



# Silver City Food Co-op Garbanzo Gazette

Volume 17

Your monthly newsletter • April 2017

## Co-op Hours:

Mon. - Sat.  
9 am - 7 pm

Sunday  
11 am - 5 pm

575•388•2343  
520 N. Bullard St.

## How Food Co-ops Grow Healthy Communities

Earth Day is Every Day!



One of the many wonderful things about food cooperatives is their concern for community. This is one of the seven cooperative principles all cooperatives follow, and for the Silver City Food Co-op it means offering only the best foods available to our customers.

Best food available. What does that mean? Here at the Co-op it starts with purchasing guidelines that all of our buyers follow. We do not buy food made with genetically modified organisms (GMOs), high fructose corn syrup, hydrogenated oils, artificial colors, growth hormones and always prefer to purchase organic. When you come into the Co-op, you do not need to worry about what you are purchasing – we have done the vetting of products for you.

We go beyond looking at ingredients, and care about where the food is grown and the people that grow it. That starts right here in our community. Jake Sipko has been the produce manager for nine years, grew up here, and knows our community. Jake buys local produce before looking to purchase elsewhere and he encourages and assists local growers with crop selection and retail supplies.

Jake personally goes to each local farm to ensure they are using appropriate techniques and practicing water conservation. He has built relationships with local growers who are your friends and neighbors. Jake prefers local produce because it is the freshest, often picked the same day as it is offered for sale. This is in contrast to the organic produce he orders, that has been picked seven to nine days before getting to the Co-op including three days of travel. The fresher the produce, the higher the nutrients.

Currently Jake is working with Ben Rasmussen of the *National Center for Frontier Communities* on a USDA grant for local food production and sustainability. Jake is making a list of produce the Co-op purchases each week and Ben is looking for growers to match this list.

Jake offers fresh local produce year round. When the farmers market is over at the end of October each year, the Co-op continues to support our local growers by purchasing produce. In fact, Jake pays local growers a higher price with less markup so the price is the same as they are selling it during the farmers market and it is still affordable at the Co-op. Some of the local produce available year round is from Frisco Farm and Townside Farm.

Townside Farm is run by Doug Smith and Martha Everett. When not working at the farm Doug can be found in the Co-op, ordering groceries. Jake and Doug worked together when Doug was starting his farm determining pricing and what crops were economically viable to grow. Doug appreciates that he was able to get started as a grower because the Co-op purchased all of his produce.

Townside Farm is now going beyond organic. Beyond organic? Yes, regular USDA organic standards only say that the farmer cannot use synthetic pesticides. They can still use conventional farming techniques that are harmful to the environment. Beyond organic uses holistic techniques like permaculture and rain harvesting that help the environment and build the soil. Doug is also working with Richard Felger on test plot of native plants.

Doug is confident in growing his niche market crops of salad mixes, leafy greens, winter squash and melons because he knows he has a market at the Co-op and the Co-op will work with him to give him a fair price. He also felt confident enough to plant perennial crops of berries, nuts and fruits which we all hope will be producing product soon.

By supporting local growers, the Silver City Food Co-op grows our local economy and provides the healthiest foods available at a fair price. We encourage sustainability in food production and that in turn creates a healthier community.

Jake Sipko welcomes local growers and can be contacted at [Jake@silvercityfoodcoop.coop](mailto:Jake@silvercityfoodcoop.coop) if you are interested in becoming a new grower. Doug Smith offers classes in permaculture and if you would like to visit him and the farm, please make an appointment at [townsidefarm@gmail.com](mailto:townsidefarm@gmail.com).



Doug in the greenhouse



Townside Farm  
is located on Little Walnut Rd.

Silver City Food Co-op  
Market Café

## NEW Café Hours:

Mon - Fri  
10 am - 3 pm

Saturday  
9 am - 3 pm

Sunday  
11 am to 3 pm

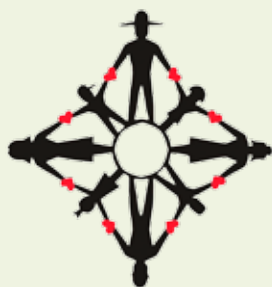
575•956•6487  
614 N. Bullard St.



YOU  
ARE  
WHAT  
YOU  
EAT

# Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop

## Store Hours

575-388-2343

Mon-Sat 9am-7pm

Sunday 11am-5pm

## Café Hours

575-956-6487

Monday- Friday Fri. 10am - 3pm

Saturday 9am - 3pm

Sunday 11am - 3pm

## 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

*Editor: Charmaine Wait*

*Contributors: Jean Béffort, Carmon Steven*

*Layout & Design: Carol Ann Young  
& Meggie Dexter, Consultant*

Submissions are welcomed!

Submit letters, articles, or items of interest to:

**gg@silvercityfoodcoop.coop**

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management, or staff of the Co-op.

# Cup o' Joe

by Joe Z



The dust has settled at the La Montanita Co-op in Albuquerque. I've written about their turmoil in past columns and Co-ops across the country have been intensely watching the happenings at one of our largest and premier Co-ops.

In my personal view, the knock-down fight ended with a triumph for Co-ops everywhere. Trying to relay everything that happened would take pages upon pages of explanation. Yet the fundamental at play was rather simple and noble: Democracy. This is the second principle of Cooperatives: each Member has one vote (our first principle is that membership is open to everyone).

The beginning of the La Montanita saga was rather tragic. It didn't seem so at first. Their General Manager left for a position with one of our national Co-op organizations – The NCG (National Co-op Grocers). Nothing weird there. They started a search for a new GM and installed a long time Staff Member as the interim gm (a fine fellow that I enjoyed chatting with). It was general knowledge that the interim gm was the front runner and just before it became official, he very suddenly died.

To us general watchers of the events, it's unclear exactly what happened. Of course everyone there was in a state of shock and a new search began. Supposedly with the help of a national cooperative consulting organization, the Board decided to bring in someone from the "outside" – that is – someone who had business experience but no Co-operative experience.

Part of that decision was that La Montanita had a loss well over a quarter million dollars the previous year. A large number to be sure but considering the size of the Co-op – well over \$40 million – it is quite manageable. A lot of the loss emanated from their new location on the west side of Albuquerque (they currently have 6 locations), which was massively underperforming from the numbers all the expensive marketing surveys indicated. The Board seems to have panicked (again – from distant view) and wrongly made the loss their main priority and criteria for choosing the new GM.

There was controversy surrounding the choice that they made. When I first met their new GM – I just thought, "this seems to be an odd fit – sure hope they know what they're doing".

Consumed with our own Co-op, I didn't pay much more attention to La Montanita as they now seemed to have settled and were moving forward.

Some rumblings were heard but that is normal with a change as large as they experienced. Then I learned that they were relaxing their organic standards and were bringing in non-organic produce known as the "Clean 15". I certainly would not do that here in Silver but a lot of Co-ops are doing such as they attempt to appeal to what is called the "Middle Shopper" – those who may buy organic but may not care as much as the "Core Members". Each Co-op has its own philosophy and they do whatever is best for their Members. It's certainly not for me or others to critique these decisions in another Co-op whether I like them or not.

But then something else happened. I started hearing that long-time Staff were being let go. The new GM created positions and filled them with friends. Other Staff members left. And then the event that really got my attention: One of their stores decided to unionize in a very lopsided vote (I heard 57 to 3 but have not verified that).

Now I'm very pro-union but do not believe that unions belong in Co-ops specifically because Co-ops should be always attempting to break down the barriers between Staff and Management. We should be better

than unions and they should be unnecessary in Co-ops. The word was that the Staff did this because the Clean 15 was brought in. I will tell you all right now that people do not organize and unionize because of some vegetables. I started to make calls to find out more of what was happening at La Montanita.

What I got was reports of Staff intimidation, unfair firings and – most important – lack of transparency on the part of their Board and the new Management. I saw this as a huge problem.

Members of La Montanita also saw a problem and started an organization called "Take Back The Co-op". In an incredible effort of determination, they collected over 1700 signatures to force a special meeting with the stated purpose of replacing the Board. That special meeting never happened because there was a normal election and the slate of candidates that the Take Back group all supported got in. Under pressure of the still looming special meeting and other internal pressure – the rest of the Board resigned and those spots were filled with appointees that all supported the Take Back movement. This happened in Jan of this year.

The Take Back group did a remarkable thing. With almost no resources and open opposition from the Board complete with very derogatory statements, vilianization and dismissiveness, they overcame what they saw as a massive threat to their Co-op and exercised the democratic nature of all Co-ops. The Board had all resources of the Co-op and was able

to get their message out all through the stores- their newsletter – their website and a letter mailed to every Member – to no avail.

As I said at the beginning – to fully understand all this would take pages – there were so many issues at play here. The important thing to see here is that the Members organized when they saw a very clear threat to their values. This has happened at other Co-ops too – especially when they choose to change the fundamentals that powered their Co-op's growth.

Will the new group at La Montanita be successful? Only time will tell. Often Co-op ideologies, to the actual detriment of the Co-op, prevent us from doing what is necessary. But the "success" of a Co-op that has discarded these ideologies is no success at all.

This is a very difficult balancing act for all Co-ops, all Co-op Boards and all Co-op Managers. All Co-ops are struggling with that balance in the face of today's quickly changing market bringing in a ton of new competition threatening the existence of many Co-ops. At La Montanita, the Board broke that balance and tried to force a blitzkrieg radical change towards the "business side" that was certainly unnecessary.

The Members of a Co-op ARE the Co-op. The Co-ops exist as buying and education agents for our Members. We are economic and social change agents in an increasing hostile world. Our Co-ops present a superior way forward when we embrace and promote our ideals. The Membership of La Montanita has done just that and all Co-ops should be proud of them.





# Silver City Food Co-op & Market Café Staff

**Judith Kenney**

produce

**Bob Lee**

bulk manager

**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**

website

**Misha Engel**

frozen buyer

**Jenny Morgan**

office

**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

**Kenyon McNeill**

grocery

**Joy Kilpatrick**

wherever needed

**Max Koch**

wherever needed

**Mike Watson**

wherever needed

**Kelly Nicholas**

café

**Jo Lutz**

wherever needed

**April Lee**

café



# Co-op & Community Events

## Co-op Explorers DIY, Saturday, April 1, 1 pm to 2 pm

This month we will make Ladybug apple treats  
in celebration of Earth Day!

Held on the first Saturday of the month in the community room at the Market Café  
from 1 pm to 2 pm. Children 12 years and under must be accompanied by an adult.

## General membership Meeting, Sunday, April 2, 3 pm to 5:30pm

Our annual general membership meeting will be held at aspace gallery,  
located at 110 West 7th street. You own this Co-op, come and have fun  
and meet the board candidates. Delicious food, great people.

## Artisan Market, Saturday, April 8, 10 am to 3 pm

The member Artisan Market are held the second Saturdays of the month, 10 am to 3 pm.

Open to member artisans with handmade art and crafts.

Contact [charmeine@silvercityfoodcoop.coop](mailto:charmeine@silvercityfoodcoop.coop)  
if you are interested in selling your handmade art.

## Ask the Dietitian, Saturday, April 8, 11 am to 12 pm

For a discussion and a tour of the Silver City Co-op, please join Bret Sarnquist,  
a local Registered Dietitian, at the Market Café at 11am on Saturday, March 11th.

Bring your questions and an open mind!

## Savvy Shopper Tour, Wednesday, April 12, 11 am to 12 noon

Co-op tours will be held on the second Wednesdays of the month at the Co-op,  
from 10 am to 11 am. Get the inside scoop, samples and recipes.

## Sampling Saturday, Saturday, April 15, 11 am to 2 pm

Held on the third Saturday of the month, great food will be sampled along with the recipe.  
Come and find out how good organic is! This month we will be sampling Anasazi beans.

## Community Forum, Wednesday, April 19, 12 noon to 1 pm

Come and learn from the recent attendees experience at the NM Organic Farming Conference.  
Find out what is new and what is happening in the world of organic farming.

## Silver City Food Co-op Board Meeting, Wed., April 19, 4:30 pm to 7:30 pm

Board meetings are held the third Wednesday of the month at 614 N. Bullard St  
in the community room. Member/owners are welcome to attend.

## Earth Day Booth, Saturday, April 22, 10 am to 2 pm

Come on make recycled bottle cap magnets and get some free seeds to start your garden!  
Gough Park.



## 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.

# KITCHEN MEDITATIONS

Spring

## Spring Greens Pizza



### Servings: 4

Baked crust is topped with fresh mozzarella, spring greens and chicken for a delightful twist on traditional pizza.

### Ingredients

3 tablespoons olive oil  
1 teaspoon dried basil  
1 teaspoon dried oregano  
2 tablespoons minced garlic  
3 ounces fresh mozzarella, bocconcini size  
1 cup plus 2 tablespoons balsamic vinegar  
1 prepared pizza crust  
1 15-ounce can crushed fire-roasted tomatoes  
1 tablespoon vegetable oil  
1/2 pound boneless, skinless chicken tenderloins or thighs  
3 cups spring mix lettuce

### Preparation

1. Preheat oven to 400 degrees F.
2. In a small saucepan over medium heat, reduce 1 cup of balsamic vinegar to 1/4 cup, stirring occasionally. Remove from heat and reserve. Meanwhile, combine the olive oil, basil, oregano and garlic in a small bowl. Let sit 10 minutes.
3. Brush pizza crust with half the olive oil mixture and bake according to package instructions. Slice the fresh mozzarella into thin slices and add to the remaining olive oil mixture. Toss to coat.
4. In a medium saucepan, heat 1 tablespoon of vegetable oil over medium-high heat. Add the chicken and brown 2 minutes on each side. Remove the chicken from the pan and reserve. Return the pan to the heat and deglaze with 1 tablespoon water and 2 tablespoons balsamic vinegar. Add the crushed tomatoes and bring to a simmer. Slice the cooked chicken crosswise into 1-inch pieces and add to the tomato mixture. Simmer until sauce has thickened, about 7 minutes.
5. Remove the pizza crust from the oven. Spread the sauce evenly over the crust and top with marinated mozzarella slices. Cut the pizza into four slices and top each with a handful of spring mix. Drizzle

*By: Co+op, stronger together*

## Nutrition Nugget



## Rhubarb

Rhubarb provides vitamin C and dietary fiber, as well as vitamin K and several B-complex vitamins. It also contains minerals like calcium, potassium and manganese, but they're not well absorbed by the body because they're bound by the oxalic acid content in the rhubarb. By itself rhubarb is low in calories, about 13 per half-cup serving, but because it's so tart it's often combined with a fair amount of sweetener.

## Rhubarb Vinaigrette

### Servings: 6

The key to a vinaigrette is a certain amount of acidity, sweetness, salt and oil. I suppose that is the secret to cooking in general---balance. Anyway, I think it is fun to use other ingredients on salads beyond vinegar or lemon juice.

In this recipe I juiced rhubarb to replace the vinegar. Rhubarb has a lot of acidity and has a unique sweet/tart quality. It's also not around all year. In Minnesota, it is recommended to stop cutting it around July 4th to ensure many years of bountiful stocks. I love rhubarb; it dances on the sweet and savory line.

This dressing could be used for most any salad, but for my demo at Durango Natural Foods Co-op, I kept it in the spring mood with an assortment of wild greens and pea shoots. That being said, a great spring salad to accompany this dressing would be shaved asparagus (just use your peeler to take off thin slices), toasted almonds and pea shoots, perhaps a light dusting of Parmesan or some chunks of pulled mozzarella.

### Ingredients

1/4 cup rhubarb juice\* (one stalk)  
1/2 cup extra virgin olive oil  
2 tablespoons raw honey  
salt to taste

### Preparation

1. Juice the rhubarb using a juicer or use a blender and strain out the juice.
2. Whisk the rhubarb juice and remaining ingredients together.

Any ideas for other vinegar or lemon juice substitutes?

I once used green strawberries.

*By: The Perennial Plate*

## The Frugal Co-op Chef



## Baked Parmesan Tomatoes

### Servings: 4

A sprinkle of Parmesan and a drizzle of olive oil transform tomatoes into the perfect side dish. Or try sandwiching them between slices of your favorite whole-wheat country bread.

### Ingredients

4 tomatoes, halved horizontally  
1/4 cup freshly grated Parmesan cheese  
1 teaspoon chopped fresh oregano  
1/4 teaspoon salt  
Freshly ground pepper to taste  
4 teaspoons extra-virgin olive oil

1. Preheat oven to 450°F.
2. Place tomatoes cut-side up on a baking sheet. Top with Parmesan, oregano, salt and pepper. Drizzle with oil. Bake until the tomatoes are tender, about 15 minutes.



# Jake's April Produce Picks

## Rhubarb

Is there a better harbinger of spring than hardy, exuberant rhubarb? A beautiful plant with large, lush leaves and fleshy stalks (called petioles) that look a bit like red celery, "the pie plant" signals the arrival of fresh foods from gardens and markets. Did you know that while it's most often enjoyed in desserts, rhubarb is actually a perennial vegetable—a leaf stem?

Fresh rhubarb is available as early as April and as late as August. Choose straight, firm stalks with good color. Avoid wilted stalks. Tenderness isn't generally related to the size of the stalk, although very large stalks can get pithy. If the leaves are attached, they should be crisp and fresh. Note that the leaves are not edible, since they contain a large amount of oxalic acid. One pound of fresh rhubarb equals about 3 cups chopped or 2 cups cooked. Remove the leaves, and store the rhubarb stalks in a plastic bag or veggie bag in the refrigerator for about a week. Wrapping the stalks in paper towels or a damp dishtowel is sometimes recommended. If the stalks get limp, stand them in a container of cold water for an hour or more. Chopped rhubarb can also be frozen for up to six months.

Always use a non-reactive pan (stainless steel, enamel-coated cast iron) when cooking rhubarb; otherwise the veggie and the pan will turn brown from the acids in the rhubarb.

Celebrate this wonderful vegetable when spring arrives and throughout its growing season. It's a great example of seasonal eating at its best.



*Say cheese!*

*Becky and Robin with wedges of Willow River Parmesan*



*Jake Sipko, Produce Manager*

## Salad Greens

Tender, fresh spring greens—a pure delicacy—are the perfect way to usher in the new growing season. It's likely that we humans have delighted in dining on the first green foods when winter ends since prehistoric times.

And are they ever good for you! The nutritional value varies depending on the particular variety of green, but in general spring greens are rich in vitamins C and K, calcium and iron. They're also high in fiber and a good source of potassium, vitamin A and beta-carotene.

Some spring greens are cultivated, like spinach, endive, radicchio and Asian greens like tatsoi and mizuna. Others grow wild, including dandelion greens, nettles, fiddlehead ferns, chickweed and purslane. Some, like arugula, watercress, sorrel and mache, are both cultivated and found growing wild. Mesclun is a mixture of small, young salad leaves.

Each spring green brings its own distinct taste to the table. Arugula is pungent, for example, while watercress is peppery. Mache is sweet and nutty, and dandelion greens are slightly bitter. Enjoy them all on sandwiches and in frittatas, stir-fries (add towards the end of cooking) and lightly steamed as a side dish. They can also be used to make pesto.

Because they're very perishable, you'll want to buy spring greens close to the time you're going to serve them. Choose fresh, bright green, firm leaves with uniform color. Avoid wilted, discolored or slimy leaves.

Remove any bad leaves before storing. Store either in produce bags or rolled loosely in a damp clean towel in a plastic bag. Leave the bags open and place in the refrigerator. They'll keep for five to ten days, though the sooner you use them the better.

Before serving, wash the leaves carefully by immersing in a bowl of cold water. Rinse and spin dry or spread on a clean towel to dry. You can remove the small stems or leave them on—they're tender enough to nibble right up.

## Parmesan

*From Becky in the Dairy Department*

Who ever says "no" when asked, "Would you like some Parmesan on that?" Savvy restaurateurs and home cooks use this versatile cheese to elevate an array of dishes when serving. Parmesan crafting is a lengthy process. The curd is placed in cheesecloth and shaped into wheels, which are soaked in a salty brine for about 20 days. Then they're left to age in temperature-controlled rooms. The slightly crunchy, granular texture of Parmesan is caused by little crystals that result from the breakdown of proteins—these are the sign of a well-aged Parmesan.

In Europe, where Parmesan is typically made with raw cow's milk, the cheese has a protected designation of origin, which means it must be made in a particular way in designated areas of Italy. It's also produced in many areas outside of Europe, such as Australia, Argentina, and the United States.

At the Co-op you will find *Willow River* parmesan, made in Colorado and handy as it comes already shredded. We also stock *Organic Valley* shredded parmesan too. If you want to grate your own, try a wedge of *Belgioioso* parmesan. And for a non-dairy version, try *Galaxy Vegan* grated parmesan. It tastes great!

*Reprinted by permission from: Co+op, stronger together*



## Meet Kelly Nicholas, Café Manager



Kelly Nicholas moved to Silver City in 2016 from Flagstaff, AZ. She is very excited to be working at the Market Café, since it has been a dream of hers to own a bakery/café and this gives her that experience.

Kelly is learning about people in Silver City and the Wilderness and enjoys running with her boyfriend Bret Sarnquist, who is a dietitian and leads the Co-op's Ask the Dietician Tours. An avid runner, Kelly recently completed the Sierra Vista 50K and is getting ready to run a 50 mile race in Payson, AZ.

Kelly has lived in Guam, working as a Navy reporter, in New Orleans as a web designer, and in Austin TX where she worked for the governors' office responding to children's letters.

We're glad that Kelly is part of the Co-op family!



Sorry we are out.  
Lettuce make it up  
to you!



**We now have rainchecks  
to give our member/owners  
and customers  
better service!**

## **MAD** June/July

**Pick your own two days  
to receive 10% off your purchases!**  
(Excluding mark-down items)

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**.

## April Co-op Tour



***Learn the Secrets  
of Savvy Shoppers!***

• **receive recipes and coupons** •

**Wednesday, April 12th  
from 11 am to 12 noon**

**at the Silver City Food Co-op  
520 N. Bullard St.**

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

**Co-op  
KID**



**Corner**



## Make Ladybug Apple Treats! at the *Co-op Explorers DIY* on Saturday, April 1st, at 1 pm Market Café, 614 N. Bullard St.

In celebration of Earth Day, we will be making organic ladybug apple treats on Saturday, April 1, 2017, from 1 pm to 2 pm, at the Market Café located at 614 N. Bullard St. Ladybugs are beneficial insects that eat aphids and other garden pests. Ladybugs are really cute too, so we are celebrating ladybugs, organics and Earth Day!

Kids of all ages are welcome and kids ages 12 and under are invited to become a Silver City Food Co-op Explorer. To become a card-carrying Co-op Explorer, kids simply need to bring a parent or supervising adult to a cash register and ask to become a Co-op Explorer. Each child will be issued their very own super official Co-op Explorers card!

The class is free and children must be accompanied by an adult. Allergy warning: the ladybug treats do contain peanut butter.



## Ask the Dietitian • *Foods for the Diabetic Co-op Tour* Saturday, April 8th, 11 am to 12 noon, 614 N. Bullard St.



**Bret on tour**

The Silver City Food Co-op is collaborating with Registered Dietitian Bret Sarnquist to offer regular tours of the store to educate the community about a different health issue each month. Join us on Saturday, April 8, 2016 at 11 am at the Market Café located at 614 N. Bullard St. for the Diabetic tour. Bret will host a discussion in the Community Room of the Market Café and then lead a tour of the Food Co-op.

Planning a diet to help manage diabetes is not easy, but there are many great foods that still fit into such a diet plan. From vegetables of all colors to cheese, proteins, and 'no sugar added' products, the range of foods that are good choices for people with diabetes is diverse and expanding. Come down to the Silver City Co-op and join Bret Sarnquist, a Registered Dietitian and former professional chef, for a tour of the foods and products that you can enjoy while maintaining a diabetic-friendly diet. Please be aware that, by law, Bret is unable to provide specific dietary advice for any individual or nutrition prescriptions for any specific food or supplement.

Bret is a New Mexico-licensed Registered Dietitian specializing in sports nutrition and nutritional management of chronic diseases like diabetes, anemia, and osteoporosis. A life-long cook and food lover, Bret was a professional baker and pastry chef for seven years before returning to school at Arizona State University to get a BS in Nutrition, and then completed his dietetic internship in Flagstaff. He's an avid co-op and farmers' market shopper, and attempts, with modest success, to grow his own herbs, tomatoes, and hot peppers. If he's not at work at Gila Regional Medical Center or cooking, you're likely to see him riding his mountain bike or running out on Boston Hill or on the Continental Divide Trail.

## New Mexico Organic Farming Conference Round-up *Community Forum* April 19th, from 12 noon to 1 pm, 614 N. Bullard St.

Come to the Silver City Food Co-op's Community Forum and learn about the workshops held at the New Mexico Organic Farming on April 19, 2017, from 12 noon to 1 pm in the community room at 614 N. Bullard St.

This year, the Silver City Food Co-op sponsored two community members to attend the conference. The goal is to provide community members interested in farming, a way to learn, network, and bring that information back to Grant county. Come and find out what the attendees have to share about the conference and get inspired!



## April

**Saturday, April 1, 1 pm to 2 pm**

*Co-op Explorers DIY Class*  
Make Ladybug Apple Treats  
614 N. Bullard St.

**Sunday, April 2, 3 pm to 5:30 pm**

*General Membership Meeting*  
Aspace gallery, 110 West 7th Street

**Saturday, April 8, 10 am to 3 pm**

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

**Saturday, April 8, 11 am to 12 noon**

*Ask the Dietitian*  
Foods for the Diabetic Co-op Tour  
614 N. Bullard St.

**Wednesday, April 12, 11 am to 12 noon**

*Savvy Shopper Tour of the Co-op*  
520 N. Bullard St.

**Thursday, April 13**

*20% off all Health and Beauty products!*  
At the Co-op, 520 N. Bullard St.

**Saturday, April 15, 11 am to 2 pm**

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

**Wednesday, April 19, 12 noon to 1 pm**

*Community Forum*  
NM Organic Farming Conference  
614 N. Bullard St.

**Wednesday, April 19, 4:30 pm to 7:30 pm**

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

**Saturday, April 22, 10 am to 2 pm**

*Earth Day Fair*  
Come and make a recycled bottle cap magnet  
Gough Park

**Fridays in April**

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

## May

**Saturday, May 6, 1 pm to 2 pm**

*Co-op Explorers DIY Class*  
614 N. Bullard St.

**Wednesday, May 10, 10 am to 11 am**

*Savvy Shopper Tour of the Co-op*  
520 N. Bullard St.

**Saturday, May 13, 10 am to 3 pm**

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

**Saturday, May 13, 11 am to 12 noon**

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

**Wednesday, May 17, 4:30 pm to 7:30 pm**

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

**Saturday, May 20, 11 am to 2 pm**

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

**Fridays in May**

*Popcorn Fridays*

# CO-OP Community

New Mexico Children Youth and Families Department  
is the Recipient of the February Round Up Donation Program  
from the Silver City Food Co-op



Pictured left to right are: Terri Olson, Liz Baxter, Tina Chavez, and Melissa Marquez Gonzales of CYFD receiving 52 \$25 gift cards.

The Silver City Food Co-op has a community donation program called the Round Up Program where customers can round up the balance of their total purchase to the nearest dollar and donate that amount to a local non-profit. New Mexico Children Youth and Families Department was the February recipient receiving \$1,300 in the form of \$25 gift cards to distribute to families in need.

Each month, the Silver City Food Co-op announces the current non-profit recipient. There is information at each register about the group, and each recipient has brochures about their organization available at the front of the Co-op. The recipient is also available at least once per month in the Co-op to talk to member/owners and customers about their organization. In March the Round Up recipient is Gila Mimbres Community Radio.

The Silver City Food Co-op is proud of our cashiers who make this program work so we can give to our community. The Silver City Food Co-op follows the seven cooperative principles including Concern for Community and we strive to connect in meaningful ways to our community.

## Co-op Community Donations

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

**Grant County Food Pantry  
San Francisco 4-H  
The Volunteer Center**

*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.*

**20% OFF!** Sale  
on all  
**Health & Beauty  
Products**

**Thursday • April 13th  
One Day Only**

**20 % Maximum Discount**

## Thank You Co-op Volunteers!

*Many thanks to these member volunteers for their service.*

Karen Stelko • Saguara Compton • Janet Goodrich  
Mary Ann Gelb • Sharon Bookwalter • Ellen O'Bryan  
Jane Papin • James Odin • Bridget O'Leary  
Laurel Johnson • Robert Fischhoff • Marta Bloy



# Win a Trip to Cascadian Farm!

We are excited to announce that during the month of May, Cascadian Farm has invited co-op shoppers like you to participate in a sweepstakes to win the chance to check out their beautiful farm in Skagit Valley, Washington for yourself! One winner will be selected to take a trip for two in August of 2017 to visit Cascadian Farm and receive \$250 in free Cascadian Farm products. Three runners-up will also be selected to win \$250 in free Cascadian Farm Products.

There is no purchase necessary, simply visit [www.CFTripSweepstakes.com](http://www.CFTripSweepstakes.com) between April 19 and May 2 to register! To learn more about Cascadian Farm, visit [www.CascadianFarm.com](http://www.CascadianFarm.com).

You have probably purchased Cascadian Farm® products from our co-op before; they are one of the country's leading brands of organic foods. It's more than just a brand. Cascadian Farm is a real place — a working, active, productive farm dedicated to bringing wholesome organic food to your table.

Cascadian Farm's founder, Gene Kahn, wanted to change the food system. Back in 1971, conventional "white bread" food reigned. Gene understood that if people continued making food in this way, it wouldn't be sustainable. He found a stretch of land next to the Skagit River alongside the Cascade Mountains in Washington state and called it Cascadian Farm.

Today, Cascadian Farm has grown beyond the original farm and converted over 100,000 acres of conventional farm land to organic, and they're not done yet. The company has a mission to bring more organic food to more people while leaving the land better than they found it.

Remember, visit [www.CFTripSweepstakes.com](http://www.CFTripSweepstakes.com) between April 19 and May 2 and register to win a trip for two to Cascadian Farm by May 2!



*Cascadian Farm, Skagit Valley, Washington*

## Member Connect Wants YOU!

The purpose of the member connect committee is to connect the board with the member/owners. Additionally the MC plans the annual General Membership Meeting and organizes the annual board elections.

The MC also writes articles for the Garbanzo Gazette.

We would like to invite new member/owners to this committee that meets once/month, the first Wednesday of the month at 11am in the community room of the Market Café.

We need your ideas and energy to help us engage the wonderful members of your Co-op.



# 2 U From Your Board...

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

## 2017 Board Candidate Statements

*Meet the Candidates at the  
General Membership Meeting, April 2nd*



### Shivani Ma

I am a mama of three and live here in Silver. My husband and I homestead and are committed to creating a beautiful and sustainable home for our children. I work from home and dedicate my spare time to permaculture, gardening, and homeschooling our children.

My passion for community and local food runs deep and inspires me daily. I am running for the board to serve and support our Co-op by offer my gifts to this community. I would love to see more community programs and member engagement. I have served on the Las Cruces Co-op board and I'm thrilled for the opportunity to serve here.

### Robert Fischhoff

*Death stalks me every morning  
For awhile  
I sit  
Breathe  
Out...death  
In...rebirth.*

*My skeleton self shambles over to the local Co-op;  
And joy overtakes me;  
All the women seem beautiful, compassionate and wise  
And all the men noble, kind and free from laziness.*

*I'm a fool...better buy something.*



I've been living in Silver City for just on a year. I think we are very fortunate to have the facilities here that we do for such a small place. A university, a major regional Medical Center, a community radio station and of course the Food Co-op.

I think the Silver City Food Co-op has a remarkable history. The fact that it is still going strong after all these years is incredible. So many co-ops fail. For more than 40 years many people have put a lot of effort and energy into making that happen. I'd like to do my bit now as well. You could say it's an expression of gratitude.

There's no doubt that we have entered a new era that is dangerous and frightening. How well we are able to get through these next few years may be very dependent on how well we can work with and support each other. Even as the Co-op deals with changes in food and agriculture and the competition from other stores, we may find new ways of expressing our Co-operative spirit. There are opportunities as well as obstacles. We need to preserve what is good and what works and yet we need to be open to new ideas. Joining vision with earthy practicality.

And most importantly we need to view our individual and community characteristics as strengths; not weaknesses. We can feel wealthy and share that with others. Then our motivation is automatically generosity. I believe it's the right approach to expanding the reach of the Co-op.

I have experience in many areas which could be very useful as a Co-op board member, from food service to adobe construction, from financial analyst, to IT administrator, to art gallery owner.

Here's a partial list of some of the skills and experiences I bring with me:

3 years as a member of the board for Creative Santa Fe

2 years as a member of the board for the Santa Fe Gallery Association.

2 years as Chair of the Santa Fe Art + Creativity Center Committee

And finally, if you haven't figured it out already...I think a little differently from many. That may be an asset as we navigate the next few years.

I hope so.



Hi! My name is Mike, Mike Giusto. I have lived in Silver City the last 43 years. My wife Adele Giusto has lived here for 41 years. I worked for 31 years in Silver Schools as a reading teacher. I served two years as the president of the teacher's union (NEA). I am an avid board game player, traveler, and I love to help solve children's reading problems. The dog you see in the picture is my granddog, Jasper.

I would like to be on the board because I would like to see 3 changes in the committees of the board.

1. A committee to study grocery delivery to the nearby area of Bullard street.
2. A committee to conduct and study interviews of members on what we can do better and what products members need.
3. A committee to study and implement expanded social media advertising and less print advertising.

Thanks for in advance for your vote.



# Mike Giusto

# Laurinda Anderson



I am a long-time Silver City resident and co-op member with a BS in Food and Nutrition Service, a MBA and 30 years of management experience. Through my education and professional experience I have developed skills in leadership, strategic planning, policy and procedure development, budgeting, quality improvement, customer service and public speaking. I also have leadership experience in cooperative and non-profit boards and skills in listening, consensus building and conflict resolution. I value honesty, and diversity, unity and equity.

I am retired and have been considering ways in which I can give back to my community. In 2015, it came to my attention that the Silver City Food Co-op was having difficulty in recruiting prospective board members. Because I find our co-op to be a very valuable asset to our community and one from which I have personally benefitted, I considered running for the board. At that time, however, caring for my aging parents left little time for other concerns. As their situation changed, I felt able to give more of myself elsewhere and I agreed to join the Board Member in Training (BIT) program.

I have recently been attending our co-op board meetings and feel that I would a make positive addition to the board. My interest in running for the board is to help ensure that it continues to be a valuable community asset. I support our co-op continuing to supply organic, locally sourced and fair trade products.

## 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@gilnet.com

### Carmon Steven

Board Term: 2016-2017  
yankiecarmon@gmail.com

Board of Directors

# Hey!

**Give Meggie a high five  
for designing our  
new website.  
Check it out!**

**We are now  
*silvercityfoodcoop.coop***

**See the  
Garbanzo Gazette online  
at our new, beautiful website.**



# April 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.

## April 5 - April 18



Bulk  
Organic  
Walnut Halves  
reg \$12.99#  
**SALE \$10.99#**



**Kingdom**  
Carmelized Onion  
Cheddar Cheese  
reg \$5.59  
**SALE \$4.69**



**Rising Moon**  
Ravioli  
Assorted, 8 oz  
reg \$5.39  
**SALE \$3.50**



**Orgain**  
Healthy Kids Drinks  
Assorted, 8.25 oz  
reg \$2.59  
**SALE \$1.69**



**Giovanni**  
Sampoo/Conditioner  
Assorted, 8.5 oz  
reg \$7.99  
**SALE \$5.99**



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

## April 19 - May 2



Bulk  
Lundberg  
Wild Rice Mix  
reg \$5.69#  
**SALE \$4.39#**



**Cascadian Farm**  
Frozen Blueberries  
8 oz  
reg \$4.69  
**SALE \$3.00**



**Cascadian Farm**  
Frozen Vegetables  
10 oz  
reg \$2.89  
**SALE \$1.66**



**Earth Balance**  
Peanut Butter  
Assorted, 16 oz  
reg \$5.99  
**SALE \$3.99**



**Aura Cacia**  
Lavender Essential Oil  
.5 oz  
reg \$10.69  
**SALE \$7.99**



**Natural Vitality**  
Calm  
Original, 8 oz  
reg \$22.99  
**SALE \$13.99**

## Members Only Specials April 5 - May 2



**Farmhouse**  
Kraut  
Garlic Dill Pickle, 16 oz  
reg \$6.99  
**SALE \$5.59**



**High Country**  
Kombucha  
Assorted, 16 oz  
reg \$3.39  
**SALE \$2.79**



**Tofurky**  
Tempeh  
Assorted, 8 oz  
reg \$2.69  
**SALE \$2.19**



**Honey Stinger**  
Energy Chews  
1.8 oz  
reg \$2.39  
**SALE \$1.79**



**Nubian Heritage**  
Moringa  
Shampoo/Conditioner  
12 oz  
reg \$10.19  
**SALE \$8.19**



**MegaFood**  
Daily Energy  
Nutritional Booster, 1 ct  
reg \$1.09  
**SALE \$.89**