



# Silver City Food Co-op

# GARBANZO GAZETTE

Your monthly newsletter • February 2017

Volume 17

## Co-op Hours:

Mon. - Sat.  
9 am - 7 pm

Sunday  
11 am - 5 pm

575•388•2343

520 N. Bullard St.

## How to Love Your Co-op

*Love your Co-op?* Of course, you say, I love my Co-op, what are you talking about? We all love coming into the Co-op to do grocery shopping and seeing friends, but there are many ways to support your Co-op in addition to making the Silver City Food Co-op your primary grocery store.

**Get involved!** This is as simple as attending the annual General Membership Meeting, coming up April 2, 2017 at aspace gallery. At this meeting you get to learn about the business of the Co-op, remember - you own it, and vote for the new board members.

At a recent board meeting I attended, I was very impressed by the knowledge of the board members, their dedication to our Co-op, and the work they are doing on behalf of all of the member/owners. The meeting was interesting and it made me want to attend future board meetings. Member/owners can attend board meetings any month and it is a great way to love the Co-op by supporting the board members work.



**Join the Member Connect committee.** This is the committee that plans the General Membership Meeting each year, working on making the meeting fun and interesting to our Member/owners. The MC committee is also exploring new ways to reach membership. It meets once/month for one hour. What an easy and fun way to love your Co-op!

**Volunteer.** We have a great group of volunteers, but could always use more. There are many ways to volunteer, and you just need to ask to get on the email list to receive volunteer opportunities once each month. We have volunteers tell us they didn't understand how much work went on behind the scenes until they volunteered. Others have said how much fun it is to see everyone when they are sampling in the Co-op or helping at an outreach event. Another fun way to love your Co-op!



Sharon Bookwalter & John Tank  
volunteering for Taste of Downtown

Make the Co-op your primary shopping destination. It is much less expensive than you may think. Check out the new Field Day brand of organic foods with very competitive prices. Shop the Co-op Deals, these sales are the best available during that sale period. Shop the member specials and utilize the Member Appreciation Days. Buy in case packs and save 10%. Our buyers do their best to bring you the best product at the best possible price. Love your Co-op and your buyers and do your primary shopping at the Co-op.

The Co-op gives to our community through a variety of methods: bags of food, gift cards, the new Round-Up Program, and sponsorships. We can't do any of this unless we have good sales. With increased competition, making the Co-op your primary grocery store would make a huge impact on the Co-op. Love your Co-op and love your community.

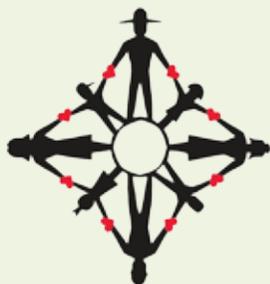


YOU  
ARE  
WHAT  
YOU  
EAT



# 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 9am - 7pm

Wed - Sat 9am - 4pm

Sunday 11am - 3pm

Closed Tuesday

## Vision Statement

Because of all that we do,  
our member-owners,

our food co-op, and our extended  
community will gain and maintain health.

## Seven Cooperative Principles

Voluntary and open membership

Democratic member control

Member economic participation

Autonomy and independence

Education, training and information

Cooperation among co-ops

Concern for community

**Joe Z**

general manager

**Mike Madigan**

assistant manager

## The Garbanzo Gazette Gang

Editor: Charmaine Wait

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& 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



## Why? Why are we here?

No – not in the individual metaphysical/philosophical sense – but in our practical Co-op endeavor sense. Why is our Co-op here?

The obvious answer is to provide healthy organic and natural foods to our Member/Owners and other patrons. But is that it? I've recently talked to some folks that told me that since other outlets are now carrying more and more of the same products the Co-ops have – the Co-ops have served their purpose and can be disbanded now.

Hmmmm, I guess I can understand this on a certain level. The Co-ops explore and create markets and grow until our Corporate Overlords deem that this market is worthy of their exploitation and investment profit. Oops – perhaps that last statements hints at attitude (mine) and a further purpose of our Co-ops beyond selling fantastic and healthy foods.

Co-ops are a concept that grew in the mid-eighteen hundreds and over the many years, took form in different ways. Yes, often they appeared in areas that the greed mongers deemed were unprofitable for their efforts, but they are extremely relevant today as we witness a further transference of wealth and power to the corporations.

Besides distributing goods to its Members, Co-ops have *ALWAYS* been about putting people before profits and extending beyond themselves into the greater community. And the *HOW* of conducting the business was *ALWAYS* as important as what the business was selling.

Integrity, honesty, compassion, equality, respect, openness, intellect, justice, education and transparency have *ALWAYS* been the backbone of the Co-ops no matter what their iterations were over the last 2 centuries!

This is very different than being motivated by a return on investment. Do you know why so many businesses incorporate in the State of Delaware? Most folks say it's because of favorable taxes which is true but only part of the story. The main reason is that by law, and upheld by their courts, corporations *MUST* put returning profit to investors above any other consideration including treatment of Staff. Integrity, respect, etc. need not apply.

Co-ops have *ALWAYS* been disrupters to the domination by the corporations and the moneyed entities. We reject greed and money motivation. Our Staffs are more partners than hired help. We make decisions based on service rather than return on investment.

Over the decades – Co-ops formed, grew, collapsed and were reborn as even more ideologically motivated businesses that challenged the dollar worship that propels our economies. So then the question really is – why did these Co-ops fail?

Every Co-op is different and was born out of different factors thus the collapse of each Co-op can be attributed to many different reasons. There is a major reason though that runs through most of the failures: as the Co-ops grew, they forgot *WHY* they are.

When Co-ops grow, they become more subjected to the forces of "The Market". Staffs grow too with the business and even slight variations in business cycles can challenge the best of intentions of Staff treatment and compensation – especially when other corporate businesses rely on exploitation of their employees to keep prices low.

So Co-ops start to compete with the corporations to survive. But it is an unfair playing field. The corps have deep pockets and can out compete small businesses with ease. Co-ops are almost always undercapitalized and the competitive forces against them are like a motor boat speeding past a canoe (for the aquatic uninformed – the result is often an unplanned swim for the canoe occupants unless helmed by an experienced canoeist). The reality is that usually Co-ops cannot compete but they keep trying and become more and more like the corporate businesses they are competing against.

Of course, growth is important because the Co-ops want to serve as many folks as possible. And our Co-ops *HAVE* grown – often through no fault of their own. It's because it's a better idea. It's a better way of being. It's because they are wholesome.

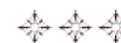
Food Co-ops in this country have never been stronger. They are also facing the most intense competition than ever before as the giants decided there is profit in the Organic/Natural foods market. There is a long history of these behemoths coming into a community, devastating the local businesses and then abandoning them when profits drop leaving a food desert. Many Co-ops are reeling from this assault by the uncaring huge chains.

In some cases – such as Las Cruces, Los Alamos and Durango Co-ops – they are barely hanging on after experiencing millions of dollars in dropped income from the intense competition. Where did their Members and Customers go? Well they went away because their Co-ops were never able get them to understand the reasons for the Co-ops beyond their food and price.

In today's environment of corporate representatives dominating our government, it's ever more urgent that Co-ops make their *WHY* known. It's beyond a simple business and it's beyond organic/natural foods. It's about being true to ourselves and our communities. It's about creating new dynamics between a business and its users (the Member/Owners) as well as new relationships between a business and its Staff.

Co-ops are about being in control ourselves. We are about shaking off the mercenary carpetbaggers that come into a neighborhood and suck it dry. We are about serving our Members and communities and not simple "selling" to them so their top management can earn hundreds of times more than their average worker. Upper management in co-ops typically earn only 3 to 5 times more than their average co-workers, and in this co-op it is well under two times.

We cannot escape the reality of our times and we all need to shop at these other outlets due to their ubiquity and our immediate needs. Shopping and supporting your Co-op are ongoing expressions of independence and self-respect as we stubbornly insist that *ALL* people are *ALWAYS* more important than profits.



# Silver City Food Co-op & Market Café Staff

**Judith Kenney**

produce

**Bob Lee**

bulk manager

**Carolyn Smith**

café

**Dougan Hales**

produce

**Kate Stansberger**

supplement buyer

**Jake Sipko**

produce manager

**Carol Ann Young**

office

**Jeanné Miller**

herb buyer

**Becky Carr**

dairy buyer

**Vicki Gadberry**

office

**Jess DeMoss**

POS manager

**Meggie Dexter**

offsite website

**Misha Engel**

frozen buyer

**Jenny Morgan**

office/cashier

**Joe Z**

gm

**Marguerite Bellringer**

finance manager

**Kim Barton**

POS

**Michael Sauber**

grocery

**Doug Smith**

grocery buyer

**Paul Slattery**

produce

**Patricia Walsh**

HABA buyer

**Jody Andrews**

cashier

**Evan Humphrey**

cashier/bulk

**Lee Ann Miller**

cashier

**Brenna Brown**

deli manager

**Sarah Hardisty**

deli

**Tinisha Rodriguez**

POS/grocery/HABA

**Charmeine Wait**

emo

**Allie Iacocca**

wherever needed

**Mike Madigan**

am

**Lynne Featheringill**

café

**Leah Chastain**

merchandising specialist

**Amanda McGinnis**

café

**Marchelle Smith**

cashier/grocery/deli

**Robin Austin**

wherever needed

**Kenyon McNeill**

grocery

**Joy Kilpatrick**

wherever needed

**Max Koch**

wherever needed

**Mike Watson**

wherever needed

**Gregor Hamilton**

café

**Kelly Nicholas**

café

**Jo Lutz**

wherever needed

# Product Spotlight

## Market Café

GRAB

'n' GO



Carolyn loading the Grab 'n' Go at the Market Café

Hey, in a real hurry? The Co-op has two, yes two, Grab n Go coolers. The one we have had for more than a year at the Co-op and now one at the Market Café. You can purchase food and eat it at the Market Café or take it on home or back to work.

We want to make organic food as easy as possible for you to enjoy. So now you can eat in at the Market Café or dine out – your choice!

**NEW**

**Café Hours**

Sunday

11 am - 3 pm

Monday 9 am - 7 pm

Wed. - Sat.

9 am - 4 pm

Closed Tuesday

## Also at the Café:

# Monday Night at the Movies!

**Mondays in February at 5:30 pm**

### Free Teaching Videos on Attachment Styles

Vicki Allen, LISW, will be showing teaching videos of attachment expert Diane Poole-Heller at the Market Café Monday nights in January starting at 5:30 pm.

The focus is on the four different types of attachment style: secure, insecure/avoidant, insecure/ambivalent and insecure/disorganized. Although Ms. Poole-Heller is directing her lecture to therapists, the information is very useful to all adults about how our earliest relationships effect all future relationships and most importantly, that all of us can do things to come into a place of secure attachment in ourselves that leads to greater love, intimacy, and satisfaction in all our relationships.

Come early to the Market Café if you would like to purchase something to eat while watching the video.



# KITCHEN MEDITATIONS

Winter

## Acorn Squash Stuffed with Chard & White Beans

### Servings: 4

Acorn squash is perfect for stuffing.

This filling has Mediterranean flair: olives, white beans and Parmesan cheese.

### Ingredients

- 2 medium acorn squash, halved (see Tip) and seeded
- 1 teaspoon plus 2 tablespoons extra-virgin olive oil, divided
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 2 tablespoons water
- 1 tablespoon tomato paste
- 8 cups chopped chard leaves, (about 1 large bunch chard)
- 1 15-ounce can white beans, rinsed
- 1/4 cup chopped kalamata olives
- 1/3 cup coarse dry whole-wheat breadcrumbs, (see Note)
- 1/3 cup grated Parmesan cheese

### Preparation

1. Cut a small slice off the bottom of each squash half so it rests flat. Brush the insides with 1 teaspoon oil; sprinkle with 1/4 teaspoon each salt and pepper. Place in a 9-by-13-inch (or similar-size) microwave-safe dish. Cover with plastic wrap and microwave on High until the squash is fork-tender, about 12 minutes.
2. Meanwhile, heat 1 tablespoon oil in a large skillet over medium heat. Add onion; cook, stirring, until starting to brown, 2 to 3 minutes. Add garlic; cook, stirring, for 1 minute. Stir in water, tomato paste and the remaining 1/4 teaspoon each salt and pepper. Stir in chard, cover and cook until tender, 3 to 5 minutes. Stir in white beans and olives; cook until heated through, 1 to 2 minutes more. Remove from the heat.
3. Position rack in center of oven; preheat broiler.
4. Combine breadcrumbs, Parmesan and the remaining 1 tablespoon oil in a bowl. Fill each squash half with about 1 cup of the chard mixture. Place in a baking pan or on a baking sheet. Sprinkle with the breadcrumb mixture. Broil in the center of the oven until the breadcrumbs are browned, 1 to 2 minutes.

By: [EatingWell.com](http://EatingWell.com)

## The Frugal Co-op Chef

### Garlic Roasted Cabbage Wedges



### Ingredients

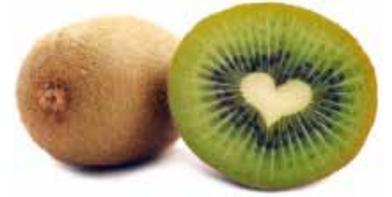
- 1 large head green cabbage, sliced into wedges vertically from head of cabbage about 3/4 to 1-inch thick
- 3 1/2 Tbsp olive oil
- 3 cloves garlic
- 1 tsp dried marjoram
- Salt and freshly ground black pepper
- Minced fresh parsley, for garnish (optional)
- Fresh lemon wedges or crumbled bacon, for serving (optional)

### Directions

Preheat oven to 425 degrees. Line a baking sheet with parchment paper or foil. Pour olive oil into a small bowl then press garlic through a garlic crusher into bowl (or mince), stir well to infuse garlic flavor then pour and press mixture through a fine mesh strainer into another bowl to remove garlic pieces (I like to do this just so they don't burn while roasting at high heat for so long. Use a rubber spatula to press garlic against strainer to extract juices). Stir marjoram into oil mixture.

Lay cabbage wedges on prepared baking sheet and brush both sides with olive oil mixture and season with salt and pepper. Roast in preheated oven 15 minutes then carefully rotate and roast 15 minutes longer (if you don't want the slightly charred edges you can cover with foil during last 10 minutes). Garnish with parsley if desired. *From [cookingclassy.com](http://cookingclassy.com)*

## Nutrition Nugget



Feeling winter blues? Perk up with fresh fruit and vegetables. The best way to get your nutrients is through your food according to Dietitian Bret Sarnquist. Bret says that a single kiwi contains your daily vitamin C.

## Beginner's Kraut

By: [Robin Asbell](http://RobinAsbell.com)

**Total Time:** 7 days; 1 hour active

**Servings:** makes 4 about quarts, 64 servings

Sauerkraut is really easy to make and once you've made your own delicious batch, you'll find so many ways to incorporate it into your meals. The amount of salt in kraut is flexible—the more you put in, the longer it takes to fully ferment, so after you make it once or twice, you can play with reducing it, if you want to make the process go faster.

### Ingredients

- 4 pounds green cabbage
- 2 large carrots
- 2 tablespoons sea salt (not iodized)
- Kraut juice from another batch of live fermented kraut, optional

### Equipment

- Ceramic crock or cylindrical food grade plastic or glass container
- Plate or non-reactive pan that can fit inside the above and reach the edges

### Preparation

1. You'll need a ceramic crock or a food-grade plastic or glass container that can hold two gallons (a cylindrical shape works best). The kraut will shrink as it ferments.
2. Using a sharp knife, a food processor fitted with the slicing blade, or a vegetable slicer, thinly slice the cabbage. As you slice, transfer the cabbage to a large bowl, sprinkling salt on each addition. Shred the carrots, and add them, sprinkling with the salt. Using clean hands, knead and squeeze the cabbage and carrots to mix them and break them down as much as possible. Take handfuls and pack them in the crock, pressing down with your fists or the bottom of a clean bottle. Pack all the cabbage and carrots in the crock.
3. Once the shredded veggies are packed in it, press them down and cover them with a plate or round non-reactive pan that can fit inside the crock or container, but which covers the contents and reaches to the edges of the container. On top of the plate you will need to place a weight, like a gallon jug, or a large bowl filled with cans of food. Then, place a cloth or towel over the crock or container opening.
4. Place the crock in an out-of-the-way place. If the area is warm, the kraut will ferment more quickly; if it's cooler, the process will take longer. Check on the kraut and press the plate down every few hours, until the cabbage has given off enough liquid to submerge the vegetables. If there is not enough liquid to completely cover the cabbage and carrots within 24 hours, mix a teaspoon of salt with a cup of water and pour it over the vegetables, repeating until they are covered.
5. Leave the weight and the cloth on, and check on the fermentation every couple of days. If you see any surface mold, simply scrape it off with a spoon and discard. As long as the vegetables are under the brine, they are fine. Start tasting in about one week. When it reaches your preferred level of tanginess, pack in jars and refrigerate. It will last for a few months.

### Tips & Notes

Variations are endless, add grated ginger, whole spices like caraway, fennel, or chile flakes. Shred other vegetables, including red cabbage, beets, turnips, parsnips, kale, broccoli, etc. Substitute equal weights of other vegetables for some or all of the cabbage.

# Jake's February Produce Picks



*Jake Sipko, Produce Manager  
and fifth Beatle says,  
"I wanna hold your yam!"*



*Paul at work.*



## Cabbage

At the Alaska State Fair in 2012, a world-record cabbage tipped the scales at about the weight of a person—138.5 pounds. That's a lot of sauerkraut potential.

One of the oldest cultivated vegetables, cabbage was not only used for food, but also medicinally throughout history. Today, it's especially enjoyed by Russians, who eat about 44 pounds per person each year; that's about seven times as much as the average North American eats. Russia isn't the largest cabbage producer, though. They're third, after China and India, and the United States comes in tenth.

Cabbage is sometimes called "head cabbage," and the name cabbage comes from the Middle English "caboché" or "head" and "boche," meaning "swelling" or "bump." "Mon petit chou" or "my little cabbage" is French term of endearment.

The nutrients contained in different varieties of cabbage vary a bit, but in general they're an excellent source of vitamin C and vitamin K and a good source of riboflavin, thiamin, calcium, magnesium, vitamin A and protein. Cabbage is a very good source of fiber, manganese, folate, vitamin B6, potassium and omega-3 fatty acids, and it's high in beta-carotene.

Keep cabbages cold by storing them in the crisper of the refrigerator in a plastic bag. Red and green cabbages will keep for about two weeks, and Savoy will keep for about a week. To preserve nutrients, wash and cut cabbage right before eating. Precut or shredded cabbages are handy, but their vitamin C content is diminished.

## Chard

What a beautiful vegetable! Chard is in the same vegetable family as beets—which explains the lovely color—and spinach, too.

The name chard comes from cardoon (chardon in French), a celery-like plant with stalks similar to chard. The French confused the two, calling them both *carde*. You'll often see the word "Swiss" partnered with chard; that's because 19th century seed catalog publishers wanted to distinguish chard from French spinach varieties. It's also called silverbeet, spinach beet and mangold.

While pretty enough to be grown ornamentally, you'll want to be sure to benefit from chard's nutritive value, too. Rich in dietary fiber, chard is also very high in vitamins A and K. It's also a good source of vitamins C and E as well as magnesium, manganese, potassium and iron. It provides some calcium, phosphorus and B vitamins. Looking to boost your antioxidants? Chard contains more than a dozen.

Chard has distinctively wrinkled, dark green leaves with vivid stalks ranging from red to white to orange and yellow. Store chard in a loosely sealed produce or plastic bag in the refrigerator—away from fruits, many of which emit ethylene gas that will hasten its demise—for up to five days (the sooner you eat it the better). Don't wash before storing or it will encourage spoilage. Chard can also be blanched and frozen.

## Young Thai Coconut

Young Thai coconuts have more water than mature coconuts and the flesh is softer, making it a great addition to smoothies.

A 1-cup serving of raw coconut has over 7 grams of dietary fiber per serving and is rich in medium-chain fatty acids. Raw young coconut meat has 283 calories per serving, with over 37 grams of water per 1-cup serving. A 1-cup serving has 26.8 grams of total fat, over 12 grams of carbohydrate and almost 5 grams of sugars

Like coconut water, young coconut meat is a source of potassium and sodium, with 285 and 16 milligrams, respectively, per 1-cup serving. Balanced sodium and potassium levels help keep your blood pressure at a healthy level. Coconut meat is also a source of a number of B vitamins, including folate, with 21 micrograms per 1-cup serving. B vitamins help your body make energy from food and assist in the production of red blood cells.



The Age of Aquarians of the Silver Food Co-op say,  
*Try all of the great items in the Grab 'n' Go cooler at the Co-op!*

Sandwiches, salads, soups, desserts, hummus, rice pudding,  
nori rolls and more. Made fresh daily with organic ingredients.

There is always something new in the Grab 'n' Go cooler for  
Aquarians and everyone!



*Some of our favorite Aquarians:  
(l to r) Bob, Brenna, Lynne, and Judith*

# 2017

# MAD

***10% off for 2 Days in:***  
**Feb/March • June/July • Nov/Dec**

***15% off:***  
**September 14, 15, 16**

## Feb/Mar **MAD**

**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**.

## February Co-op Tour



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

- receive recipes and coupons •

**Wednesday, February 8th**

from 10 am to 11 am

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

# Chocolate Fantasia with "Hit the Trail" Chocolates!

February 11, from 12 noon to 5 pm is Chocolate Fantasia 2017. This year the theme is Wild West and the Co-op will get in the spirit with "Hit the Trail" chocolates, an organic chocolate delight.

We will also be collaborating with the Copper Cowbells who will be providing the decorations and they will also be selling their cookbook. Thank you Cowbells!

The Co-op's booth will be located at the Market Café, 614 N. Bullard St.

Pictured are Deb James and Ann Alexander serving chocolates in 2016.



## Sampling Saturday

*Free Food Samples and Recipes, at the Silver City Food Co-op on Saturday, February 18, 2017, from 11 am to 2 pm at 520 N. Bullard St.*

Come by the Silver City Food Co-op to try great food and get recipes. The Silver City Food Co-op wants to share free samples of great food and show just how good organic tastes. Organic food is much more affordable than you think. Come by and taste for yourself!

## Co-op Explorers DIY Craft at the Food Co-op's Market Café



*Co-op Explorers DIY Craft at the Market Café on Saturday, February 4, at 1pm*

Weave a paper heart pouch for Valentine's Day at the Silver City Food Co-op Explorers craft class on Saturday, February 4, 2017, from 1 pm to 2 pm, in the community room at the Market Café located at 614 N. Bullard St.

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!



## February

**Saturday, February 4, 1 pm to 2 pm**

*Co-op Explorers Craft*  
Come and make paper heart bags!  
614 N. Bullard St.

**Wednesday, February 8, 10 am to 11 am**

*Savvy Shopper*  
Co-op Tour:  
Come and get the inside scoop on your co-op!  
520 N. Bullard St.

**Saturday, February 11, 11 am to 4 pm**

*Chocolate Fantasia*  
Come and get your wild west on!  
614 N. Bullard St.

**Saturday, February 11, 11 am to 4 pm**

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

**Saturday, February 18, 11 am to 2 pm**

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

**Wed., February 22, 4:30 pm to 7:30 pm**

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

**Fridays in February**

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

## March

**Saturday, March 4, 1 pm to 2 pm**

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

**Wednesday, March 8, 10 am to 11 am**

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

**Saturday, March 11, 10 am to 3 pm**

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

**Saturday, March 11, 11 am to 12 noon**

*Protein without Powders*  
Information and Tour of the Co-op  
614 N. Bullard St.

**Wednesday, March 15, 4:30 pm to 7:30 pm**

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

**Saturday, March 18, 11 am to 2 pm**

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

**Fridays in March**

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

# CO-OP Community



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

### Co-op Community Donations

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

*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.*

### Bag Refund Donation Program

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

<b>Upper Gila Watershed Alliance</b>	<b>Single Socks</b>
<b>\$111.50 December</b>	<b>\$67.75 December</b>



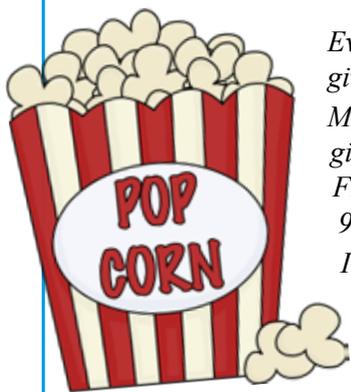
### Thank You Co-op Volunteers!

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

Christine Dalmedo • Saguara Compton • Janet Goodrich  
Deb James • Sharon Bookwalter • Ellen O'Bryan  
Jane Papin • James Odin • Rebecca Margolis  
Laurel Johnson • Sophia Brugman • Althea Booth Athenian



### POPCORN POPPERS NEEDED!



*Ever notice how happy people are when you give them something?  
Make lots of people happy making and giving out popcorn and food samples on Fridays at the Co-op! Shifts are:  
9am to 12noon and 12noon to 3pm.  
It's fun and you get to visit with your friends and meet new friends.*

Contact: [charmeine@silvercityfoodcoop.com](mailto:charmeine@silvercityfoodcoop.com)

### Artisan Market

The member Artisan Market will return to the second Saturday of the month, 11 am to 4 pm, starting on February 11, 2017.  
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.

### Chocolate Fantasia

The Market Café will be the location for the Co-op's Wild West Hit the Trail Chocolates. Be sure to get your tickets and stop by the Café for some delicious chocolate on Saturday, February 11 from 12 noon to 5 pm.

### Co-op Explorers DIY Craft/Cooking Class

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 old and younger, must be accompanied by an adult.  
Please RSVP at [charmeine@silvercityfoodcoop.coop](mailto:charmeine@silvercityfoodcoop.coop).

### Co-op Tours

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 Saturdays

Held on the third Saturday of the month, 11 am to 2 pm.  
Great food will be sampled along with the recipes.  
Come and find out how good organic is!

### Popcorn Fridays

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

### Volunteer at the Co-op

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

## So Many Questions, So Little Time . . .



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

# What are all those beans?.....



*Dried beans are a great frugal choice as they are inexpensive to buy and easy to store. Compared to canned beans, you also won't have to dispose of or recycle the can. You can fit far more dried beans into a storage cupboard than canned beans. The problem arises when you have a recipe that uses weight, volume, or the size of a can of beans and you need to make a conversion to the dried bean equivalent.*

## **Dried Bean Measurements**

If you're not sure how to measure dried beans, here are some helpful conversions and rules of thumb:

- 2 cups of dried beans = 1 pound of dried beans
- 1 part dry beans = 3 parts cooked beans

## **Dried Beans to Cooked Beans Conversion and Equivalents**

- 1 pound dried beans = Up to 6 cups of cooked beans
- 1 cup dried beans = 3 cups of cooked beans
- $\frac{1}{3}$  cup dried beans = 1 cup cooked beans
- $\frac{2}{3}$  cup dried beans = 2 cups cooked beans

## **Dried Beans to Canned Beans Conversions and Equivalents**

- A heaping  $\frac{1}{2}$  cup of dried beans = one 15-ounce can of beans
- $1\frac{1}{2}$  cups of cooked beans, drained = one 15-ounce can of beans
- $1\frac{1}{2}$  pounds dried beans = one #10 can of cooked beans (109 ounces)

## **Do the Measurements Vary Based on the Type of Bean?**

While a great starting point, these rules of thumb vary based on the size of the bean. Larger beans will yield less when cooked, while smaller dried bean varieties will give you more yield when cooked.

You should take this into consideration when you are making a recipe for which you need exact amounts of beans. You may have to cook the dried beans, then measure them to add to the rest of the recipe. Most bean recipes are fairly forgiving and adjustable. But if you were attempting to have just the right balance in a three-bean salad or pot of mixed bean soup, you may want to make adjustments.

## **Substituting Bean Varieties**

If your recipe called for pinto beans but you have kidney beans, when is it safe to make a substitution? Different varieties of beans can be substituted for each other in most recipes. They have different sizes and colors and slightly different tastes. You can experiment, or stick faithfully to a recipe. Just be sure to account for the possibility of getting different yields when you cook dried beans based on size.

## **Are Dry Beans the Frugal Choice?**

Dried beans cost far less per pound and take up less storage space than canned beans. They are stable for a year in storage in tightly sealed containers in a cool, dry area.

However, you will need to invest time and the energy cost to soak and boil dry beans. Cooking time for dried beans is from 30 minutes to two hours depending on the variety. This is something you need to factor in when you consider the overall cost. Compared with canned beans, you avoid the waste costs of disposing of the cans. You can further consider how much energy was used to can the beans.

It may be less overall energy use for them to be industrially cooked, but then they are canned in a single-use container. There are also more costs in transporting the heavier, bulkier cans to the store where you bought them compared with dried beans.



# Round Up Program

The Co-op has initiated 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. We started with the Grant County Community Food Pantry, a local non-profit that distributes food to those in need in our community.

Started in 2011 by Seward Community Food Co-op by their cashiers, this program has been so successful that it is now in more than 50 Food Co-ops across the country! The Seward Co-op now gives out more than \$23,000 each month. They are proud of the program they initiated and how much is given to their community.

Each month, the Silver City Food Co-op will have a poster above the cash registers announcing the current non-profit recipient. There will also be information at each register about the group, and each recipient will have brochures about their organization available at the front of the Co-op. The recipient will also be available at least once per month in the Co-op to talk to member/owners and customers about their organization.

The Round Up Program will replace the chip boxes, and we will continue to donate to 12 non-profits each year, only with the cashiers and customers help, we can donate much more than we were able to before. For our first recipient, The Grant County Community Food Pantry, we were able to give them a check for more than \$2,000! Our average chip box donation was around \$200. That is 20 times more giving than before!

We cannot do this without customer participation, and we appreciate that customers cannot round up every time. We understand, and appreciate the donations that you can give.



*Co-op Employees Evan Humphrey and Kenyon Mc Neill give Andrea Warner, director of the Grant County Community Food Pantry a check for \$2,601! Many thanks to all of the cashiers at the Co-op who work to make these donations happen.*

## Attention Co-op Member/Owners!

WE WANT YOU

**The 2017 Silver City Food Cooperative Board of Directors election process will begin on March 2nd** with a Candidate Information Session, held from 12 noon to 1 pm in the Market Cafe Community room, 614 North Bullard. This will be an opportunity to become acquainted with the board of directors responsibilities and to receive a Candidate Information Packet. Should you be interested in running for the board, and cannot attend the information session, Candidate Packets will also be available in the store office by the 2nd of March.

The written Candidate Statements with photograph will be due on March 10th. These can be turned into the office at the store. The statements will be posted in the store and cafe, published in the April Garbanzo Gazette, and included in the member-owner election packets.

A postcard with election information will be mailed directly to the member-owners prior to March 30th. Please make sure we have your correct address on file so you receive your election packet and ballot on time.

Ballots will also be available in the store, and on the website. Voting begins on March 30th.

The General Membership Meeting (GMM) will be held on Sunday April 2nd, from 3 pm to 5:30 pm at @space Gallery. The GMM agenda will include a Meet the Candidate segment and ballots will be available for voting at the meeting.

The voting period will end on April 30, 2017 and ballots will be counted on May 5th to allow for collection of all mail in ballots.

Candidates will be contacted about the election results on May 6th and newly elected directors will be invited to a orientation meeting prior to their first board meeting. The new board will be seated at the regularly scheduled May board meeting on the 17th. Board meetings begin at 4:30 and are held in the Market Cafe community room.

# 2 U From Your Board...

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



## Co-op Culture Connects

“Beginning at the earliest age, a lifelong education infused with culture cultivates self-knowledge, skill, imagination, and empathy, resulting in a strengthened civil society”

Culture is not simply a single initiative, a set of facilities, a collection of parts, or a solitary department. Culture lives in the very fiber of a place, and is sustained when it is integrated comprehensively into the fabric of everyday business — of individuals, workers, customers involving teamwork, commitment and care.

The General Membership Meeting (GMM) will be on Sunday, April 2nd from 3:00-5:30. The agenda will include (1) Joe’s managers report (2) A strategic inspiration and cultural event put on by the board (see below) (3) Meet the Candidates (4) Social engagement- food, drink, drawings/prizes of art donated by local artists/artisans. This will take place at a space Studio•Art•Gallery located @ 110 West 7th Street.

Just as there is a certain food culture or an art culture in communities we will be looking at two ways for membership to engage in an interactive cultural dialogue about our co-op. The first will be a “Call-for-Artists” to submit artwork on the theme of “cooperation/col-

laboration/connection in any media to be hung and displayed at the gallery during the GMM. There will be further notices by e-mails and flyers in the store/bulletin board so keep an eye out for this exciting prospect and opportunity. The second will be a small fun exercise with sticky notes of different colors that each member will write down answers/ideas to 5 questions that pertain to expressing just exactly what “is” the cooperative culture of the Silver City Food Co-op. In a nutshell, how do we define and build our own culture of store community with staff and membership’s input.

### The 5 questions are:

- What does it feel like?
- What does it look like?
- What does it taste like?
- What does it smell like?
- What does it sound like?

Think of creating, examining and exploring our own petri dish (delving into our co-op internal/spiritual store environment) and then adding the input of our external environment (our ideas/metaphors/dreams, etc...) with the resultant outcome to be developing a process towards understanding and growing a good co-op culture. Our goal is to uncover the heart and soul behind the 7 cooperative principles. (i.e., what makes us tick?)

### 7 Cooperative Principles

Voluntary and Open Membership • Autonomy and Independence  
Democratic Member Control • Education, Training, and Information  
Member's Economic Participation • Cooperation Among Cooperatives  
Concern for Community

In a technological analogy the cooperative principles would be the hardware and the culture would be the software. So bring your imaginations and create the culture that is you, your community and your co-op. We will be embarking on an internal search and journey that bonds and unifies the whole diverse pool of staff/membership into a solid foundation in these challenging times of change and can go a long ways to raising consciousness about ourselves, our store and our planet. Hope to see you there!

*jean-robot p. béffort*  
VP/ board member

### Board Meeting Schedule

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

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

#### Karen Strelko/President

Board Term: 2015-2018  
browserandlouie@yahoo.com

#### Jean-Robert Béffort/Vice President

Board Term: 2016-2018  
aspace.studiogallery@gmail.com

#### Jennifer Johnston/Secretary

Board Term: 2015-2018  
johnstonjenny40@gmail.com

#### Gail Rein/Treasurer

Board Term: 2014-2017  
rein.gail@gmail.com

#### Nancy Coates

Board Term: 2016-2019  
coates@gilanet.com

#### Carmon Steven

Board Term: 2016-2017  
yankiecarmon@gmail.com

Board of Directors

# 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.**



# February 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.

## February 1 - February 14



Bulk  
Organic  
Sushi Rice  
reg \$2.69#  
**SALE \$2.39#**



*Nancy's*  
Cream Cheese  
8 oz  
reg \$3.69  
**SALE \$2.69**



*feel good foods*  
Vegetable  
Egg Rolls, 9 oz  
reg \$5.69  
**SALE \$3.99**



*Chocolove*  
Bars  
Assorted, 3.2 oz  
reg \$2.99  
**SALE \$1.66**



*EO*  
Deodorant  
Assorted, 4 oz  
reg \$5.99  
**SALE \$4.99**



*Garden of Life*  
Dr. Formulated  
Probiotics, 30 ct  
reg \$25.99  
**SALE \$21.99**

## February 15 - February 28



Bulk  
Organic  
Steel Cut Oat Groats  
reg \$1.69#  
**SALE \$1.09#**



*Organic Valley*  
Salted Butter  
1 lb  
reg \$6.89  
**SALE \$4.99**



*Daiya*  
Roasted Vegetable Pizza  
17.4 oz  
reg \$8.99  
**SALE \$6.39**



*Probar*  
Super Food Slam  
Peanut Butter, 3 oz  
reg \$3.39  
**SALE \$2.00**



*Dr. Bronner's*  
Lemongrass Lime  
Shaving Soap, 7 oz  
reg \$7.69  
**SALE \$5.99**



*Natural Factors*  
CoQ10  
100 mg. 30 ct  
reg \$12.99  
**SALE \$6.99**

## *Members Only Specials* February 1 - February 28



Bulk  
Organic  
Red Quinoa  
reg \$5.99#  
**SALE \$4.79#**



*Straus*  
Plain Greek Yogurt  
32 oz  
reg \$8.69  
**SALE \$6.99**



*Food for Life*  
Corn Tortillas  
10 oz  
reg \$3.99  
**SALE \$3.19**



*Edward & Sons*  
Not-Chick'n  
Bouillon Cubes, 2.5 oz  
reg \$2.79  
**SALE \$2.29**



*Badger*  
Face Sunscreen  
SPF 25, 1.6 oz  
reg \$16.59  
**SALE \$13.29**



*Similasan*  
Computer Eye Relief  
.33 oz  
reg \$14.99  
**SALE \$11.99**