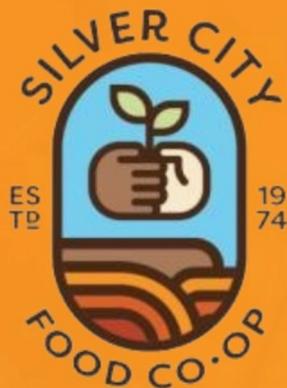


Garbanzo Gazette

Silver City Food Co-Op Monthly Newsletter

March 6th, 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: March 4th-17th**
- **Co+Op Deals: March 18th-31st**
- **March is MAD month**
- **Membership Price Increases to \$25 March 15th**
- **Board Meeting March 25th, 5:30p.m.-7:30 p.m.**

March is Woman's History month Notable Events in History

- July 19-20, 1848: In the first women's rights convention organized by women, the Seneca Falls Convention is held in New York, with 300 attendees
- May 15, 1869: Susan B. Anthony and Elizabeth Cady Stanton found the National Woman Suffrage Association, which coordinated the national suffrage movement.
- Aug. 18, 1920: Ratification of the 19th Amendment to the U.S. Constitution is completed, declaring "the right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex."

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March Fun Fact

In the Northern Hemisphere, March marks the transition from winter to spring, highlighted by the Vernal Equinox around March 20th or 21st, when day and night are approximately equal.

WE'RE ONLINE! 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 Chiricahua Apache National Foundation



The purpose of the Chiricahua Apache National Foundation is educational, religious, and charitable. The Chiricahua Apache National Foundation is organized to:

- Promote unity, solidarity, and social welfare among the Chiricahua Apache people.
- Promote and defend Chiricahua Apache religion, self-determination and culture throughout Chiricahua ancestral territory in a spirit of respect for the human rights of all persons now living in that territory.
- Develop and advance strategies to obtain redress for historical and ongoing grievances, and promote the common goals and objectives of the Chiricahua Apache people and the Chiricahua Apache Nation.
- Compile, disseminate, and educate, as appropriate, information about the Chiricahua Apache people and their faith.

Visit
www.chiricahuaapachenation.org
to see how you can help!

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

The Bird Alliance of Southwestern New Mexico

Founded in 1968 as the Southwestern New Mexico Audubon Society (SWNMAS), Grant County's chapter of the Bird Alliance of Southwestern New Mexico is the oldest Audubon chapter in New Mexico with a 50-year history of working to protect birds, wildlife and their habitats. They are an all-volunteer organization with members in Grant, Luna, Hidalgo and Catron counties. All of their activities are widely advertised, free, and open to the public. They focus on education and advocacy rooted in sound science to protect the ecosystems that support wildlife and people.

Silver City residents with a deep love for the river and the bird life it supported saw that they could more effectively fight for protection of the river as a part of the Audubon Society. Now under a different name - - Bird Alliance of Southwestern New Mexico - - their chapter continues to focus its efforts today on the protection of the unique habitat and precious water resources in the SW corner of the state.



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

Visit www.birdallianceswnm.org to see how you can help!

Environmental Awareness

The Environmental Benefits of Composting

One of the major conflicts we face today in regards to environmental preservation is the quality of our soil. In the U.S. and around the world, our soils suffer from topsoil loss, degradation, and erosion, which lead to water quality issues and reduced productivity of agricultural and other lands. According to the Food and Agriculture Organization of the United Nations, about 33% of soils worldwide are moderately or highly degraded (www.epa.gov/sustainable-management-food/benefits-using-compost)

One way we can help reduce this statistic is by composting organic materials, rather than placing them in a landfill. This not only helps improve the topsoil health crucial to the preservation of healthy natural resources, it reduces the amount of waste that is filling our already overfull landfills.

Visit the link below to learn how to get started!

www.gardeningknowhow.com/composting/basics/ultimate-beginners-guide-composting.htm

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!

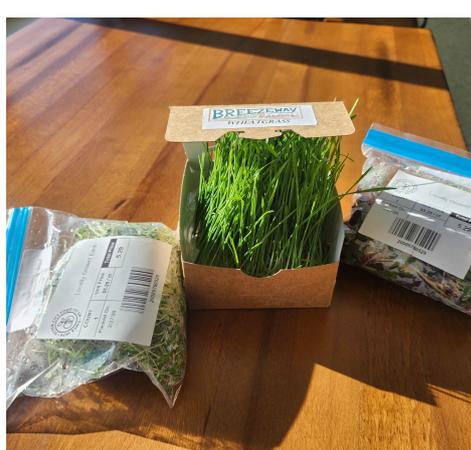
Jake's Produce Pick

Breezeway Gardens Microgreens



Breezeway Gardens is a small backyard garden that grows nutritious greens with thoughtfulness and love. All seeds used to grow their microgreens are certified organic and the soil used is a hand blended mix of OMRI-approved amendements sourced locally. Seeds are soaked in reverse osmosis water, then grown and maintained with whole house filtered well water. Each bag includes a bamboo-based, chlorine-free paper towel purchased right at your very own Silver City Food Co-Op.

Breezeway Gardens has completed the Produce Safety Alliance Grower Safety Course, along with additional Good Agricultural Practices (GAP) and Good Handling Practices (GHP) training. These standards guide how everything is grown, harvested, washed, and packed.



The microgreens only travel a total of 3.5 miles, usually by bicycle or hybrid car, and deliveries run several times a week, to ensure peak product freshness.

You can find Breezeway Garden Microgreens in the produce cold case directly to the right as you enter the store. Look for Breezeways sustainable unique packaging!



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!

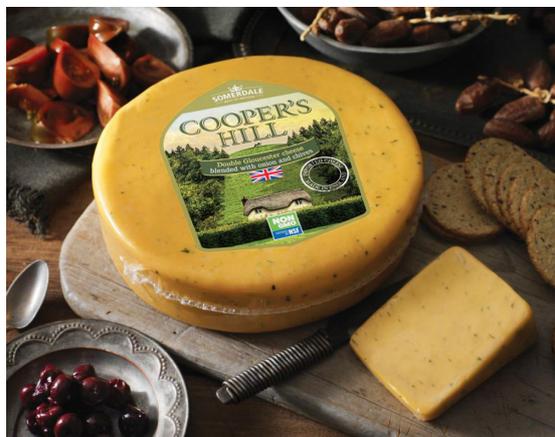
Becky's Dairy Pick

Somerdale Copper's Hill Double Gloucester Cheese

Since 1990, Somerdale has proudly partnered with some of the UK and Ireland's most celebrated cheese producers – from Barber's and Quicke's to Cropwell Bishop and beyond. These close relationships allow us to offer a truly authentic range of British cheeses, from classic cheddars and Stilton to innovative blends and regional favorites.

Today, Somerdale exports over 250 cheeses to customers in more than 50 countries worldwide – working with retailers, distributors, and foodservice providers to make great British cheese easy to access and enjoy.

Copper's Hill Double Gloucester Cheese combines the creamy texture and rounded taste of a traditional British Gloucester with the tang of chive and onions. This cheese makes a great addition to cheese boards or as a topping for potatoes and burgers.



Dairy Feature Recipe

Potato & Cheese Bites By: Somerdale

Ingredients

- 1 cup bread crumbs
- 1 cup panko breadcrumbs (optional)
- 1 cup plain bread crumbs
- ½ teaspoon garlic granule
- Oil for frying
- 1 egg
- ½ cup milk
- 20 cheese cubes (about half inch or desired size)
- 2 onions
- 2 cups left over mash potato
- 4 slices of bacon



1. Start by cooking up some bacon over medium heat until crisp and put to one side to cool down ready for chopping.
2. Grab a bowl and throw in the bacon, mashed potatoes and green onions and mix them together.
3. To get an even size of the mixture use a teaspoon (unless of course you want to free hand!), next a cube of Westminister cheddar and place it in the centre.
4. Surround the cheddar in the mixture and create into a ball, dip into a mixture of egg and milk and smother in breadcrumbs. Do this twice for extra crunchiness.
5. Use a pan to heat your oil to approximately 350F, carefully place the balls into the oil and fry until golden and irresistible!
6. After about 2 minutes, remove them from the oil and place onto paper towel to drain any excess oil and serve immediately.

Scan for online recipe or visit
www.somerdale.com/our-cheese-recipes/potato-and-cheese-bites/





Benefits of Locally Grown Food

Big Box Grocery vs. Locally Grown

Shopping locally grown food has been a hot topic in the world of food consumerism for decades. While big box grocers seem like they are the best option for household budgets, there is a degree of opportunity cost that is seldom apparent. Most large chain grocery stores source produce from large scale production long before harvest is due, causing the products that hit the shelves to be less nutrient rich and lacking flavor. This is primarily because the goal of large chain supermarkets is to keep up with the demand; faster and consistent supply means more profits. To ensure external quality of the mass produced food, produce is often times maintained with pesticides.. These tactics, while efficient in gaining profits for large scale production and major chains, do not lend to the well-being of the consumer.

One of the biggest myths floating around in the world of food consumerism is that fresh, locally grown food is too expensive. According to the U.S. Bureau of Labor Statistics' Consumer Price Index there has been a 2.6% increase in the cost of eating at home (grocery store or supermarket food purchases) since March 2024 with meat, poultry, fish, and eggs seeing the largest price increase of 7.7%.(historicmanassas.org).

Some specialty items offered through farmer's markets and other retailers that locally source their food products will be marked higher, but on average most common items, like eggs and vegetables, can run lower or at the same price as large chain grocery stores. Local farmers are able to keep their costs competitive because they offer products to the consumer directly from the source, having no need for a middleman to transport and maintain their products. Large chain stores often add costs to items to cover the extra steps from farm to shelf to ensure their profit margin. Other factors like commodity pricing, labor costs, store overhead, consumer demand, and food safety concerns drive prices at the grocery store higher(farmers.historicmanassas.org).

In addition to better quality products for the same or lower prices as major chain competitors, shopping locally grown and sourced foods connects consumers to their food in meaningful ways. The funds spent to procure your everyday food not only goes towards supporting your local economy, it goes towards small scale farms that take pride in ethical practices, not only for the benefit of the consumer, but for the benefit of the environment and animal welfare that contributes to food production.

Ultimately, the choice to shop at a large chain grocery store versus your local farmer's market or food Co-Op depends on the things that matter most to you and your household. Choosing to buy locally can not only support your local city's economy, but it also supports your local family farmers. The money spent on locally grown and sourced food goes directly back into the source, instead of already wealthy corporations, allowing for continued replenishment and much needed local economic growth.

Check out some tips below to help plan to shop local:

- Plan your meals for the week and bring a list. This will help keep within your budget and reduce food waste for items bought.
- Do some shopping: Peruse the entire market before buying to shop deals and get the most bang for our buck.
- While focusing on seasonal foods, be sure to choose an array of colors to increase vitamins, minerals, and antioxidant intake.
- Ask questions and be informed. Local farmers love sharing their story, and knowing where and how your food is produced is empowering.
- Plan your meals around the produce that is in season. Small scale local farmers harvest crops on time and according to the season to bring their communities the best quality produce.

Seasonal Produce Guide

What to Eat in March

Arugula

Arugula is a leafy green with a mustard flavor that makes a robust addition to any salad. You may find tender baby arugula in its immature stage, or with broader, larger leaves, sometimes with serrated edges. The distinctive flavor ranges anywhere from mild to pungent. Ask growers for a description, or better yet, if you can have a taste.

Beets

Sweet, earthy, and loaded with nutrients, beets come in a variety of colors besides red. Beets offer great value: not only can you eat the bulbs, but locally grown beets are so fresh that you can also enjoy the nutritious leaves and stems.

Carrots

While carrots are known for their distinctive orange color, some wild and heirloom varieties at the market can be white, yellow, pink, black, or purple. Because market carrots are so fresh, they are often sold with their feathery green tops. Cut these off before storing carrots in the refrigerator and toss them into salads or soups.

Garlic

Not all garlic is created equal, and many local growers have a variety from which to choose. In the spring, look for garlic scapes, which add a subtle garlic flavor to salads and stir-fries, or can be made into pesto.

Cooking Greens

From varieties of kale, collard greens, and chards to the native quelites and verdolagas, New Mexico farmers' markets offer great variety. Greens are versatile and can easily be added to dishes. They can be steamed, sautéed, grilled, or eaten raw. Rubbing leaves with salt, mixing with lemon juice or vinegar, or slicing them thinly can cut the bitterness of raw leaves.

Peas

Bright green, slender, sweet and ready to pop with tenderness, peas are meant to be eaten as soon as possible after picking, before the sugars turn to starch and the peas become tough. Peas are often cooked into Asian dishes, but fresh sweet peas from the market are most delicious raw on their own.

Onions

Every cook depends on onions to flavor dishes, and market varieties are always extra flavorful. Look for Jumbo Candy Onions with golden skin and white flesh that are super sweet, Spanish Onions, Walla Walla Sweets, and more.

Herbs

Fresh herbs make any dish special. New Mexico farmers' markets offer a wide variety of herbs for all types of dishes including chives, tarragon, rosemary, oregano, sage, mint, rosemary, sorrel and lavender. Keep herbs fresh longer by placing the stems in a glass of water and covering with a plastic bag in the refrigerator.

Spinach

At only 7 calories per cup, spinach may be low in calories, but is loaded with vitamin K, calcium, phosphorus, potassium, zinc, and selenium. An extremely versatile food, young and tender spinach can even be eaten raw.

Radishes

Looking to add a peppery kick to your salads? Try radishes, which come in a variety of colors, shapes, sizes, and flavors at local farmers' markets. Radishes get spicier and more peppery as the weather warms. Also look for Daikon radishes, which look like huge white carrots and have a mild flavor, making them a great spring roll filling.

Letter from the Manager



Here is a message from our General Manager, Kevin, on what the Co-Op has in store this month for our members and community.

Rolling into 2026 has brought with it some impetus to look back on the year, and reflect a bit on the events of the year. At least in terms of the Co-op. I really don't have words to deal with the happenings in the rest of the world. Maybe, some day in the future, looking back on the year 2025, the metamorphosis of the Co-op will be a positive landmark in a year of turmoil, that got better eventually.....?

I sometimes have moments, since it happened, that I can't believe it actually happened. Knowing all of the costs, all of the challenges, obstacles, headwinds, and the effort necessary. A lot of the obstacles and challenges won't ever be widely known. From budgetary challenges, construction challenges, technical challenges, personnel challenges, to procedural challenges. I was always conscious, that a serious impasse, not just a temporary delay, could be devastating. There was so much riding on numerous individual choices we made, from contract signing through to the opening of the store.

One choice was to utilize Steve Chiang, of IT Services on Demand, as our IT consultant for the project. I'm pretty sure Steve is not interested in additional work, or new clients. But Steve should be recognized as an unsung hero of the Co-op re-location. Steve helped us help ourselves, and between his work, employees and volunteers, and strategic outsourcing, we avoided a catastrophic IT hurdle that can hit projects like this at a late stage. As a long time Co-op member, Steve ensured that we could make it happen. He was way more than fair, always available, and had the best interests of the Co-op in mind. Thank you Steve.



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 Writings of the Month

In Honor of Women's History Month

By Renya Craig

In honor of March Women's History Month, let's pay tribute to the valuable contributions women have made throughout the world. Feeding our bodies, minds, and spirits are priceless values. Optimally caring for ourselves, our families, our communities, and the world comes back to quality of nurturance and nourishment. I want to believe that fast-track toxic living is a dying breed.

I've always measured a town by its health food stores. I feel exceedingly fortunate to live in a town with a long-standing food Co-Op that upholds conscious choices and empowered consumerism.

As I write this, a kindred spirit is making homemade sourdough bread. As it rests and rises by the wood stove, a thought comes to me which I place before us all as an invitation. Let us light a candle, dedicating a healthy, home cooked meal to all the generations of hearth keepers of the domestic flame. A gratitude prayer for all the ones upholding the heart of home and back to nature goodness. To the wise women of the old ways passing down the seeds and skills required to restore personal and collective health and well-being. Let us also raise a toast to the menfolk who are honoring, respecting, and protecting women. Those walking alongside in balanced equality contributing heart-centered loving care, safety, and support.



Renya is a writer and clay artist.

To subscribe to her monthly newsletter visit

www.renyacreations.com

Rant for the Ides of March

By Richard Stansberger

It's spring and I'm afraid I'm going to do something stupid. Thunder rain and birds. Crows follow me around for the carnage of common sense, for the glittering idiocies I drop in the mud. Hitler was born in the spring. Edgar Allen Poe is laughing from a curled up bud. Here come tornadoes, the Irish and the Mongol hordes. The Great Mother rises from snowy sleep and sensible creatures dive for cover. Let me slide down your dreams, lay siege to your breasts, let me drink from the well which is God the Ironic. It's Spring—the mudluscious puddlewonderful Jesus Christ and Mary Magdalen whopping in a shopping cart down the downslope side of Chaos and I'm going to do something stupid I just know it.

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.

During its February meeting, the Co-op Board of Directors discussed upcoming member events and coordinated planning for the Spring and Summer season, as well as topics regarding outbuildings and old facility use.

Guest members who attended the board meeting suggested the installation of a temporary bulletin board for Co-Op updates and community advertisement while logistics were worked out for the final bulletin board.

Other topics of discussion included locations of future board meetings conducive to voluntary member attendance, as well as the health of the Co-Op and how to better serve the members and the community.

To review info regarding board activities and updates, visit our website at <https://www.silvercityfoodcoop.coop/board-off-director>

Notice of Membership Price Change

Starting March 15th, Membership prices will change from \$20 per year to \$25 per year.

To renew your membership, or become a new member, you can sign up with your cashier at checkout, or visit our website at www.silvercityfoodcoop.coop

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 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

Monthly Discounts

Co+Op Deals: March 4th-March 17th



Larabar Fruit & Nut Bars

4/\$5 1.6-1.7 oz. **Co+Op deals.**



Near East Side Dish Mixes

3/\$7 5.2-10 oz. **Co+Op deals.**



Maya Kaimal Organic Everyday Entrees

2/\$6 10 oz. **Co+Op deals.**



Wild Plant Albacore

3.99 5 oz. **Co+Op deals.**



Spectrum Organic Extra Virgin Olive O

17.99 25.4 fl. oz. **Co+Op deals.**



Wild Planet Wild Tuna & White Bean Salad

3.69 5.6 oz. **Co+Op deals.**



Field Day Fish Sticks

5.99 8 oz. **Co+Op basics.**



Wild Planet Wild Mackerel

2.69 4.4 oz. **Co+Op deals.**



Wild Planet Wild White Anchovies

2/\$4 4.4 oz. **Co+Op deals.**

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

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



Monthly Discounts

More deals March 18th-March 31st



GoMacro
Organic
Bars

2.29 2-2.4 oz. **coop deals**



Mary's
Original
Crackers

2.99 4 oz. **coop deals**



Field Day
Pita Chips

3.49 7.33 oz. **coop basics**



Nixie Zero
Sugar Soda

2/\$3 12 fl. oz. can **coop deals**



Nixie
Lime-Ginger
Sparkling
Water

4.49 8-pack, 12 fl. oz. **coop deals**



Celestial
Bengal
Spice
Tea

2/\$7 12-20 ct. **coop deals**



Annie's
White
Cheddar
Macaron
&
Cheese

2/\$3 5.25-6 oz. **coop deals**



Kashi
Cinnamon
Harvest
Cereal

5.49 12.3-18 oz. **coop deals**

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



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