3.50

Avalon Vitamin C Serum 1 oz
reg $22.19
SALE $14.99

MegaFood Men's or Women's Daily 30 ct
reg $24.49
SALE $15.99

April 16-April 29

co+op deals



Bulk Lundberg Wild Rice Blend
reg $4.89#
SALE $3.69#

Brown Cow Yogurt, 32 oz assorted
reg $3.49
SALE $2.69

Straus Ice Cream, pint assorted
reg $4.79
SALE $3.69

Blue Diamond Nut Thins assorted
reg $3.19
SALE $2.50

Citra-Solv Valencia Orange 16 oz
reg $12.19
SALE $7.99

Similasan Eye Drops .33 oz assorted
reg $10.99
SALE $8.99

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)

NAME:_____ AGE:___

Member Only Specials

April 2-April 29

Bulk Equal Exchange Organic French Roast
reg $12.69#
SALE $8.99#

Organic Valley Large Brown Eggs
reg $5.39
SALE $4.89

Alexia Classic French Rolls
reg $4.19
SALE $3.79

Ines Olive Oil Tortas assorted
reg $4.99
SALE $4.49

Solgar Sublingual Liquid B-12 2000mcg w/ B-Complex
reg $11.99
SALE $10.79

Kiss My Face Sun Block, 4 oz SPF 30
reg $11.29
SALE $10.19

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@silvercityfoodcoop.com or call the Co-op at (575) 388-2343. Please allow 7 days to receive confirmation of your request. *Thank you!*

Co-op KID Corner

From Your Board...

FOOD FOR THOUGHT *by Susan Van Auken*

In the early 1970's, I had my first introduction to co-ops. As part of a class assignment, I worked in a cooperative child care center. I remember only one specific detail about the co-op part of this experience: the family members had very long meetings working out every detail of the center's operation. Later in the 70's, I lived in a quasi-cooperative housing arrangement for five years, which was delightful, but I also remember long meetings mostly pertaining to the kitchen and food.

In the mid 60's, I began searching out healthy food, as I was already dissatisfied with the normal grocery store fare. I first found a "health food nut" who sold food out of her home, some grains, some healthy oils, and a few other items. By the time I lived in the cooperative housing group, I was only shopping at natural food stores. There was no food co-op in Boulder, I assume because the non-co-op natural food stores started first.

So when I moved to Gila in 1987 and started shopping at the Silver City Food Co-op, I did so for the kind and quality of food I wanted to buy, not necessarily for the benefits gained by shopping at a co-op. Although it was already very apparent that to me that I distrusted and disliked much of the American way of conducting business (favoring large corporations) and government (messy politics favoring the rich folks and large corporations) I hadn't thought of co-ops as the answer to many of my concerns. Now I think a little differently. I have learned over the years that belonging to and supporting cooperative businesses is a great way to dig in on the local level and do something. I can work for the co-op as I do now by being a director. I can support our co-op by spending my food dollars here rather than at corporate stores. By participating in our co-op, I can actively practice some of the values I hold high, values such as equality, honesty, and caring for others.

I thought it would be good during our 40th year to share some of my reasons for loving the co-op -- specifically those reasons having to do with the cooperative business model. As I said, I was completely unaware of the reasons for supporting cooperatives when this co-op was founded.

I am a member-owner of this co-op. As a director, I was voted into this position by other member-owners. No matter how much you spend at our store, each member-owner has one vote. As an elected director I participate in governing the co-op and with the other directors make important decisions about and for our cooperative business.

Our co-op is owned by people living in our local community, you and me, and we choose (well, as much as possible) to keep the money we generate circulating in our community. We do this by striving to pay staff members a livable wage, using local banks, buying local goods from local vendors, and hiring local service people. Our cooperative is not just some abstract theory about a lofty ideal. We are a practical solution to many of the issues concerning people today. We offer grass-roots democracy. We provide an alternative shopping experience by being a small, locally-owned co-op rather than just one store out of many owned by a large for-profit corporation. We believe in environmental responsibility and offer many foods for purchase in bulk, eliminating the need for excessive packaging – especially if I choose to reuse my own bags. We care for others and support our local food pantry. In good times when we have made a profit, we paid some of this money to employees through profit sharing. Hopefully in the future, when we once more have profits, we will do this again and also activate our patronage refund program which can invest profits in expanding the co-op and/or pay back some of the profits to member-owners.

For forty years now, we have served this community. Many of the folks involved in the co-op at the beginning are no longer in this community and some are no longer even on this planet, but the co-op carries on with its values intact. I have been president for six and a half years, and have worked with three different general managers and eighteen different board members, but in the not too distant future it will probably be an entirely different group of elected directors governing the co-op – and the co-op will continue.

Our co-op, along with others across the globe, is guided by seven cooperative principles and ten cooperative values. The principles are so important to our co-op they are listed on page two of every Garbanzo Gazette. The values include the three I mentioned above among others. I often wonder what the world would be like if all businesses supported ideals such as these. Perhaps we wouldn't have so much exploitation of people and the planet.

Sometimes it is true that other stores have products at a lower price than the co-op, and price does make a difference. Over the years, though, I have realized that some stuff is less expensive for a reason, either the quality is less, the conditions for workers is not so great, some environmental cost is externalized, or (for some odd reason) those who buy a lot at once (like big corporations) purchase the stuff at a cheaper price. I now try to remember all of this when I make my own personal purchases. I know that the co-op, while doing business, strives to uphold values and principles that are in alignment with my own beliefs. And so, for me, being a member-owner and shopping at our co-op gives me a sense of integrity.

Volunteer Discount Policy

Members who volunteer for 3 hours of work receive a 15% discount on all purchases for one day. Discounts must be used within the same calendar year of their volunteer work.

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

Board Meeting Schedule

The SCFC Board of Directors meets the third 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: 2013-2016
susanvanauken@gilanet.com

Carmon Steven/Vice-President
Board Term: 2013-2016
yankiecarmon@gmail.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
mc@conflictmediation.net

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

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

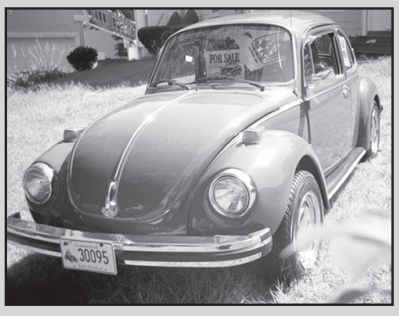
Outreach Report

by Carolyn Smith

I was listening to *A Prairie Home Companion* and Garrison Keillor mentioned that it was the 40th anniversary of the show. My ears perked right up as the Silver City Food Co-op is also celebrating 40 years! I started wondering about other 40th anniversaries and what else was happening in 1974. I googled 40th anniversaries and 1974 and here's what I found:

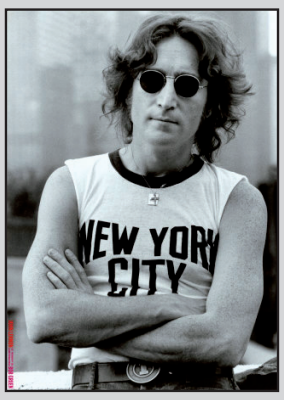
Fun Facts:

Margarita and Jim, self-proclaimed hippies, meet in Steamboat Springs.
U.S. population is 211.7 million. (Today it's 317 million.)
The first UPC/Bar Code is scanned on a pack of Wrigley's gum in Troy, Ohio.
Post-it Notes is invented by Arthur Fry.
Daylight Savings returns for the first time since WWI (starting in early January!) to save energy used for lights and heating in the evening hours.
The speed limit is lowered to 55 mph by President Nixon during the energy crisis.
Liposuction is invented by Giorgio Fischer in Rome, Italy.
Dial-A-Joke telephone service is introduced in NYC with jokes by comedians Henry Youngman, Joey Adams. Morey Amsterdam and Phyllis Diller.
Pocket size calculators are mass produced.
Dungeons and Dragons comes out on the market.
1st Extra-terrestrial message is sent from Earth into space.
People Magazine hits the stands.
These bands debut: Blondie, The Fabulous Thunderbirds, The Ramones, Spyro Gyra, and Van Halen.
Monty Python's Flying Circus airs last episode.
"Streaking" hits primetime on both the Johnny Carson Show and The Academy Awards.
The Volkswagon Golf enters production to replace the well-loved Beetle.



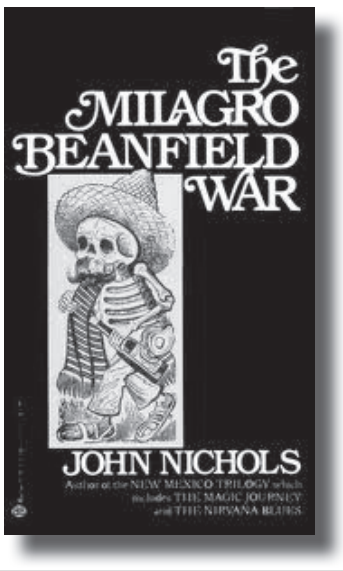
Books published in 1974

Zen And The Art Of Motorcycle Maintenance: An Inquiry Into Values by Robert M. Pirsig
All the President's Men by Carl Bernstein
Tinker, Tailor, Soldier, Spy by John le Carré
Carrie by Stephen King
The 158 Pound Marriage by John Irving
The Milagro Beanfield War by John Nichols
The Dispossessed by Ursula K. LeGuin
Pilgrim at Tinker's Creek by Annie Dillard
Turtle Island by Gary Snyder



Other Historical Facts:

World Trade Center opens. Philippe Petit walks the tightrope between the Twin Towers.
Hank Aaron breaks Babe Ruth's home run record by hitting his 715th.
Frank Robinson is the first black baseball manager.
U.S. District Judge George Boldt rules that Native American Tribes in Washington State are entitled to half of the legal salmon and steelhead catches based on treaties signed by tribes and the U.S. government.
The Episcopal Church ordains women priests.
Jane Chastain is the first U.S. female sports reporter for a major network, CBS.
Ella Grass is the first woman elected as a state governor in Connecticut.
President Ford signs a proclamation declaring Aug. 26 as Women's Equality Day and urges ratification of the ERA (Equal Rights Amendment).
Watergate scandal unfolds leading to the indictment of 7 presidential aids, the resignation of President Nixon and President Ford pardoning Nixon for any crimes committed while he was in office.
The Freedom of Information Act is passed by Congress over Ford's veto.
U. of Michigan starts Service for Students with Disabilities following the passage of the Vocational Rehabilitation Act passed in 1973.
The Beatles break up is finalized.
Grenada gains their independence.
OPEC nations end a 5-month oil embargo against the U.S., Europe and Japan.
The U.S. Government files an antitrust suit against AT&T leading to the breakup of AT&T and the Bell system.
Alexander Solzhenitsyn is expelled from the Soviet Union.
Mikhail Baryshnikov defects to the West.



Top 1974 Movies

The Godfather: Part 2-Francis Ford Coppola
Chinatown-Roman Polanski
Young Frankenstein and *Blazing Saddles* -Mel Brooks
The Conversation-Francis Ford Coppola
A Woman Under the Influence-John Cassavetes
The Taking of Pelham One Two Three-Joseph Sargent
Lenny-Bob Fosse
Murder on the Orient Express-Sidney Lumet
Alice doesn't Live Here Anymore-Martin Scorsese
The Front Page-Billy Wilder

Top Ten TV Shows in 1974

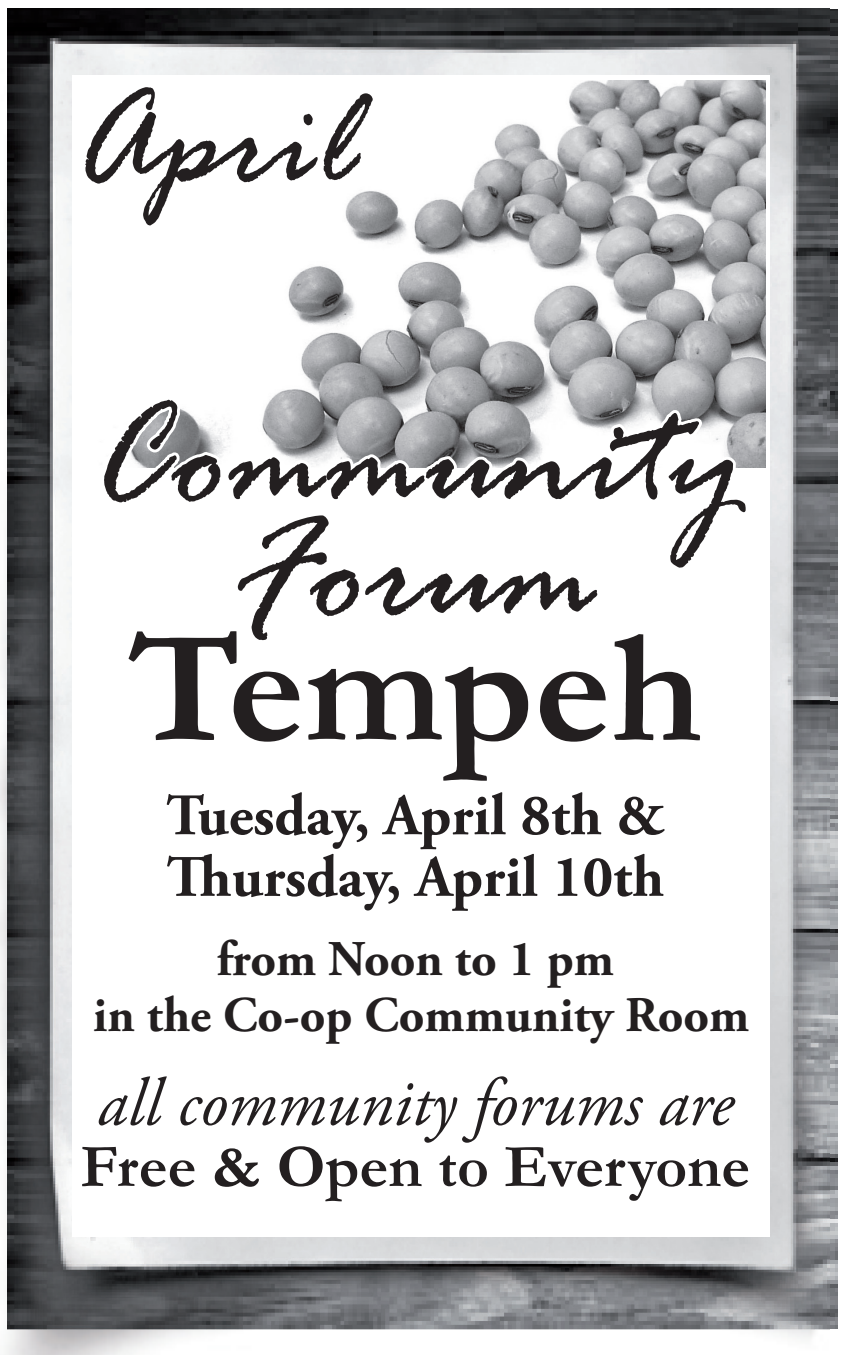
1. *All in the Family*
2. *Sandford & Son*
3. *Chico & the Man*
4. *The Jeffersons*
5. *M*A*S*H*
6. *Rhoda*
7. *Good Times*
8. *The Waltons*
9. *Maude*
10. *Hawaii Five-O*

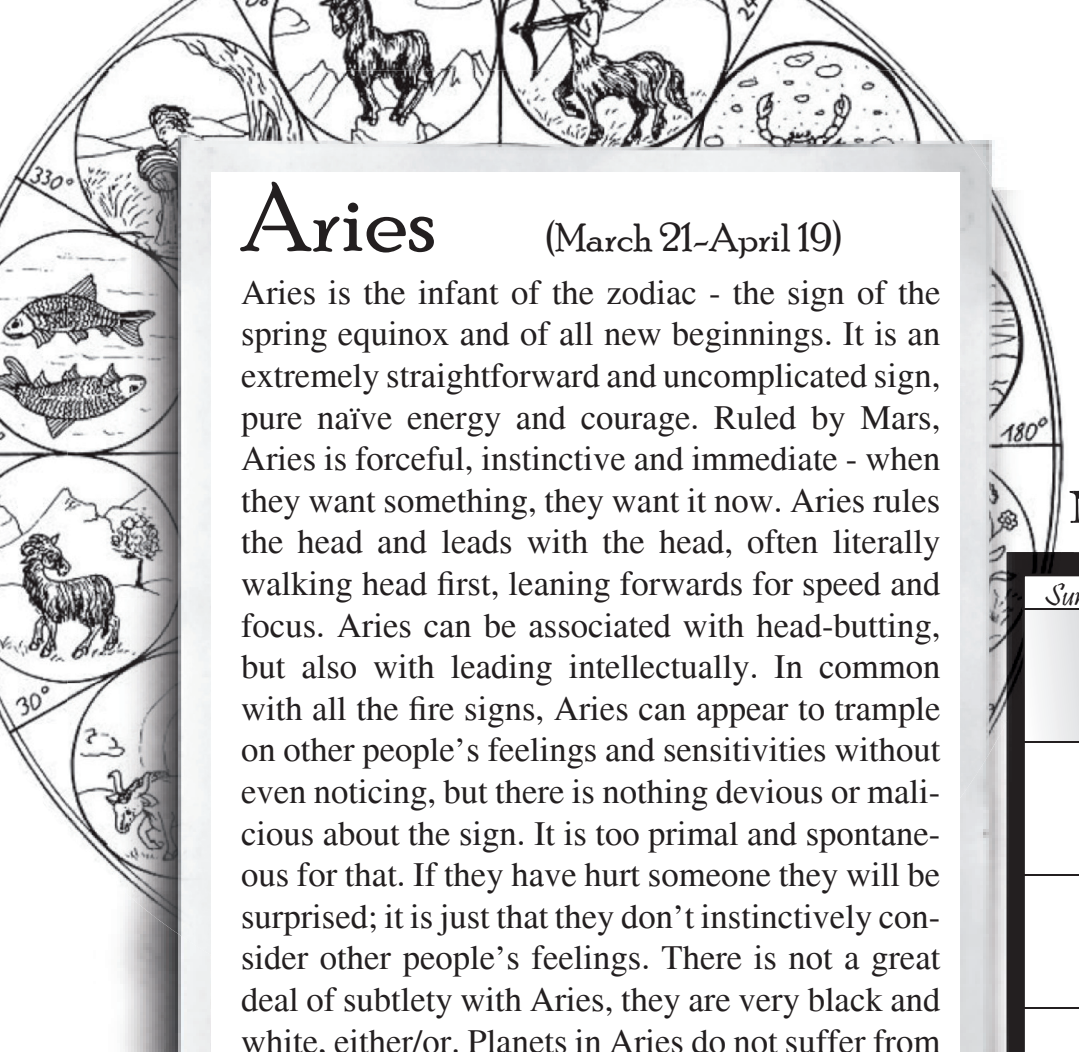
Top Pop Music Albums

Sundown-Gordon Lightfoot
The Sting-soundtrack
Maria Muldaur-Maria Muldaur
Band on the Run-Paul McCartney & Wings
Court and Spark-Joni Mitchell
Shinin' On-Grand Funk Railroad
On Stage-Loggins & Messina
Buddha and the Chocolate Box-Cat Stevens
Greatest Hits-John Denver
Goodbye Yellow Brick Road-Elton John
Chicago VII-Chicago
The Air That I Breathe-The Hollies
The Loco-Motion-Grand Funk
The Show Must Go On-Three Dog Night
Annie's Song-John Denver

Of course this is just a small sampling of what was going on in 1974. I'd love to hear from co-op members about other memorable events that I've not included in this article. Please catch me in the store or email me at outreach@silvercityfoodcoop.com.

Happy 40th Anniversary!!!!





Aries (March 21–April 19)

Aries is the infant of the zodiac - the sign of the spring equinox and of all new beginnings. It is an extremely straightforward and uncomplicated sign, pure naïve energy and courage. Ruled by Mars, Aries is forceful, instinctive and immediate - when they want something, they want it now. Aries rules the head and leads with the head, often literally walking head first, leaning forwards for speed and focus. Aries can be associated with head-butting, but also with leading intellectually. In common with all the fire signs, Aries can appear to trample on other people's feelings and sensitivities without even noticing, but there is nothing devious or malicious about the sign. It is too primal and spontaneous for that. If they have hurt someone they will be surprised; it is just that they don't instinctively consider other people's feelings. There is not a great deal of subtlety with Aries, they are very black and white, either/or. Planets in Aries do not suffer from doubt because, as the pure primal subjective energy of the first sign of the zodiac, nothing else and nobody else exists outside their vision, their goal and their quest. Naturally, there are many people who find all this single-minded focus and determination rather brutal and selfish. But, like all fire signs, Aries is gripped by a heroic vision. They need a challenge or a battlefield in which there is everything to play for, and no time to wait.

I STAND TALL

by e.g. wise

The true story,
the one that resonates most,
is that I stand
on good ground,
on solid ground.
I stand rooted
in truth
and love
and light
and wellness.
May I hold my arms out wide
and my head up high
and stand tall
like a tree upon this earth
while the stories of fear
and false beliefs
flow past me
like leaves
being carried
in the wind.

April 2014

Full Moon 4/15/2014 at 12:45:18 am (MST)
New Moon 4/28/2014 at 11:17:37 am (MST)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8 Forum: **Tempeh** 12-1 pm	9	10 Forum: **Tempeh** 12-1 pm	11	12
13	14	15	16 Board Meeting 4.30-7.30	17	18	19 Earth Day **Gough Park 10-2pm**
20	21	22 Member Linkage 11-12	23	24	25	26
40th 27 Celebration! @the Commons 12-3pm	28	29	30	Tour of the Gila		

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
4	5	6	7	8	9	10 Farmers' Market Starts
11	12	13 Forum: **Eat your own veggies year round** 12-1 pm	14	15 Forum: **Eat your own veggies year round** 12-1 pm	16	17
18	19	20	21 Board Meeting 4.30-7.30	22	23 Health Fair 11-3	24
25	26	27	28 Member Linkage 11-12	29	30	31

May

Pre-Sorted Standard
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520 N. Bullard St.
Silver City, NM 88061
www.silvercityfoodcoop.com

Open
Monday - Saturday
9 am - 7 pm
Sunday
11 am - 5 pm