

the Garbanzo Gazette



The monthly newsletter of the Silver City Food Co-op



The Grand Opening at the Market Café on October 17th

Market Café Chitchat

The Market Café has gotten its groove on with new items in the deli, new team members, and more and more gifts and packaged food to enjoy. With the grand opening behind the Café team, everyone is now focusing on getting ready for the holidays. There will be great new food in the deli to take to holiday gatherings, and also great new gifts!



The Market Café can be a one-stop shopping experience. Take refuge from the busy holiday season with a delicious lunch and get all of your holiday shopping done too! The Café has toys and clothes for children, organic socks, candles, local art, fair trade textiles, kitchen tools and specialty food. There is something for everyone and you can purchase your gifts knowing that you are supporting the Co-op.

Have you met all of the Market Café team? There is a common theme among them – they all love working at the Café, the people they work with and the customers.



Next time you are there say hi to Sarah Horton who loves the outdoors, Jerome Nieblas Jr. an energy healer, Stephen Persaud, a musician, Ben Williams, who enjoys riding bikes, Carolyn Smith, long-time Co-op employee, and Lynne Featheringill, long-time Silver City resident.



Happy Thanksgiving!



Pick Your Own MAD November/December

Pick your own day to receive 10% off your purchases! Stock up for the holidays! Be sure to tell the cashier **BEFORE** they start ringing up your purchases that you are using your **MAD** discount!

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Silver City Food Co-op
520 N. Bullard St.
Silver City, NM 88061
www.silvercityfoodcoop.com



Co-op Hours:

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

Featuring: Organic Salads and Sandwiches
Organic housemade ice cream
Fair Trade Gifts and specialty foods

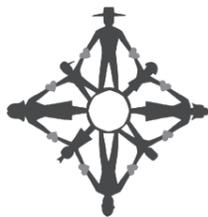
Silver City Food Co-op
Market Café

Café Hours:

Wednesday - Sunday
8:30 am - 3:30 pm
575-956-6487

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

Ends Statement

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

Seven Cooperative Principles

Voluntary and open membership

Democratic member control

Member economic participation

Autonomy and independence

Education, training and information

Cooperation among co-ops

Concern for community

Staff

Judith Kenney - produce

Bob Lee - bulk manager

Carolyn Smith - wherever needed

Dougan Hales - produce

Jake Sipko - produce manager

Kate Stansberger - supplement manager

Carol Ann Young - office

Jeanné Miller - herbs/produce

Becky Carr - dairy buyer

Vicki Gadberry - office

Jess DeMoss - POS manager

Meggie Dexter - offsite website

Misha Engel - frozen manager

Jenny Morgan - office/assistant front end

Joe Z - gm

Marguerite Bellringer - finance manager

Kim Barton - grocery manager

Eric Lynch - receiving manager

Michael Sauber - produce/stocker

Mia Crandell - POS

Eva Featheringill - assistant grocery

Patricia Walsh - HABA manager

Jody Andrews - cashier

Evan Humphrey - cashier/office

Lee Ann Miller - cashier

Gabbie Sturdivant - wherever needed

Brenna Brown - deli

Sarah Hardisty - deli/grocery/cashier

Tinisha Rodriguez - grocery/cashier

Charmeine Wait - EMO manager

Allie Iacocca - wherever needed

Joe Riley - cashier

Mike Madigan - am

Chloë Eaton - wherever needed

Adrienne Booth - EMO

Lynne Featheringill - café

Sarah Nevin - grocery

Leah Chastain - produce

Amanda McGinnis - cashier

Sarah Horton - deli

Ben Williams - café

Marchelle Smith - wherever needed

Stephen Persaud - café

Jerome Nieblas, Jr. - café

Paul Slattery, Jr. - wherever needed

Annual Co-op Equity

\$10.00

The Garbanzo Gazette Gang

Editor: Charmeine Wait

Contributors: Adrienne Booth, Jennifer Johnston, Susan Van Auken

Layout & Design: Carol Young

& Meggie Dexter, Consultant

Submissions are welcomed!

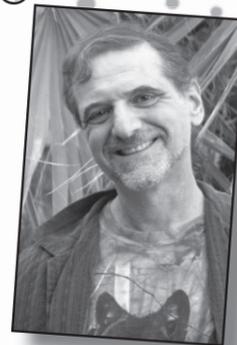
Submit letters, articles, or items of interest to:

gg@silvercityfoodcoop.com

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Cup o' Joe by Joe Z



“Are you crazy, Joe? Are you?” Now, many have asked that question over many, many years. I’ve also heard that question stated as a definitive, “You are crazy, Joe!” I prefer to think of myself as “unconventional”, although I do admit, a lot of unconventional people are, in fact, crazy.

The issue surrounding this question pertained to my decision to investigate and bring into the Co-op some balsamic vinegar. “What’s so crazy about that?” some might wonder. That is the reply I usually get when I tell people that my sanity is being questioned over some balsamic vinegar. It is actually the next part that turns them to the other side as they usually start to identify more closely to the original questioners. It costs \$150.....for a 4.5 oz bottle. Yes – you are reading that right and in case you may think that this may be a typo with a misplaced decimal point – I will write it out: One Hundred and Fifty Dollars. Perhaps now, that question of craziness resonates with the average reader more readily.

For me, the real question is “what is our Co-op all about?” For many people, Co-ops represent two things: good food and low prices. For many years – especially in the 70s and 80s – this was more or less true. Whole foods were rather inexpensive then – especially in bulk – because no one wanted them. That changed over the years as our efforts to educate people and bring great foods to them spawned companies such as the behemoth Whole Foods. Prices went up as demand went up and supply remained low. Now, Co-ops still mostly offer quality foods but not necessarily at great savings over the other new outlets.

While this is all true, it’s really not what is happening here. No, this is another aspect of what I feel that is important to Co-ops, which is pursuing the best that there is.

Bringing this product into our Co-op is an embracing of the concept “the best”. This product is the best in this category. And it’s local. And it’s organic.

“Best” is, of course, a relative term. Actually, a few years back, I thought I was getting the best balsamic vinegar at a dedicated olive oil store. I liked it, which is the most important consideration, and, even at \$20 a bottle, I mixed it liberally with organic olive oil and was happy drizzling it all over my salads. And still do.

But then there is high art in farming and food. In Italy, the home of balsamic vinegar, a “traditional” balsamic must be aged 12 years. This local balsamic has been aged 18 years, grown from their own organic grapes. The dedication and love that goes into a product such as this is astronomical. This is not something to drizzle on your salad but to savor every concentrated drop mingling well with oh so many foods. This is not about eating. This is about indulging in pure sensory pleasure.

And yet, our Co-op IS about eating. It’s about eve-

ryday eating morning, noon and night. For that we stock the best foods we can find at affordable prices. Organics still do cost more and for someone who is not used to the price differentiation, they’re sometimes surprised at the cost of our food compared to conventional. Yes – a good loaf of bread might cost \$4-\$5 instead of 99¢ but – truly – they’re not the same product. I believe that eating whole organic foods helps me gain health and I bet you do too. At the same time, I’ve also discovered many flavors from foods that I never knew were there because I was eating the industrialized “foods” common to the average supermarket.

Readers of past columns may recall that I have referred to my Mom as one of the world’s worst cooks (if you consider decimating foods “cooking”) plus we were allowed as much sugar as we could possibly want backed by a pantry that housed 20 different cookies, chips of all colors and nationalities, 10 different breakfast cereals, 5 flavors of ice cream, donuts, chocolate bars, cakes and many other baked goodies. My sister calls what we were subjected to as “gastrointestinal poisoning”.

After leaving the house and living on my own in college, I began an exploration of foods and flavors that were denied me growing up. The taste of vegetables that haven’t been on high boil for an hour was a shock. Mushrooms were a delightful surprise. Spices! Herbs! Marinades! Flavor blending! I was cooking, experimenting and trying all kinds of new foods and cuisines.

This exploration led me to the local Co-op where the world of food just blossomed. As I started eating better and better, there was an unintended side benefit. After years of digestive distress and pain – which I took as normal – it all started to go away. I started to experience what being healthy really felt like.

Dollars were as hard to come by then as they are now. I relied on our Co-op not just to provide me with nutritious food but I had to be able to afford it too. That’s a real challenge for a Co-op.

We have always had our “Essentials Program” – items that we keep at a constant low price – often at what we buy it for or below! But now we are expanding it, promoting it better and it is now part of our Co-op Basics Program. These are the purple tags you are starting to see around the store.

And we just had our Big Sale! Another experiment designed to deliver great quality food at less cost. We want to bring quality foods to as many folks as possible and we want to make them as affordable as possible. Oh yeah – we are also now in our 2 month MAD where you can choose one day and save 10%!

By buying carefully and saving through the year, I certainly can justify the luxury of a \$150 bottle of balsamic as I envision slowly putting a drop on some fruit or cheese or roasted veggie on a cold winter day. I like stuff like that. But then again – I’ve been called crazy. ❖ ❖ ❖



DATES TO REMEMBER

Remember to sign up now for your Artisan Vendor booth!

November/December Choose your MAD day

Nov. 12 – Community forum @ 614

Nov. 14 – Art Market 9 -2 @ 614

Nov. 28 – Art Market 9 -2 @ 614

No Flea Market in November

Dec. 5 – Tamal Fiesta Workshops @ 614

Dec. 10 – Community Forum

& cookie exchange @ 614

Dec. 12 & 13 – Art Market 9 -2 @ 614

No Flea Market in December

THE CO-OP IS CLOSED

Thanksgiving Day, Christmas Day

and New Years Day

November Forum

Native Plants

- for Food, Fun & Beauty
- for Today & a Global Dry Future

with Dr. Richard Felger

Thursday, November 12th

from Noon to 1 pm

Community Room @ the Market Café

614 N. Bullard St.

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

What Are All Those Items in the Bulk Bins?

by Susan Van Auken

Did you know the co-op carries over 120 different products in bulk? The food in the large self-serve bins on the north wall offer many treasures. Have you actually looked at all the products in the bulk bins, or are you like me and search for the regular items on your list and ignore all the other options?

Here is a rough little guide to these foods. Perhaps you might be encouraged to try something new! I have categorized the food into four basic groups for an easy way to talk about them.

Whole, raw, unprocessed foods

You can find approximately 50 different whole, raw, unprocessed foods in bulk. These are inexpensive, nutritious, and full of goodness straight from nature. Generally these foods are whole and alive; they can be sprouted to create new life.

Here is a list of the whole, raw, and unprocessed grains, beans, nuts, and seeds that we offer:

- **Whole grains** – winter wheat, spelt, whole oats, short-grain brown rice, long-grain brown rice, brown basmati rice, forbidden rice, blue posole corn, yellow popcorn, white popcorn, white quinoa, red quinoa, rainbow quinoa, millet, and buckwheat.
- **Beans** – aduki, anasazi, black turtle, black-eyed pea, brown tepary, cannellini, great northern, lima, mung, white navy, pinto, small red, kidney, garbanzo, soybean, French lentils, green lentils, and brown lentils.



Karen at a gravity bin

- **Nuts** – walnuts, almonds, cashews, brazil nuts, hazelnuts, pecans, pistachios, and peanuts.

- **Seeds** – brown sesame, brown flax, golden flax, sunflower, and pumpkin.

Whole food products processed in some manner

These products have been ground or partially cooked but still have all the component parts of the whole food. All of the whole grain flours contain the bran, endosperm, and germ of the grain but are ground into flour. Rolled oats contain all the goodness of oats but are slightly steamed in order to be rolled. Cracked wheat and bulghur both come from the whole wheat berry, both have been cracked, but bulghur has been pre-cooked in order to shorten the cooking time. Roasted nuts and seeds are cooked, often with added salt and oil.

Products that are no longer whole foods

Several products in the bulk bins have had part of the original whole grain or bean removed in order to make a new product with different qualities. Often these refined grains and beans have a shorter cooking time. However, some of the nutrition has been lost or removed. Some examples include: white flour in which the bran and germ has been removed leaving the starchy endosperm to be ground into flour; white rice which has had the bran and germ removed; white

sesame seeds in which the brown skin has been removed; couscous where parts of the wheat have been removed; and red lentils and split mung beans where the outer skin of the bean has been removed.

Processed foods

Other items in the bulk bins include a variety of ingredients and are often cooked or processed. These include granola, sesame sticks, textured vegetable protein (TVP), rice snacks, hummus mix, and pasta.

Added facts and tips about using the raw, whole foods in the bulk bins:

- The whole, raw, unprocessed grains and beans are a most nutritious and economical food, especially when considering cost and nutrition together. To some folks

the big drawback to whole raw food is that, well, you have to cook it yourself. But once cooked both grains and beans can easily become fast food – more on this in another article.

- Most grains and beans and some seeds are raw agricultural products that need to be washed before eating. The best way to wash them is to put the grain or beans in a bowl and fill with water, swish around and rub with your hands and then drain and rinse in a strainer. I find the dirtiest products are often millet and sunflower seeds. Wash them all, they taste much better.

- Read the label on each bulk bin carefully. It will tell you whether the food is organically grown, whether it has added ingredients, and other information.



- With the bulk bins you can choose to purchase a large amount of your favorite food or the tiniest little bit of a new food you may just want to try.

- Buying from the bulk bins saves a lot on packaging and thus is good for the environment. If you want to save even more on packaging you can bring your own bag and reuse it many times.

There are many benefits to buying food from these bins.

Here's a challenge for you

Try something new from the bulk bins next time you shop. Look carefully at all the products. You might want to think oriental and choose to make a meal with aduki beans, forbidden black rice, and homemade gomasio (toasted whole sesame seeds ground with a little salt.) Enjoy! ✨

What if Everyone Shopped in Bulk Bins?

260 million pounds of foil packaging would be diverted from landfills each year if all Americans purchased coffee beans from the bulk bins.

About 749 million pounds of waste would be diverted from landfills each year if all American families bought freshly ground peanut butter from the bulk bins.

78 million pounds of waste would be diverted from landfills each year if Americans purchased raw almonds from the bulk bins.

These natural/organic food from the bulk bins can cost 10 to 89% less than pre-packaged:

- flours and grains
- nut butters
- coffee and tea
- beans
- dried fruit
- granola
- spices
- confections

New to shopping the bulk foods aisle? Enjoy these benefits:

- Buy only what you need, less food waste and lower food costs.
- Examine the food, see exactly what you get before you buy.
- Store safely and sustainably, use recycled containers and store in a cool, dark place in your pantry.

Courtesy of Frontier Co-op



Ben utilizing a scoop bin



Cecilia "Ceci" McNicoll
Integrative Nutrition Health Coach
Traditional Foods Specialist
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The Silver City Food Co-op Demonstration Greenhouse is Growing!

With hard work from some very dedicated volunteers, the Co-op and the Farmers Market collaborated to build a demonstration greenhouse. The purpose is to teach people in Grant County how to grow produce using hydroponic methods. The greenhouse has two beds, one with soil and water emitters with the water recycled back into the bed, and the second hydroponic, with the plants growing directly in water.



Demonstration greenhouse

The benefits of these methods is to one, save water; much less is used by recycling the water in the soil bed, and very little evaporates with the hydroponic bed. Second, it is easier to control some insects like grasshoppers and other larger flying and destructive insects.

Many thanks to Rick Bohart of the Silver City Farmers Market who headed up this project and volunteers who helped him build the greenhouse. Thank you to Debaura James, Ben Kieler, John Bever, Larry Ruben, Bob Susz, Karen Rothberg and Mark Karagas. What a great team of volunteers!



Volunteers building wall of greenhouse

We now need volunteers to maintain the beds in the greenhouse. This requires just 10 minutes in the mid morning and 10 minutes in the afternoon. We are hoping to have people sign up for one day a week. The demonstration greenhouse will be open on special events for educational purposes. The greenhouse is located behind the Market Café. If you are interested in volunteering please contact Charmeine@silvercityfoodcoop.com.

Backyard Farmers Wanted!



Jake Sipko - Produce Manager

Jake Sipko has been working at the Co-op for nine years, and has been produce manager for eight. He is very knowledgeable about the produce the Co-op sells and is passionate about how it is grown, the farmers that are supported, and wants to encourage area residents to become growers of produce.

As opposed to big box stores, Jake buys produce from small organic farmers. Because they are small, they have better controls over the growing, water consumption, and pest management. Small growers do not grow large acres of the same crop

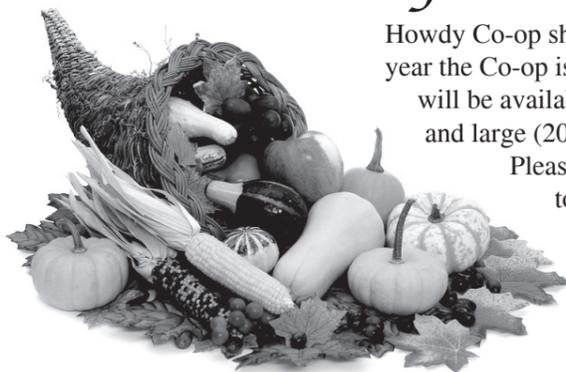
year after year, but rotate crops which improves the soil, making the plants healthier, reducing the need for pest management.

Jakes favorite thing at the Co-op is to support local growers. You may already be a farmer and not know it! Do you have an apple tree in your backyard with more apples than you can eat? If so, and if you have not sprayed it, you can sell to the Co-op. Even if you are not certified organic, but you grow organically, then Jake can buy your surplus produce and fruit. Jake knows that the lack of water in this area is an issue and hopes more growers in the Gila and Mimbres Valleys will start growing food to sell to the Co-op. Building a sustainable food network is very important to Jake and the Co-op. You can always stop by and chat with him if you are interested.

Jake loves fruits and vegetables and eats a couple of salads a day along with several pieces of fruit. Eating fresh produce is the best way for your body to get the nutrients we all need. He also loves bringing good produce to our community and is so happy when customers thank him for the produce he makes available. He is also happy when he sees customers reusing plastic produce bags or bringing in recyclable bags. We offer reusable bags at the Co-op and the Market Café.

For the upcoming holiday season fresh cranberries will be available along with pomegranates, persimmons and tangerines. Happy Holidays!

Turkey Time



Howdy Co-op shoppers! Holiday season is here again. This year the Co-op is selling *Mary's Organic Turkeys*. Three sizes will be available: small (8-12 lbs), medium (12-16 lbs), and large (20-24 lbs).

Please ask at the cash register for an order form to reserve your holiday turkey as we have a limited supply. Turkey's will be available for pickup beginning Wednesday, November 18th.

Happy Holidays,
Misha Engel, Frozen Buyer

Our Community

Bulk Herbs and Spices for the Holiday Season!

and spice section is a delight for much is available and the cost organic products is less than what is big box stores. During the holiday purchase fresh spices in just the

has been working at the Co-op and recently took over managing and spice section. Jeanné's truly mission of the Co-op; what we er favorite thing at the Co-op is



Jeanné Miller - Herb & Spices Buyer

She is already making improvements and to encourage members to use the section and has permanently reduced the price of the glass spice bottles to just 99¢ for Co-op members!

Some of Jeanné's favorite spices are cayenne, cinnamon, and the black peppercorn. There a number of whole peppercorns available to grind fresh for each use. There are also a number of chili spices including chili fiesta, chili in medium and dark roast, crushed red pepper, and ground chipotle.

The bulk herbs and spices are not the only thing you can purchase in this section but also a variety of bulk teas, citric acid for canning, vitamin C powder, baking soda and powder, popcorn spice, and the latest addition, salad sprinkles.

It's worth your time to spend a few extra minutes in this aisle at the Co-op, you may discover something new to try to spice up your holiday!

Co-op and Community Events

(Volunteers Needed for Co-op Events)

Artisan Markets

November there will be two artisan markets to enjoy. November 14 and 28 at the Market Café. Support our friends and community with purchasing a locally made gift. Study after study has shown that money spent locally turns over in the community four times more than the dollars spent at big box stores.

Seed Library and Permaculture Workshops

Did you know that on the third Saturday of every month the Seed Library has a workshop from 11 am to 12 noon? That is followed by a permaculture workshop from 1 pm to 2 pm.

Both are held in the community room at the Market Café.

Tamal Fiesta Workshops

The Tamal Fiesta will be holding workshops in the community room at the Market Café on Saturday, December 5th. Save the date for food and fun!

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!

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 for any of these events, please contact Charmaine at 388-2343 or email charmeine@silvercityfoodcoop.com



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service.

- Sophia Brugman • Miriam Richer • John Tank
- Marta Bloy • Mary Ann Finn • Deb James
- Julie Williamson • Saguara Compton • Phyllenore Howard
- Janet Goodrich • Melvyn Gelb
- Yoninah Murphy • Mark Karagas • Ben Kieler
- Larry Ruben • Karen Rothberg • John Bever
- Rick Bohart • Sharon Bookwalter



Co-op Community Donations

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

- Grant County Food Pantry
- Gila Mimbres Community Radio
- Western Institute for Lifelong Learning
- Silver City Woman's Club
- Tour of the Gila, Grand Fondo Race

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 cents 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:

- Grant County Community Foundation
\$61.45 September
- Upper Gila Watershed Alliance
\$148.10 September

November

Thursday, Nov. 12, 12 noon to 1 pm
Community Forum
Native Plants with Dr. Richard Felger
614 N. Bullard Street

Saturday, November 14, 9 am to 2 pm
Artisan Market
Support local artisans!
614 N. Bullard St.

Wed., Nov. 18, 4:30 pm to 7:30 pm
Silver City Food Co-op Board Meeting
614 N. Bullard St.

Thursday, November 26
Happy Thanksgiving Day – Co-op is closed!

Saturday, November 28, 9 am to 2 pm
Artisan Market Extra!
Support local artisans!
614 N. Bullard St.

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

December

Saturday, December 5
Tamal Fiesta Workshops
614 N. Bullard St.

Thursday, Dec. 10, 12 noon to 1 pm
Community Forum
Cookie Exchange, bring your recipes too!
614 N. Bullard St.

Sat. & Sun., Dec. 12 & 13, 9 am to 2 pm
Artisan Market
Support local artisans!
614 N. Bullard St.

Wednesday, Dec. 16, 4:30 pm to 7:30 pm
Silver City Food Co-op Board Meeting
614 N. Bullard St.

Friday, December 25, 2015
Happy Holidays
Co-op is closed!

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

Fall KITCHEN MEDITATIONS

This time of year is so wonderful with a cornucopia of squash varieties to choose from. Winter squash keeps well, so you can always have some on hand throughout the holiday season. The winter squash varieties in general are a good source of vitamin A, C and minerals. Butternut squash in particular is loaded with vitamin A and has a good amount of vitamin C. These recipes make good side dishes for a traditional Thanksgiving turkey dinner, or make good alternative main dishes for vegetarians.

Fall Vegetable Risotto

Delicious and healthy comfort food!

- 1 large butternut squash (about 2 lbs)
- 4 ½ c vegetable broth
- salt and pepper to taste
- 3 medium leeks, white part plus 1 inch of green, diced
- 2 T olive oil
- 1 ½ c Arborio rice
- 3 cloves garlic, minced
- 2 T thyme
- ½ t rosemary
- ½ t sage
- 1/8 t nutmeg
- Juice of ½ orange
- 3 T chopped pecans
- ½ c grated parmesan

Cook squash and set aside. Bring broth to boil. Saute leeks in olive oil, then add rice and fry for 2 minutes. Add 1 cup of broth, then spices and juice. Continue adding broth as absorbed. Add squash before last cup of broth. Stir in parmesan and pecans after all broth is absorbed. Serve.

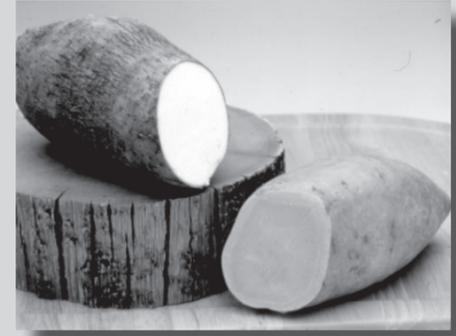
Sweet Potato Biscuits

These biscuits get rave reviews at holiday dinners (makes 12)

- 2/3 c soymilk
- 2 t fresh lemon juice
- 1 c whole grain flour
- 1 c unbleached flour
- 1 T raw sugar
- 1 T baking powder
- ½ t baking soda
- ½ t salt
- ¼ c olive oil
- 1 cup cooked and mashed sweet potato

In small bowl, combine soymilk and lemon juice, set aside. In another bowl, combine flours, sugar, baking powder, soda and salt. Add soymilk and sweet potato. Mix to form a soft dough, don't overmix. Turn onto lightly floured surface and roll to ½ inch thick. Cut dough with floured cutter and place on parchment lined baking sheet ½ inch apart.

Bake until golden for 8 – 10 minutes at 450 F.



Yam on Left • Sweet Potato on Right

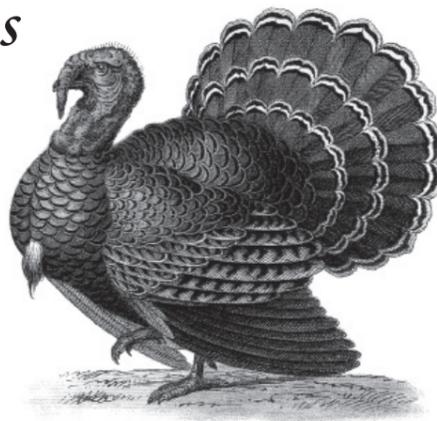
Is that a yam or a sweet potato? More than likely, you are eating a sweet potato. Yams and sweet potatoes are not related botanically. If you look closely at the labels on a can, if it states “yams”, the USDA requires that the label also say “Sweet potato”.

Yams are native to Africa and Asia, are lighter in color, drier, and very low in beta carotene. Sweet Potatoes are from the morning glory family, are soft, orange-colored, and high in beta carotene.

The confusion came from enslaved African Americans who called the sweet potatoes “yams” because they resembled the yams from their native lands.

Happy, Healthy Holidays

Are you anxious about what to serve guests for Thanksgiving and other fall & winter celebrations? Relax! The Co-op offers some great items to keep your holidays festive, flavorful, and less stressful.



Traditional Thanksgiving food recommendations from Misha and Adrienne:

- *Wholly Wholesome* frozen pie crusts, Whole Wheat or Gluten-Free
- *So Delicious* Coco-Whip topping
- Organic frozen turkey (see *Turkey Time* on page 4)
- *Tofurky* stuffed vegetable roast
- *Quorn* turkey-style roast
- *Tofurky* Giblet Gravy
- *Better Than Bouillon* organic bases for sauces, soups, and more
- *Arrowhead Mills* organic stuffing
- *Alexia* frozen dinner rolls, in the frozen foods section
- *The Essential Baking Company's* organic Bake-at-Home breads (French, Sourdough, Rosemary, Italian, and French Baguette), available at the Market Café
- *Kozlowski Farms* Old-Fashioned Pumpkin Butter
- fresh organic cranberries

If you just don't have time, or don't want to cook, please consider these quick, flavorful, healthy options:

- Grab-N-Go deli soups, salads, and more at the Co-op
- Deli foods and more at the Market Café

Stress-Relieving Supplement recommendations from Kate:

- *Natural Vitality* “CALM” Powder, plain or flavored
- *Herb Pharm* “Anxiety Soother”
- *Hyland's* “Calm 'n Restful 4 Kids”
- *Garden of Life* “Mood+” Probiotic

Festive Decorations from the Market section of the Market Cafe:

- New Mexico retro-style cotton tablecloths, dish towels, and napkins
- baskets, candles, and more

Penne with Squash, Walnuts and Mozzarella

This pasta dish has a lot of fall flavors and is so delicious! Try acorn squash for this dish, but any winter squash will work.

- 3 T olive oil
- 2 cloves garlic, minced
- 1 large onion, chopped
- 1 c squash, peeled and cubed (alternative, cook ahead and mash)
- 1 c sliced portabello
- 1 small zucchini, diced
- 1 c tomato, chopped
- ¼ c white wine
- ½ c vegetable broth
- 1 T fresh parsley, chopped
- 1 t thyme
- ½ c mozzarella cheese, cubed
- ½ c walnuts, roasted and chopped
- 10 oz penne pasta, cooked

Boil water for pasta, cook and drain. Saute onion and garlic 5 minutes, then add zucchini, tomato, mushroom and squash. Cook 5 minutes. Add vegetable broth, wine and spices. Simmer until liquid is reduced by half. Add to pasta and stir in mozzarella until cheese is melted. Stir in walnuts and serve.

^{Very}The Frugal Co-op Chef



Squash and Potato Gratin

Simple dishes are often the most delicious and this gratin is no exception.

- 1 butternut squash or acorn (about 2 lbs) baked
- 2 potatoes (1/4 lb), peeled and thinly sliced
- salt and pepper to taste
- 6 T parmesan
- ½ c soymilk

Oil an 8 X 8 pan. Line the bottom of the pan with squash, season with salt and pepper, sprinkle with some of the parmesan and milk. Cover with a layer of potatoes, repeat. Top with parmesan. Cover dish and bake at 350 F for 1 hour and 10 minutes. Remove from oven and let sit 10 minutes before serving.

November 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 4 - November 17

					
Organic Bulk Rolled Oats reg \$1.69# SALE \$1.19#	Rumiano Chipotle White Cheddar 8 oz reg \$4.99 SALE \$3.99	Gardein Mandarin Orange Crispy Chick'n 10.5 oz reg \$4.79 SALE \$3.69	Jeff's Naturals Roasted Bell Peppers & Caramelized Onions 12 oz reg \$3.99 SALE \$2.99	Weleda Sea Buckthorn Creamy Body Wash 6.8 oz reg \$8.69 SALE \$5.99	Nordic Naturals Ultimate Omega Lemon, 60 ct reg \$27.99 SALE \$21.99

November 18 - December 1

					
Bulk Wasabi Party Mix reg \$7.49# SALE \$5.99#	Hail Merry Merry's Miracle Tart Persian Lime, 3 oz reg \$3.99 SALE \$3.39	Cascadian Farm Blueberries 8 oz reg \$4.19 SALE \$3.00	Glutino Perfect Pir Crust 16 oz reg \$5.69 SALE \$3.69	Avalon Assorted Shampoos 11 oz reg \$9.19 SALE \$6.99	MegaFood Daily Energy 30 servings reg \$19.99 SALE \$15.99

Member Only Specials

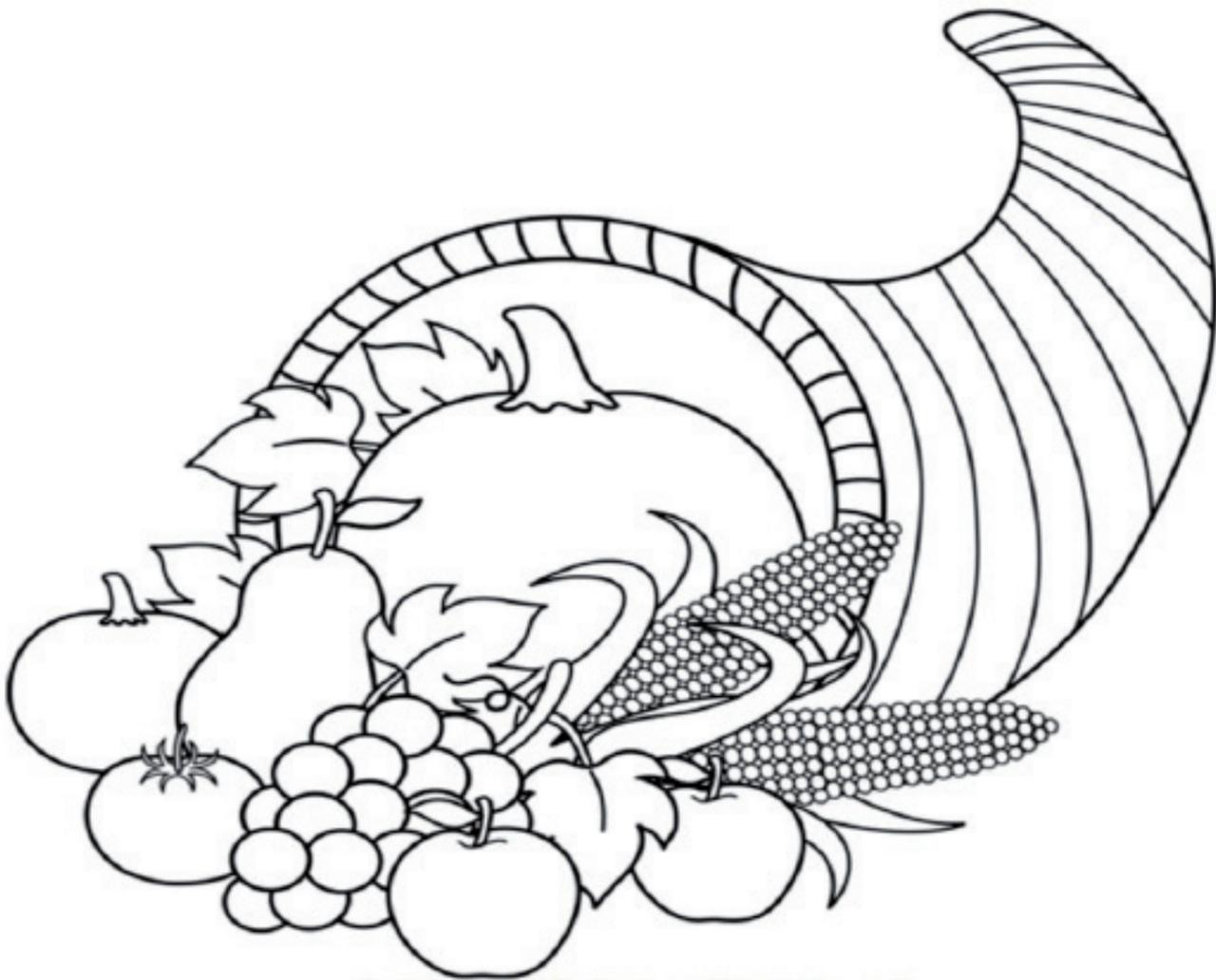
November 4 - December 1

	
Organic Bulk Dark Chocolate Chips reg \$11.49# SALE \$10.39#	So Delicious Nog Coconut Milk Beverage 32 oz reg \$2.99 SALE \$2.69
	
Wholly Gluten Free Pie Shell, 9 in 14 oz reg \$5.99 SALE \$5.39	SweetLeaf Stevia 1 gram packets reg \$3.69 SALE \$3.39
	
teecino French Roast 10 tea bags reg \$4.69 SALE \$4.29	Badger Balm Lip Balm Assorted, .25 oz reg \$2.49 SALE \$2.29

Kids' Corner

FREE FRUIT FUN

Kids, color the picture and bring it to the Co-op to receive a 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 meet at 614 N. Bullard, as long as one organizer is a Co-op member. The space can be rented for commercial uses or events. Meeting and events must be held Wednesday to Sunday from 8:30 am to 3:30 pm. Contact Charmaine: charmeine@silvercityfoodcoop.com or the Co-op at 575-388-2343. Thank you!

Co-op
KID



Corner



Future *From Your Board...* FOCUS

by Gail Rein,
President

Work in Progress: Update on Governance Project

Time sure does fly. It's November already and the halfway point of the board year. As I mentioned in my July article, the board's big project this year is governance. How to govern and what we want from our policies and policy monitoring are complex questions, especially given that three board members are brand new this year and one has been on the board barely a year. Also, to appreciate the scope of this project, please know that we have a total of 23 board policies, many notes of what needs attention, and that most of these policies have not been revised for more than two years because the board was preoccupied with the 614 feasibility study and revision of our bylaws.

You may think this governance project sounds boring, but it has hardly been this way. We have, in fact, had many debates about how to proceed, the governance approach we want to use, and especially how to rewrite the 12 policies the board uses to monitor and evaluate the performance of the general manager. Of our 23 policies, these 12 (and the Ends policy) are the most challenging to write. We refer to the set of 12 as our B policies, so I'll use this shorthand label in what follows.

Now, at last, here's the update. We spent the months of June, July, and August studying Policy Governance®, the approach to governance our co-op started using in 1998 but never fully adopted. At the end of our discussion at the August board meeting, we agreed it was time to test our

understanding. We split into three teams and each team took four B policies to review and revise. Each team brought its proposed revisions to the September board meeting, and we discovered we did not agree at all on the basic approach we should use.

Our main debate was whether to write the B policies as positive or negative policies. Positively worded policies are prescriptive, telling the general manager what to do. In contrast, negatively worded policies are proscriptive, telling the general manager what is prohibited. Let's consider an example:

Prescriptive policy: The general manager must protect the confidentiality of member-owners' personal information.

Proscriptive policy: The general manager must not compromise the confidentiality of member-owners' personal information.

Two frequently voiced objections to proscriptive policies are: (1) they are awkward to state and (2) they are unacceptably negative in tone. It's true they are awkward, even quite difficult, to state. However, while prospective policies are verbally negative, they communicate only what is unacceptable—any other actions, circumstances, and decisions are acceptable, which gives the general manager much freedom to manage and operate as he sees fit and at the same time holds him accountable for the results.

Given our disagreement about how to write our B policies, we decided to take a different tack to see if we can

agree on the critical items, or areas, that need to be monitored without worrying about how to word them. After we agree on what needs to be monitored, we'll revisit how to write the policies and hopefully we'll then be able to quickly come to consensus on how they should be stated.

Regardless of how we end up wording the B policies, I remain optimistic that we'll turn out a revised set of B policies that will give the board the information it needs while streamlin-

ing the reporting process for our hard-working general manager. I'm also optimistic that, in time, we'll turn out an Ends policy that provides a meaningful context for these B policies. Stay tuned for another update in a few months!

Policy Governance® is an internationally registered service mark of John Carver. The authoritative website for Policy Governance is www.carvergovernance.com. ❖

Gratitude

Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings. — William Arthur Ward

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. — Albert Schweitzer

Thanksgiving is a time to remember to be thankful for all that we have. As a Co-op employee, member, and Grant county resident, there are so many things to be thankful for.

Let's give thanks that we have a wonderfully stocked food cooperative in Silver City! We are an out of the way town, yet for forty-one years now we have had the opportunity to be member/owners of a food co-op where we can purchase high quality organic food from our friends and neighbors who care about us and our food.

I'm thankful -

- to work with people who care about our community and each other. The simple kindness of holding a door open or sharing some food means a great deal.
- to work with people who carefully select the grocery items they bring into the Co-op to make sure they are the healthiest and best products we can get.
- for the Co-op shoppers who smile as they shop and give very good suggestions on how we can improve or for a new product to carry.
- for the local farmers and ranchers who grow healthy food for us to eat.
- for the beautiful Gila Wilderness and Gila River. How many people get to live so close to such a beautiful place? It is easy to take for granted, and it usually only takes a trip out of town to remember to be grateful for the wilderness.

It's so easy to think of all the things we do not have in Silver City, but when you really think about it, we do have so much!

Happy Thanksgiving!

Board of Directors

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

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

Carmon Steven/Secretary
Board Term: 2013-2016
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Karen Strelko/Treasurer
Board Term: 2015-2018
browserandlouie@yahoo.com

Jennifer Johnston
Board Term: 2015-2018
johnstonjenny40@gmail.com

Nancy Coates
Board Term: 2015-2016
coates@gilanet.com

Jerry Bartels
Board Term: 2015-2016
jerrybart@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.