

the Garbanzo Gazette



a monthly newsletter of the Silver City Food Co-op

Exploring Possibilities...



The rumors have been flying:

“Have you heard, the Co-op is moving to the old western stationers building”;
“No, I am sure I heard that the Co-op is moving to the old yada-yada building”;
“Hey that’s not it - the Co-op is opening a restaurant”;
“Oh no I heard the real lowdown, the Co-op is moving out of the downtown area”.
“Would someone please tell me what the heck is going on?”

You can always turn to our good ol’ Garbanzo Gazette for all things Co-op and for informative details about what is happening! So here we go, the end of the rumor mill starts right here.

As we celebrate our 40th Anniversary, we have had to take a very real look at where we are and where we are going. Our Co-op grows every year and the store has become very crowded. Our warehouse across the alley is stocked to the gills – employees constantly run back and forth between the two buildings to keep our store stocked through the day. Carts that carry our stock to the floor interfere with Members and patrons trying to purchase our goods. And the parking! Need we really talk about its limitations? We all know that walking a couple of blocks with a sack or box of groceries is less expensive than going to the gym. The fact that we all put up with our inconvenient parking speaks volumes about the dedication of our Membership and the love they have for our little enterprise!

But what can we do? How can we make our Cooperative better? How can we accommodate the needs of our Membership? How should we grow? Has the Co-op accomplished what we set out to do? How do we serve the greater Silver City/Grant County community? What’s our direction? What’s our vision for the next forty years? Or even the next five years? These are the issues facing our Board of Directors and Management.

Financially, our Co-op is stable but perhaps not thriving. Over the past several years we have managed to raise wages, keep prices as low as possible, and also (mostly) break even every year. Although there is still a tiny bit of a loan left on our back building, we have enough in our cash reserves to easily pay it off immediately so we are essentially debt free owning both the buildings and all our equipment (ageing though it all may be). Our sales continue to grow, but are we in a position to take on new debts? Recently two building became available in the downtown area – the old Western Stationers building and the old Yada-Yada Yarn building. It was incumbent upon us to investigate these possibilities before they disappear. The Western building has all the space that we need but would need extensive renovation. What’s more, it’s not for sale – only for rent. Do we want to spend hundreds of thousands of dollars on a place we do not own? The Yada building is for sale and would also take massive renovation to make it viable. But the Western

building is bigger with its own parking lot. The Yada building is next to the city parking lot and some of its back space can be converted to parking or other uses.

What to do? There are so many questions to be answered before we can make a good decision that would lock us into a future path.

The Board and General Manager discussed at length the possibility of renting the Yada building for just a year – so we don’t lose the real-estate opportunity. The year would give us time to investigate all the questions before us concerning the project. With the building rented, we could also consider increased opportunities to serve the Membership with wild ideas such as expanding the product line (non-food items such as organic cotton clothing or hemp, etc) or possibly a sit-down café. The talk and ideas inherent in imagining possibilities like this creates a lot of energy and fun but also grounds the reality of the scope of the project all the way down to our toes. And of course we have to realize there is a very real possibility that we might abandon the space after a year as we may decide that it is not the right opportunity or that we cannot afford it.

The Board of Directors, who have been elected by the Membership, are the ones to make major decisions such as this one. At the April board meeting, the board did make a decision. By consensus the Board agreed to authorize the GM to negotiate a one year lease for the build-

ing. The discussions (which took many, many hours and many meetings) leading up to this decision held conflicting viewpoints - mostly concerning our finances and our readiness for such a project. But our consideration of these concerns is what this year of rental is all about.

In the coming twelve months, the Board and Managers have a lot to do in order to determine if the purchase of the Yada building fits into our long range plans and ability. We will be delving into the financial cost and feasibility of the purchase and renovation, whether our current buildings could be made more useable and efficient at a lower cost than moving the store, whether our current buildings would sell or if we would even want to sell them, whether our internal readiness is up to snuff, what market studies would say about the growth potential of our Co-op, and, most importantly, what would serve the Membership best and what they (you!) want. We will also consider what projects we will not be able to undertake if our resources are all in this one basket.

We have a year to complete much research and study. Along the way we will keep the connection open with Members through articles, in-store discussions, forums or focus groups, and perhaps a survey.

Meanwhile we will have a building to use for a year. You will have to stay tuned to find out exactly what happens with that. Whatever we do, it’s all quite exhilarating! ✨

Spring MAD

this is how it will work:

You Choose **ONE** Day to use your Member Appreciation Day discount during these **8** days in May:

Tuesday, May 13th through Tuesday, May 20th

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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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Annual Co-op Equity

\$10.00

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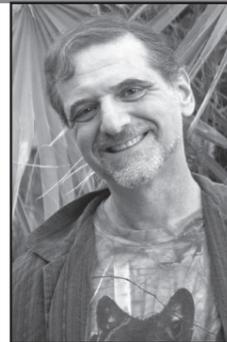
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Cup o' Joe

by Joe Z



I used to pretend I was Batman. No – not last year but rather years ago. Batman was different than most heroes – you didn't have to be born that way or exposed to nuclear radiation or come from another planet (though many suspect that I do). He just didn't think that bad dudes should roam free and personally ensured that they didn't. His real identity, Bruce Wayne, was pretty cool too. He had a lot of money but used it to help others and support the Arts. I would sit in school and watch the bullies ply their skills all while administering justice to them in my mind.

There are a lot worse "role models" one could have. And at the time, there seemed to be evil everywhere – especially in our government and institutions. We were fighting a terrible war, riots were not uncommon, almost everyday new lies from our "leaders" and military were being exposed, injustice to blacks, women, hippies and anyone "different" was rampant and so many people hated the music we would listen to (Jefferson Airplane be praised!). Joe "Batman" Z to the rescue!

Of course reality is nothing like our fantasies. When confronted with a real live bully focusing on me, my immediate natural response was to run away screaming and flapping my arms. Or when an authority figure would challenge me, my defense was to cry and babble incoherently. Neither was a good strategy for effective change.

As fate would have it, I did age and the persona of Batman left my imagination but the underlying themes stayed with me. Soon, though in my early teens, I would find myself at local antiwar rallies and volunteering for the ill-fated McGovern campaign. As the war died down, I would pick up the No Nukes banner and focused ardently on environmental concerns.

I learned to stand my ground and hold my head high while it got bashed in. Didn't cry. But soon it got pretty old (with lots of headaches) and the advances were just not coming at the speed one would hope. Big money corrupted everything and I watched many who inspired me cut their hair, put on a tie and settle down to corporate jobs. Well maybe they'd do more good on the inside, I would speculate grasping at straws.

Somewhere along the line, I got introduced to the Co-ops. Seemed like an interesting endeavor and I started volunteering. The people were very passionate and while they talked about peace and brotherhood, they managed to fight and scream at one another. And yet at the end of the day – we'd have a pot-luck dinner and all laugh together.

The energies of the antiwar movement, the environmental movement, the women's movement, the equal rights/anti-bigotry movement, the back-to-the land movement and the great new music movement all converged to build something new. Well, not quite new in the sense that Co-ops have been around since the mid 1800's to varying degrees of success. But certainly new for the times and certainly new in the promotion of natural foods, Member and Economic Democracy, anti-big corporate business sensibilities and a

"do-it-ourselves" reality.

Suddenly, my old alter ego of Batman started to swim in my head. But now, I replaced it with a new pretend persona – Co-op Man! Though instead of operating alone, I was joined by my fellow Co-op Men and Co-op Women and we would link arms and change the world battling the forces of greed and repression. The pretend world is great: success is only predicated on determination; evil forces wither and die when confronted with wholesomeness and niceness; the future turns into a utopia.

But as Batman learned over the years, the other side is relentless, powerful and moneyed. Up sprung corporate entities such as Malmart (Two-Face) and usurpers such as Whole Fraud (The Joker) and Traitor Joe's (The Riddler). The Government turned even more to the dark side in the '80s with the installation of President Raygun (Mr. Freeze) and the take-over of the NCCB (the National Consumer Co-operative Bank – a huge story in and of itself and has eventually regained its bearings though now called the National Co-operative Bank).

The mighty young Co-op Teams were knocked down as we tried to shout our message to the populace though it was really just a whisper under the corporate cacophony. Wounded but still hopeful, the survivors banded together in a shaky alliance called the NCGA – the National Co-operative Grocers Association.

Food cooperatives started a resurgence in the early 2000's and it continues to this day. Here in New Mexico, not only have we grown but so has Mountain View Co-op in Las Cruces, La Montanita in Albuquerque and the Los Alamos Co-op startup – now 3 years old. And in neighboring Arizona, the Tucson Food Conspiracy is flourishing and a new Co-op was birthed in Sierra Vista.

Batman would be proud. But the struggle to bring our message to more people is still just that: a struggle. The forces of "evil" and corporate greed still dominate the landscape. Our story is not just of good wholesome foods but also of community, people, health and ownership. Together, we are the super hero who strives for the impossible and never relenting until success permeates our world. Our great Co-operative – an incredible story in a tiny town – is poised for even greater good. Our whisper is becoming a voice in our community.

I never actually claimed to be Batman (...heh,heh,heh) but I still pretend that we can make an impact despite overwhelming odds. If we are ever to achieve anything, it begins with pretending and a steadfast belief that we can persevere. Our Co-op is proof of what can be accomplished. Personally, while my cape and cowl don't really exist, I still wear them proudly. The Silver City Food Co-op is not a cartoon character but as real as you and me. Together, we will all create a better community and a fantastic world! ✨

NEW
STUFF



Bearded Brothers Energy Bars

These raw, organic energy bars are gluten-free, soy-free, and produced in small batches. They are satisfyingly delicious and a great choice for a healthy snack that provides clean-burning energy. Bearded Brothers Bars are available in all five flavors at the co-op.



Dr. Hana's Nasopure

Nasal cleansing can be an important part of the maintenance of a healthy nose, ears and sinuses. Nasopure nasal wash system is a convenient and comfortable way to help with allergies, nasal congestion and sinus issues. Used according to directions, it does its job effectively without flooding your sinuses. It's also BPA-free and travel friendly!



Epic Bars

Epic bars combine delicious tasting and lightly smoked animal protein with savory nuts and dehydrated fruit. Though low on carbs and sugar, they're big on taste. Enjoy these meaty organic bars with a nutty crunch and just a hint of sweetness in five distinctive flavors.

Victoria Vegan Alfredo Sauces

These velvety vegan toppings rely on the richness of high quality cashew nuts and simple ingredients, artfully blended into flavorful plant-based sauces that complement vegetable dishes, a variety of grains and pasta. We are now carrying three delicious flavors: Original, Roasted Red Pepper, and Artichoke.



Outreach Report

by Carolyn Smith



I often hear the question “What do I get by being a member of the Silver City Food Co-op?” My first response is: “Investment in the co-op is investment in community.” Be it downtown, the town of Silver City, the County of Grant or the four counties that make up the southwest region of New Mexico, The Silver City Food Co-op truly lives up to the 7th Cooperative principle: Concern for Community.

One way the co-op invests in community is by contributing to the local economy. The co-op spends more money locally than large corporate stores; your dollars are recirculated around the community through co-op purchases of goods and services from other local businesses, the living wages paid to co-op employees,

donations to non-profits, schools, community organizations and institutions, and co-op participation in community events.

Studies show that every dollar given to locally owned businesses has a multiplier factor of 3 or more, so every dollar spent at the co-op contributes “three times the jobs, three times the boost to income, and three times the tax benefits” compared to dollars spent at businesses owned or

located outside of our community (<http://novofoundation.org/promoting-local-living-economies/news-and-updates/>)

The Silver City Food Co-op believes that local agriculture is a major part of a healthy and sustainable local economy. As part of my outreach work, I serve on the board of the Silver City Farmers’ Market, the Grant County Food Policy Council, and I’ve recently been participating in the formation of a Regional Food Policy Council. The four counties of Grant, Catron, Luna and Hidalgo make up our local foodshed. Currently, Luna and Hidalgo produce more food while Grant has greater markets, so it makes sense to be working together.

What do you believe our community needs to survive and thrive? Over the next few months, The Grant County Food Policy Council is hosting Community Conversations around the county to gather a broad range of ideas and thoughts about what we value and what is important for our quality of life.

Please lend your voice to a Community Conversation coming to your neighborhood soon. Look for a flyer with the date, time and location and bring along your neighbors and friends. Co-op member participation in community matters!



Is it Loco to Speak Local...? Be part of a Community Conversation on What We Need and How to Get It



Grant County Today – and Tomorrow?

- Periods of drought are becoming more common. Temperatures warm up earlier in the spring but we still have late killing frosts.
- Forest fires have burned fiercer and longer in recent years, making flooding more likely when monsoon rains do come.
- ~ The traditional produce from gardens, farms, and orchards as well as the alfalfa and range grasses for livestock on ranches are all at risk.
- Copper mining is forecasted to end in our region within a generation, removing a major economic engine.
- Big companies that come to Grant County with promises of employment take their jobs away as soon as profits drop.
- ~ Family livelihoods have been hit so hard that many young people leave the area in search of work. For the ones that stay many barely manage day by day.

Community Conversations are a way to

- Share our concerns, hopes, needs, and priorities.
- Discuss the challenges and opportunities of the present.
- Envision the future we want for our community.
- Help County and municipal officials understand more clearly what our communities need and want.

....Say “Que Bueno to speak local!!”

The Community Conversations are sponsored by the Grant County Food Policy Council, a 7-member advisory body to the Grant County Board of Commissioners, and The Volunteer Center, with support from the Con Alma Foundation.

Join the Party!

Volunteer for **Popcorn Fridays** at the Co-op celebrating 40 years as a member-owned community market. Give out free popcorn and samples and be part of the popular crowd. For each three hours of volunteer fun members receive a 15% discount at the co-op for one day.

For more info, call Carolyn at 388-2343.



May Community Forum



How to eat fresh vegetables from your garden all year long

presented by Susan Van Auken,
an experienced local gardener

Do you want local foods? Your own back yard is as local as it gets.

Learn the five steps to make eating yummy, homegrown vegetables possible, every day of the year. The steps are simple, but of course all gardens take a little effort.

Susan eats from her garden in the summer, fall, winter and spring. She has many tips for you on how to stretch your garden season so you too can eat juicy, sweet, crisp, fresh-picked carrots in February,

Mmmmm, Yummy.

**Tuesday, May 13th &
Thursday, May 15th
from Noon to 1 pm
in the Co-op Community Room**
*all community forums are
Free & Open to Everyone*

KITCHEN MEDITATIONS

CELERY, RADISH & TURNIP SALAD IN BLEU CHEESE SAUCE

- 1/2 head celery, peeled, thinly sliced – reserve leaves
- 1 bunch radishes, ends trimmed, thinly sliced
- 1 bunch young turnips, ends trimmed, halved, thinly sliced
- 5 spring onions, white and green parts, thinly sliced
- 1/2 cup fresh flat leaf parsley, chopped

Sauce:

- 3 TB Gorgonzola bleu cheese, room temperature
- 2 TB mayonnaise
- 1/2 cup sour cream
- 2 TB fresh lime juice, plus 2 tsp zest
- 1 tsp sea salt
- 10 grinds black pepper
- 2 tsp sugar

Make sauce: whisk together cheese, mayonnaise, sour cream, lime juice, zest, sugar, salt and pepper until well combined; Cover and chill until ready to serve.

Toss vegetables, parsley, celery leaves together in a large bowl; add sauce and mix well to combine. Taste for seasonings. Serves 4-6

SPANISH ROASTED POTATO SALAD

- 1 pound small potatoes, white or red
- 3 TB olive oil
- 1 1/4 tsp salt
- 1/2 tsp ground black pepper
- 4 cloves garlic, finely chopped
- 4 TB mayonnaise
- 1 TB lemon juice
- 1 tsp Dijon mustard

Preheat oven to 400°F

Cut potatoes in half; add 2 tablespoons of olive oil, 3/4 tsp salt and the pepper and mix well. Place on baking sheet in single layer; bake 40 minutes, flipping twice during baking until they turn a nice golden brown. Cool.

Combine 1/2 teaspoon salt, 1 tablespoon olive oil, garlic, mayonnaise, lemon juice and mustard in a bowl; pour over cooled potatoes. Serves 4

GREEN PANCAKES (PASCADOUS)

- 1 cup flour
- 4 eggs, 2 whole; 2 separated
- 1 garlic clove, finely chopped
- 2 TB dry white wine
- 1/2 cup milk (or non-dairy milk)
- 8 ounces Swiss chard leaves or spinach, finely chopped
- Olive oil
- Fine sea salt
- Black pepper

Combine flour and 1 tsp salt; form a well in center, add 2 whole eggs and 2 egg yolks; stir to mix with part of the flour; sprinkle with pepper; add garlic and wine, pour milk in a slow stream, whisking as you go, until all flour is mixed in and the mixture is creamy and mostly lump-free. Cover and refrigerate at least 2 hours, or overnight. When ready to cook, fold in greens.

Beat egg whites with 1/4 teaspoon salt until they form stiff peaks; fold gently into batter.

Heat a tablespoon olive oil over medium heat; add about 1/4 cup batter for each pancake to hot skillet, without flattening. Cook until edges are set and pancakes are golden, 4-5 minutes; flip and cook 3-4 more minutes until other side is golden. Serve hot with a sprinkling of salt and pepper. Makes 10-12 pancakes



GRILLED CORN WITH BASIL BUTTER

- 8 ears fresh corn, shucked
- olive oil
- salt
- 2 sticks unsalted butter, room temperature
- 1 cup fresh basil, loosely packed
- 1 TB sea salt

Roll corn in olive oil and sprinkle with salt; grill corn by rotating a few times until some kernels are blistered, 8 minutes (careful not to overcook or corn will be dry).

Blend butter, basil and salt in a food processor, until butter is light green.

Slather corn with basil butter; sprinkle with a little more salt, if desired; eat right away. Serves 4-8

Extra basil butter will keep in the fridge a week or two and is amazing on toast!

CUCUMBER HONEYDEW SOUP

- 1 cup cucumber – peeled and chopped
- 1 cup ripe honeydew melon, peeled, seeded, chopped
- 1/2 cup coconut water
- 2 TB lemon Greek yogurt
- 2 mint leaves
- paper thin slices of peeled cucumber
- chopped mint

Blend cucumber, melon, yogurt and coconut water until smooth.

Pour through a strainer to remove lumps, chill.

Chill bowls; stir soup back together and pour into bowls.

Top with thin slices of cucumber and mint leaves before serving. Serves 2

until slices are well coated with oil. Sauté 2-3 minutes tossing occasionally, until fennel starts to soften; add water, orange juice, salt and pepper; toss quickly and reduce heat to medium/medium-low; cover pan and simmer 10 minutes until vegetables are tender.

Uncover pan; raise heat to high and fast simmer until juices have all evaporated and some of the vegetables are golden brown, 6-7 minutes. Toss now and then, but don't mush the vegetables.

Remove orange zest; sprinkle with fennel fronds and serve immediately. Serves 4

BEEF TARTARE WITH DIJON & CAPERS

- 4 beets, roasted, peeled, finely diced
- 1 tsp capers, rinsed
- 2 TB red onion, minced
- 2 TB parsley, minced
- 3 TB scallion, minced
- 2 TB Dijon mustard
- 1 tsp red wine vinegar
- 1 tsp Worcestershire sauce
- 1 tsp olive oil

Freshly cracked black pepper, to taste
Combine beets, capers, red onion, parsley, and scallions in a bowl.

Whisk together Dijon, Worcestershire, vinegar and olive oil; pour dressing over vegetables, toss well; season with black pepper.

Serve with crackers. Serves 2

SUMMER SQUASH, RICOTTA & LEMON THYME TART

- Pastry crust
- 8 ounces ricotta
- Freshly grated zest of 1 lemon
- 1 large summer squash, sliced into thin coins
- 4 sprigs fresh lemon thyme
- 2 tsp olive oil
- pinch paprika
- 3 TB grated Pecorino Romano cheese

Preheat oven to 425°F

Press crust into 10 inch tart pan. Stir ricotta and lemon zest together; spread into a thin layer on top of dough.

Arrange squash slices on top of ricotta, overlapping edges; drizzle olive oil over squash.

Strip leaves off stems of lemon thyme; sprinkle over squash, along with paprika.

Scatter cheese on top and bake 20 minutes, until edges and top are golden. Serves 6-8

CARROTS AND FENNEL BRAISED IN ORANGE ZEST & HONEY

- 1 TB unsalted butter
- 2 TB olive oil
- 1 TB honey
- 1.5 pounds carrots, cut into small sticks
- 1 fennel bulb, ends trimmed, bulb cut in half, cored and sliced
- 4 strips orange zest
- 1/2 tsp fennel seeds, crushed
- 1/3cup spring water
- 1/3cup orange juice
- 1/2 tsp plus 1/8 tsp sea salt
- fresh ground black pepper
- 2 TB fennel fronds or dill, coarsely chopped

Heat skillet over high heat; add butter, olive oil and honey; stir well and add carrots, fennel, orange zest and fennel seeds; toss

CABBAGE SLAW WITH MISO-GINGER DRESSING

- 1 tsp fresh ginger, finely grated
- 1 small garlic clove, grated
- 2 TB miso paste
- 2 TB rice wine vinegar
- 1 TB soy sauce
- 1 tsp toasted sesame oil
- 2 TB water
- 3 cups cabbage, finely shredded
- 1 large carrot, cut into thin matchsticks or grated
- 1 TB black sesame seeds, toasted

Whisk together ginger, garlic, miso, vinegar, soy sauce, sesame oil and water. Set aside.

Toss cabbage, carrots and sesame seeds together with dressing.

Serve immediately or let sit covered in fridge for up to a few hours (will be more slaw-like in texture). Serves 4

HEIRLOOM TOMATOES & GRILLED CORN SALAD

- 6 ears corn, husked
- 4 cups heirloom tomatoes, chopped coarsely
- 1/2 cup Vidalia or other sweet onion, diced
- 1/2 cup parsley, chopped
- 1 jalapeno, seeded, minced
- 1/2 cup olive oil
- juice of one lime
- Sea salt to taste
- Ground black pepper, to taste

Rub husked corn with a little olive oil, salt and pepper; place on outdoor grill and turn until some of the kernels are a little blackened. Remove kernels from cobs; place in a bowl.

Put rest of chopped and minced ingredients in the bowl with the corn.

Whisk together olive oil and lime juice; season to taste with salt and pepper; pour over vegetables, mix thoroughly. Makes 2 quarts

May 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 30-May 20

coop deals



Bulk
Steel Cut Oats
reg \$1.49#
SALE \$1.19#



Hope
Hummus
8 oz, assorted
reg \$4.89
SALE \$3.39



Cascadian Farms
Frozen Berries
assorted
reg \$4.19
SALE \$3.00



Annie's Home Organic
Shells & Cheese
6 oz, assorted
reg \$3.19
SALE \$1.79



Alaffia
EveryDay Shea
Body Lotion, 32 oz
reg \$11.69
SALE \$7.99



Boiron
Arnica Gel
1.5 oz
reg \$7.49
SALE \$5.69

May 21-June 3

coop deals



Bulk
Red Lentils
reg \$2.19#
SALE \$1.79#



Redwood Hill Farm
Goat Milk Kefir
Plain
reg \$6.39
SALE \$4.99



Evol Burrito
6 oz, assorted
reg \$2.99
SALE \$1.99



Back to Nature
Stoneground
Wheat Crackers
reg \$4.39
SALE \$3.00



Kiss My Face
Sun Block SPF 30
4 oz
reg \$11.29
SALE \$8.69



Field Day
Facial Tissue
reg \$2.29
SALE \$1.19

Member Only Specials

April 30-June 3



Bulk
Equal Exchange
Organic Love Buzz
reg \$12.69#
SALE \$8.99#



Organic Valley
Large Brown Eggs
reg \$5.39
SALE \$4.89



Food for Life
Sprouted
Corn Tortillas
reg \$3.39
SALE \$3.19



Napa Valley
Grape Seed Oil
12.7 oz
reg \$5.99
SALE \$5.39



Solgar
Gentle Iron
90 ct. veg caps
reg \$11.19
SALE \$10.19



Eclectic Institute
Nettle Leaf
50 ct.
reg \$12.69
SALE \$11.49

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
KID



Corner

From Your Board...

Food for Thought *by Susan Van Auken*



Our co-op has grown and changed over the past 40 years. Although there are some founding members who have participated in this cooperative venture since the beginning, most of us joined and started shopping at the co-op during a different time. It can be hard to remember that the co-op wasn't always like it is now. It wasn't always like it was when I first walked through the doors in 1987. I thought you might enjoy a snapshot history of our favorite little store.

Our 3 million dollar-a-year store began in 1974, like many co-ops did, as a buying club. Members ordered food together, split the order, and then went home. Within a year though, a "store front" was opened in the back of David and Susan Berry's house at 511 N Bullard St, right across the street from our current building. Shopping was restricted to members and the co-op was run by committee.

In 1977 the store moved to 108 E Broadway, a more visible store front. Jim Goodkind was still the manager and sales were close to \$26,000 that year. A few years later the co-op took a big step and incorporated as a non-profit corporation in New Mexico. By the early 1980's, the store had grown to the point where there was more work to do than people to do it, and we had cash flow problems. It was definitely a difficult time for our co-op.

The manager, Ed Anthes, and co-op member Pamela Patrick worked together to bring the co-op out of this low time, and by 1984 the co-op was grossing \$76,000 a year. The management structure was changed, and employees hired. Still the store was staffed mainly by volunteer workers. In 1985 the store moved to its current location, a prominent place in the center of downtown. Sales improved at this new location, paid employee positions expanded and sales soared to \$240,000 by 1989. What an exciting challenge that growth rate must have been for the co-op.

At this point, after being in operation for fourteen years or so, the forward-thinking board, manager, and members of this young co-op took a leap of faith and bought the building at 520 N. Bullard. That purchase took place in 1989. Over the next several years the co-op made changes to the building and the store, redoing little bits here and there – first, upgrading the old building by fixing portions of the roof and some electrical problems. The retail area of the store was smaller then, ending at the wall be-

hind the current produce cooler.

Due to new regulations for repackaging food items, a kitchen was added in 1992. Up until this time very little fresh produce had been available, and a big push began to obtain more produce, which necessitated the purchase of a new produce cooler. Also during the early 90's a new IRS ruling changed how co-ops across the country operated. The use of volunteer workers, who received a discount on products, was a program that had to cease. After 18 years or so of much volunteer labor, all workers had to now be employees and Pamela Patrick was once again serving as manager of the co-op.

By 1994, a second check-out counter was installed. Also a new walk in cooler was purchased. As with many old buildings, ours needed a major roof replacement and now was the time for it. The biggest concern of the co-op around this time, though, did not involve the building or equipment but rather problems caused by a new neighbor across the street where the Hub is now. The neighbor was a small factory. Chemical emissions from this operation caused a variety of difficulties for workers and shoppers at the co-op. Litigation took two years, and eventually the factory moved. Sales at the co-op continued to grow and reached \$650,000 by 1996.

Kathleen Wigley took over as manager and she began a big remodeling push in 1997-1999, including installing another walk-in cooler, offices and the current kitchen. By the end of 1999 the construction was completed and the retail sales space available (excluding offices, walk-in coolers, kitchen and the back rooms) was 2060 square feet. The sales in our newly renovated store for the year 2000 were \$900,000.

In 2000 the co-op also made another change not involving the building. The members voted to leave behind our status as a non-profit corporation and reincorporate as a cooperative association under the New Mexico state laws. Now we truly were a co-op.

Six years later we had more than doubled our annual sales so that in 2005 we had sales of just over \$2 million. We had double-digit profits during these years and shared profits with the employees. We also changed a major aspect of store operation by computerizing the pricing of goods and adding scanners at the checkout counters.

Somewhere around this time, we took a big step in greater utilization

of our 2060 square foot space. We added a third row of shelves in the front section of the store, giving us quite a bit more room for product, an extra aisle, but unfortunately, much smaller aisles. Today the store now has this same basic layout.

In 2006 it was obvious that more space was necessary and the co-op purchased the old, rather rundown garage across the alley in back of our store. After a major renovation, we moved into this building in 2007. For those of you who have not been in that building, it added much needed office and warehouse space, and a community room. Also in 2007 we created an outreach position on staff, and we began giving back to the community in a more formal fashion. After the departure of our two co-managers in 2008, we had a challenging year with two different interim managers while searching for a new general manager. Doug Zilm was hired, managed the store for three years, and helped the co-op move from a fee-for-membership status to an equity membership status, one more step on the path of a maturing cooperative.

Today, with Joe Zwiebach as manager, the retail sales space available to our co-op is exactly the same as it was at the end of 1999, 2060 square feet. Our sales, though, have contin-

ued to grow and grow. In 2013 our sales were just over 3 million dollars. We once again are beginning to feel the need for more space, as Joe and the staff strive to use each nook and cranny most efficiently. We also recently opened the store on Sunday for six hours, and patrons responded quickly making this change a success.

What a wonderful growth story. It is especially amazing to me that we have grown from sales of a quarter of a million to over three million dollars in the same location. This couldn't have happened without loyal members and shoppers like you, general managers who provided leadership, employees working day in and day out, elected board members working behind the scenes providing guidance and direction, and all the members who have volunteered at the store in one way or another. Thanks a bunch to everyone.

Now we can all wonder what will be written about our co-op ten years in the future, in 2024, as this next part of our history is not yet written.



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

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

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

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

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

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

Board of Directors

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.

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.

What Is Yoga Therapy?

by Matthew Sommerville

I find it a common occurrence where people come to yoga class and ask me, “So, what’s yoga therapy”? I’m actually not surprised by the question as my sense is that yoga therapy is, relatively speaking, somewhat new when it comes to how we typically think of the practice of yoga.

We associate yoga with a group class situation. In this class, the instructor leads us through series of asana (movements of the body) over anywhere from an hour to an hour and a half. If we attend a succession of classes, we notice that the instructor varies the asana, intruding different movements (or sequence of movements) that will often focus on different parts of the body, or may emphasize different ways of moving the body.

Ideally, we come away from the class with our body (and mind) feeling better – feeling more relaxed, more stable, more at ease, stronger, etc. That yoga has become so popular over the last 20 years suggests that, indeed, many people are experiencing these kinds of positive results from attending yoga class.

But sometimes a yoga class can backfire on a yoga student (and the instructor as well). This happens when someone comes to class with a particular physical vulnerability (for example, with weakness in the low back due to an injury). Even within a relatively easy practice, there may

be particular asana (for example, forward bending pose which stretches the muscles of the low back) that strains that persons low back or worse, adds injury. In this case the student leaves the class not feeling “relaxed, more stable, more at ease”... etc.

Injury in a yoga class can happen despite the best intentions of both the instructor and the student. It is difficult for the instructor, even if informed beforehand, to keep track of all the structural issues of each student in the class (especially with a large class). Further, without careful analysis of the student’s structural vulnerability, it’s often difficult to know precisely which movements might best be avoided and which are ok. To further complicate the issue, the student might not accurately inform the instructor (beforehand) regarding the injury and, even heeding the instructor’s precautions, might unintentionally (or intentionally) push him/herself more deeply into an asana than prescribed by the instructor.

Even worse (much worse), some instructors will physically push (via physical manipulation) a student more deeply into an asana without either asking permission of the student and with no knowledge of the student’s particular physical (or otherwise) vulnerabilities. Hopefully this is rare. Generally, with careful

instruction, a class can be (and usually is) a very positive experience. The advantage to yoga therapy is that it addresses and solves the above described dilemmas. Yoga therapy is a one-on-one experience where an individual’s particular structural (or otherwise) weaknesses are addressed through a specially designed asana practice for that individual.

In other words, whereas the yoga class is, by design, generalized, the yoga therapy session is specific. For example, if someone has lower back pain due to job related physical stress and, as well, has been sleeping poorly and generally feeling agitated, a practice can be designed for that person that is specific to those needs. The practice would most likely include asana (for the low back), but might also include breath practice (pranayama) for both the low back condition and to address the stress/agitation, and perhaps a specific mantra meditation. This individualized practice would evolve over the weeks (or months) as the person’s condition improved and evolved.

What is most remarkable about yoga therapy is that it is truly integrative. It’s able to address not only physical ailments, but functional issues as well. Yoga, as a well-tuned practice, can help lower high blood pressure and has been shown to reduce the effects of diabetes (to cite just two examples). Beyond this, as yoga is a

practice of the mind, it can be effective in helping to balance our emotional well being. There is a great deal of research being done lately showing the effectiveness of yoga therapy in addressing issues around trauma (as one example of yoga therapy as a psychological tool).

It’s important to note here that yoga therapy is often (and perhaps best) used as a complement to other therapies. For example, for high blood pressure, medication might be advised to address the problem short term (an allopathic approach), supplemented by an individualized yoga practice for long term blood pressure management. In other words, yoga therapy is often used in tandem with other approaches.

It will be to everyone’s benefit when “yoga therapy” becomes widely understood and is utilized as yet another modality for better health (please note: as a yoga therapist I am risking seeming self serving here, but my intent is to answer, to any and all, the question “What is yoga therapy?”). The efficacy of yoga therapy is quite remarkable. It looms on our horizon as a powerful healing tool through its ability to purposefully integrate body, breath, and mind.



[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]

2014 Election Results

(ballots counted on 4/2/2014)

Carmon Steven, Vice-President of the Silver City Food Coop, ensured the election followed board procedures set.

Election of Members to the Board of Directors

There were two vacancies, one candidate and one write-in candidate. We had a quorum of member-owners cast ballots. Candidates receiving a simple majority of votes were elected, according to Section 3-5C of the Bylaws, approved by members’ vote 4/4/2012.

Gail Rein was elected; no other candidates received the required number of votes according to the simple majority rule of Section 3-5C in the Bylaws.

Candidate	Valid Votes	Elected/ Not Elected
Gail Rein	134	elected

Gail Rein	134	elected
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Write Ins

Mark Johns	12	not elected
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Monica Hoeper	3	not elected
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The following received one write-in vote each:

Lita Furby, Jeanné Miller, Elise Stuart, Kate Stansberger, Ted Presler, Paul Slattery, Kathleen Wigley, Dave Baker, Betty Mishuk, Rebecca Summer, Mary Ann Finn, Terry Timme, Mary Giardina, Naomi Laffinghans, Sharon Bookwalter	1 each	not elected
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Did You Know? . . .

MAPLE SYRUP. Clear sap, tapped from spring-warmed trees and boiled to remove much of the water, becomes pure maple syrup. It’s pricey, but a little goes a long way, so accept no imitations; if it’s not labeled “pure,” it’s likely mixed with cane or corn sugar and artificial preservatives. The real stuff contains trace minerals, such as manganese and zinc. Grade B (darkest and least expensive) works great in baked goods and drinks; more delicate Grade A is best used straight. Refrigerate after opening.

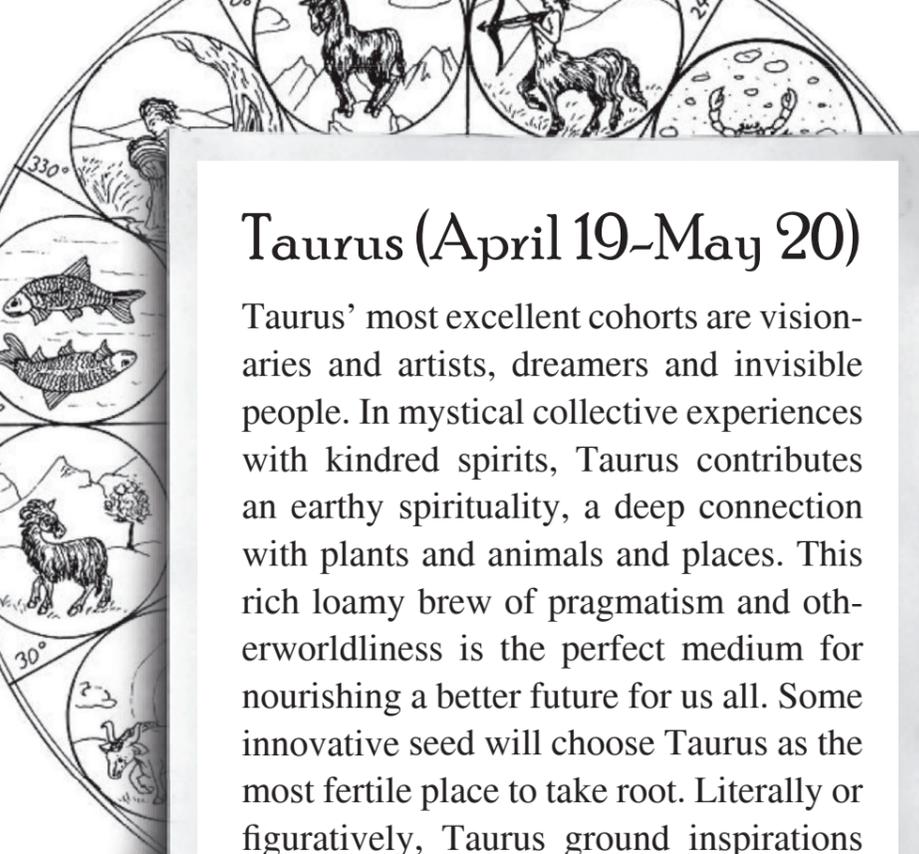
SUBSTITUTE. Maple syrup is sweeter than white sugar, so replace 1 cup regular sugar with 3/4 cup maple syrup in baked treats; also reduce recipe liquid by 3-5 tablespoons. It’s ideal for crisped-rice treats and spiced nuts, where the flavor really shines.

MARINADE. Combine 1/3 cup maple syrup, 1/3 cup gluten-free tamari sauce, and a tablespoon of Dijon mustard; pour over pork tenderloin, salmon fillets, or chicken breasts. Marinate 30 minutes to 1 hour before roasting.

VINAIGRETTE. Whisk 1/4 cup extra-virgin olive oil, 3 tablespoons champagne or white balsamic vinegar, 1 1/2 tablespoons pure maple syrup, and salt. Drizzle over spinach and arugula leaves, orange sections, and toasted nuts.

TROPICAL FRUIT PARFAITS. For crunch, top these easy desserts with chopped nuts or cacao nibs. Place 2 cups cubed fruit (pineapple, mango, kiwi, or a combination) and 1/4 cup pure maple syrup in a food processor; pulse until smoother but still chunky. Transfer to a bowl and refrigerate until ready to use. Rinse processor with warm water; then add 2 cups raw cashews, 2 tablespoons vanilla extract, and 2 tablespoons coconut oil (warm oil to liquefy). Blend to a smooth, pudding consistency, adding a little water as needed. Divide 1 sliced banana among parfait glasses or ramekins; top with 1/4 cup cashew mixture, and then drizzle with 1/4 cup fruit syrup. Garnish with fresh mint. Serves 6





Taurus (April 19-May 20)

Taurus' most excellent cohorts are visionaries and artists, dreamers and invisible people. In mystical collective experiences with kindred spirits, Taurus contributes an earthy spirituality, a deep connection with plants and animals and places. This rich loamy brew of pragmatism and otherworldliness is the perfect medium for nourishing a better future for us all. Some innovative seed will choose Taurus as the most fertile place to take root. Literally or figuratively, Taurus ground inspirations and live them first. Earth Spirits dream into them. If there's no dream whispering to them, they go wandering; their roots may need a fresh land. Taurus becomes even more potent through partnering with accomplished souls this year. Hang out with wise people who know the ropes, whose credibility embellishes your own.

May 2014

Full Moon 5/14/2014 at 12:18:47 pm (MST)
New Moon 5/28/2014 at 11:43:03 am (MST)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
			<i>Tour of the Gila</i>			
4 <i>Tour of the Gila</i>	5	6	7	8	9	10 <i>Farmers' Market Starts</i>
11	12	Forum:13 Eat Your Own Veggies Year Round 12-1 pm	14	Forum:15 Eat Your Own Veggies Year Round 12-1 pm	16	17
18	19	20	21 <small>Board Meeting 4.30-7.30</small>	22	23 <i>Health Fair 11-3</i>	24
25	26	27	28	29	30	31
May			<small>Member Linkage 11-12</small>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	Forum:10 How to Make Compost 12-1 pm	11	Forum:12 How to Make Compost 12-1 pm	13	14
15	16	17	18 <small>Board Meeting 4.30-7.30</small>	19	20	21
22	23	24	25 <small>Member Linkage 11-12</small>	26	27	28
29	30	1	2	3	4	5
June						

Wind Prayer

by Lynn Flory

I am every blade of grass
and I am alone.
I walk the sharp edge between
worlds
and see far and wide.
Where is the middle? I ask.
The Wind Mother speaks,
"You could not see both ends
if you were not in the middle."

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