

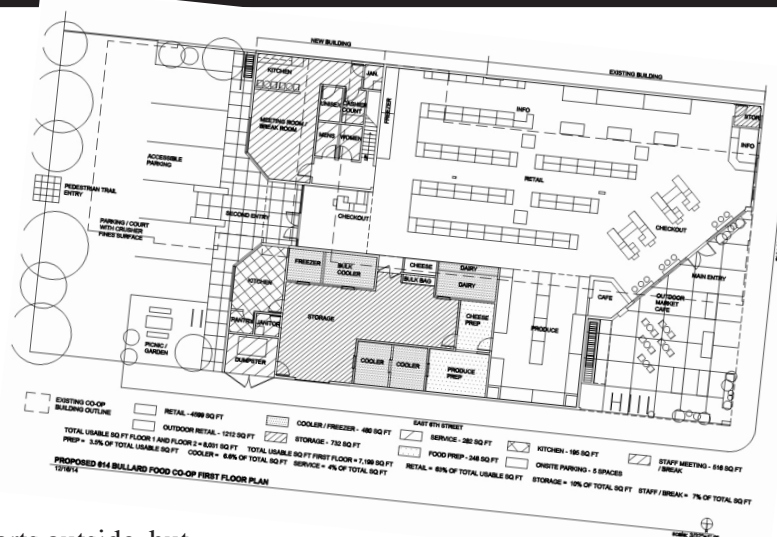
the Garbanzo Gazette



a monthly newsletter of the Silver City Food Co-op

Does the Co-op Need More or Different Space?

by Susan Van Auken



Do you wonder about the board’s decision to rent the building at 614 Bullard for a year? Have you read all the articles in the Garbanzo Gazette explaining why we decided to commit to a year’s rent? If you have read the articles, you know that the board looked at this rent as an “opportunity cost.” We wanted to secure this large building, with a parking lot nearby, for a year while we study the feasibility of expanding or moving to new space.

The reason we wanted to research a possible space modification is that our current building, which houses our charming and well-stocked store, has some space limitations that hinder operations. Are you aware of the limitations or the aspects of the co-op space that are perhaps not so desirable? Limitations can appear differently to each shopper. Perhaps they irritate you, are an inconvenience, or maybe you don’t even notice them. From an operational viewpoint, space limitations are dealt with daily, can create extra work, and can add cost due to inefficiencies. So let’s explore what some of these drawbacks are.

Many of you have probably never been in the back building across the alley (to the east, next to the Big Ditch). The co-op moved into this newly renovated warehouse building in 2007, and I imagine at that time the extra warehouse and office space was much needed and greatly appreciated. In these past 7 years, the co-op has increased sales by over a million dollars, which means the volume of product moving through the warehouse and store has vastly increased. We receive and store most of the grocery items, frozen goods, and food for the bulk bins in this warehouse space. Unpacking the product in the warehouse, and then carting the product

across the alley to stock the shelves in the store is a BIG job, especially when it is compounded by the limited retail shelf space allowing for only one facing (or row) of each item on the shelf. With only one facing a whole case of goods such as peanut butter, olives, or crackers can not be stocked at once which creates an additional challenge. Stockers must constantly go between buildings, pushing carts loaded with product needed to restock the shelves. What this means for customers is that aisles in the store are often partially blocked by stocking carts. Just so you know, the store is fully stocked every morning, but restocking throughout the day is also necessary.

Do you know how to do the dance? Many of us, including me, love our small, cheery store, but we need to know how to shop together in a small space. Shopping here is very different than shopping in a supermarket. Two shoppers, one with a cart, talking in an aisle can create a traffic jam. The dance involves quickly rerouting your path to the next aisle. Or if I am the one who is talking and I see a customer with a cart approaching, I quickly do a side step to move out of the way. This dance is necessary because the volume of sales and the size of the store add up to crowded conditions at peak times. We all need to share our space.

Did you know that the co-op has almost no outdoor space for trash and recyclable materials? Storing these items, mostly the recyclables, inside uses up quite a bit of valuable space that could be used for other purposes. The good news about this predicament is that since we store these materials inside, we have to keep this area very tidy and clean.

You probably noticed when Joe Z received city permission and built a

little corral for the shopping carts outside. Many stores keep carts outside, but to use a cart, co-op shoppers have the extra challenge of bumping the carts over the sidewalk and then opening the front door while pushing the cart over the threshold. Hmm, automatic doors are a possibility but they take up extra space and would involve remodeling.

Do you ever complain or grumble about the lack of parking close to the co-op? Too many folks trying to park in too few parking spaces is an obvious problem. Our limited parking becomes even more challenging when the big delivery trucks must share the cul-de-sac with customers. The co-op responds to our limited parking by offering carry-out service, even when it means carrying groceries up the hill for you!

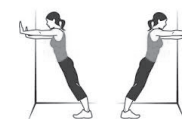
Here are a few additional challenging limitations of our current space that have not been already mentioned. A) The produce section is VERY small in size and space, but strives to offer a good assortment of many different fruits and vegetables. This small space produces the second largest sales volume in the store (after packaged grocery), despite being confined to such a small area. With this high volume, produce needs stocking regularly throughout the day. B) The aisles in the store are too narrow for two carts to pass easily. C) Our walk-in coolers (dairy, produce, and bulk) are too small for our volume. These coolers are filled floor to ceiling when we receive an order, and we cannot order more than the back stock and retail space can hold. D) We surely would like to add a third checkout counter

for those busy times – but where can we put it?

Renovating our main building to create more retail space is one of our options, and it would undoubtedly present significant challenges. The location of the kitchen blocks any simple retail space expansion, and the kitchen, used mainly for produce prep, would be difficult and expensive to move. Furthermore, we must recognize that the building is old, and some costly structural concerns will need to be addressed at some point in the future even without a major renovation.

Space available in our current building limits our dreaming for the future. We wish we could have a customer service desk, an employee break room, space for case stacks and promotions, space for customer interactions, and a place for classes. Did you know that when we built our grab-and-go kitchen last year, we used the space that formerly was our community room? As you can see, we currently have to choose among different space uses, all of which are desirable in our co-op.

We have dreams and we have reality. We live in the present and we plan for the future. How can we create the future we want? What decisions need to be made now, for the short term future and for the years to come? Many questions are on the table and being discussed. As always, we strive to keep you informed.



In This Issue

Page 2

Cup o’ Joe
New at the Co-op

Page 3

Outreach Report
Welcome,
Charmeine

Page 4

Kitchen Meditations
Herbal Reveries

Page 5

Co-op Deals
Monthly Specials
Kids’ Corner

Page 6

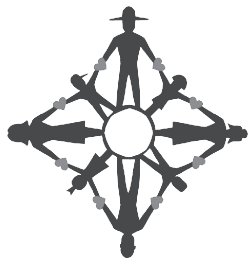
From Your Board . . .

Page 7

Parkinson’s and
Panchakarma
Biotech Tinkering with
Your Food Continues

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

Ends Statement

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

Seven Cooperative Principles

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

Staff

Judith Kenney
Bob Lee
Carolyn Smith
Dougan Hales
Jake Sipko
Kate Stansberger
Carol Ann Young
Margarita Courney
Jeanné Miller
Becky Carr
Vicki Gadberry
Jess DeMoss
Meggie Dexter
Misha Engel
Dan Jameson
Jenny Morgan
Doug Smith
Joe Z
Marguerite Bellringer
Kim Barton
Eric Lynch
Michael Sauber
Mia Crandell
Paul Slattery
Monica Hoepfer
Eva Featheringill
Patricia Walsh
Jody Andrews
Jessie Gauthier
Lee Ann Miller
Gabbie Sturdivant
Brenna Brown
Andrea Padilla
Julianna Tow
Henry DeMars
Sarah Hardisty
Tinisha Rodriguez
Evan Humphrey
Charmeine Wait

Annual Co-op Equity

\$10.00

The Garbanzo Gazette Gang

Editor: Margarita Courney

Contributors: Judith Kenney, Carolyn Smith & Charmaine Waite

Layout & Design: Carol Young & Meggie Dexter, Consultant

Submissions are welcomed!

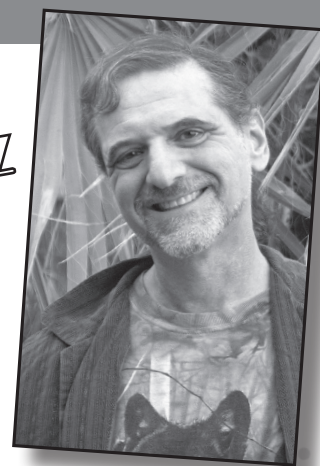
Submit letters, articles, or items of interest to:
gg@silvercityfoodcoop.com

©2014- Garbanzo Gazette

All Rights Reserved. Articles published in this newsletter do not necessarily reflect the views of the board, management, or staff of the Co-op.

Cup o' Joe

by JOE Z



January was never my favorite month. After the colored lights and gaiety of Dec. faded; after the long winter school break; after the joy of romping on New Year's Eve, Jan spread forth as a dark, cold, dreary month with little to look forward to: February (groan – at least it's short).

The sugar rush of Dec is over. The toys are broken (yes –already). I'm sitting at a desk organized into rows with bunches of other kids who also didn't want to be there. The teacher goes, "wah, wah, wah-wah-wah". I've no idea what she's talking about. I want to go back to bed.

Both my Mom and Sister have birthdays in Jan. So now I have to agonize over what to get them again after just doing that in Dec. Whatever I would get my Mom would be greeted with words of appreciation accompanied by a sarcastic sneer. And I was assured that my older Sister would ridicule whatever I got her as per the code as to how older sisters treat younger brothers.

And so cold. On average, Jan is the coldest month of the year in the northern hemisphere. As an infant through to 24, I went from cold, sleeting, slush-filled NYC, to ridiculous amounts of snow and cold in Albany NY, to "are you frickin' kidding me??" in Oswego NY where a high of -5 and a windchill of -65 was not uncommon in Jan. After 6 years, I go fed up with that and went to Buffalo NY.....

It is the Roman god Janus for which January is named after. He was the god of new beginnings and transitions (or maybe still is, I don't believe it has been definitively established one way or another). So in January we make resolutions. We will change. New energy. We will become better. We will do the things we have avoided doing before because we just don't like doing them. Sure, I'll be a better person but I could really use a little godly boost here, Janus!

Starting just before Halloween, the energy picks up and people flood the markets for all kind of goods culminating in the Dec. frenzy. In January, people are tired, bloated, have unappealing resolutions to fulfill, are cold and are faced with more of the same in the weeks to come. After coming home from work/school, people just want to sit. Sit and stare. After that – maybe sit some more. Perhaps sigh some too. But sitting is good. And finally, go to bed.

The retail world has long faced this dilemma. "How do we get people out of their homes when all they want to do is sit and go to bed." It is no surprise then that, traditionally, Jan. has the White Sales: Beddings and linens. "Oooo, comfy sheets! Comfy towels! I must have! I must get up. I will save money. I will be comfy! It's for the bed! I will be happy then!"

Accordingly, it is no surprise that Valentine's day falls in Feb. After everyone is encouraged to update their bou-

doir amenities in Jan., they are then encouraged to exploit their newly acquired comfy items via chocolate and love: certainly soiling those sheets and thus setting the stage for next Jan.'s sales. No - it's not all chance or happenstance. Retail knows what it's doing (and knows what you're doing too).

Here at our Co-op, our fiscal year is the same as the calendar year so Jan. also brings us the financial close of the year as well as preparing for our annual review/audit. How many ways can we spell "fun"? Our Jan 2nd inventory count begins at 5am. We could have done it anytime on Jan 1. What a choice...

Now there are good things about Jan too. There's... um....well, we have Martin Luther King day... that's good and there is... ummm Well, there are a lot of people who like cold and snow and they strap skis on their feet and hurtle down hills trying to avoid trees and other hurtlers. I used to do that. I was good at missing trees but not necessarily those other hurtlers. I was tagged with the label "Menace". Now, while one never needs an excuse to drink beer, Jan. is really a pretty good excuse for it (and hot chocolate – Jan is really good for hot chocolate). So that's good.

For me to get through Jan., I have to set my visions long. Focus on the future. With our Co-op, that's easy since there is always something that needs doing and endless possibilities. We have old and quirky registers that need attention as well as their counters. We have internal systems that need revamping. We can move all the products around again ---- okay – we won't do that (well maybe a few things).

And of course, we have the 614 project. We already have some exciting ideas about how to bring the building to self-sufficiency, that is, using it to provide more services to our Members while generating revenues to pay for it-self.

I wanted to write a column about all the fantastic energy that our Co-op will generate through 2015. But Jan. brings out my grumbly side and this column came out differently. My New Year's resolution is to not be so ornery about Jan. Looks like I'm off to a good start.

Really though, our Co-op is a bright little spot in the tableau of Jan. We don't have a white sale going but it's always a fun place to visit!

I just looked at the thermometer. It's 36 degrees outside. It's 5:30. It's dark. I was sipping a hot chocolate. While I'm sitting and staring. Sigh. Think it's time for a beer. Then I'm going to bed.... Z Z Z Z Z

WHAT'S

new

Now you can get *Mary's Organic Chicken Livers* in the Co-op freezer section. In business since 1954, Mary's chickens are humanely raised in a stress-free environment with plenty of open space in which to roam. Relaxed chickens are healthy chickens! It's hard to beat the nutrition packed into these organic livers, high in protein, minerals (especially iron), and vitamins A and B.



Indulge in the strong, sweet aroma and satisfying crunch of *Dang Dark Chocolate Coated Toasted Coconut Chips*! The toasting process brings out the natural sweetness of the coconut meat in a tempting snack dipped in dark chocolate. Check out Dang's website for recipe ideas!

Grab/Green wet dryer sheets are safe, unscented and reusable. Each 32 sheet pack is good for 64 dryer loads. The hypoallergenic formula acts as a fabric softener, leaving zero residue on clothing. Safe for people with sensitive skin.



Acure Argan Oil Towelettes freshen and soothe on the spot! These pre-moistened wipes are chemical-free. What a great way to remove makeup, refresh after a workout, just about any time you need a gentle treatment for your skin.

Community Outreach Report

by Carolyn Smith



Back in October, I attended a workshop in Albuquerque called the Cooperative Café, a day-long interactive conversation with representatives from co-ops around our southwestern region. Using the World Café conference format (www.theworldcafe.com), we engaged in a “strategic conversation” with three main goals: “Advancing our thinking, Building shared understanding and Creating alignment at our co-op and among co-ops”, the ABCs of Co-op Cafés taking place around the country.

The theme for the 2014 Co-op Cafés was “Connecting Co-ops & Communities”. To help get the wheels turning, we watched a few short inspiring video presentations by national and international co-op leaders. Then we broke into small groups of 3-4 to share ideas on our theme with a focus on “Building, Belonging”.

Each person had a chance to talk while everyone else listened. Then we got up, shuffled ourselves and sat down with different folks for take 2, same theme, same focus. After this round of brain-storming, each table was asked to discuss the following questions and select the top three themes/responses to share with the whole group:

- How can we begin to shape cooperative democracy and participation as a driving force for the success of our co-ops?
- What could it look like?
- What might happen?

Here are some of the ideas from the first sharing: “Identify how we are distinct”, “education and advocacy”, “information through the exchange and availability of education feeds community and builds trust”, “deepen cognition around enlightened self-improvement”, “there’s beauty in the realization that everything that benefits me, benefits us,” “connection and participation with the larger, big picture”, “acknowledge different levels of participation”, “What’s the More?- the qualitative differences gained vs. the amount of dollars spent”, “the More is to own, use, serve and belong”, “serve = love, care and nurturance”, “use = change agency”, “transcend cultural differences”, “acknowledge and cultivate our ambassa-

dors, i.e. members/owners”, “meet people where they are, keep technology current”, “build one-on-one relationships”, “empowering staff”, “the co-op difference starts with staff”, “extend the invitation, people are waiting to be involved”.

We took a break to enjoy a delicious lunch of local posole and beans, a fresh green salad, and dessert, and then we were treated to our guest speaker, Gar Alperovitz, a well-regarded national historian, economist, author and speaker.

Gar talked to us about his new book, “WHAT THEN MUST WE DO? Straight Talk About the Next American Revolution” with the subtitle “Democratizing wealth and building a community-sustaining economy from the ground up.” Central to his book is a discussion of emerging economic models that he believes hold great promise for the future, a middle way between the currently unsustainable and flawed systems of corporate capitalism and state socialism.

And guess what? Cooperatives are leading the way! alongside employee-owned companies and B Corps (corporations that have a social component built into their structure and mandate). Gar explained that regular corporations exist solely for their stockholders and therefore the bottom line. These stockholders can limit or even prevent corporations from doing social good if it cuts into profits. On the other hand, cooperatives exist to serve their members and community, employee-owned companies serve their employees and community and B Corps can and must deliver on their social promises.

Gar’s book is an easy and engaging read. Although there is plenty of information about the disturbing imbalances in the U.S economy, the tone is upbeat with plenty of stories of cooperatives, credit unions (cooperative banks), land trusts, employee-owned businesses, and other examples of great things already happening in communities around the country.

As an historian, Gar does not believe in Margaret Thatcher’s slogan “TINA”, (there is no alternative) in regards to our current economic system. Most people find it hard to imagine different systems coming to the fore

while they are in the midst of the present, but history shows that change is the norm and Gar is encouraged by the strength of cooperatives and their focus on the triple bottom line, “People, Planet and Profit.”

Cooperatives provide a living wage for employees, support their local economies through community collaborations with local businesses, producers, organizations and policy makers and work to protect the environment through mindful product selection and consumer education.

Cooperatives are models for running successful businesses without sacrificing shared community values. Cooperatives are important agents of change; we are emerging as the new leaders, initiating and participating in conversations about what we can do in our towns, states and countries to improve the quality of life for all.

When people understand the moral importance of making choices that support a sustainable environment and an economy that puts people before profits; when people understand that it’s not ok that the 1% at the top, only 400 individuals! own more wealth than 180 million people at the bottom and due to this wealth these same 400 individuals have undue influence over the air we breathe, the water we drink, the food we eat and the species that survive, co-operatives will begin to see new levels of participation and success.

Building on the morning sessions and the exciting and encouraging talk by Gar, we continued our co-op café on the theme of “Connecting Co-ops & Communities”, focusing on “Creating Community”, followed by the questions: “How does participation in our co-ops connect to Gar’s message? How does Gar’s message connect to the success of our co-ops?”

Some take-aways from the second round of conversations include: “finding and creating

common ground with potential allies”, “our co-op as a viable business model-know your cooperative business”, “share our expertise, ethics and values”, “articulate mission and make it relevant and resonate in our communities”, “community benefit as a primary goal-participation makes it real”, “outreach presentations to community organizations”, “participate in, participate out”, “spread concept of we”, “acknowledge and express appreciation for all participation including anyone shopping at the co-op and anyone who partners with the co-op”, “encourage members and customers to share their co-op stories”, “innovation at a store level to spread the co-op story”, “being a member/owner of the co-op is an act of love”, “meaningful relationships”, “community partnerships”, “strong volunteer programs”, “become a social center”.

The Co-op Café h-andout concluded with this statement, “The real value is to be able to take what you learn and build on it in your local co-op community.” I hope by sharing the ideas I gathered from this cooperative workshop, we can continue the conversation here in Grant County, both within our co-op and throughout the community. These are exciting times!

The Co-op Cafés are produced and led by the CDS Consulting Co-op as part of their Cooperative Board Leadership Program and sponsored by the National Cooperative Grocers (NCG). ❖

For more information on Co-op Cafés go to: cdsconsulting.centraldesktop.com/cbld/doc/3154572/w-Library.

For more information on Gar Alperovitz check out his talks on You-Tube, his new book, “What Then Must We Do” and other books that he’s written.



Welcome Charmaine Wait, Outreach Coordinator

The Silver City Co-op is an anchor of downtown Silver City, and an asset to our entire county. Many people have stated, “I would not live here if the Co-op wasn’t here”, and I am one of those people. The Co-op not only provides fresh organic produce and grocery items, but is a member owned businesses that cares about providing healthy food for a healthy community.

Educating people about what a Cooperative grocery store is, and participating in the community are important roles for our Co-op, and are part of the seven cooperative principles that guide our store. Cooperation among Cooperatives and Concern for the Community are the basis for collaborating with other organizations and participating in community events.

Carolyn Smith has been doing an outstanding job as Outreach Coordinator and has left big shoes to fill. It is an exciting opportunity to continue to build upon the strong foundation Carolyn has built in our community.

With respect for the work that has been accomplished, we will look for new avenues to promote the Co-op and serve the community. Mapping this plan for the next year is something I am eager to begin. If there is a particular program, class, activity, or collaboration you are interested in, please don’t hesitate to contact me via email: charmeine@silvercityfoodcoop.com.

I have previously worked at the Co-op as a cashier, in the produce department, and as the supplement buyer. I co-founded the SW Women’s Fiber Arts Collective, a non-profit providing local and regional women a means to earn income. My recent work in education and outreach at the Silver City Museum reinforced my personal belief in the importance of collaboration and community. I look forward to working once again with the wonderful Co-op staff, and serving our Co-op and community.



January Community Forum Backyard Bees

Backyard beekeeping is a rewarding and increasingly important hobby. Honeybees pollinate most of our edible plants and now they are in danger of extinction.

Learn fascinating bee facts and how to help support these important bee-ings!

Presented by Tim Faust and Lisa Ross.

the forum is presented twice

**Tuesday, January 13th
& Thursday, January 15th**
from Noon to 1 pm

the blue building @ 614 N. Bullard St.

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

Butternut Squash and Cider Soup

- 1 shallot, sliced
- 1 clove garlic, minced
- 3 cups peeled, seeded, and cubed butternut squash
- 1/2 cup chicken broth
- 3/4 cup apple cider
- 1/4 cup sour cream
- 1/2 teaspoon salt, plus more to taste
- 1/2 unpeeled Honeycrisp or Granny Smith apple, cored and finely diced
- Cracked black pepper

1. Heat a medium-size saucepan over low heat. Add the shallot, garlic, and 1/4 cup water. Cook until the shallot and garlic are softened, being careful not to let them burn, 3 to 5 minutes. Add the squash and the chicken broth and bring to a boil. Reduce heat, cover, and simmer until the squash is soft, about 20 minutes.

2. Carefully pour the mixture into a blender. Holding the top down with a towel, blend until smooth. Add the cider, sour cream, and salt. Continue blending until well combined. The soup can be made ahead up to this point. Place in a clean saucepan over low heat until heated through. Season with additional salt if needed.

3. Garnish with the diced red apple and cracked black pepper. Serve immediately. Serves 4

Broccoli, Lemon, and Parmesan Soup

- 2 pounds broccoli, trimmed and cut into florets
- 1/4 cup olive oil
- 2 fat cloves garlic, peeled and smashed
- Salt and freshly ground pepper
- 4 cups chicken stock
- 3/4 cup grated Parmesan
- 1 lemon
- Crusty bread for serving

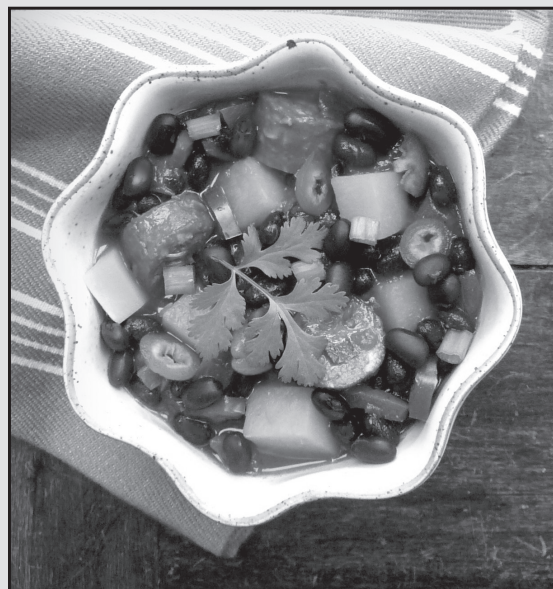
1. Bring a large, heavy pot of water to a boil. Add the broccoli and boil for five minutes. Drain the broccoli well and set aside.

2. Add the olive oil and garlic to the pot over medium heat. After a minute or two, when the garlic starts to soften and turn golden, add the broccoli, season with salt and pepper, and stir well.

3. Cover the pot, turn the heat down as low as it will go, and cook for about an hour, stirring occasionally, until the broccoli is soft enough that it yields when you press it with the back of a wooden spoon (it may brown a little during this process -- this is a good thing).

4. Add the chicken stock and bring to a boil over medium-high heat. Simmer the soup for 5 minutes.

5. Carefully puree half the soup in a blender or food processor, using a kitchen towel to hold the lid on tight. Stir the puree back into the pot. Stir in the Parmesan and lemon juice to taste. Taste and adjust the seasoning. Serve hot with plenty of crusty bread. Serves 4-6



Curried Cauliflower Soup

- 1 head cauliflower, cut into florets (about 6 cups)
- 2 tablespoons olive oil
- 1 tablespoon chopped butter
- 3 onions, sliced 1 inch thick
- 1/2 teaspoons turmeric
- 1/2 teaspoons dried coriander
- 1/2 teaspoons hot paprika or chili powder
- 1 teaspoon cumin
- 4 cups water
- 2 cups chicken or vegetable broth
- 1 cup yogurt, optional

1. Preheat oven to 450°F. On a baking sheet, toss cauliflower with oil and 1 teaspoon salt. Roast until the florets turn brown, about 25 minutes. Set aside 1/2 cup of the crispiest florets for garnish.

2. Melt butter in a pot over medium-high heat. Add onions and cook until soft, 5 minutes. Stir in spices, cauliflower, water, and broth; cover, and bring to a boil. Uncover, lower heat, and simmer 5 minutes.

3. Using an immersion blender, blend the soup until a desired consistency is reached. Stir in yogurt if using. Season with salt and pepper and serve garnished with the reserved cauliflower florets. Serves 4

Creamy Mushroom Soup

- 1 pound mixed mushrooms, cleaned, stems separated from caps
- 1 pound cremini mushrooms, cleaned, stems separated from caps
- 1/2 cup minced shallot
- 6 sprigs thyme
- 1 sprig rosemary
- 1/4 cup cognac
- 3 tablespoons olive oil
- Salt & Pepper
- 4 cups rich homemade chicken stock
- 1/4 cup whipping cream
- 1/4 cup chopped chives

1. Rough chop the mushroom stems and simmer, covered, in the chicken broth for an hour.

2. Heat the oil in a large skillet, and saute the shallots until transparent. Add the herbs and salt & pepper liberally.

3. Chop the mushroom caps into a 1/2" dice. Add them to the shallots as they are chopped. Keep the heat very low and cook gently until the mushroom liquid is released and reabsorbed. Shake the pan so they don't stick. Remove the thyme and rosemary.

4. Turn up the heat and add the cognac. Flame it if you're feeling really chef-y. Cook the mushroom cap/shallot mixture down (after cognac) until well reduced and starting to turn a little golden on the edges.

5. Strain the mushroom stems from the chicken broth.

6. Add the mushroom cap and shallot mixture to the strained broth and heat gently.

7. Swirl in the cream and chives and serve. Serves 6

Smoky Black Bean and Sweet Potato Chili

- 2 cans black beans, drained
- 4 cups sweet potato, diced into 3/4 inch cubes
- 1 tablespoon olive oil
- 2 cups chopped white or yellow onion
- 2 cloves garlic, minced
- 1 chipotle pepper en adobo, chopped finely
- 2 teaspoons cumin powder
- 1/2 teaspoon smoked paprika
- 1 tablespoon ground chili powder
- 1 15 ounce can of diced tomatoes
- 2 cups vegetable broth (and more as needed)
- sea salt to taste
- 1/4 cup chives, snipped into small pieces
- 1 large Haas avocado

1. Heat the tablespoon of oil in a dutch oven or a large pot. Saute the onion for a few minutes, then add the sweet potato and garlic. Keep sauteing until the onions are translucent, 8-10 minutes.

2. Add the chili en adobo, cumin, chili powder, and smoked paprika. Heat until the spices are very fragrant. Add the can of tomatoes and one can of vegetable broth.

3. When broth is bubbling, reduce to a simmer for 30 or 35 minutes, or until the sweet potatoes are totally tender. Add black beans and stir gently. Continue to add the remaining cup of vegetable broth as needed, depending on the texture chili you like. Season to taste with salt.

4. When chili is finished, allow it to sit for a while so that flavors can marinate. To serve, top a generous bowl with fresh avocado slices and chives. Serves 6



Herbal Reveries

Rosemary, Sage and Thyme

The holidays are over and, hopefully, we have all settled into a more relaxed routine. Recovering from the culinary excesses of recent weeks, we turn toward the coming year with a new view and new possibilities. It's cold outside, of course, and we still need warming foods that will sustain us through the winter, but simplicity is a key word here.

This month's herb column features a recipe that includes three herbs prized as seasonings for millennia; rosemary, sage, and thyme. All native to the Mediterranean region, they impart a depth of flavor to hearty dishes composed of a variety of ingredients that can nourish us throughout the winter.

Rosemary grows on a small evergreen shrub that is related to mint. Its memorable flavor is piney, pungent and delightful when added to soups, stews, meats, fish and eggs. Interestingly, this popular herb has been used as a natural

remedy for generations, as an aid to the memory. So, you see, rosemary is a wise as well as delicious choice!

The silvery-green leaves of the sage plant will add a soft and sweet, yet savory element to your favorite recipes.

Sage, also a member of the mint family, is lovely mixed into beans, egg dishes, a variety of vegetables, and perfect with baked chicken and fish. Long valued as an anti-inflammatory, people have used it, like rosemary, as a memory enhancer. Lastly, delicate thyme, with its penetrating fragrance, is an enlivening addition to beans, eggs, veggies, pastas and fish. It has a long history of use as a helpful aid for respiratory problems, perhaps, because it is a nutrient dense spice loaded with vitamins C and A, along with plenty of iron, manganese, and copper.

Please enjoy these appetizing, distinctive herbs in the recipe that follows. To your contentment and your health!



Roasted Potatoes

- 3/4 pound potatoes, scrubbed and cut into 3/4 inch cubes
- Olive oil
- Any combination of thyme, sage, and rosemary, to taste
- 2 garlic cloves, skins left on and lightly smashed
- Sea Salt
- Freshly ground black pepper

Heat oven to 375 degrees. Spread potatoes in a 12-inch, well-seasoned cast iron pan (they should fit comfortably in one layer). Add olive oil and then the herbs and garlic. Season generously with pepper and salt. Toss a few times to mix. Roast in the oven, scraping up and turning potatoes every 10 minutes or so, until they are browned and tender, about 40 minutes. Serves 4

January Sales

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

December 31-January 20

					
Bulk Regular Rolled Oats reg \$1.49# SALE \$1.19#	<i>So Delicious</i> Flavored Creamer 16 oz reg \$2.29 SALE \$1.69	<i>Woodstock</i> Shelled Edamame 10 oz reg \$2.99 SALE \$2.19	<i>Garden of Eatin'</i> Blue Corn Chips assorted reg \$3.69 SALE \$2.50	<i>MegaFood</i> MegaFlora 30 ct reg \$24.99 SALE \$16.99	<i>Alba</i> Body Lotion Unscented, 32 oz reg \$15.69 SALE \$11.99

January 21-February 3

					
Bulk <i>Golden Temple</i> Raisin Almond Granola reg \$3.79# SALE \$2.49#	<i>Nancy's</i> Yogurt 32 oz, assorted reg \$4.99 SALE \$3.39	<i>Cascadian Farms</i> Vegetables 10 oz, assorted reg \$2.89 SALE \$2.00	<i>Blue Sky</i> Soda 6 pk, assorted reg \$5.34 SALE \$3.39	<i>Boiron</i> Coldcalm 60 tab reg \$11.59 SALE \$8.99	<i>Tom's of Maine</i> Propolis/Myrrh Toothpaste, 5.5 oz reg \$5.89 SALE \$3.99

Member Only Specials

December 31-February 3

	
Bulk <i>Fantastic</i> Hummus Dip Mix reg \$5.99# SALE \$5.39#	<i>Organic Valley</i> Ricotta 15 oz reg \$6.79 SALE \$6.19
	
<i>Tadah!</i> Falafel Wraps assorted reg \$3.69 SALE \$3.29	<i>Napa Valley</i> Sunflower Oil 25.4 oz reg \$9.69 SALE \$6.89
	
<i>Host Defense</i> My Community 30 ct reg \$19.99 SALE \$17.99	<i>Dr. Bronner's</i> Baby-Mild Soap Unscented, 5 oz reg \$3.99 SALE \$3.59

Kids' Corner

FREE FRUIT FUN

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

NAME: _____ AGE: _____



PRODUCE COMPOST GUIDELINES

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

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

GROCERY SPECIAL ORDER POLICY

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

PRODUCE SPECIAL ORDER POLICY

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

614 MEETING ROOM POLICY

Individuals, groups & organizations are welcome to use the meeting room at 614 N Bullard, as long as one organizer is a co-op member. Room is not intended for commercial use or events where a fee is charged. Meetings must be held during regular store hours (Monday-Saturday 9:00am-7:00pm) A key is required to open the building which must be picked up, and returned to the store the same day of the meeting. Contact Margarita: margarita@silvercityfoodcoop.com or the co-op at (575) 388-2343. Thank you!



CO-OP
KID

Corner



Future *From Your Board...* FOCUS

by Gail Rein,
President

Happy New Year!

With the start of a new year, I thought I would give you an update on the four big projects the board is working on. For each project, I have repeated the description from the June Garbanzo Gazette, followed by news about where we are.

A. Vision and Strategy. "This year our co-op is 40 years old... truly remarkable. Our co-op is healthy and strong, and there is talk of expansion. Before we start any major expansion project, it is exceedingly important that we have a well-articulated vision for the future of our co-op, a vision that resonates with you, the member-owners. This vision alone is not enough; we also need a strategy to determine the direction in which our co-op needs to move to fulfill its vision."

We published our draft mission in the November newsletter and invited you to comment on it. As of the moment when I am writing this article, only one member has taken us up on our offer to comment. In another couple of months, I'm hopeful we'll have a draft vision statement and a compelling strategy for your comments.

B. Feasibility of the Old Yada Yada Building. "The co-op is renting the old Yada Yada building for a year (May 2014 through April 2015) so we don't lose the opportunity to buy it while we investigate if and how it might meet our future needs."

We now refer to this building as 614. We're working our way through a long list of tasks (more than 30 of them) that we published in the August newsletter. We're picking away at the

list and reporting our progress each month in the Garbanzo Gazette. Stay tuned!

C. Board Perpetuation. "In our 2013 and 2014 board elections, we did not have enough candidates running for the open board positions. It's not healthy for our co-op or for the individual board members who serve term after term. This is a serious problem. We're exploring new, creative ways to recruit future board members."

We're trying a lot of new approaches this year, the Board Member in Training (BIT) program being the major one. One of our first two BIT "players" completed his three-month commitment and is seriously considering running for the board. The other player decided her life was too busy and chose not to attend her last board meeting as a BIT. Being a BIT is a great way to learn about board work and help one make an informed decision about running.

The recruitment committee has reached out and talked to more than 50 member-owners about running for the board, and of these folks, about half a dozen seem interested. It remains to be seen if these people can sustain their interest and actually run. Another very positive trend is that we have had a total of 19 visitors (member-owners, staff members who do not normally attend board meetings, and BIT players) come to board meetings January through November. Except for March and June, we have had

at least one visitor and often as many as three, with some of these folks (those who are particularly interested in running for the board) attending as many as four meetings.

And finally, for the 2015 election, we are planning a "meet the candidates" event at the General Membership Meeting (GMM). We have already set the date for the GMM—it will be Sunday, April 19 from noon to 3:00 p.m. The election will officially start at this meeting and you'll be able to vote then and there if you want!

D. Amended Bylaws. "Our current bylaws have a significant number of procedural details that do not belong in bylaws. Too much detail like this can be overly constraining, not to mention that to change these procedural details requires amending the bylaws. There are also some errors in the bylaws that need to be corrected. We anticipate that amended bylaws will be ready for member vote in mid-November."

The amended bylaws were approved by member vote on November 3rd. We had an impressive turnout, more than 8% (173) of members voting, which is more voters than we have had for the last two elections. Way to go, members!

In closing, your board of directors is very much focused on the future, and there are many, many ways you can be involved. So, please do get involved. It really is an exciting time for our co-op! ❖

Hello fellow Co-op Members-

I wanted to write to tell you how my term as an appointed board member has gone so far, and to invite you to consider throwing your hat into the ring for the upcoming election to the board this spring. I know through conversations with some of you, you are already considering running, but may not be sure what is involved in this important job, or where to find more information. I want to encourage you to attend a board meeting in January or February, in order to learn more about the board's role and responsibility. A board member is available to speak with you by phone or in person if you have any questions about the current needs of the board and how your skills, knowledge or passion would fit in. Specific information about the board can also be found in the 2015 Candidate Information Packet available at the co-op.



I have found that this is a particularly exciting time to be part of the board. As you know, we are assessing our strengths in our current location and exploring the pros and cons of expansion. Expansion may happen physically, or it may happen programmatically, but either way, the scope and impact of our co-op and its mission is growing. I am enthused to be part of an organization that has the kind of principles and practices that our co-op has. I have always felt this way as a co-op member, and I promoted shopping and supporting the co-op in this community whenever I talked to anyone, but it is particularly rewarding to assist and support the co-op mission from the inside. If you are like me, feeling loyal to the co-op, pleased to be a member, but you have wondered if you could or should get more involved somehow—consider being a part of our board. We have experienced and knowledgeable board members serving currently, but we also recognize a need for fresh ideas and an infusion of new energy. I believe boards are most healthy when they have a balance of both. Perhaps your fresh perspective will be a great compliment to our board.

I know that volunteering has been good for me and supports the cooperative model of democratic member control. I hope you too will consider volunteering your skills and your time to the board. Feel free to contact me, any board member you know, or Margarita for a candidate information packet if you need more information.

Jennifer Johnston

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

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

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

Board of Directors

Board Meeting Schedule

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

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

Parkinson's and Panchakarma

by Athena Wolf



The holistic food-exercise-sauna and oil-based protocol known as "Panchakarma" has proven to be more effective than drugs for some chronic illnesses. Fat-soluble drugs and toxins tend to be metabolized through the liver and are difficult to remove. Panchakarma subtly removes these toxins with procedures that work synergistically, while maintaining the harmony of natural body functions. The purifying and eliminating actions of this system first dislodge the toxins from the cells and then flush them through the digestive system.

Some of the many therapies that can be used during the five to ten days of panchakarma are--oleation, herbs, special diet, Ayurvedic sauna, and different medicated oils for: massage, in the nose, poured over the pineal gland, for enemas. One also practices specific meditations and exercises according to the imbalance being addressed.

In a study published in *Alternative Therapies in Health and Medicine* in its September/October 2002 issue, Dr. Robert Heron and Dr. John Fagan have shown that Panchakarma therapy greatly reduces the levels of 14 important fat-soluble toxic and carcinogenic chemicals in the body. A buildup of mutations in mitochondrial DNA from these toxins may be associated with Alzheimer's and Parkinson's diseases.

Parkinson's is a degenerative disorder of the central nervous system that often impairs the sufferer's motor skills, speech and other functions. It belongs to a group of conditions called movement disorders and it develops from a loss of dopamine producing cells. Parkinson's distinct symptoms are; slow physical movement, muscle stiffness and tremors. In Parkinson's, cells are destroyed in part of the brain stem. The cells that release dopamine, one of three major neurotransmitters which help the body respond to stress, are affected. By the time symptoms develop, patients have lost 80 to 90 percent of their dopamine-producing cells

Here are just a few of the many studies done on the Ayurvedic system of Pan-

chakarma and the herbs used in that system.

I've provided links so that you can read these abstracts yourself. The abstract is a summary of the research. This first study compares the use of Levodopa with the Ayurvedic herbal formulation.

HP-200 in Parkinson's Disease Study Group. *The Journal of Alternative and Complementary Medicine*. 1995, 1(3): 249-255. doi:10.1089/acm.1995.1.249.

"Our study examined the efficacy and tolerability of HP-200, derived from *Mucuna pruriens*, in patients with Parkinson's disease. Sixty patients with Parkinson's disease (46 male and 14 female) with a mean age of 59 years were treated in an open study for 12 weeks. Of these, 26 patients were taking synthetic levodopa/carbidopa formulations before treatment with HP-200, and the remaining 34 were levodopa naive... Ayurveda, was found to be an effective treatment for patients with Parkinson's disease."

You'll notice the following study compares groups using the Ayurvedic herbs alone, to those doing the cleansing (panchakarma) treatment beforehand.

From the *Journal of the Neurological Sciences* [http://www.jns-journal.com/article/S0022-510X\(00\)00329-4/abstract?cc=y](http://www.jns-journal.com/article/S0022-510X(00)00329-4/abstract?cc=y)

"Ayurveda, the Indian system of traditional medicine, uses a concoction of several spices, herbs and minerals for the treatment of diseases. In this study we have evaluated the efficacy of Ayurveda treatment...in 18 clinically diagnosed Parkinsonian patients. As

per Ayurveda principles, 13 patients underwent both cleansing (for 28 days) and palliative therapy (56 days), 5 patients underwent palliative therapy alone (84 days). Only the former group showed significant improvement in activities of daily living (ADL) and on motor examination as per UPDRS rating. Symptomatically, they exhibited better response in tremor, bradykinesia, stiffness and cramps as compared to the latter group... The study establishes the necessity of cleansing therapy in Ayurveda medication prior to palliative therapy."

The Movement Disorder Society documents the treatment of Parkinson's, known as *kampavata*, thousands of years ago. From *Movement Disorders* <http://onlinelibrary.wiley.com/doi/10.1002/mds.25420/abstract>

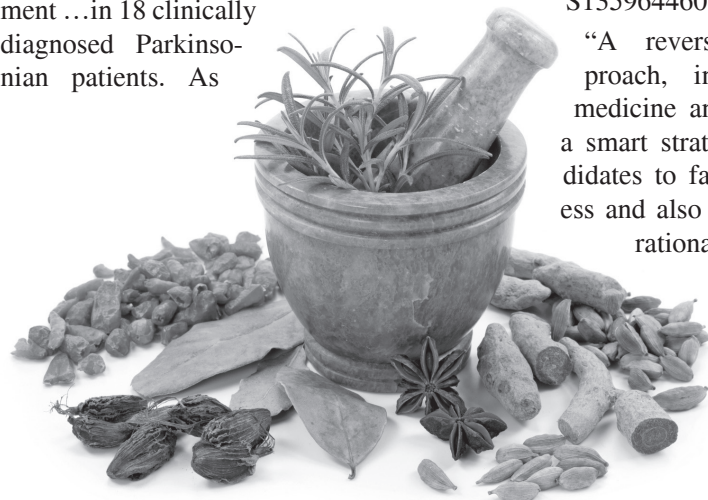
"The clinical syndrome of parkinsonism was identified in ancient India even before the period of Christ and was treated methodically. The earliest reference to bradykinesia dates to 600 bc. Evidence proves that as early as 300 bc, Charaka proposed a coherent picture of parkinsonism by describing tremor, rigidity, bradykinesia, and gait disturbances as its components..."

In addition to proving the existence and identification of parkinsonism in ancient India, the study points to the significance of ancient Indian Sanskrit works in medical history."

From *Drug Discovery* <http://www.sciencedirect.com/science/article/pii/S1359644609001767>

"A reverse pharmacology approach, inspired by traditional medicine and Ayurveda, can offer a smart strategy for new drug candidates to facilitate discovery process and also for the development of rational synergistic botanical formulations."

This is an exploration of why *mucuna pruriens* works so much better than Levodopa.



BIOTECH TINKERING WITH YOUR FOOD CONTINUES

By Monica Rude

Today, I have news about synbio - synthetic biology -the stuff of science fiction brought to your dinner table. Whereas standard-issue biotechnology involves inserting a gene from one organism or species into another, synbio entails inserting computer-generated DNA sequences into living cells, therefore creating new organisms altogether, a variety of lab-grown analogues. The technology has made a major breakthrough. A company called Evolva has managed to create a compound called vanillin, the one that gives vanilla beans their distinctive flavor, obtained not from an orchid in Madagascar or Mexico but rather in a culture of synthetic yeast. The company insists its product tastes much better than the usual petroleum-derived synthetic vanillin that now comprises 99% of the vanilla market. (The other 1% actually comes from real vanilla beans). "It will be the first major synthetic-biology food additive to hit supermarkets," according to a report in *Nature* (January 2014).

Evolva is also preparing to release a synbio version of stevia sweetener, musk and truffle flavorings, breast milk, saffron, turmeric,

and ginseng. Food and cosmetics manufacturers are planning other consumer products that contain synbio-derived oils, including laundry detergent made by the Belgian company Ecover; Lux, a shower soap made by Unilever; and a slew of beauty products that include synbio oil. Synthetic-biology companies are already marketing a few fine chemicals, using engineered yeast to make valencene and nootkatone, which provide the aroma of oranges and grapefruits, respectively, in perfumes and cosmetics.

This biotechnology is another attempt to "improve on Mother Nature" in various ways, as well as generate lots of \$\$ for the innovators and investors. Craig Venter, the scientist/entrepreneur who spearheaded the mapping of the human genome, has vowed to synthesize an algae that would use sunlight to unlock the energy in carbon dioxide. If successful, this attempt to replicate photosynthesis could transform CO2 from a climate-heating scourge into a limitless source of energy. Synthetic biologists also aim to conjure up self-growing buildings, street-light-replacing glowing trees, and medicines

tailored to your body's needs. No wonder the market for synbio is expected to reach \$13.4 billion by 2019 *Nature* (January 2014).

What about studying these materials for safety, long-term health effects on humans or the environment? What about product approval by regulatory agencies like the FDA, EPA or USDA? Not to worry. Like genetic engineering, synbio falls into a regulatory void that often allows products to go from lab to grocery store with little or no oversight. Evolva's vanillin and other products will most likely pass easily through the FDA's approval process, and end up in your food without any special labeling, because they are versions of already-existing compounds and thus have "generally recognized as safe" status. The Environmental Protection Agency, which is supposed to evaluate the environmental implications of new prod-



ucts, requires companies to file a report on novel microbes but doesn't always mandate testing. These additives can be swapped for those extracted from nature and still legally be called natural because they are made by living organisms (typically, yeast). And because it is added to food after the yeast has been removed, the ingredient itself need not be labeled in any particular way.

The manufacturers of these products are reticent to disclose their use of synbio due to fear of consumer rejection. An Evolva company spokesperson says, "For most markets, our vanillin can be labeled as a natural flavor, "fermentation derived" or "nature identical." Because synbio foods won't have to be labeled as such, you'll likely soon be eating them—without even knowing it. While you're eating that delicious ice cream, you can follow the money..."

For more: <http://www.nature.com/news/synthetic-biology-firms-shift-focus-1.14602>
<http://www.motherjones.com/tom-philpott/2014/06/synthetic-biology-vanilla>

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

JANUARY 2015

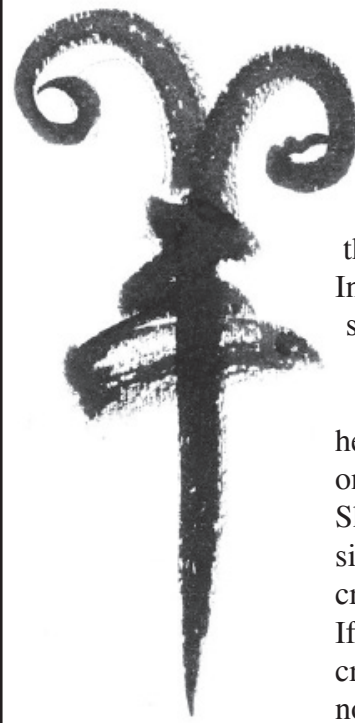
Full Moon 1/4/2015 09:54:08 pm (MST)
New Moon 1/20/2015 06:14:54 am (MST)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				<i>New Year's Day</i> Co-op Closed		
4	5	6 <i>Get-together with the Board</i> 8:30am-10am @ 614	7 Member Linkage 11-12	8	9	10
11	12	13 <i>Forum</i> <i>Backyard Bees</i> 12-1 pm @ 614	14	15 <i>Forum</i> <i>Backyard Bees</i> 12-1 pm @ 614	16	17
18	19	20	21 Board Meeting 4.30-7.30	22	23	24
25	26	27	28	29	30	31

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
			Member Linkage 11-12			
8	9	10 <i>Forum</i> 12-1 pm @ 614	11	12 <i>Forum</i> 12-1 pm @ 614	13	14
15	16	17	18 Board Meeting 4.30-7.30	19	20	21
22	23	24	25	26	27	28
1	2	3	4	5	6	7

February



2015

Chinese Year of the Sheep

The year of the Sheep begins February 18, 2015. Sheep correlates to the Western sign Cancer, the sign of the mother and nurturer. Intimacy, family, and close friendships are of great value; we can be more caring, kind and sensitive with each other; develop a wild heart, open to love and acceptance on all levels. Another theme of this Sheep year is to express your creative side, wildly; now is the time for art, creativity, and cultivation of beauty. If you ever wanted to explore your creative talents, this is the year; do not give up or be discouraged, Sheep can only move forward!

Making Family

By Jamie Sams

Earth Mother teach me of my kin,
Of Hawk, and Dove, and flower
Of blushing sunlight, shady knoll,
Desert wind and morning showers.
Teach me every language of
The creatures that sing to me,
That I may count the cadence of
Infinite lessons in harmony.
Teach me how to honor
The Sacred Space of all,
Gently melding with the whole,
Answering the whippoorwill's call.
Steamy tropics to glacial ice,
To thundering ocean tides,
In every grain of desert sands,
Your beauty forever abides.
Oh, Mother of every kingdom,
Let me claim my family's love,
From the whales of deepest oceans,
To the Winged ones, high above.
Expand my limited vision
Until I can truly know
The missions of my Relations
And the blessings they bestow.

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

**silver
city
food
CO-OP**

520 N. Bullard St.
Silver City, NM 88061
www.silvercityfoodcoop.com

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