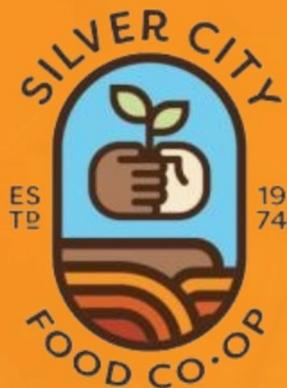


# Garbanzo Gazette

Silver City Food Co-Op Monthly Newsletter

February 5th, 2026



907 N. Pope Street,  
Silver City NM 88061  
575-388-2343

Open Monday thru  
Saturday  
8a.m.-8p.m.  
Sunday  
9a.m.-6p.m.

**Healthy  
food and  
community  
since 1974**

## Upcoming Events

- **Co+Op Deals: BOGO event February 4th-17th.**
- **Co+Op Deals: February 18th-March 3rd**
- **February is MAD month**
- **Board Meeting February 25th, 5:30p.m.-7:30 p.m.**

## February is Heart Awareness month Tips for Heart Healthy Habits

- **Manage Stress:** practice stress management techniques such as yoga, meditation, and deep breathing exercises.
- **Eat a heart healthy diet** rich in fresh fruits and vegetables, whole grains, and lean proteins. Limit intake of saturated fats, trans fats, and sodium.
- **Exercise regularly,** aiming for 150 minutes each week of moderate aerobic activity. Take a walk, play outside with the kids/grandkids, or take up dancing!
- **Eliminating tobacco use and limiting alcohol intake** can greatly reduce the risk of heart disease.
- **Get a check up regularly** to monitor your heart health.

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## February Fun Fact

February is the only month that can have no full moon. This occurs once every 19 years. The last time this happened was in 2018.

**WE'RE ONLINE!** [www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)

Follow us!



# Co-Op Community

Discover how you and your Silver City Food Co-Op are finding ways to give back to our community.

## Round-Up Program



The Silver City Food Co-op invites you to "Round Up." This means as a customer you can round up the balance of your total purchase to the nearest dollar, thereby donating that amount to a local non-profit. Donation recipients change every month. Information can be obtained at the cash registers when you check out. Many thanks to our cashiers who make this program work so that we can all give to our community.

The Silver City Food Co-Op has been a proud sponsor of the Round-Up program since 2016. Thank you to all our customers and members who have made this program a success!

## This month's Recipient The Hearth

The Hearth

rest and restoration for



justice seekers  
freedom fighters  
peace makers  
world changers  
hope tenders  
movement builders  
all who are weary

The Hearth is a non-profit organization under the umbrella of the Presbyterian Church USA's 1001 New Worshiping Communities Program which is grounded in Christian faith, but there is no requirement for a particular belief system to participate in Hearth activities. They welcome all people in need of a pause, particularly those experiencing burn-out, grief or exhaustion working for the betterment of humanity to come rest and reconnect here in Silver City.

The Hearth offers space and time for rest, restoration, and reconnection. It is a place for nurturing and restoring one's body, mind and spirit. A growing number of local organizations meet here on a weekly and monthly basis, including a women's singing group, a Unity church community, several support groups, and yoga and qigong classes.

# Co-Op Community

The Silver City Food Co-op follows the seven cooperative principles including Concern for Community. We strive to connect in meaningful ways to our community through various endeavors.

## More Ways to Help in our Community

### Grant County Community Concert Association

The Grant County Community Concert Association has been a non-profit organization in the community since 1947. It began in the 1947-48 season and continued for 13 years, until the depressed economic conditions in our area forced the Association to discontinue operations. Thanks to the efforts of the Silver City chapter of the American Association of University Women, the organization was able to start offering a concert program again in 1971, and they are now celebrating an additional 54 successful seasons of presenting some of the world's greatest performing artists.

The Grant County Community Concert Association aims to enrich the cultural life of southwestern New Mexico by making live concerts by nationally and internationally recognized artists accessible to a diverse audience and enhancing music appreciation for the school age population through educational outreach programs presented by those artists.

GCCCA is entirely a volunteer organization, which means that it can devote virtually all of its income to presenting first-rate concerts to our audience.



For ways readers like you can help support this month's feature local non-profit, visit their website at the link below.

Visit [www.gccconcerts.org](http://www.gccconcerts.org) to see how you can help!

## Environmental Awareness



Food production is a major contributing factor to wildlife extinction world wide. What we eat contributes to around a quarter of total greenhouse gas emissions, as well as close to 60% of global biodiversity loss. Farming animals for meat takes a huge amount of water and feed, contributing to the largest amount of forest loss today. ([www.wwf.org.uk/thingsyoucando](http://www.wwf.org.uk/thingsyoucando))

Ways individuals can help with these statistics is to eat sustainably by limiting the meat in their diets, or switching to a vegetarian/vegan lifestyle. They can also help by buying foods that are grown and farmed locally, rather than from a large grocery chain. This not only is a way to help our environment, but a way to contribute to our local economy, keeping our home growing strong and thriving.

# Produce of the Month

Our produce department team takes pride in bringing everyone in our community healthy fruits & veggies from farm to table. Check out this month's feature!

## Jake's Produce Pick

### Blood Oranges

Blood oranges are a unique type of sweet orange known for their deep red flesh and complex flavor profile. The deep red or maroon color is due to the presence of anthocyanins, an antioxidant pigment not common in citrus fruits.

The juice of the blood orange is richer and more flavorful than that of regular oranges, making it great for drinks and cocktails. Blood oranges are great for snacking and have a wealth of health benefits, including immune support and heart health.

## Recipe Pick

### Chocolate Blood Orange Parfaits

By: NCG Co+Op

**Total Time:** 50 minutes, plus 2 hours refrigeration; 30 minutes active

**Servings:** 2

#### Ingredients

##### Cookies

1/2 teaspoons blood orange zest  
3/4 cup cocoa  
1/2 cups powdered sugar  
1/8 teaspoon salt  
4 large egg whites  
2 teaspoons vanilla  
1 cup walnuts, coarsely chopped

##### Parfaits

6 cups nonfat Greek yogurt  
1 1/2 cups powdered sugar  
2 teaspoons vanilla  
2 blood oranges  
Mint sprigs, for garnish

#### Preparation

1. Line a sheet pan with parchment paper. Heat oven to 350°F. Zest one orange into a small bowl, reserve. In a large bowl or stand mixer, whisk cocoa, sugar and salt. In a glass measuring cup, combine egg whites and vanilla, then slowly beat into dry ingredients on low speed. Beat at medium speed for 2 minutes, until glossy. Mix walnuts and zest into batter. Drop scant quarter-cup mounds 3 inches apart on the prepared pan, and use a spoon to spread the batter out to half-inch thick cookies.
2. Put sheet pan on the middle oven rack and reduce heat to 325°F. Bake cookies until thin cracks appear, about 15 to 17 minutes. Allow to cool completely before removing from the pan, peeling off the parchment paper if necessary.



3. Place yogurt in a medium bowl and stir in powdered sugar and vanilla; reserve. Cut an orange in half and squeeze juice from one half into a small cup. Use a knife to slice the rind and pith away from the remaining orange and half-orange, and then use a paring knife to remove segments from the white membranes. Cut segments in half crosswise.

4. To assemble, use eight wine glasses or glass ramekins. Break each cookie into 4 pieces. Place one-third cup of yogurt mixture in each glass or ramekin, then add 2 pieces of cookie. Top with another one-third cup yogurt, add 4 orange pieces and 2 more cookie pieces, then drizzle blood orange juice around the edge of glass. Repeat process.

Refrigerate for at least 2 hours, and garnish with sprigs of mint before serving.

Scan for online recipe or visit  
<https://www.grocery.coop/recipes/chocolate-blood-orange-parfaits/>



# Dairy Pick of the Month

Our dairy department is always hard at work bringing our community the best in local dairy products. Check out their feature for this month!

## Becky's Dairy Pick

### Fiscalini Farmstead Purple Moon Cheddar

Fiscalini Farmstead started as a dairy farm over 100 years ago. Today the fourth generation owns and operates the business, and continues a way of life that respects, preserves and honors the animals, the land, and resources.

The Purple Moon Cheddar cheese is a uniquely crafted cheese that is considered the perfect wine and cheese pair. This cheese is made by soaked the Fiscalini Farmstead signature cheddar in a locally produced California red wine. This creates an enchanting purple colored outer layer that is effervescent of a vibrant wine cellar. This semi-hard cheese is cut into retail size blocks for distribution. A perfect addition for Valentine's day appetizers.



## Dairy Feature Recipe

Purple Moon Decadence  
By: Fiscalini Farmstead

### Ingredients

- ¼ cube of butter, softened
- 2 slices of Brioche Toast
- 4 tbsp of Nutella
- ¼ cup powdered sugar
- 6oz. of Purple Moon cheese sliced



### Instructions

1. Spread butter on both slices of Brioche Toast.
2. Next, evenly spread the Nutella on each slice.
3. Arrange the Purple Moon Cheddar slices to cover all areas of the toast.
4. Broil the toast until cheese is barley melted and just starting to bubble.
5. Remove from oven and sprinkle with powdered sugar.



Scan for online recipe or visit  
[www.fiscalinifarmstead.com/blogs/recipes/purple-moon-decadence](http://www.fiscalinifarmstead.com/blogs/recipes/purple-moon-decadence)





WE NEED  
VOLUNTEERS!

## *Co-Op Clean Out Opportunity*

Are you a Co-op member missing the old store and want one more chance to experience the Bullard Street magic? We need volunteers to clear out, clean up, and get the old place ready for future use. Get first dibs on picking through any leftover stuff! No reasonable offer will be refused. Even unreasonable offers will be entertained.

Receive a 15% off volunteer voucher for a three hour volunteer shift!

- Thursday 2/19 from 12–3p.m.
- Friday 2/20 from 12–3p.m.
- Saturday 2/21 from 12–5p.m.

**(other days/times may be available)**

If you are interested in signing up, send us an email or give us a call!

**[volunteer@silvercityfoodcoop.coop](mailto:volunteer@silvercityfoodcoop.coop) 575-388-2343**

# Meet your Co-Op Team

Here are the dedicated people that make it all happen!



Judith  
Customer  
Service



Kate  
Supplement  
Buyer



Jake  
Produce  
Manager



Becky  
Perishables  
Manager



Tinisha  
HABA Buyer



Mike  
Operations  
Manager



Joy  
Supervisor



Kevin  
General  
Manager



Isaiah  
Deli



Jalyn  
Human  
Resources



Doug  
Deli Manager



Jaylene  
Grocery Clerk



Arissa  
Deli



Judy  
Deli



Donna  
Front End



Sandra  
Grocery Manager



Kaelah  
Bulk Lead



Austin  
Front End



Jo  
Point of Sale



Doug  
Deli

Photo Coming Soon!

Miley, Front End

Audra, Deli

Ellen, Produce

Kayden, Front End

Jason, Frozen Lead

Breiana, Front End

Keenan, Produce

Paul, Assistant Deli Manager

Maria, Deli

Chris, Deli

Damien, Front End

Taylor, Deli

Thalia, Front End

Amelia, Front End

# Editor's Feature Article of the Month

## In the Spirit of Garbanzo

By Renya Craig

Raising my son, Eitra, as a vegetarian, beans and rice were often on the menu. My son was more into the rice than the pinto, black, and red kidney beans. When asked in elementary school what his favorite food was he responded, "Rice! I could eat all the rice in China. Knowing the importance of protein, I set out to explore high-protein, plant-based options. Garbanzo beans, also known as chickpeas, became the preferred choice.

Through the years, this nutritious legume has become the main ingredient in a favorite family recipe. I'm called "TacoMa" whenever I serve up "ET Tacos" (an affectionate nickname for my son). Living in New Mexico, amongst refried beans, this hard-shell taco recipe may sound strange, although it's quite a yummy happy meal. In the spirit of the Garbanzo Gazette, I invite you to give it a try! Everyone loves a good taco.

### Recipe Ingredients:

- Taco shells (box of 12)
- 1-15 oz garbanzo beans
- Taco seasoning
- Bragg Liquid Aminos (opt.)
- Lettuce and cheese of choice (we use dairy-free)
- Hot sauce or salsa of choice
- Avocado slices (opt.)



### Directions:

Heat taco shells in a baking dish at 350 degrees until golden brown.

Meanwhile, in a small saucepan, heat up chickpeas with just enough water to cover them.

Add a sprinkling of Taco Seasoning and/or a generous splash of Bragg Aminos.

Mash chickpeas well with a potato masher. Stir constantly until water evaporates, and a consistency remains resembling refried beans. Turn off heat.

Remove taco shells from the oven, and fill each one layering from the bottom up:

Garbanzo filling, chopped lettuce, grated cheese, dashes of hot sauce or salsa.

Place in the oven for approx. 10 minutes to warm up the tacos and melt the cheese.

Option: Top each taco with a thin slice of avocado. Enjoy!



Renya is a writer and clay artist. To subscribe to her monthly newsletter visit

[www.renyacreations.com](http://www.renyacreations.com)

# Meet the Board

Meet your board members for the Silver City Food Co-Op



Tuan Tran  
2022-2026  
President

Tuan has been serving on the board for the Silver City Food Co-Op since 2022. He is a former employee of the Co-Op and has a passion for helping the community grow in a positive, sustainable direction.



Gwen Lacy  
2025-2027  
Vice President

Gwen has been volunteering at local Co-Ops since 1980. She is grateful to give back to the Silver City Food Co-Op and help continue to bring the community locally sourced, organic and artisan food.



Sandy Lang  
2022-2027  
Secretary

Sandy spent nearly 8 years in south Texas supplying local restaurants and friends with organic, fresh produce. She is passionate about helping the Co-Op thrive and offer locally grown, organic produce.



David Burr  
2021-2026  
Treasurer

David has been serving on the board since 2021. He is a former Co-Op employee and has a vast experience in board processes through prior organizations.



Paul Slattery  
2022-2027  
Member

Paul is a former Co-Op employee who worked for the Co-Op from 2013-2019. After some time off in retirement, he decided to rejoin the Co-Op team as a board member to help give back to the community he loves.



Julianna Flynn  
Albershardt  
2025-2026  
Member

Julianna has a plethora of experience in small business management, as well as board processes across several avenues. She is elated to be able to lend her skills to helping our Co-Op meet member and community needs.



Cinde Thomas  
Jimenez  
2025-2028  
Member

Cinde is a retired teacher with additional years experience working in local water Co-Ops. She is thrilled to be a part of the Silver City Food Co-Op and carry on over 50 years of bringing the community the best in local organic food.



Stephanie Cochran  
2026-2028  
Member

Stephanie moved to Silver City in 2024 after visiting the area for 5 years. She is committed to living a healthy life and hopes her time on the board will help bring the community the same benefits she has come to love from our local food Co-Op.

# Board Business

Updates from your Silver City Food Co-Op Board

## Board Starts New Year with Changes

During its January meeting, the Co-op Board of Directors confirmed new officers and roles for the upcoming 2026 calendar year.

Officers are as follows:

- Tuan Tran (President)
- Gwen Lacy (Vice President)
- David Burr (Treasurer)
- Sandy Lang (Secretary)

The Board also seated two board members: Cinde Thomas-Jimenez (returning) and Stephanie Cochran (new). Both were elected to three-year terms ending in 2028.

### Committee members

**Board and Management Evaluation:** Julianna Albershardt, Stephanie Cochran, Paul Slattery and Tuan Tran

### Election Committee:

Julianna Albershardt (chair), David Burr, Gwen Lacy, Cinde Thomas-Jimenez

### Finance Committee:

David Burr (chair), Gwen Lacy, Sandy Lang and Tuan Tran

### Member Connect Committee:

Stephanie Cochran, Sandy Lang, Cinde Thomas-Jimenez and Paul Slattery

The Board invites member-owners to participate in board meetings and join committees to help shape our future. For more information, reach out to any board member or email [board.scfc@gmail.com](mailto:board.scfc@gmail.com).



Cinde Thomas Jimenez, returning board member (2025-2028)



Stephanie Cochran  
New board member (2026-2028)

### Retiring Board Members



Kristina Kenegos  
(2022-2025)

Kristina served as a member of the board for the Silver City Food Co-Op from 2022-2025. After a career in elementary and middle school teaching, Kristina moved to Silver City from Kauai, Hawaii, to live on a farm. She brought her knowledge of organic gardening and an enthusiasm for building a strong, community-wide understanding of the importance of food, where it comes from and how it's produced. Her years of contributions to our Co-Op are greatly appreciated.

Thank you for all your hard work! Best wishes in your future endeavors, Kristina!



# Become a Member

Explore the benefits of becoming a member/owner

## Anyone can become a member!

Membership can be completed online or in person with any of our cashiers! Membership gets special discounts 7 times a year on select products, equity in the Silver City Food Co-Op, and 1 vote for yearly board elections.

Sign up online at [www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop) under the Membership tab on the menu bar, or scan the QR code to the right to take you directly to the website.



No browser? No problem! Come in and talk to our customer service staff and they will get you signed up!

## What is Equity?

Membership in the Food Co-op is \$20 per year and provides one year of member benefits, after which a new share must be purchased to continue. The amount you pay is tracked as equity in your name and is cumulative over time. Upon termination, you may request a refund of your equity, subject to approval by the Board of Directors, minus any outstanding balances and processing fees. Equity is always at risk and may not be transferred except when the Board authorizes it. If you remain inactive for five years without providing a current mailing address, your equity will be considered a gift to the Co-op.

Each membership account has one Member of Record, who alone may update household information, add household members, vote, and run for Board positions. Household members listed on the account may shop and receive member pricing but do not have voting rights. Every member has one vote regardless of the amount of equity held, provided a share has been purchased within the past 365 days; proxy voting is not permitted. By joining, you agree to uphold the mission, values, and bylaws of the Co-op. Full copies of the bylaws and Articles of Incorporation are available at [www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)

# Monthly Discounts

Co+Op Deals: BOGO February 4th-February 17th



coop deals



UN-CRUSTY NOW!

Against the Grain Gluten & Grain Free Pizza

Buy One, Get One FREE BOGO



The Good Crisp Potato Crisps

Buy One, Get One FREE BOGO



Lily's Chocolate Bars

Buy One, Get One FREE BOGO



Chickapea Organic Pasta

Buy One, Get One FREE BOGO



Bobo's Oo Bars

Buy One, Get One FREE BOGO



Jeff's Garden Pickled Peppers

Buy One, Get One FREE BOGO



Bitchin' Sauce Almond Dips

Buy One, Get One FREE BOGO



Green Valley Creamery Cheese Shreds or Slices

Buy One, Get One FREE BOGO



Virgil's Sodas

Buy One, Get One FREE BOGO

For more deals this month, visit our website or scan the QR code to the right!

<https://www.silvercityfoodcoop.coop/sales>







## Member Appreciation Days!

**February/March**  
2 days, 10% off

**June/July**  
2 days, 10% off

**September**  
1 day, 10% off

**November/December**  
2 days, 10% off

Become a member and save! 7 trips per year for extra savings!

## RAIN CHECK



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



We will happily carry your purchases to your vehicle, wherever you're parked!



Renew your membership and reap the rewards!

MAD seven times a year!  
Members Only Specials!  
Discounts on Special Orders!  
You'll be supporting our local & regional food shed & you'll help to build a resilient local economy.  
**You Own It!**



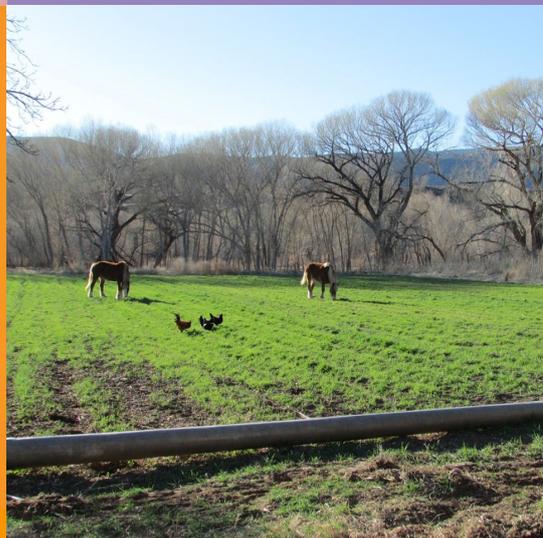
Give a gift card to a friend!

Give the gift of health, nourishment and taste.



WE'RE ONLINE!

[www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)



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