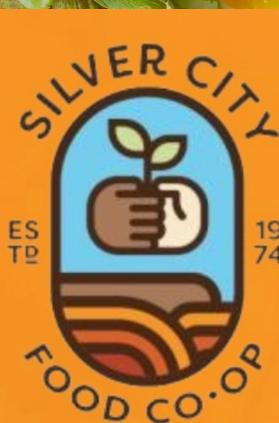


Garbanzo Gazette

Silver City Food Co-Op Monthly Newsletter

January 19th, 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: Health and Wellness BOGO December 31st–January 20th.**
- **Co+Op Deals: January 21st–February 3rd**
- **January board meeting: Wednesday January 28th 5:30 p.m.**

January is Wellness Month Tips for Mental Wellness

- Unplug from technology and take a walk. A 10 minute walk every day can reduce symptoms of anxiety and depression.
- Practice gratitude by journaling 3 things you are grateful for and why.
- Social interaction is important, so call up a friend just to say hi! They will be happy you did.
- Exercise daily. Physical activity is important for reducing anxiety and elevating mood.
- Limit screen time throughout the day and turn it off 60 minutes before bedtime. This will help improve sleep

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January Fun Fact

January is named after Janus, the Roman god of doors and transitions, symbolizing new beginnings.

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!

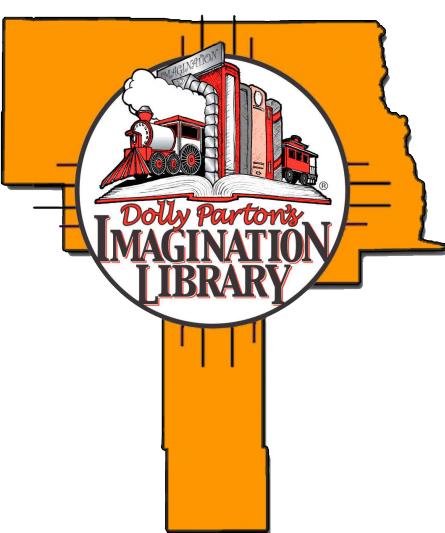
This month's Recipient

Imagination Library of Grant County

In 1995, Dolly Parton started a program so that every child in her home county of Sevier, Tennessee, could receive his or her own library of books. It was so successful that she found a way for communities across the country to replicate the program.

Today there are about 2,500 affiliates like ours across the United States, Canada and the United Kingdom. Since its beginning, over 134,000,000 books have been mailed to pre-school children. Over 1.5 million books are being mailed monthly from the foundation's mailing house in Knoxville, TN. The Imagination Library of Grant county has over 2,032 kids registered in their program and has graduated 3,848 preschool age kids with a love of reading.

Dolly says, "This program is one of the most important ways I know to improve the educational opportunities in your community!"



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

The Commons, formerly The Volunteer Center of Grant County (TVC), was established in 2004 to mobilize volunteers in addressing community needs. Initially focused on programs like Partners for Seniors and mentorship for women in the court system, TVC quickly recognized that poverty and food insecurity were core challenges facing the region.

In response, TVC launched the Lift Every Voice initiative in 2008, engaging the community through town halls to identify solutions. This led to the creation of a food pantry in 2009, which later moved to The Commons in 2012. Alongside emergency food distribution, The Commons developed community gardens, educational programs, and sustainable food initiatives to promote long-term food security and economic resilience.

With support from key partners and funding sources, The Commons has grown into a hub for food justice and sustainability. Located at 501 E. 13th St., Silver City, NM, it serves as a vital resource for the community, providing fresh food, education, and empowerment opportunities.



The Silver City Food Co-Op has donated numerous articles from our old location to the folks down at the Commons.

Everything from bulk food to shelving and food dispensers. Thank you to all the volunteers and leaders of the Commons for all you do for our community!

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

Environmental Awareness

A clean environment means a clean home for all. Here are some ways you can help keep our community and home clean.

Tips to help reduce waste in our community

1. Avoid single use plastics.
2. Use reusable shopping bags when going to the grocery store.
3. Buy in bulk and choose products with minimal packaging.
4. Compost food scraps.
5. Donate or sell usable items.

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 features!

Jake's Produce Pick

Cara Cara Oranges

Cara Cara oranges are a unique variety of navel orange known for their sweet flavor, low acidity, and distinctive pinkish-red flesh. The rind is bright orange in color and they have a sweet, berry-like flavor that's similar to blending raspberry with orange, giving it a less acidic taste than typical oranges.

These oranges are primarily grown in California with availability from December to April, with peak sweetness being in January and February.

Recipe Pick

Green Tea & Orange Hot Toddy

By: NCG Co+Op

Total Time: 10 minutes, 5 minutes active

Servings: 2

Ingredients

2 cups water
1 large orange
1/4 teaspoon ground cinnamon
2 green tea teabags
1 tablespoon honey
Cinnamon sticks and orange slices for garnish.

Preparation

Pour the water into a small pot. Use a knife to pare a strip of orange zest about 2 inches long from the orange. Put the zest strip in the water and put over medium heat. Add the cinnamon.

When the water comes to a full boil, turn off the heat and let stand for 5 minutes. Drop in the teabags and infuse for 3 minutes.

Juice the orange — you should have about $\frac{1}{2}$ cup.

Remove the teabags and stir in the honey and orange juice. If desired, heat again on low to desired temperature.

Garnish with orange slices and cinnamon sticks for stirring.

Serving Suggestion

Traditionally a hot toddy features whiskey. Add an ounce of your favorite whiskey for extra warmth, if you like!



Scan for online recipe or visit
<https://www.grocery.coop/recipes/green-tea-an-d-orange-hot-toddy>



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

Ferndale Farmstead Smoky Scamorza

Ferndale Farmstead is a pacific northwest based farm that specializes in seed-to-cheese Italian style cheeses. "Seed-to-cheese" is a sustainable farming system where the cows are nurtured and fed on the grass grown on the same land they are raised to produce the milk for the cheese.

Ferndale Farmstead has been a family owned and operated sustainable farm since 2013. They have a variety of high quality, Italian style cheeses for any occasion. The Smoky Scamorza is a three-time Award winning signature Italian cheese aged on ropes, a technique used by artisans for hundreds of years. This cheese is relative in characteristics to mozzarella and is great melted on hamburgers, grilled cheese sandwiches, and pizza.



Dairy Feature Recipe

Smoky Scamorza & Avocado Toast By: Ferndale Farmstead

Ingredients

2 Slices of Bread
Sliced Avocados
Smoky Scamorza
Salt & Pepper
Optional: 2 fried Eggs



Instructions

1. Heat a skillet on medium temperature. Slice your Smoky Scamorza (we used about four slices for each slice of bread). Make sure to use cooking spray before placing the Smoky Scamorza slices on the pan so it does not stick. Flip slices so that each side is fried.
2. Toast your bread in the toaster to your preferred setting
3. When bread is ready add the Smoky Scamorza to your 2 slices of bread
4. Add Avocado slices (to your preference)
5. Add Salt & Pepper to your liking
6. If you would like to add 2 fried eggs. Cook those first, then fry your cheese. Add eggs first to your 2 slices of toast, then add Smoky Scamorza fried slices, add avocados, and top off with salt and pepper.



Scan for online recipe or visit
www.ferndalefarmstead.com/recipes/2018/2/6/smoky-scamorza-avocado-toast



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.

It's my first article in the new look Garbanzo Gazette! On the heels of the transformation of our retail store, we've had a transformation of the Co-op newsletter. I think the update looks great, and I look forward to writing many "Unfiltered Waters" articles in the coming years. We will continue to experiment with various formats and sizes, as well as content, as we keep those Garbanzos fresh! The general function of the GG will remain the same:

- To serve as a communication platform for the board and the Co-op to membership
- Update members and shoppers on newsworthy Co-op topics
- Promote the Co-op, its products, services and programs
- Provide regular information on areas of interest, including nutrition, health, cooperative, and environmental topics, and other areas relative to the ends and mission of the Co-op.

The store move has been such an unrelenting focus for me, for so long now, writing about anything other than construction updates should be a nice change of pace! The general consensus of the membership seems to be that they love our new store. In fact, everyone seems to dig it. After the first four months of opening, we increased our member/owner count by over 15%. That's over 300 new members! We achieved our first year membership goal within the first four months, and we are continuing to grow. The sales expectations we had prior to opening the store, are very, very close to our actual sales in the new space. While the new store was a huge undertaking, all of the metrics say we just did a really good job, and the Co-op continues to be financially stable, and growing our cooperative economy.

We will continue to add features to the store and improve the operations. Our team members have done an exceptional job making the new space a great place to shop, and there is more to come.

The most common question I get, now that we have settled into the new space, is probably about the old Co-op building, and what the plans are for that space. The short answer is we do not have a set outcome in place. The board of directors, and myself will look at various options, and make decisions in the upcoming months regarding renting, selling, or some other option not currently in the frame. In the meantime, we will need to get the old buildings cleared out and ready for visioning! If you are a co-op member, and are interested in volunteering to pick, move, and clean out the old building, check out the information below

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. Get 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)

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

Photo Coming Soon!

Wishing Carol & Marquerite a happy retirement!



Carol has been with the Silver City Food Co-Op since 2007. She was our Garbanzo Gazette curator and editor, as well as taking the lead on maintenance and upkeep of our website. Thank you for all your hard work and dedication!



Marguerite has been with the Silver City Food Co-Op since 2013. She was our Finance Manager, as well as one of our behind the scenes super heroes. Thank you for all your hard work and dedication!

Editor's Feature Article of the Month

By: Renya Craig

It's so easy to live on automatic pilot. All of us are in a myriad of ways. Here's a Renya Tale of yesterday's personal epiphany.

I don't often buy carrots with carrot tops attached, but that's what our food coop had. With carrots on the chopping block with knife in hand, just as I was getting ready to chop off those beautiful carrot greens, fit for a rabbit, the thought entered my mind. Don't discard them. Eat them! Surprisingly, this thought never occurred to me before.

Sure enough these edible nutrient-rich leafy greens are slightly bitter, similar to parsley and tarragon, which I love. They are rich in nutrients, packed with vitamin C, six times more than the carrot itself, plus potassium, chlorophyll, vitamins K and B6, minerals and fiber. Supporting digestion and bone health. Oh my!



So, setting automatic pilot aside, I SAVED THE GREENS! Sautéed a yummy, nutritious, new stir-fry recipe. Combined chopped carrot greens, ginger root, onion, garlic, mushroom, and turmeric. Stirred in leftover basmati rice, and a wee bit of chili oil. Topped off with a swirl of squeezed lemon and Braggs Essential Aminos. Added a few cherry tomatoes and croutons too. Oh my gosh... YUM!

The moral of this story is... How many ways are we living on automatic pilot, and how many moments can we catch ourselves in the act of repeating default patterns, and be open to welcoming change.



Renya lives a soul-inspired, soul-empowered life dedicated to the art of inner listening and upholding the heart of spirit. At the core of her creative path she is a maker of beauty and blessing expressing from the soul stream of consciousness with wonder, awe, passion, and commitment. Her creative expression weaves Vision & Voice through visual art, written and spoken word.

Beckoned by inspiration, the intricacies of wisdom prompt her to follow inner impulse. At this fragile and uncertain time of the world's great turning, she is called to peace dream and soul seed in cooperation with the boundless Great Mystery.

To follow Renya on her journey and to view more works, visit her website www.renyacreations.com

Meet the Board

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



David Burr
2021-2026
President



Tuan Tran
2020-2026
Vice President



Sandy Lang
2025-2027
Secretary



Gwen Lacy
2025-2027
Treasurer



Paul Slattery
2025-2027
Member



Julianna Flynn
Albershardt
2025
Member



Cinde Thomas
Jimenez
2025
Member

The board of directors meets the 4th Wednesday of each month at 502 N. Bullard Street in Silver City, New Mexico. The January meeting will be held on January 28th from 5:30p.m. - 7:30 p.m.

Please email the board ahead of time if you plan to attend.
board.scfc@gmail.com

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.silverycityfoodcoop.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.silverycityfoodcoop.coop

Monthly Discounts

Co+Op Deals January 21st–February 3rd

more fabulous deals!



Sea Salt Popcorn



Organic Blue Corn Chips

2/\$6 44.7 oz. Co+Op deals.

4.99 14 oz. Co+Op deals.



Rishi Organic Tea



Imagine Organic Broth

6.49 15 ct. Co+Op deals.

2/\$7 32 fl. oz. Co+Op deals.



Saltine Crackers



Imagine Organic Chicken Broth



Organic India Psyllium

3.49 16 oz. Co+Op basics.

2/\$7 32 fl. oz. Co+Op deals.

10.39 12 oz. Co+Op deals.



Organic Canned Coconut Milk

2.29 13.5 fl. oz. Co+Op basics.



Purely Elizabeth Organic Granola

5.49 8-12 oz. Co+Op deals.

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

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





“

The greatness of a community is most accurately measured by the compassionate actions of its members, a heart of grace, and a soul generated by love.

”

Coretta Scott King
AMERICAN AUTHOR, ACTIVIST,
CIVIL RIGHTS LEADER



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.silverycityfoodcoop.coop



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!

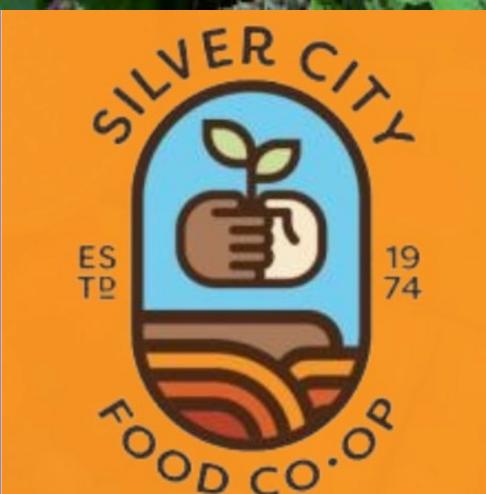


RAIN CHECK

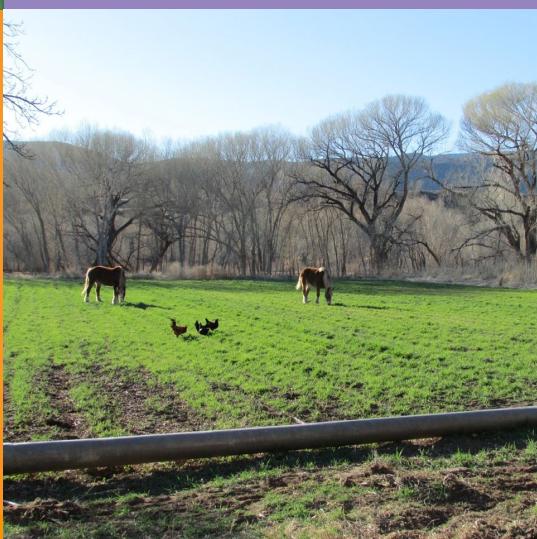
Sorry we are out.
Lettuce make it up
to you!



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



WE'RE ONLINE!
www.silverycityfoodcoop.coop



Follow us!

