



Silver City Food Co-op

GARBANZO GAZETTE

Your monthly newsletter • December 2016

Volume 16

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

Healthy Foods Healthy Communities

What's to love about food co-ops?

So much! Co-ops have a cool way of doing things differently. They're people working together for better food, stronger communities and a healthier world. And cooperative grocers are making a big impact. The study, *Healthy Foods Healthy Communities: The Social and Economic Impacts of Food Co-ops*,* quantifies the impact food co-ops have as compared to conventional grocery stores. The study's compelling results demonstrate the many ways that food co-ops do well while doing good.

Unlike their conventional counterparts, co-ops are owned and governed by member-shoppers and rooted in principles like community, voluntary and open membership, economic participation and cooperation. Because of these principles and practices, food co-ops inherently serve and benefit the communities where they are located. For example, the study finds that for every dollar spent at a food co-op, \$0.38 is reinvested in the local economy compared to \$0.24 at conventional grocers.



You can purchase locally grown produce from Frisco Farm at the Co-op!

Silver City Food Co-op
Market Café

Café Hours:

Sunday
11 am - 5 pm

Mon. & Wed. - Fri.
9 am - 7 pm

Saturday
8 am - 7 pm
Closed Tuesday

575•956•6487
614 N. Bullard St.



Doug Smith of Townside Farm

Years after creating the market for organic foods, co-ops are still the place to find them. Of produce sales at food co-ops, 82 percent are organic, compared to 12 percent for conventional grocers. And, organics make up 48 percent of grocery sales in food co-ops, compared to just 2 percent in conventional grocers.

Local Economic Impact

The economic impact that a grocery store has on its local economy is greater than just the sum of its local spending, because a portion of money spent locally recirculates. For example, food co-ops purchase from local farmers who, in turn, buy supplies from local sources, hire local technicians to repair equipment, and purchase goods and services from local retailers. To some extent, conventional grocers do too, but the gap is still significant. For every \$1,000 a shopper spends at their local food co-op, \$1,604 in economic activity is generated in their local economy—\$239 more than if they had spent that same \$1,000 at a conventional grocer.

Supporting Local Food Systems and Sustainable Foods

Though "local" has popped up in conventional grocery stores in recent years, retail food co-ops are leaps and bounds ahead of the pack. Where conventional grocers work with an average of 65 local farmers and food producers, food co-ops work with an average of 157. Likewise, locally sourced products make up an average of 20 percent of co-op sales compared to 6 percent at conventional stores.



Dougan is holding a locally grown pumpkin.



**YOU
ARE
WHAT
YOU
EAT**

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

Store Hours

575-388-2343

Mon-Sat 9am-7pm

Sunday 11am-5pm

Café Hours

575-956-6487

Mon., Wed. - Sat. 8:30am-7:00pm

Sunday 8:30 am - 5:00 pm

Closed Tuesday

Vision 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

Joe Z

general manager

Mike Madigan

assistant manager

The Garbanzo Gazette Gang

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& Meggie Dexter, Consultant*

Submissions are welcomed!

Submit letters, articles, or items of interest to:

gg@silvercityfoodcoop.com

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do not necessarily reflect the views of the board,
management, or staff of the Co-op.

Cup o' Joe

by Joe Z



That was some election, wasn't it!?!

The candidate that I wanted didn't make it but I certainly deeply respect the democratic process that produced these results.

But what does this mean to us as a Co-op? That's not very clear right now but some speculation is in order.

First, we can probably assume that an increase in the minimum wage at a federal level will not happen anytime soon or it would just nudge it up a little. Wage pressure is the largest factor in stunting a business's profitability. As a Co-op, we want to take care of our Staff and we do, in fact, have a higher average pay-scale in a retail establishment in Silver City. We strive to give a living wage but in the hyper competitive food market, this is a very difficult thing. Even if there is no movement in the minimum wage, Co-ops are still committed to increasing the wages as we can.

Then, I guess, the assault on Obama Care that is being promised to be waged. The care health act really didn't effect the Co-op as a whole so there is no business reason to care one way or another at our size. There was one small provision in the act, buried deep in the text, that disallowed a Health Reimbursement Account to be used to pay an insurance premium.

I bet over 90% of those reading the last paragraph will go, "Huh?". Our Co-op gives our Staff a yearly allotment that can be used for health care. It's called Medalot and is a non-taxed. In the past, a Staff Member used to be able to use that allotment to pay for an insurance policy but, for some bizarre reason, that was eliminated in the health act. It only effected a handful of Staff and had no effect on our business so no gains or losses there.

No – the election probably won't effect us to much as a business entity.

But our Co-op isn't like other businesses and we care about more than just the dollar. We care about people and our community as we have long stated, "People Before Profits".

We are not only concerned with building a better business and treating our Staff well, we care about the foods we eat and our health in general. This is where we may be effected the most.

Organics and natural foods have been under attack for years now and we may see an uptick in these attacks. We may see a further dilution of the Organic standards as more companies want to tap that market but the supply chain is limited. This is not far-fetched by any means and surely we'll see this happen.

Agribiz is depending more and more on heavily pesticide/herbicide sprayed fruits and vegetables and it is likely we will see regulations relaxed meaning even more use of toxic materials being used on the foods that we eat.

The big businesses are now peddling what is now known as the "Clean 15" – fruits and vegetables that have less toxic residue in the edible portions. Not "none" or "close to zero" but less than the more heavily sprayed foods. We can think about the "Clean 15" in the same way we can think about "Clean Coal".

We all know that "Clean Coal" is an industry spin campaign and the coal emissions are not clean but less dirty than regular coal use. There is no such thing as Clean Coal and there is no such thing as the Clean 15. Neither are clean and it is an abuse of the word. We already have been promised that our president-elect will reduce the regulations on the coal industry and we can be sure the same will hold true for Agribiz.

Clean 15 foods are heavily sprayed and while less toxins invade the product, they still have the same effect – or worse – on our environment. Clean 15 preys on selfishness with zero regard of the effect that it has on our environment and the farm and food handlers. It's lies to, and manipulation of the people, and we expect this to increase.

So what do we do? Well, actually that's an easy one. Support your Co-op.

It is the Co-ops that have honed everyone's attention to Organic and healthy foods and lifestyles over all these years. We are the ones that move the business world in a better, healthier and more humane direction.

If you support a better environment, if you support healthy choices, if you support a more humanistic environment for workers, if you support peace and acceptance of all people, if you support your local community and its impact on the greater good than why wouldn't you shop your local Co-op as much as possible?

We are not perfect by any means. We still struggle to find the right balance between people and business. We make mistakes. But I will say this without any hesitation: Our Co-ops are better for you, our communities and our planet than any mega-business that is out to get our hard earned dollars. They are simply after market share to boost the earning of their investors. Period.

Albertsons/Safeway, a company I used to admire, is now owned by an equity investment firm who also pursues and owns many huge arms and munitions companies. Walmart is a private firm who exploits communities and workers so that they can fatten their bank accounts by more billions. Kroger stores are geared to return profit to their Wall Street investors.

For those who feel lost after this past election – come home to your Co-op. Take part in your community. Volunteer to causes that make a difference in people's (and animal's) lives. Vote with your dollars. Avoid the mega-corporations that purse those dollars at all costs and that are a detriment to our world and humanity. These are not really hard choices and supporting your Co-op is surely the easiest. Make your voice heard! Your Co-op amplifies it!



Silver City Food Co-op & Market Café Staff

Judith Kenney

produce

Bob Lee

bulk manager

Carolyn Smith

café

Dougan Hales

produce

Kate Stansberger

supplement buyer

Jake Sipko

produce manager

Carol Ann Young

office

Jeanné Miller

herb buyer

Becky Carr

dairy buyer

Vicki Gadberry

office

Jess DeMoss

POS manager

Meggie Dexter

offsite website

Misha Engel

frozen buyer

Jenny Morgan

office/cashier

Joe Z

gm

Marguerite Bellringer

finance manager

Kim Barton

POS

Michael Sauber

grocery

Doug Smith

grocery buyer

Paul Slattery

produce

Patricia Walsh

HABA buyer

Jody Andrews

cashier

Evan Humphrey

cashier/bulk

Lee Ann Miller

cashier

Brenna Brown

deli manager

Sarah Hardisty

deli

Tinisha Rodriguez

POS/grocery/HABA

Charmaine Wait

emo

Allie Iacocca

wherever needed

Mike Madigan

am

Lynne Featheringill

café

Leah Chastain

merchandising specialist

Amanda McGinnis

café

Marchelle Smith

cashier/grocery/deli

Charlie DeMars-Conoly

grocery

Robin Austin

wherever needed

Kenyon McNeill

grocery

Joy Kilpatrick

wherever needed

Kitty Stolzenbach

wherever needed

Max Koch

wherever needed

Mike Watson

wherever needed

Joseph Russell

wherever needed

Gregor Hamilton

café

Kelly Nicholas

café

Jo Lutz

wherever needed



Product Spotlight

Market Café

Looking for special gifts this holiday season? Look no further than the Market Café! Leah has been buying very special gifts for the retail section.

Check out handmade mesquite wood cutting boards, some with inlaid turquoise. What a special hostess gift.

Blue Q bags are in stock. This great company donates a portion of their sales to Doctors without Borders and the Nature Conservancy.

Everyone can use a zippered pouch!

Recycled glass is back in stock, with beautiful bowls, plates, vases and carafes.

We have many local artisans at the Café including Judy Menefee. She has dishwasher and food safe bowls, jewelry, and wall art. These are painted with Mimbres Designs.

The Market Café is not just a great place for organic food and groceries – we have gifts too!



Blue Q Bags



Local mesquite cutting boards



Judy Menefee's Mimbres wall art



Food Co-op

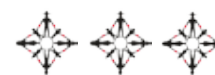
Everything Gets Better With Coffee
is just one of many quotes by dedicated coffee lovers. Do you coffee aficionados know that the Silver City Food Co-op has the:

- **Best selection of coffee**
- **Best prices of organic coffee**
- **Best sources of coffee**

in Silver City!

The varieties of organic coffee we carry are organic, fair trade, shade grown and just the darn best you can get.

Just like our bulk organic spices, we have the best varieties and deals in town.



KITCHEN MEDITATIONS

Winter

Cute Cranberry Tangerine Muffins

Recipe By:Stevie Bowden

"When my dad brought home a bag of cute little tangerines, I needed a way to use them up quickly, so I composed this yummy, crumbly muffin recipe filled with loads of tangerine sweetness and just enough cranberry tartness!"

Ingredients

1 cup dried cranberries
1/4 cup fresh tangerine juice
2 cups unbleached all-purpose flour
2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup unsalted butter, softened
2 tablespoons tangerine zest
1 cup white sugar
2 large eggs
1/2 cup milk
1 teaspoon white sugar, divided (optional)

Directions

1. Preheat oven to 375 degrees F (190 degrees C). Grease 12 muffin cups or line with paper liners.
2. Simmer dried cranberries and tangerine juice in a small saucepan over medium heat; remove pan from heat and set aside to cool.
3. Whisk flour, baking powder, and salt into a bowl. Mix butter, tangerine zest, and 1 cup sugar in a separate large bowl, using an electric mixer, until mixture is light and fluffy, about 2 minutes. Scrape down sides of bowl and beat eggs into butter mixture, one at a time, until thoroughly combined.
4. Gently fold flour mixture into the butter mixture, alternating with milk in two additions, until batter is just mixed. Fold cranberries and juice into batter. Pour batter into prepared muffin cups and top with 1 teaspoon sugar.
5. Bake in the preheated oven until muffins are golden brown, 20 to 25 minutes. Cool in pan on a rack.

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The Frugal Co-op Chef



*This holiday season, and all year, please be mindful of food waste.
A weekly leftover night with a special dessert, is a fun way to not waste food.*

Food is simply too good to waste. Even the most sustainably farmed food does us no good if the food is never eaten. Getting food to our tables eats up 10 percent of the total U.S. energy budget, uses 50 percent of U.S. land, and swallows 80 percent of freshwater consumed in the United States. Yet, 40 percent of food in the United States today goes uneaten. That is more than 20 pounds of food per person every month. Not only does this mean that Americans are throwing out the equivalent of \$165 billion each year, but also 25 percent of all freshwater and huge amounts of unnecessary chemicals, energy, and land. Moreover, almost all of that uneaten food ends up rotting in landfills where organic matter accounts for 16 percent of U.S. methane emissions. Nutrition is also lost in the mix—food saved by reducing losses by just 15 percent could feed more than 25 million Americans every year at a time when one in six Americans lack a secure supply of food to their tables. Given all the resources demanded for food production, it is critical to make sure that the least amount possible is needlessly squandered on its journey to our plates.

From National Resources Defense Council

25 Minute Tunisian Vegetable Couscous

Recipe By:girlandagun

Ingredients

1 tablespoon olive oil
1 red onion, chopped
1 zucchini, coarsely chopped
1 yellow squash, coarsely chopped
1 carrot, coarsely chopped
1 red bell pepper, coarsely chopped
1 yellow bell pepper, coarsely chopped
1/2 cup sliced baby portabella mushrooms
4 cups vegetable broth
1/2 teaspoon smoked sweet paprika
1/4 teaspoon ground cardamom
1/4 teaspoon salt
1 tablespoon chopped fresh cilantro
1 (16 ounce) can chickpeas, drained
2 Roma tomatoes, sliced
2 cups dry couscous
1 teaspoon grated orange zest
1 tablespoon grated Parmesan cheese (optional)
1/2 teaspoon paprika (optional)
1 tablespoon finely chopped toasted almonds (optional)

Directions

1. Heat oil in large pot over medium-low heat. Place onion, zucchini, yellow squash, and carrot in pot and cook, stirring occasionally, until onions begin to soften and turn translucent, about 5 minutes. Stir in the red and yellow peppers and mushrooms; cook another 3 minutes. Vegetables should still be firm.
2. Pour in the vegetable stock and season with paprika, cardamom, salt, and cilantro. Bring mixture to a boil; reduce heat to low. Stir in chickpeas and tomatoes. Slowly pour in the couscous; stir. Cover pot immediately and remove from the heat. Let stand, covered, for 5 minutes. Fluff couscous with a fork. The couscous should have absorbed about half the cooking liquid.
3. Serve at slightly warmer than room temperature. Garnish with orange zest and the grated cheese, paprika, and almonds.

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Fennel Risotto

Recipe By:SunFlower

"Don't let the strong taste of fennel scare you: it fades down after cooking. This is a rich and creamy risotto, just like it ought to be! You can use chicken stock in place of the vegetable stock, as well as olive oil for the butter."

Ingredients

4 bulbs fennel
1 tablespoon butter
1 medium onion, chopped
2 cups uncooked Arborio rice
7 cups vegetable broth
1 cup heavy cream
6 tablespoons freshly grated Parmesan cheese
1 tablespoon dried parsley
freshly ground black pepper to taste

Directions

1. Cut the base off of the fennel bulbs, and cut a cone shape into the base to remove the core. Slice the fennel vertically (lengthwise) into 1/4 inch thick slices.
2. Melt butter in a heavy-bottomed stock pot over medium heat. Cook onions and fennel in butter for 2 minutes. Stir in the rice; cook for another 2 minutes, stirring constantly, until lightly toasted. Stir in 1 cup vegetable broth; continue stirring until liquid is almost completely absorbed. Repeat this process with remaining broth, stirring constantly. Incorporating the broth should take 15 to 20 minutes in all.
3. Stir in cream, 3 tablespoons Parmesan and parsley, and cook until rice is done and risotto is thick and creamy. Season to taste with black pepper. Divide risotto among 6 bowls, and sprinkle with remaining cheese.

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Jake's December Produce Picks

The holidays are here and cold weather too. Brighten up your cold, gray days with sunny navel oranges and tangerines. Want to try something new? How about fennel? Try the recipes on page 4 that use these ingredients.



*Jake Sipko
Produce Manager*

Tangerines

Tangerines are related varieties of oranges. They generally distinguished from oranges by their smaller size, loose, easily peelable skin (pericarp) and more sweeter juicy flesh (arils). As in oranges, Tangerines too are very low (53 calories/100 g) in calories. Nevertheless, they are valuable sources of flavonoid anti-oxidants like naringenin, naringin, hesperetin, vitamin A, carotenes, xanthins and luteins; in fact, several times higher than in the oranges.



Tangerines are winter season fruits. Buy healthy-looking fruits featuring bright orange color and feel heavy in hand. Avoid fruits with spots, excessively softened or feel "hollow" in hand. Once at home store, store them in a zip pouch and place inside the refrigerator. They keep well for up to a week; however, try to eat as early as possible in order to enjoy their rich flavor and to get full benefits of nutrients.

Navel Oranges

Delicious and juicy orange fruit contains an impressive list of essential nutrients, vitamins, minerals for normal growth and development and overall well-being.

Oranges, like other citrus fruits, are an excellent source of vitamin C (provides 48.5 mg per 100 g, about 81% of DRI); Vitamin C is a powerful natural antioxidant. Consumption of foods rich in vitamin C helps the body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals from the blood.

Orange fruit season begins from October and lasts until February. Mature fruits generally harvested from the tree using machines, and thus may sustain minor, superficial injuries. Such small abrasions on the fruit surfaces, however, do not influence the quality of the fruit. Oranges can be kept at room temperature for a week or so. They can keep well for up to two weeks inside the fruit/vegetable compartment of the home refrigerator. Keep them loose in a fruit container and place in cool place away from excessive humidity as they tend to catch mold infection early.



Fennel



Delicate, sweet-flavored fennel bulb is one of routinely found vegetable ingredients featuring in the Mediterranean cuisine. Its succulent enlarged bulb imparts special "anise" like sweet flavor to the recipes. Bulb fennel is cultivated for its beautiful, squatted stems in many regions of the southern Europe, especially in Italy. It is also known as Florence fennel, finocchio, sweet fennel, etc.

Fennel bulb is a winter season vegetable. It has some noteworthy essential oils, flavonoid anti-oxidants, minerals, and vitamins that have been known to offer health benefits. For these versatile qualities, it found use in culinary as well as in medicines since ancient times.

At the Co-op, choose fresh pearly white fennel bulbs that are compact, heavy in hand, and attractive anise like sweet flavor. Buy medium-sized bulbs each weighing about 5-10 ounces.

Fennel bulb is used as a vegetable to add flavors to various dishes, particularly in salads, stews, and soups. Its blanched bulb has a unique aroma and a light, sweet, subtle licorice taste. Sweet fennel is one of the favorite winter season vegetables in the whole of France and Italy.

GRAB Quinoa Tabouli Salad 'n' GO

Our wonderful Grab 'n Go deli items are made fresh every day. There is a rotating menu, so not all items are available all of the time. Be assured that the Deli team uses the freshest organic ingredients to make the specials of the day.

Quinoa Tabouli Salad

One of the great salads available in the Grab 'n Go cooler is Quinoa Tabouli Salad. Made with quinoa, tomato, cucumber, parsley, green onions, bell pepper, celery, peppermint, lemon juice, olive oil, and salt, this is a great salad anytime of the year.

The Grab 'n Go deli crew replace the bulgur in traditional tabouli with quinoa. Quinoa (Keen-wah) is nutritionally renowned for its protein content and while it does have a decent amount, it's not actually the amount of protein that's so impressive. Instead it's the type of protein. Quinoa has the perfect balance of all nine amino acids essential for human nutrition. This type of complete protein is rarely found in plant foods, though common in meats. Quinoa also offers a good dose of fiber and iron. There are 111 calories in each 1/2 cup of cooked quinoa.

Technically, quinoa is a seed, not a grain and it's grown high in the Andes Mountains of South America. Quinoa plants have been cultivated at altitudes of well over 10,000 feet and have been considered a superfood for at least a few millennia — in fact, the Incas cherished it as a superfood of their own.

Try this great salad the next time you are in the Co-op and see why everyone “in the know” about nutrition, loves quinoa.



Organic VS. Non-GMO		
What's the Difference?		
	Organic	Non-GMO
• No GMOs used	✓	✓
• No Synthetic Pesticides , linked to lymphoma & leukemia	✓	✗
• No Roundup Herbicides , linked to kidney disease, breast cancer & birth defects	✓	✗
• No ingredients laced with residues from the neurotoxin Hexane	✓	✗
• No Sewage Sludge , human waste contaminated with endocrine disruptors & heavy metals	✓	✗
• No Growth-Promoting Antibiotics , contributing to weight gain & antibiotic resistance	✓	✗
• No Ractopamine drug residues, banned in dozens of countries	✓	✗
More Info at FOODBABE.COM		

Feb/Mar

MAD

Pick your own two days

to receive 10% off your purchases!

(Excluding mark-down items, Thanksgiving & Christmas turkeys)

Be sure to tell the cashier **BEFORE** they start ringing up your purchases that you are using your **MAD** discount!

Member Appreciation Days (MAD) are offered 4 times each year, and are yet another way to save money at the Co-op.

Memberships are only \$10/year and you can recoup your membership by shopping just one **MAD**.

December Forum

Join us!

Holiday Food Sampling

Thursday, December 8th

from Noon to 1 pm

at the Silver City Food Co-op Market Café

614 N. Bullard St.

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

Co-op KID

Corner

Veritable Vegetable is a Certified B Corporation

When the Co-op cannot get local produce, Veritable Vegetable is our supplier. This is a great company that has recently gotten even better by becoming a Certified B Corporation.

B Corp: What it is and Why it Matters

Unlike traditional companies, certified B Corporations are legally required to consider the impact of their decisions on their employees, suppliers, community, consumers, and the environment. Certification by B Lab, a nonprofit organization, is attained after meeting rigorous standards of social and environmental performance. There are currently 990 certified B Corporations in 32 countries, from over 60 industries: all share one common goal, to use the power of business to solve social and environmental challenges.

Why Did We Become a Certified B Corp?

Founded to support small to mid-sized farmers and independent retailers, Veritable Vegetable's history and success speak to our commitment to high integrity relationships, quality products, minimal environmental impact and active involvement in our community. Joining the B Corp community demonstrates our ongoing commitment to operate Veritable Vegetable based on our values, rather than the bottom line, and provides a formal assessment tool for monitoring our progress moving forward.

Veritable Vegetable is an example of a rapidly growing part of the economy—the social enterprise. By using business strategy to forward social and environment objectives, we hope to help bring about meaningful change for our community. For us, that change includes a sustainable food system where the true cost of food is understood.

Certified since: March 2014

Certified



Corporation™

80 out of 200 is eligible for certification
***Of all businesses that have completed the B Impact Assessment**
***Median scores will not add up to overall**

Summary:	Company Score	Median Score*
Environment	29	7
Workers	23	18
Customers	18	N/A
Community	26	17
Governance	15	6
Overall B Score	112	55

Company Highlights:

Environment: Green fleet saves over 41,000 gallons of fuel each year; 99% of waste diverted from landfills; 99% of produce is organic

Workers: Provides offsite subsidized meals, childcare, and counseling services; Pays >80% of family health insurance premium; Entry wage is 60% above the local living wage

Community: >50% owned, directed, and managed by women and individuals from underrepresented populations; Advocated for institutional reform at a state and national level; 18% of net profit contributed to the community



Laura, Veritable Vegetable driver, leads the produce team with a pallet of produce.



The Veritable Vegetable truck arriving at the Co-op.

December

Saturday, December 3, 10 am to 3pm

Artisan Market
Support local artisans!
614 N. Bullard St.

Thursday, December 8, 12 noon to 1 pm

Community Forum
Samples of Holiday Treats!
614 N. Bullard St.

Saturday, December 10, 10 am to 3 pm

Artisan Market
Support local artisans!
614 N. Bullard St.

Saturday, December 10, 11 am to 12 noon

Twelve Secret Superfoods
Co-op Tour
with dietician Bret Sarnquist
520 N. Bullard St.

Monday, Dec. 19, 4:30 pm to 7:30 pm

Silver City Food Co-op Board Meeting
614 N. Bullard St.

Fridays in December

Popcorn Fridays
free popcorn and other food samples
Silver City Food Co-op
520 N. Bullard St.

January

Thursday, January 12, 12 noon to 1 pm

Information and Tour of the Co-op
614 N. Bullard St.

Saturday, January 14, 11 am to 12 noon

Gluten-Free Tour
with dietician Bret Sarnquist
520 N. Bullard St.

Wednesday, Jan. 18, 4:30 pm to 7:30 pm

Silver City Food Co-op Board Meeting
614 N. Bullard St.

Saturday, January 21, 12 noon to 3 pm

Sampling Saturday!
Come by the Co-op for special samples
520 N. Bullard St.

Fridays in January

Popcorn Fridays
free popcorn and other food samples
Silver City Food Co-op
520 N. Bullard St.

CO-OP Community



Co-op and Community Events (Volunteers Needed for Co-op Events)

Co-op Community Donations

The Co-op donated to or collected donations on behalf of these organizations:

Grant County Food Pantry • Sixth Street School
S.A.S.S. • WNMU

We would like to thank the members who give generously each month with donations to the Food Pantry through the Food Co-op's "Chili" program.

Bag Refund Donation Program

Thank you for using your own shopping bags!
For each shopping bag used, we will give you a chip valued at 5¢ to donate to one of two non-profit organizations. The non-profit organizations are currently changed every two months. The Co-op is proud to work with members and donate to these worthy organizations:

NM Wilderness Alliance
\$112.45 October

LGBT
\$63.28 October



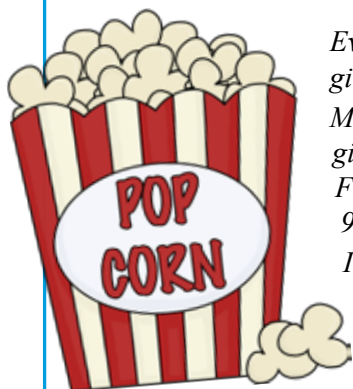
Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service.

Christine Dalmedo • Saguara Compton • Robert Fischhoff
Janet Goodrich • Deb James • Sharon Bookwalter • Susan Clair
Jane Papin • Setta Roberts • Marta Bloy • Rebecca Margolis
Athena and Two Crow Schumacher • James Odin • Miriam Richer



Popcorn Poppers Needed!



Ever notice how happy people are when you give them something?

*Make lots of people happy making and giving out popcorn and food samples on Fridays at the Co-op! Shifts are:
9am to 12noon and 12noon to 3pm.*

It's fun and you get to visit with your friends and meet new friends.

Contact: charmeine@silvercityfoodcoop.com

Artisan Markets

For December, Artisan Markets will be held the first and second Saturdays of the month, 10 am to 3 pm. Open to member artisans with handmade art and crafts.

Contact charmeine@silvercityfoodcoop.coop if you are interested in selling your handmade art.

Permaculture Workshops

On the third Saturday of each month there is a permaculture workshop from 1 pm to 2 pm. They are free, open to the public and held in the community room at the Market Café.

Community Forums

On the second Thursday of each month, community forums are held. If you are interested in presenting a forum on health, food, sustainable living or about how your local non-profit serves the community, please contact charmeine@silvercityfoodcoop.coop to discuss your proposal.

Popcorn Fridays

Each Friday from 9 am to 3 pm the Co-op offers popcorn and other food samples. Volunteers are needed to help make popcorn. It's fun, you get to meet lots of people, and see what is happening at the Co-op! If you are interested in helping with this ongoing event, please contact us.

Volunteer at the Co-op

When you volunteer to work for the Co-op, for every 3 hours of volunteer service, you receive a voucher good for 15% off for one day. It's a win-win!

To volunteer, please contact Charmaine at charmeine@silvercityfoodcoop.coop

So Many Questions, So Little Time . . .



We offer a service no on-line store does - RESEARCH!



On Wednesdays, our supplement department (Kate) will dig for the answers to your product questions. Many requests can be special-ordered - another of our services. Thanks for your support of the Co-op!

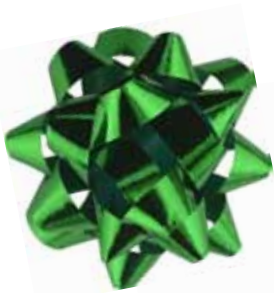


614 N. Bullard Street

Market Café

2016 Holiday Gift Buying Guide

Looking for different holiday treats this season?
Look no further than the Silver City Food Co-op's Market Cafe.



\$ 16.59



Shortbread Cookie Tin



\$ 5.99
Shortbread Cookies



\$ 4.99



\$ 3.99

Specialty Cookies



\$ 14.99



\$ 14.99

Stollen!



\$ 3.89



Other Flavors
Available



\$ 6.29



Holiday Cookies



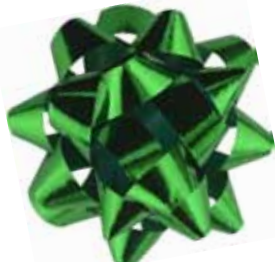
\$ 6.29



Market Café

2016 Holiday Gift Buying Guide

The Market Café has great gifts - locally made and fair trade.
There is something for everyone.
Keep your dollars local and shop the Co-op this season.



Shoyeido Gift Pack
\$ 11.99



Maggie's Crews
\$ 8.49
Solid Colors
+ many other styles



Los Poblanos
Lavender Lotion
\$ 13.49
+ Duo Gift \$ 9.99



African Baskets
All Sizes & Shapes



Kei & Molly Towels
\$ 12.59



Piñon Gift Sampler
\$ 12.29



Piñon Coffee/Bag
\$ 12.29



Melitta
Coffee Brewer
\$ 19.99

2 U From Your Board...

Carmon Steven • Karen Strelko • Nancy Coates
Jennifer Johnston • Jean BÉffort
Gail Rein

The Grocery Store You Run With Your Friends

Your board recently got a little friendlier. For the first time in about seven years, we had an overnight retreat together. We bonded, we discussed, we worked. Regarding what you may ask? First, let me give you a little background...

Members, remember that we are not JUST a grocery store. Unlike other grocery stores, we cannot run ourselves without you. I know it looks like everything is sailing along just fine on the outside. The store is always open when it says it will be; the shelves are full to the brim; the aisles are crowded; and the café is selling so much food that it sometimes runs out. But who does all that stuff? And who decides what to do, and whether it should be done, and for how long? There are a lot of hamsters running in the wheel to keep that all going, and lately it seems we don't have enough hamsters to accomplish all you'd like us to do.

On the inside, is everything in the "grocery store you own with your friends" ship-shape? Not quite. Margins are tight. We are selling a ton, but we are spending a ton to do it. People love the café, but it strains the resources of the cooperative. Those with a keen eye may have noticed that we are struggling with a few things lately, and part of the reason is that not enough of you are participating in our decision making, our upkeep, and our marketing/education. To get back in balance, we have options:

WE CAN RAISE PRICES...

What do you think about that?

WE CAN CUT STAFF HOURS OR BENEFITS... *What do you think about that?*

WE CAN REDUCE PRODUCT VARIETY AND STOCK LESS...

What do you think about that?

MEMBERS CAN HELP OUT AN HOUR A MONTH...

What do you think about that?

WE CAN CLOSE THE CAFÉ...

What do you think about that?



From left: Jennifer Johnston, Nancy Coates, Carmen Steven, Joe Z, Karen Strelko, Gail Rein and Jean BÉffort at Bear Mountain Lodge for the overnight retreat

These are the primary questions that we members—the board and your general manager Joe Z—are trying to figure out right now. Our fall retreat spent as much time as we could all allow (about 12 hours) working on identifying the pros and cons of these options, but more importantly, making sure that the way forward fits how we see ourselves and what we believe our purpose is in this community.

We are, right now, in the midst of taking [y]our vision, mission, and values to the next step: an actionable strategic plan for the next five years. This retreat led to the following questions, which we have tasked ourselves to answer in the next couple months, because we identified them as critical:

How do we create an image and identity that inspires our member-owners, staff, and community?

How do we build on the strengths of our member-owner cooperative model in today's competitive whole-foods environment?

How do we transform the Market Café to further our mission and become financially viable?

How do we engage our member-owners?

How do we strengthen our operational infrastructure?

How do we deal with our aging, cramped facilities?

How do we improve communication, both internally and externally?

By the time the new board members are seated next June, with your and their help, we will translate answers to these questions into specific, measurable goals with timelines attached.

Stay tuned and consider the last option to help stabilize the Co-op against some of the waves hitting it right now. Find a way to help move us more easily and quickly to our goals. You think of ideas and put them in the comment box at the co-op, or take action today! I will present more ideas in another article soon.

Jennifer Johnston

Secretary, Board of Directors



BOARD SCRIBE

Co-op members, we need a scribe for our board of directors beginning in January 2017. Mary Ann Finn has faithfully served in this role for the last three years. Thank you, Mary Ann! We ask one of you to step up next, to help the board out with a few tasks each month. The role includes attending board meetings and taking minutes.

You also get minutes out to the board members and make any corrections needed. The scribe occasionally helps with annual or special meeting set-ups and note-taking. The scribe keeps a current copy of all important working documents the board is using and helps make board books for new board members, as well as keep them up to date when changes occur.

The board scribe is compensated with a \$49 gift card each month.

CONTACT: Jennifer Johnston: johnstonjenny40@gmail.com

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.

Karen Strelko/President

Board Term: 2015-2018

browserandlouie@yahoo.com

Jean-Robert BÉffort/Vice President

Board Term: 2016-2018

aspace.studiogallery@gmail.com

Jennifer Johnston/Secretary

Board Term: 2015-2018

johnstonjenny40@gmail.com

Gail Rein/Treasurer

Board Term: 2014-2017

rein.gail@gmail.com

Nancy Coates

Board Term: 2016-2019

coates@gilanet.com

Carmon Steven

Board Term: 2016-2017

yankiecarmon@gmail.com

Board of Directors

December Sales

To Our Co-op Members & Customers: Please note that sales run for a **two-week** period.

Each month 100s of items are on sale. To see a complete list, please visit our website.

The pictured items are just a sample of the great values you will find at the Co-op each month.

November 29 - December 13



Bulk
Yogurt Raisins
reg \$8.99#
SALE \$6.69#



Liberté
Yogurt
Assorted, 5.5 oz
reg \$1.89
SALE \$1.50



Applegate naturals
Chicken Nuggets
8 oz
reg \$7.29
SALE \$4.99



King Arthur
Bread Flour
5 lb
reg \$6.89
SALE \$5.69



alba Botanica
enzyme face scrub
4 oz
reg \$9.79
SALE \$6.99



Nordic Naturals
Ultimate Omega
Lemon, 60 ct
reg \$27.99
SALE \$21.99

December 14 - January 3



Bulk
Organic Pistachios
Roasted/Salted
reg \$11.99#
SALE \$9.99#



earth balance
Natural Buttery Spread
Soy Free, 15 oz
reg \$4.89
SALE \$3.99



Back to Nature
Shortbread Cookies
4.5 oz
reg \$4.99
SALE \$4.00



feel good foods
Vegetable Egg Rolls
9 oz
reg \$5.69
SALE \$4.39



Dr. Bronner's
Bar Soap
Assorted, 5 oz
reg \$3.99
SALE \$3.00



Natural Factors
Organic
Oil of Oregano
1 oz
reg \$21.99
SALE \$16.99

Members Only Specials November 29 - January 3



Equal Exchange
Hot Cocoa Mix
12 oz
reg \$8.49
SALE \$6.79



Wholly Wholesome
Whole Wheat Pie Shell
9 in, 14 oz
reg \$5.69
SALE \$4.59



Frontier
Organic Almond Extract
2 oz
reg \$5.49
SALE \$4.39



Pacific
Pumpkin Puree
16 oz
reg \$3.99
SALE \$3.19



Emeral Cove
Nori Sea Vegetable
10 Sheets
reg \$6.69
SALE \$5.39



Frontier
Cinnamon Flavor
2 oz
reg \$4.79
SALE \$3.89