

# the Garbanzo Gazette

Volume 14

a monthly newsletter of the Silver City Food Co-op

## SEEKING YOUR COMMENTS on Draft Mission Statement

by Gail Rein

I'M writing this article on October 5th, just three hours after the board and the general manager ended their all-day fall retreat. At this retreat, we drafted a mission statement for the co-op. We are sharing this draft with you now and are interested in your comments.

### DRAFT MISSION STATEMENT

The Silver City Food Co-op is a cooperative business. We exist to serve our member-owners. Our mission is to provide and distribute high quality products and to promote cooperative and nutritional education to our member-owners, our customers, and our community.

In support of this mission, we are engaged in and committed to

- Incorporating the seven cooperative principles in all aspects of our work and business practices.
- Focusing on organic, whole, nutritious, and minimally processed food.
- Providing a great place to shop and work through responsiveness to all individuals and cultivation of relationships with them.
- Prioritizing the use of local and regional resources.
- Pursuing earth-friendly decisions that consider the impacts of production, transportation, packaging, storage, waste, construction, renovation, ...

This mission statement grew out of four one-hour sessions at the beginning of our board meetings in May, June, August, and September in which we labored over our strategic values. Next, we will be working together to articulate a vision for the future of our co-op and then a strategy to determine the direction in which our co-op needs to move to fulfill its mission and vision.

So, please take us up on our offer to comment on this draft mission statement by contacting any board member. Given your comments, it really could change!



## 614 NEWS

It is hard to believe that the Co-op rented the space at 614 Bullard on May 1st. As you may remember, we are spending a year gathering data regarding the possibility of an expansion project. Sometimes it seems as if nothing is happening or that everything happens very, very slowly. But when we review the list of tasks, we find we are mostly on schedule with the project plan we created.

This last month, two sources of help came our way. In August, our finance director, Marguerite Bellringer, contacted the Small Business Development Center at the university to see whether they could provide any help with our feasibility

study. They connected Marguerite with the NM Manufacturing Extension Partnership (MEP) in Roswell, which did indeed offer services. The MEP provided the Co-op with a \$6200 grant—not in dollars—but for actual hands-on help. An MEP representative came to Silver City the first week in October to analyze ways to maximize the use of our current space and also provide a review of the 614 building. He will be back in late October to share his conclusions and suggestions. Just recently Joe Z has been in contact with a local architect to see how he can help make some of the ideas for 614 more concrete.

Action has started on our research regarding loan

and grant opportunities. The review of our 2013 numbers by an outside CPA firm was finalized in August, which is a very important part of the financial picture needed by banks. The other parts needed include our 2013 tax reports and financial statements for the first three quarters of 2014. These documents have been compiled. In October, members of the finance committee along with Joe Z will share these financial statements with several banks for discussion about potential loans as well as sharing them with other organizations regarding grant possibilities.

We will soon have results from all of these activities to share with you. Please stay tuned.

### FALL MEMBER APPRECIATION DAY

members choose **ONE** day to be their Member Appreciation Day during November **OR** December!

### In This Issue

**Page 2**

Cup o' Joe  
Festival of Trees

**Page 3**

Outreach Report

**Page 4**

Kitchen Meditations  
Staff Picks

**Page 5**

Co-op Deals  
Monthly Specials  
Kids' Corner

**Page 6**

From Your Board . . .

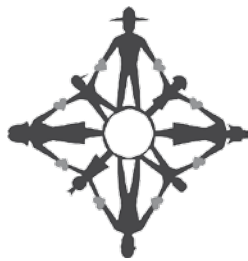
**Page 7**

Food as Medicine:  
For the Intestines  
Cheap Chicken?



# 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

Joseph Patrick  
Judith Kenney  
Bob Lee  
Carolyn Smith  
Dogan Hales  
Jake Sipko  
Kate Stansberger  
Carol Ann Young  
Margarita Courney  
Jeanné Miller  
Becky Carr  
Vicki Gadberry  
Jess DeMoss  
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Dan Jameson  
Jenny Morgan  
Doug Smith  
Joe Z  
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Eric Lynch  
Michael Sauber  
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Paul Slattery  
Monica Hoepfer  
Eva Featheringill  
Patricia Walsh  
Jody Andrews  
Jessie Gauthier  
Lee Ann Miller  
Gabbie Sturdivant  
Derek Palmer  
Brenna Brown  
Andrea Padilla  
Julianna Tow  
Henry DeMars

**Annual Co-op Equity**  
\$10.00

## The Garbanzo Gazette Gang

Editor: Margarita Courney

Contributors: Judith Kenney & Carolyn Smith

Layout & Design: Carol Young & Meggie Dexter

Submissions are welcomed!

Submit letters, articles, or items of interest to:

gg@silvercityfoodcoop.com

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# Cup o' Joe

by Joe Z



**Life** always seems to take twists and turns leading to interesting places. As the days get shorter and cooler, I think back as to where I was just a mere two years ago. Living in Phoenix with the last of my three dogs who was on her last legs, I was feeling the need for some changes.

I had my own biz which was doing fine but it was mostly quiet work on a computer. I didn't really have to work much as since I only had to work about 15 hrs a week to equal what I am making now. My free time was more valuable than the dollars. I spent a lot of time with my doggies and hiked and camped, and mountain biked and traveled all around Arizona visiting local wineries, breweries and listening to great music. I rode horses. Life was very comfortable. Life was good.

But after years of doing so, I missed people. I missed the energy and speed of retail. I started to look into opening my own shop but wasn't finding the right location at the right price. I actually became GM of a little outdoor clothing store. That didn't last long. With a 40 mile commute one way through heavy traffic, it was everything I hated about retail. Very top down authority from corporate. Their emphasis was money. The time I spent there was measured in weeks and we desperately needed to part ways.

I did like the energy though, and being with all the customers and staff was cool. I also realized that I probably won't be happy anywhere unless it was a Co-op. With the exception of the years I worked for myself, almost all my experience has been with Co-ops. I did some searching and found quite a few openings around the country. I also then realized I don't want to live in Maine, or Oregon, or Wisconsin or even California. I wanted to remain in the southwest.

And then I found the opening at the Silver City Food Co-op. Sure – that may be the new adventure I was looking for! Soon I was chatting with a member of the search committee and then a phone interview with the whole committee. Then I had another phone interview with an independent consultant that the Co-op hired. And then I was invited to the Co-op for some more interviews.

The night before I left for Silver, the last legs of my last dog gave way and I had to say goodbye to her. Coming into the cool of the mountains from the warmth of the desert in mid-November, reality started to hit me as I thought, "What if they actually hire me?" A bit of panic ensued. Maybe I should back out. But I went forward.

The three days I was here was charted out from morning to night. I met and was cross examined by groups of Staff. I interviewed with the outgoing Manager. Breakfast, lunch and dinners with Board Members and Search Committee Members. And then a long interview with the entire Board.

I really liked this Co-op. I liked the Board Members and the Staff. The town, old and funky. I liked the smallness and the isolation. Didn't like the cold....

I had a hard time believing that this little Co-op was so successful in such a tiny town. The Co-op was very compelling. But even on the drive back to Phoenix, I had to keep asking myself that question – "what if they actually hire me? Is this the change I really wanted?" It would be quite the departure from how I've been living my life.

I know Co-ops. Co-ops are people. Often the structure of the business is very different than what is deemed "normal". There is a much more intimate relationship between the Staff and the Members/Customers. Co-ops are more like families with all the joys, dysfunctions and rewards that they bring.

The last time I took a management job at a co-op, my GF at the time didn't want me to take it. "You're just going to spend all your time there. I know you and I know about management jobs. You'll have no time for me. So it's me or the Co-op. You need to choose", she fumed. I chose the Co-op. I don't like fuming.

The call came and I was offered the opportunity to join the Co-op. Last chance. Back out now. It's a huge commitment. It's a huge responsibility. All management, and especially Co-op management, promises many headaches and long hours. It will be all encompassing. Bail now!!

"Sure", I said, "I'd be honored". -- What have I done? I quickly packed up my home of the last 10 years and slipped and slid on rainy and snowy roads up to Silver. My life has changed. Everything was now new. Be careful what you ask for.

I was right. All my fears about the job came true. Headaches occurred and long hours spent. There's turmoil and emotions. It takes forever to get things done yet everything moves very rapidly. It's a Co-op like just about all Co-ops I've been associated with. It's also colder than I like.

It's wonderful. What a fantastic little Co-op! What great people! One might think I would long for my idyllic life before I came here. But no. I pursued a change and I got it. No regrets at all.

This Thanksgiving, I have much to be thankful for. This Co-op gives me energy. The Board and Staff are dedicated and real. I've learned the trails around here. I get to use all the cold weather gear that I acquired over the years I worked for REI. I can't quite say that life is comfortable but I can certainly say that it's stimulating.

Life is still good. ❄️

# FESTIVAL of Trees



11/28-12/7

## FESTIVAL HOURS:

*Tree Buying Preview*

Tuesday, November 25th 4-6:00 pm

*Festival*

Friday, November 28th - Sunday, December 7th

## WHERE:

**614 N. Bullard Street**

The Silver City Food Co-op is proud to host this year's Festival of Trees, a fun, family-friendly holiday event facilitated by the Guadalupe Montessori School. The festival runs for one week and will feature live trees, handmade crafts and baked goodies for sale. Live Colorado Spruce, Austrian Pine, and Ponderosa Pine for sale--reserve yours today! Local organizations, individuals and families decorate many of the trees, which will be delivered to buyers on Monday, December 8th. Undecorated live trees, handmade decorations, rosemary trees, poinsettias, and more will also be available for purchase.





# Community Outreach Report

by Carolyn Smith



Tis the season for family, friends, community and home. We remember family members who have passed, give thanks for the food on our table and the blessings of this life and celebrate the return of the sun and lengthening days. Tis the season for gift giving to loved ones and to those in need. Each year, as the days grow shorter,

creation of the food pantry in April 2009. The Silver City Food Co-op partnered with The Volunteer Center to run the Food Pantry, hosting meetings and repacking parties, and I served as manager and volunteer coordinator for over four years as part of my outreach work. The Co-op still gives monthly donations of food to

during the year; many folks do.)

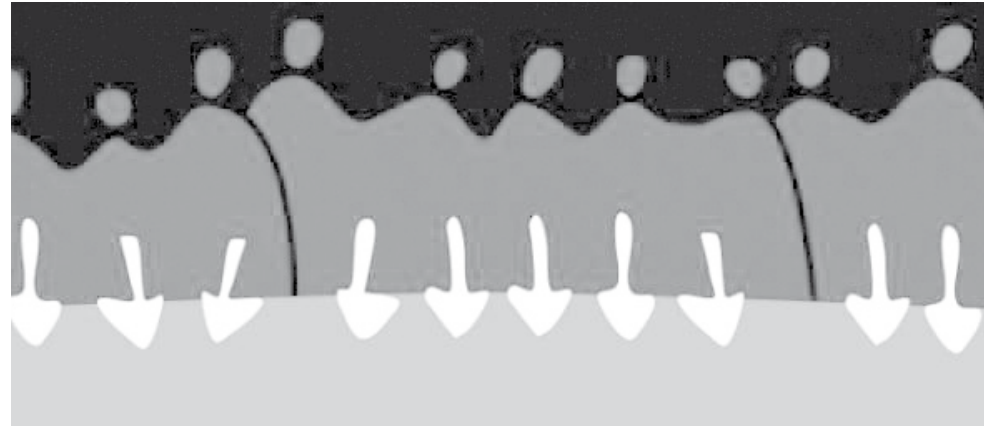
You can also help by volunteering at one or both of the Food Pantry distributions. They take place on the 1st Saturday of the month from 9-noon and the last Wednesday from 3-6 at The Commons, 501 E. 13th St. The Volunteer Center is growing food for the food pantry as well. They've put in a large garden and planted over 60 fruit trees, several currant bushes, indigenous perennial food crops as well as drought tolerant flowering plants to attract bees. Call The Volunteer Center at 388-2988 for more information and check out their website: <http://tvcgrantcounty.org/> and friend them on Facebook.

Another big way to support community is to buy local. "Buy Local" is not just a slogan or a passing fad, it's the future for sustaining vibrant and healthy communities everywhere. It is particularly important for small isolated communities where jobs and resources are more limited. Each food item or gift purchased at a local store supports the local economy. Money spent locally recirculates around the community, providing income to neighbors and friends, securing jobs. If you love Silver City and Grant County, spend your money here. Even if you have to pay more now, you will continue to reap the benefits by sus-

taining the businesses you depend on and the people who make life here so entertaining and wonderful.

This season take advantage of your own personal Member Appreciation Day and shop the Co-op for some or all of your holiday gifts. We have hundreds of locally made products on our shelves produced right here in Grant County and around New Mexico. Create your own gift bags or market baskets filled with locally produced fruit, cheeses, jams, muffins, breads, cider, salsas, body care products, herbal remedies, and candles. Check out the new Co-op Grab & Go food items for parties and holiday meals. Don't forget Co-op Gift Cards for loved ones who want to make their own choices. You can purchase gift cards at the register anytime.

I hope everyone will take the time to enjoy the season, each other, and the surrounding beautiful Gila Wilderness area we call home. ❖



I become more introspective and my focus narrows to my immediate surroundings; maybe because I am part bear and just want to find a cozy den to curl up in for the winter. Focusing on what's local and at hand is beneficial in so many ways: from self-preservation, seeing and hearing an approaching car before stepping into the street, to awareness of a neighbor who needs a ride to the grocery store or the doctor's office.

Around this time of year in 2008, the Silver City Food Co-op became involved in the creation of the Grant County Community Food Pantry. I attended a Town Hall Meeting on Hunger organized by The Volunteer Center of Grant County and joined a committee of community members for weekly meetings in the Co-op Community Room which led to the

the food pantry and sells \$25# bags of staple foods at cost.

Each year the Co-op also promotes a fundraiser at the register to help purchase food for the Food Pantry and to support all The Volunteer Center programs aimed at ending hunger in Grant County. This November and December we encourage everyone to give what they can to help support community members who need supplemental food. It's so easy to do. Simply ask your cashier to scan one of the laminated peppers valued at \$1, \$3, \$5, \$7, or \$9 or any combination of these and the amount you choose will be added to your bill. At the end of each month, the co-op sends a check to The Volunteer Center for the full amount of all customer donations. (FYI: You can make donations to the food pantry at the register anytime

## VOLUNTEER DISCOUNT POLICY

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

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

614  
NORTH BULLARD STREET

we have the space

*let's do something fun!*

Do you have an expertise that you would like to share with the community?

Call Margarita  
at the Co-op 388-2343  
and talk about space and time.

## November Community Forum New Native Food Crops for New Mexico

presented by Dr. Richard Felger

Dr. Felger has conducted research in deserts worldwide and has more than 100 peer-review publications, books and popular writings in botany, ethnobiology, and new food crops.

He has strong interest in agricultural independence for arid regions: non-tillage, energy- and carbon-conserving crops to fit the environment.



*the forum is presented twice*

**Tuesday, November 11th  
& Thursday, November 13th**

**from Noon to 1 pm**

**the blue building @ 614 N. Bullard St.**

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



# Holiday KITCHEN MEDITATIONS

## TOFU LEMON CHEESECAKE

- 1 1/2 cups graham crackers, finely ground
- 1/3 cup sugar
- 6 TB butter
- 1/2 tsp cinnamon
- 3 cups tofu (1 1/2 pounds)
- 1/4 cup lemon juice
- 1/2 cup oil
- 1 cup sugar
- 1 teaspoon vanilla
- 1 pinch of salt

Combine graham crackers, 1/3 cup sugar, butter and cinnamon in a bowl and press into 9" pie plate. Refrigerate until ready to fill and bake.

Combine tofu, lemon juice, oil, 1 cup sugar, vanilla and salt in a blender until creamy, adding a little water at the end if needed to make the mixture smooth. Pour into crust and bake at 325°F for 50 minutes until set in the middle. Refrigerate overnight.

## COCONUT CURRIED POTATOES

Vegan version of au-gratin potatoes

- 3 TB coconut oil
- 1 leek, white & tender green parts, thinly sliced
- 1 large clove garlic, minced
- 1/4-1/2 tsp habanero chile, minced
- 2 TB curry powder
- 1 1/4 tsp coarse sea salt
- 3 cups coconut milk
- 1 1/4 cups vegetable stock
- 2 1/4 Yukon gold potatoes, sliced in thick rounds
- 1/2 cup panko bread crumbs
- 2 TB minced fresh tarragon
- Fresh ground white pepper

Warm 1 tablespoon of the oil in a large pan over medium heat; add leeks and saute until softened, 5 minutes; add garlic and chile, saute until garlic is fragrant, 2-3 minutes; stir in curry powder and 1 teaspoon of the salt, then the coconut milk and stock. Gently add the potatoes, increase heat to med-high, and bring to a simmer. Immediately decrease heat to low, cover, and simmer until potatoes are just fork-tender, about 20 minutes.

Preheat oven to 400F and oil a 3-quart baking dish. Transfer potatoes to prepared baking dish and pour all liquid from the saucepan. Put bread crumbs, tarragon and remaining 2 tablespoons oil and 1/4 teaspoon salt in a small bowl and mix well. Scatter over potatoes and bake 35-40 minutes, until top is golden. Season with white pepper and let cool slightly before serving. Serves 6-8.

## CHRISTINE'S ARTICHOKE DIP

A holiday crowd pleaser!

- 8 oz cream cheese
- 12 oz mozzarella, shredded
- 1 cup mayonnaise
- 1 cup parmesan, grated
- 1 small onion, chopped
- 2 cloves garlic, chopped
- 2 small jars marinated artichokes, drained
- Black pepper to taste

Chop drained artichokes, add remaining ingredients and mash together well. Place in ovenproof dish and bake uncovered 30 minutes at 350F. Serve hot with multi-grain crackers.

## HOT ROOIBOS DRINK

- 6 1/2 cups water
- 2 cinnamon sticks
- 1/4 tsp whole cloves
- 6 tea bags or 3 TB rooibos loose tea
- 2 cups dried hibiscus flowers
- 3/4 cup fresh orange juice
- 1 cup agave nectar, or to taste

Put water, cinnamon and cloves in medium saucepan, bring to a boil and boil 2 minutes; add the rooibos and hibiscus flowers, orange juice and agave and mix well. Immediately remove from heat, cover and let stand 30 minutes. Uncover, cool slightly and strain through a fine-mesh sieve, pressing down to extract all the liquid. Serve warm, it's also wonderful chilled and served over ice. Serves 4-6.

## STAFF PICKS

by Judith Kenney



Many of our customers consider the bulk department (along with produce) to be the heart of the Co-op. In that spirit, Mike Sauber's chosen product for this month is **"all of the bulk beans, legumes and grains, but if I were to pick one, it would be garbanzo beans."** I know that I am buying real food and there is less packaging. Whenever foods are processed, they lose some of their nutritional value and other ingredients are added to enhance things that not only don't relate to your health, but are a detriment to it. Examples include: excess salt, sugar, corn syrup, hydrogenated and trans fats, highly refined carbohydrates and chemicals used to stabilize, preserve and "improve" texture, color and flavors. Hydrolyzed soy protein is added as a flavor (it includes MSG) and protein enhancer, but is typically processed using sulphuric acid and then neutralized using caustic soda (soyinfo.com).

Explaining how he prepares garbanzo beans, Mike says that he will, "soak and rinse the garbanzos for two days to get them to start the sprouting process and increase their nutritional value. Then I put them in my solar oven in the morning to cook for another day.

I use them in salads, curries, soups and, of course, hummus."

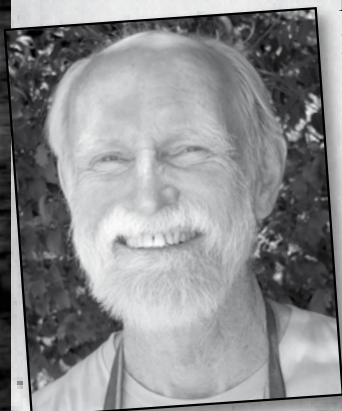
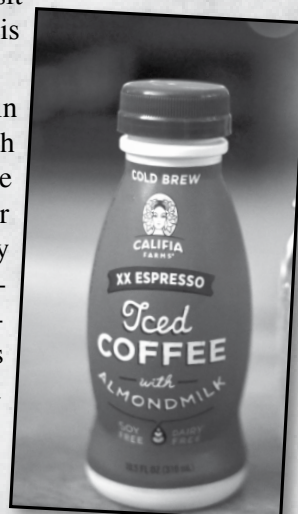
Mike, who has worked at the Co-op for about 1 1/2 years, performs a variety of jobs which includes stocking the grocery department, as well as working the produce, dairy and freezer departments. He's also a great handyman who seems to be able to fix just about anything! True to the form of his life, when asked to share an interesting point about himself Mike responded, "I enjoy natural, quiet places, try to live a low impact life and act on my beliefs to help ensure a better place for those that will inherit the earth after me."



Margarita Courney, assistant manager at SCFC, chose **XX Espresso Iced Coffee with Almond Milk** as her current "best" product. Made by Califia Farms, this is a refreshing and delectable drink. She likes the fact that it's non-dairy and not too sweet with a "great, smooth coffee taste that really hits the spot!" Margarita, better known as "MaMaRita," has been at the Co-op for 6 1/2 years and is also

our human resources person, board liaison and newsletter editor. That doesn't even include the odd jobs that pop up throughout her day! How does she get it all done? Perhaps the Almond Milk Espresso of which she likes to partake in the mid-afternoon gives her an extra shot of energy without a sugary effect. I have a feeling, though, that it's mostly her regular meditation practice which she says, "helps me to let go of stress and holding on to work when I should be relaxed." She also "loves to sit and feel the sun and its warmth. I find it is so healing."

Califia Farms, located in the San Joaquin Valley of California, is a company with a conscience. All of their ingredients are non gmo and 100% of the coffee in their beverages is grown on farms certified by the Rainforest Alliance, a non-profit organization that works to conserve biodiversity and ensure sustainable livelihoods by practicing transformative land use and business practices.





# November 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.

## November 5-November 18

					
Bulk Rolled Oats reg \$1.49# <b>SALE \$1.19#</b>	Brown Cow Yogurt assorted, 32 oz reg \$3.49 <b>SALE \$2.69</b>	Cascadian Farms Vegetables assorted reg \$4.19 <b>SALE \$3.00</b>	Imagine Broth 32 oz, assorted reg \$4.39 <b>SALE \$2.00</b>	Tom's of Maine Peppermint Toothpaste reg \$5.89 <b>SALE \$3.99</b>	Herb Pharm Stress Manager Compounds, 1 oz reg \$12.79 <b>SALE \$8.99</b>

## November 19-December 2

					
Bulk Green Lentils reg \$1.79# <b>SALE \$1.69#</b>	Emerald Valley Fresh Salsa assorted reg \$4.69 <b>SALE \$2.99</b>	Rising Moon Ravioli assorted reg \$4.59 <b>SALE \$3.50</b>	Traditional Medicinals Herbal Tea assorted reg \$5.19 <b>SALE \$3.99</b>	Avalon Shampoo/Conditioner assorted reg \$9.19 <b>SALE \$6.99</b>	Alacer Emergen C 30 ct, assorted reg \$15.99 <b>SALE \$9.99</b>

### Member Only Specials

November 5-December 2

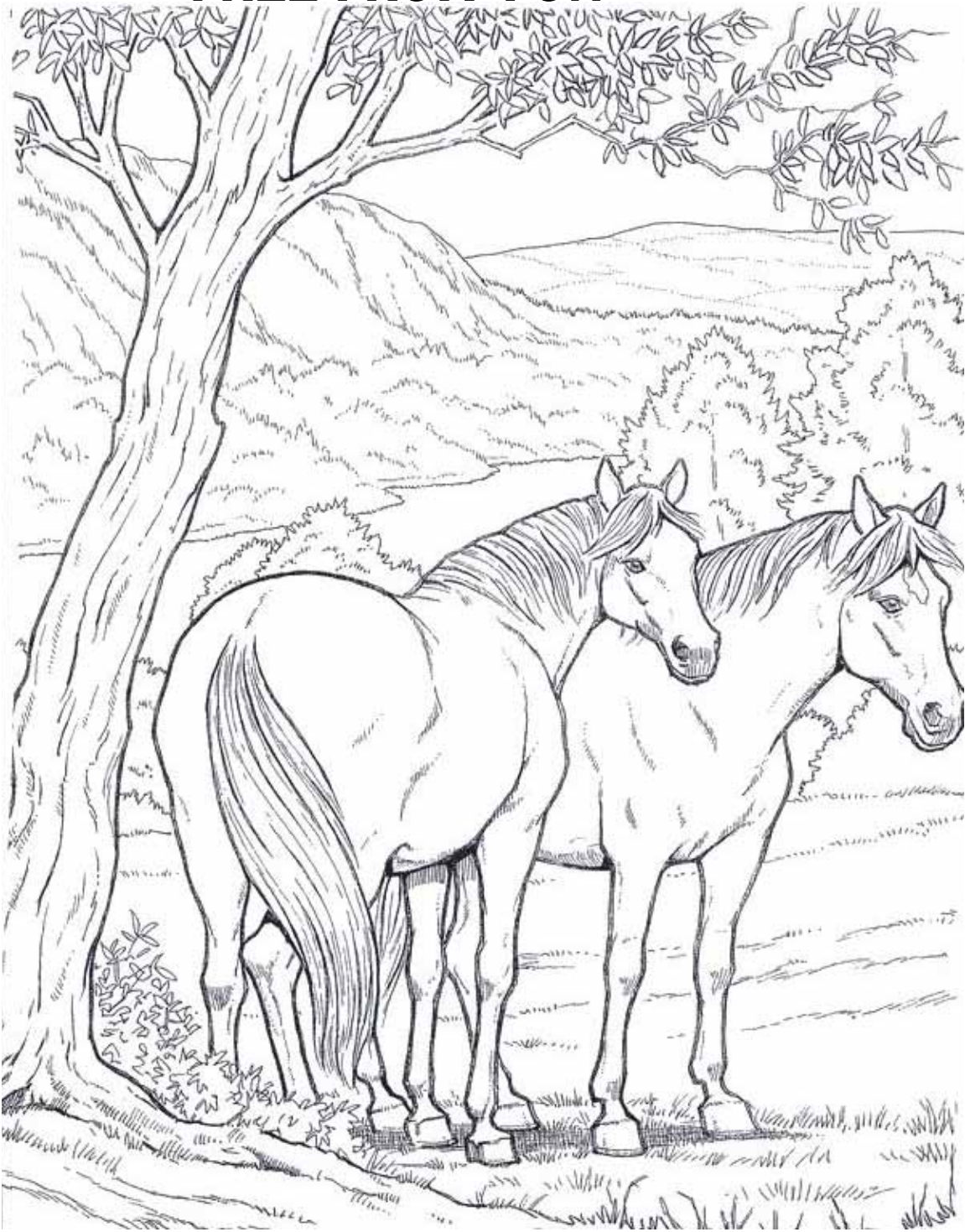
	
Equal Exchange Coffee assorted reg \$12.69# <b>SALE \$9.99#</b>	Food For Life Sesame Ezekiel Bread reg \$5.19 <b>SALE \$4.69</b>
	
Arrowhead Mills Stoneground Whole Wheat Flour reg \$7.49 <b>SALE \$6.79</b>	Udi's Gluten-Free Muffins assorted reg \$6.29 <b>SALE \$5.69</b>
	
Badger Lip Balm assorted reg \$2.49 <b>SALE \$2.29</b>	Host Defense Reishi Mushroom 30 ct reg \$19.99 <b>SALE \$17.99</b>

# 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



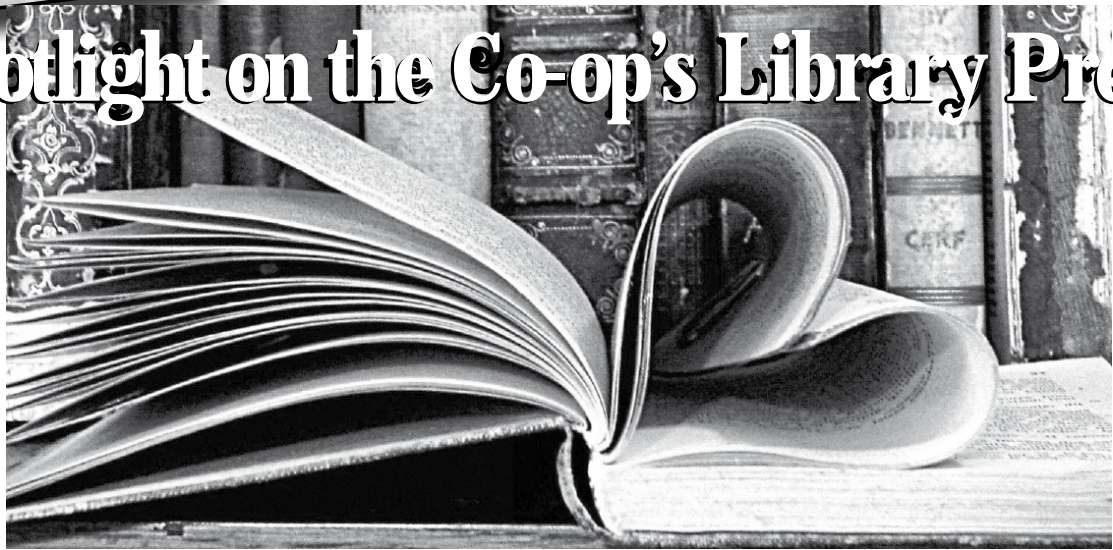


# From Your Board... Future

## F O C U S

by Gail Rein,  
President

### Spotlight on the Co-op's Library Project:



Co-op Members Enjoying the Co-op's Contributions to the Library

As part of the celebration of the Silver City Food Co-op's 40th anniversary, the Member Linkage Committee put together a display at the Silver City Public Library this past February. It highlighted the co-op's history and showcased some of the products the co-op sells. In the spirit of reaching out to others in our community, the co-op also selected two magazines to sponsor, contributed a copy of the DVD Food for Change, and purchased thirteen highly rated books for the children's section of the library. We want you to know about these wonderful new library resources for people of all ages!

In the periodical section, you will find the co-op's monthly newsletter, the Garbanzo Gazette, as well as the two magazines the co-op is sponsoring: the well-known Organic Gardening and a brand new magazine for the library named YES! (and yes, this really is the name of the magazine).

YES! is an award-winning, ad-free, non-profit publication that "reframes the biggest problems of our times in terms of their solutions." Each issue focuses on a theme with articles that "outline a path forward with in-depth analysis, tools for citizen engagement, and stories about real people working for a better world."

Stop by the library and take a look at the three issues now on the shelf: Education Uprising (Spring 2014), Story Power (Summer 2014), and The End of Poverty (Fall 2014).

Food for Change is a feature-length documentary film, directed by award-winning filmmaker and east coast co-op member Steve Alves. It tells the history of cooperatives in the United States since the 1930s and examines the positive social and economic role that food co-ops play in our society today. The Silver City Food Co-op contributed to the production of this documentary, as did hundreds of other cooperatives. The two-DVD set can be checked out of the library, and just so you know, there is often a waiting list for this popular item. And, while you're at the library, take a few minutes to check out the engaging books the co-op purchased for children (and their parents). To whet your appetite, the titles are: (1) Grandpa's Garden, (2) Simple Pleasures, (3) A Trip to the Co-op, (4) Food: 25 Amazing Projects, (5) Nutrition Fun with Brocc & Roll, (6) Your Food, (7) Energy: 25 Projects, (8) One Well, (9) Reduce and Reuse, (10) Using Energy, (11) Using Water, (12) Waste and Recycling, and (13) Your Local Environment. The children's librarian,

Category	Feb.	Mar.	Apr.	May	June	July	Totals
Picture Books (1,392 unique items)	546	505	535	506	961	630	3683
Juvenile Nonfiction (1,198 unique items)	211	277	234	306	398	318	1744
Totals	757	782	769	812	1359	948	5427

ian, Harmony Phillips, will be selecting some of these books for Storytime at the Silver City Public Library (Wednesdays at 10:30 a.m.), so watch the library's bulletin board for announcements or let any librarian know which books you want Harmony to read.

If you are a teacher or professor in our community or an outlying area, please consider how you might use the Food for Change film, the magazines, or the books in your courses. All of these resources are true gems and could enrich the lives of your students in profound ways.

The table below shows the library's check-out statistics for February through July for picture books and juvenile non-fiction, the categories that include the children's books the co-op purchased. When I saw these statistics, I thought,

"Wow... what an amazing public resource our Silver City Public Library is... and our donations are part of it!" After your trip to the library, please let us know your reactions. If you have suggestions of other resources you would like the co-op to consider adding to the library's collections, let us know these too. Contacts for the Co-op Library Project are: Pat Cowan [cowanbell@gmail.com](mailto:cowanbell@gmail.com), Carolyn Smith [outreach@silvercityfoodcoop.com](mailto:outreach@silvercityfoodcoop.com), or Gail Rein [rein.gail@gmail.com](mailto:rein.gail@gmail.com). If you don't have or use email, please call the co-op at 575-388-2342 during business hours (Mon. - Sat. 9-7 and Sun. 11-5) and leave a message for one of us to call you along with your phone number and good times to call.

May you enjoy your trip to the library!



## Board Departure

At the September board meeting, Jerry Boswell surprised everyone and announced his resignation, explaining that his life was too busy right now. Jerry was elected to the board in 2012 and served as treasurer from April 2012 through March 2014. Had he served his full term, it would have ended May 2015.

I asked Jerry if there was anything else he wanted to add, and he said, "I would like to thank the co-op community for the opportunity to serve on the co-op board for two and a half years. Even though we had a few challenging issues to deal with, being on the board was mostly interesting and fun. I am now fortunate to have a few travel opportunities before me, and have

decided to resign my position on the board to pursue them. Best wishes to the excellent staff, board, members, and customers of the co-op."

We wish Jerry the best in his new job and travel adventures.



Adiós, Jerry & Tacho!

Gail Rein/President  
Board Term: 2014-2017  
[rein.gail@gmail.com](mailto:rein.gail@gmail.com)

Susan Van Auken/Vice President  
Board Term: 2013-2016  
[susanvanauken@gilanet.com](mailto:susanvanauken@gilanet.com)

Carmon Steven/Secretary  
Board Term: 2013-2016  
[yankiecarmon@gmail.com](mailto:yankiecarmon@gmail.com)

Lynno Aldin/Treasurer  
Board Term: 2012-2015  
[peacelynno@gmail.com](mailto:peacelynno@gmail.com)

Meadow Clark  
Board Term: 2012-2015  
[mc@conflictmediation.net](mailto:mc@conflictmediation.net)

Jennifer Johnston  
Board Term: appointed thru May 2015  
[johnstonjenny40@gmail.com](mailto:johnstonjenny40@gmail.com)

Board of Directors

## Board Meeting Schedule

The SCFC Board of Directors meets the third Wednesday of each month in the Co-op Community Room, 4:30-7:30 pm. The agenda for the meeting is posted in the store at least one week prior to the meeting.

Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among those 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.



The healing properties of plants have been used for thousands of years to support intestinal health. Healing to the intestinal tract and to the eyes, the three fruits of Triphala are a very widely used Ayurvedic herbal formula. Triphala is most commonly used as a gentle bowel tonic, helpful in digestion and supporting regular bowel movements. The combination of Amalaki, Bibhitaki and Haritaki fruits all high in vitamin C, have a synergistic and beneficial effect on other systems too. Ayurveda uses Triphala to support healthy respiratory, cardiovascular, urinary, reproductive, and nervous systems. Current research shows Triphala to be a powerful antioxidant, protecting cells from the damaging effects of free radicals.

The formula known as Dashamoola, incorporating the roots of ten trees and other herbs is used as an enema with sesame oil for dryness and constipation. This is especially helpful for people of Vata constitution. In cases of irritable bowel syndrome and colitis, the Ayurvedic remedy, Boswellia, has proved to an effective healing agent. <http://www.naturalantiinflammatory.org/boswellia-serrata.html>

## Weight Loss

Many of my clients have successfully followed the Ayurvedic recommendations using Triphala to lose weight. Triphala can be used as part of a weight loss program that includes the right diet for your constitution and exercise. Proper digestion and elimination are important for long term success in maintaining an optimal body weight.

Here is some research published by the NIH that confirms that knowledge. "The present findings suggest that triphala and its constituents can counter the effects of high intake of fats and have the potential for use as antiobesity agents

with desirable lipid-profile modulating properties." <http://www.ncbi.nlm.nih.gov/pubmed/23251942>

Not that we should increase our "intake of fats" and take triphala to counteract it!

## How to Use

The traditional way of ingesting triphala is to soak the organic powder in warm water for at least five minutes, then drink it. This allows one to taste the herb. Taste is considered by Ayurveda to be an important part of the healing process. It sends signals to the body as to what to expect; initiating your body's biochemical reaction. Triphala is usually taken on an empty stomach. It is not recommended for acute diarrhea or during pregnancy. Very underweight persons should avoid using this product as it will decrease weight.

Triphala contains five of the six tastes recognized in Ayurveda (sweet, sour, bitter, pungent and astringent), only missing the salty taste. Our diet in America tends to lack the flavors of bitter and astringent. Though even Western religions traditions recommend eating "bitters" before meals. Some may find the bitter taste unpleasant at first. That sensation usually changes as your body becomes more healthy. While quality, organic triphala is not expensive, it can be bought even cheaper, loaded with magnesium stearate. This is not recommended, especially for use in the eyes.

Triphala has been used for thousands of years to reduce cataracts. You can find a description of that method here [http://www.curanderahealing.com/store/p10/Cataracts--Triphala%2C\\_organic\\_Ayurveda.html](http://www.curanderahealing.com/store/p10/Cataracts--Triphala%2C_organic_Ayurveda.html)

## Modern

### Research

Here are a few, out of hundreds, of studies that have been done around the use of Triphala.

"We investigated triphala and its phenolic constituent, gallic acid, on human prostate cancer LNCap and normal cells. Gallic acid appears to have promising anticancer activity." <http://www.ncbi.nlm.nih.gov/pubmed/22110195>

"Scientific studies carried out in the past two decades have validated many of the ethnomedicinal claims and researchers have shown Triphala to possess free radical scavenging, antioxidant, anti-inflammatory, antipyretic, analgesic, antibacterial, antimutagenic, wound healing, anticariogenic, antistress, adaptogenic, hypoglycaemic, anticancer, chemoprotective, radioprotective and chemopreventive effects. Clinical studies have also shown that Triphala was found to have good laxative property, to improve appetite and reduce gastric hyperacidity. Studies have also shown that Triphala was effective in preventing dental caries and that this effect

was equal to that of chlorhexidine. The current review addresses the validated pharmacological properties of Triphala and also emphasizes aspects that need further investigation for its future clinic application." <http://www.ncbi.nlm.nih.gov/pubmed/23239004>

<http://www.ncbi.nlm.nih.gov/pubmed/16471318> A study that found tumor reducing properties in Triphala. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3117320> This research shows triphala dissolves cataracts.

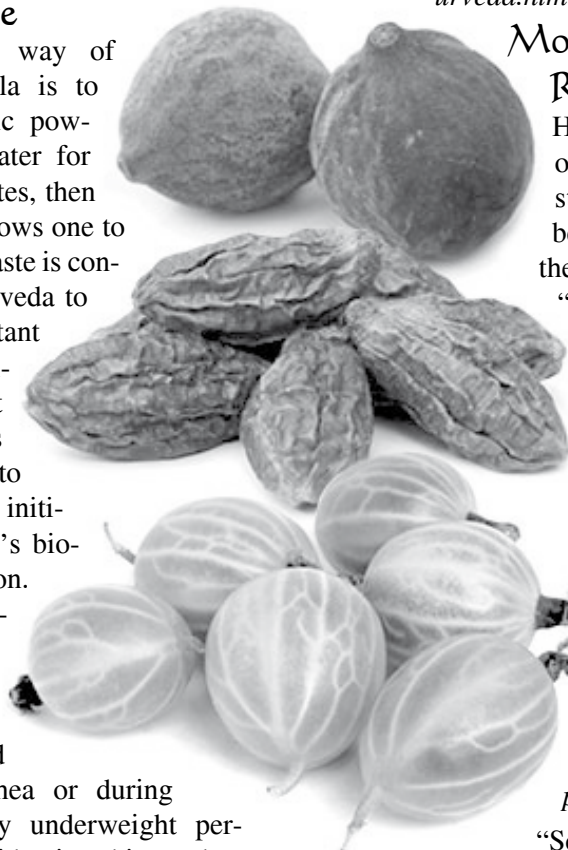
"Experimental studies in the past decade have shown that Triphala is useful in the prevention of cancer and that it also possesses antineoplastic, radioprotective and chemoprotective effects." <http://www.ncbi.nlm.nih.gov/pubmed/21138390>

"Triphala provides significant protection against gastric ulcer." <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3480757/>

To prevent constipation, try the following:

- Keep a vata-pacifying diet
  - Drink 4 to 5 glasses of warm plain water each day or tea if you like
  - Eat foods with fiber
  - Exercise regularly
  - Yoga asanas like the Sun Salutation, Chest-Knee pose, Nauli kriya and Leg Lift can also help prevent constipation
- Using plant medicine to heal ourselves is one way to demonstrate our respect for the Earth and all of our relations. Living in harmony with Nature we reflect the beauty and poetry of the Universe.

[Athena Wolf practices Ayurveda and Curanderismo in Mimbres and can be reached at 536.9335 or [curanderahealing.com](http://curanderahealing.com).]



## How much are you really paying for a cheap chicken? By Monica Rude

We can purchase three different whole chickens — an average, low-priced frozen one from the supermarket, a mass-produced organic version, and a "happy chicken." This is a bird that has spent its life outside running around and eating a diet of grass, seeds, bugs and worms. Roast them in your kitchen and note the taste. The cheap chicken will have minimal flavor, thanks to its short life span, lack of sunlight & exercise and inappropriate diet of corn and soy. The mass-produced organic one will have a few "roast notes and fatty notes," and the happy chicken will taste like divinity, with a deep, succulent, nutty taste. You cannot buy this quality of chicken already prepared any place for any amount of money.

The "happy chicken" price is unbelievable by comparison to the \$.99 per pound at the supermarket. I bought a four pound "happy chicken" at the local farmers market for \$20. "Such a deal", I mumbled under my breath. But I really didn't mind since I have grown my own chickens for years & know how much work it is & also expensive if organic feed is purchased. I took my treasure home & stewed

her up - the most economical method of using a chicken since I get 2 pounds of chicken meat as well as a gallon of broth. The broth alone is worth the cost if my alternative is to buy the convenient Pacific brand organic chicken broth in the aseptic pak for \$4.69 per quart. Besides chicken broth, I'd be getting "chicken flavor", salt, sugar, yeast extract, onion powder, & rosemary extract. These are needed because flavors don't survive mass-production. The yeast extract might be made by genetically modified yeast & most likely includes monosodium glutamate. How much are we paying in health costs when we consume chemically-laden food?

One thing not found in store-bought broth is gelatin which will "gel" when refrigerated. This amazing, health-promoting water soluble protein (amino acid) comes from the collagen, drawn out by simmering the bones, skin, and cartilage of an animal. This is what makes chicken soup "Jewish penicillin". Gelatin is a great aid to digestion. Because it is hydrophilic (attracts water), it can counteract the hydrophobic (repels water) effects of eating cooked food. It protects and heals the mucosal lining of

the digestive tract, an aid for those suffering from dysbiosis—imbalances of "good" and "bad" bacteria in the intestinal tract. The fermentation that results is linked to allergies to grains leading to degenerative joint conditions and inflammatory bowel disease. Even foods to which individuals may be sensitive, frequently may be tolerated if gelatin is made part of the diet. Research has shown that gelatin increases the utilization of the protein in wheat, oats, and barley, though not of corn; that the digestibility of beans & meat are vastly improved with the addition of gelatin. Additionally, gelatin can improve the digestion of milk and milk products by emulsifying the fat & stabilizing the casein, normalizing both hydrochloric acid deficiencies and excesses.

When you buy chicken, who are you supporting? Is it big corporations who produce

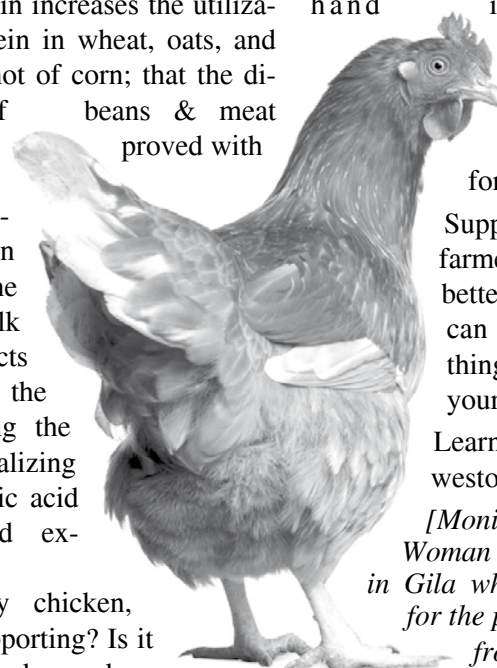
8.5 billion chickens a year under horrifying conditions, feeding them nasty chemicals, hormones & antibiotics? OR are you paying more to your local home grown chicken farmer & her family so she can stay in business growing healthy chickens for you? Twenty dollars for a chicken isn't really that much profit for the small grower who's feeding & butchering by hand

instead of the huge mechanized 40,000 chicken "battery" where commercial chickens are grown for only six weeks.

Support your local chicken farmer. The result will taste better than anything you can buy cheap. The only thing better is to grow it yourself...

Learn more: <http://www.westonaprice.org>

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





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