

Silver City Food Co-op Garbanzo Gazette

Volume 22

✦ Your Monthly Newsletter ✦ August 2022

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE!

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YOU
ARE
WHAT
YOU
EAT

Taking Animals Out of Our Food System: A Matter of Intergenerational Justice

by Jennifer Lamborn

What is a Moral Community and Who is in Yours?

When philosophers use the term “moral community,” they are referring to those toward whom we believe we have ethical considerations or obligations. Put simply, when you consider yourself part of a moral community, you ask yourself “Is this right?” before you act because you care about whether your action will benefit or harm others whom you hold in moral regard.

People define moral communities in varying degrees of scope. There are some people who believe their ethical obligation is limited to themselves and to those who directly affect their wellbeing. Others believe that they need only consider the welfare of their family or community: human beings like themselves.

Many, including environmentalists, take a broad or holistic view of their moral community and include all human beings, or all sentient creatures, or even all living beings and the ecosystems they inhabit.

When we think about environmentally “sustainable practices” or “sustainable agriculture,” we consider the impact our current practices have on the stability, diversity, and integrity of our ecosystem presently *and into the future*. If our practices are sustainable, then we are not, in effect, stealing resources and opportunities from our contemporaries or from those people and other beings who will live in the future. When we consider our obligation to the future, then our moral community extends *in time* as well as in space and gives rise to the concept of “intergenerational justice,” justice between generations or justice across time, which is inextricable from the concept of sustainability.

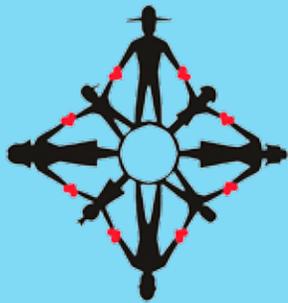
It might seem strange to include nonexistent people as members of our moral community, to see them as people we care about and toward whom we have ethical obligations. Yet, because they, too, are a part of this grand phenomenon of humanity, we may feel connected to them in a way comparable to how we may feel connected to our ancestors.

continued on page 8

1863 member/owners strong and counting . . .

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop

575.388.2343

Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

Vision Statement

Promoting the inherently healthy relationship between food, community, and nature.

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

Kevin Waters

General Manager

The Garbanzo Gazette

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Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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Unfiltered Waters



Supply Chain Snake Bite

The new store project got its first taste of the global supply chain woes that are impacting everything from new cars to wheat. We are now seeing first hand, the impact on a \$240,000 order of refrigeration equipment. Refrigeration systems are by far the largest, most expensive, and time consuming aspect of planning and designing a grocery store. Working out all the intricate details of design and engineering for these complex

It is natural that members, employees, and the community want certain dates to share about when things will happen, when they will be complete, when the new store will be open. In a “normal” construction project environment, that is difficult at best. In today’s environment, it is folly to try and predict the next unpredictable event. Until something happens, people may have to be OK with “we don’t know.” One of our designers has been designing grocery stores since 1970. They stated the current project environment is like nothing they have ever seen in 50 years. The overarching news is that the store design is complete, the sub-contractor bid process is beginning, the initial permitting process is going smoothly, and other project aspects are close to predicted. There are indications, that we may need to adjust budgets, and/or priorities on some project



Front End area. Five cash registers. Two of them will be express check, potentially convertible to self check lanes. The customer service desk will be located across from them. Designer creatively included some mural tiles from the current Lifequest building!



Layout of the north wall. Fresh produce as you enter the store. On the walls, colors and fonts still to be finalized.

systems is critical to have nailed down prior to moving to the next phase of design. Once that is confirmed, a purchase order is placed for the equipment. As with other manufacturing industries, commercial refrigeration is experiencing extreme supply chain difficulties, staffing difficulties, and extraordinarily high demand. This has resulted in delivery lead times that are 2-4 times what used to be considered “normal”. In the last two months delivery lead times have expanded from 26-44 weeks. What does this mean for our project? The most recently shared, intentionally imprecise estimate of a grand opening in the first quarter of 2023, has slipped into the second quarter. That should be taken with a large grain of salt, if you can get one, because the supply chain for salt is out of control!

aspects to keep costs in line. But these are not certain yet. We don’t know. If not for an out-of-whack commercial refrigeration supply chain, it would be mostly good news. When construction starts, will that continue? We don’t know.

Below are some design concepts for the interior of the new store. These images are not complete or final, but show the level of detail we are at. When it is complete, our store will be an amazing asset for the Co-op and Silver City. Let’s keep our eye on the big picture.

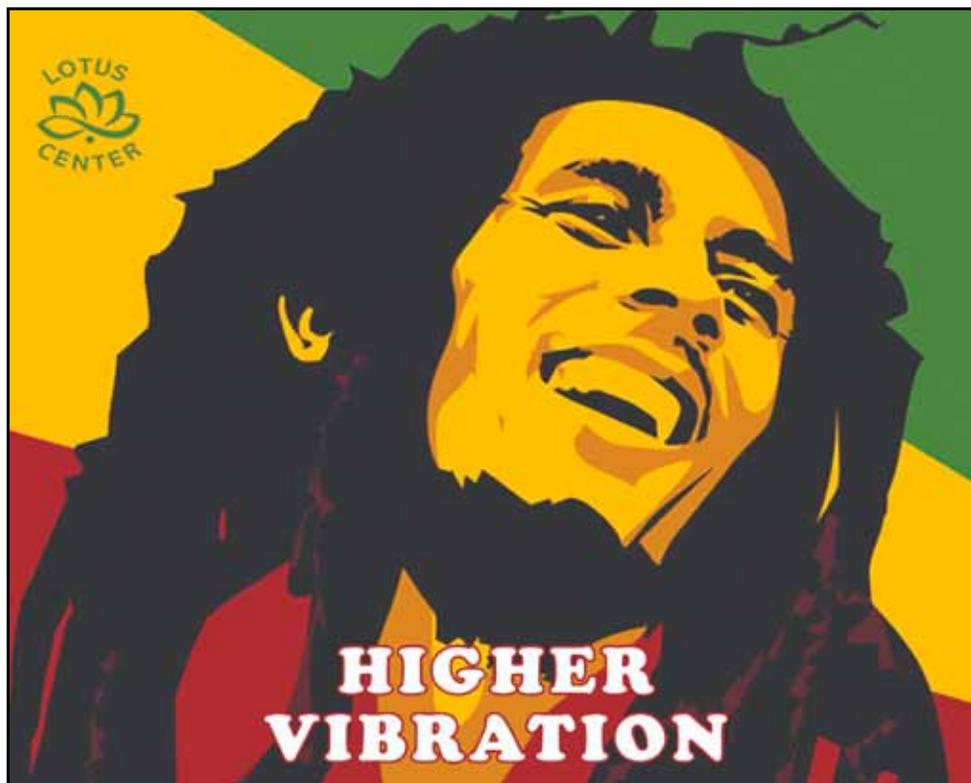
MAD

September

Member Appreciation Day
One Trip to save 10%

25% Maximum Discount
(excludes mark-down items)

Become a member and save!



Silver City Food Co-op Staff

<i>Judith Kenney</i> outreach/GG	<i>Kevin Waters</i> general manager
<i>Kate Stansberger</i> supplement buyer	<i>Lauren Christensen</i> cashier/stocker
<i>Jake Sipko</i> produce manager	<i>Andrea Sandoval</i> cashier/stocker
<i>Carolyn Smith</i> deli manager	<i>Eva Ortega</i> produce
<i>Carol Ann Young</i> GG/office	<i>Isabella Mata</i> cashier/stocker
<i>Becky Carr</i> dairy buyer	<i>Elizabeth Gonzales</i> cashier/stocker
<i>Misha Engel</i> frozen buyer	<i>Roxanne Gutierrez</i> cashier/stocker
<i>Marguerite Bellringer</i> finance manager	<i>Gini Loch</i> cashier/stocker
<i>Kim Barton</i> POS	<i>Alice Fujita-Schwarz</i> cashier/stocker
<i>Doug Smith</i> grocery buyer	<i>Bethany Sanchez</i> POS associate
<i>Tinisha Rodriguez</i> HABA buyer/POS	<i>Jalyn McClain</i> Human Resources
<i>Mike Madigan</i> operations manager	<i>Kelsi Cunniff</i> cashier/stocker
<i>Marchelle Smith</i> deli	<i>Natasha Kreider</i> cashier/stocker
<i>Joy Kilpatrick</i> receiver	<i>Ava Bjornstad</i> cashier/stocker
<i>Judy Kenneally</i> deli	<i>Bella Drissell</i> cashier/stocker
<i>Vynce Bourné</i> bulk buyer	





Kitchen Meditations

Chicken, Red Grape & Pesto Pizza

Ingredients:

1 12" pizza crust
 Olive oil or cooking spray for pizza pan
 1/3 cup refrigerated pesto
 1 1/2 cups seedless red grapes, halved
 8 ounces shredded skinless, chicken breast
 3 garlic cloves, thinly sliced
 4 ounces fresh mozzarella cheese, thinly sliced
 3 tablespoons grated Romano cheese
 1/4 teaspoon black pepper
 1/4 cup sliced green onions

Directions:

- Preheat oven to 425°.
- On a lightly floured surface, pat dough into a 12" circle.
- Gently place dough on a pizza pan coated with olive oil or cooking spray. Spread pesto evenly over dough, leaving a 1/2" border around edges. Arrange grapes evenly over dough. Top evenly with chicken. Top with garlic and mozzarella. Sprinkle with Romano and pepper.
- Bake at 425° for 20 minutes or until crust is golden brown. Sprinkle with onions. Cut into 12 wedges.



The Frugal Co-op Chef

Simple Quinoa and Red Lentils

Here's a simple and tasty dish that's a great base for a variety of veggies and proteins. Adjust the amounts and proportions as you see fit. If you decide to halve the recipe, it still makes a goodly amount.

1/2 c. quinoa
 1/2 c. red lentils
 2 c. veggie broth or water

Rinse and drain the quinoa and lentils. Place in a pot with the broth or water. Cover and bring to a boil. Turn heat down to low and simmer for 15 minutes, until liquid is absorbed. Let sit for a few minutes and enjoy.

Grilled Peaches w/ Honey Whipped Cream

Ingredients:

4 just-ripe peaches (use peaches that are just barely ripe. If they are too ripe, they will fall apart).
 1 tablespoon neutrally flavored oil
 1/2 cup heavy cream *(The cream can be whipped a couple of hours ahead of time, so you're not rushing at the end).
 1 tablespoon honey
 1/4 teaspoon vanilla extract
 1/4 cup chopped nuts
 Fresh mint for garnish, optional

Directions:

- Preheat grill to medium heat.
- Cut peaches into quarters and discard the pits. Brush the cut sides of the peaches with oil.
- Place the peaches on the preheated grill on one of its flat sides that has just been cut (cut side down). Close the lid and grill for 2-3 minutes, or until grill marks appear.
- Flip the peaches to the other flat side (also cut side down) and grill for 1-2 more minutes, until grill marks appear and the peaches have softened just slightly.
- Place the heavy cream in mixing bowl, mixing on high until soft peaks form. Add honey and vanilla extract and beat until just combined.
- Place the peaches on a serving platter. Top each one with a dollop of whipped cream and a sprinkle of chopped nuts. Garnish with fresh mint, if desired. Alternatively, you could set out the ingredients and let folks top their own peaches.

Best Dry Sauteéd Mushrooms

Ingredients:

1 lb mushrooms
 Pinch salt
 1/4 tsp freshly ground pepper
 1 tsp olive oil, ghee or butter
 1 tsp liquid aminos, soy sauce or coconut aminos
 Optional: finely chopped parsley, to taste

Instructions:

Heat a large, heavy pan (cast iron works well) over medium heat. Add mushrooms and cook for 5-7 minutes, stirring occasionally. The mushrooms will release their own liquid, so no need to add anything at this point. Once mushrooms are soft, add salt, liquid aminos, oil or ghee and cook for another two minutes. Sprinkle with parsley, if desired, and serve right away.

Jake's August Produce Picks

Red Bell Pepper



Red bell peppers are the most nutritious of all the bells, because they've been on the vine longest. They are, simply put, ripened green peppers. Like the tomato, many people consider the pepper to be a vegetable, but they are technically a fruit, because they grow from flowering plants and contain seeds. Bells are a member of the Capsicum species. They are the only one that doesn't produce capsaicin, which is the chemical in peppers that causes spiciness. All bell peppers are very nutritious. These summer veggies, members of the nightshade family, are filled with fiber, antioxidants and vitamins. But the reds contain even more health-supporting components than their green, yellow and orange cousins.

The mild bell pepper, sometimes called the "sweet" pepper, was developed in the 1920s in Hungary. Peppers are native to Mexico, Central America and northern South America. Pepper seeds were imported from Spain in 1493, spreading across Europe and Asia at the same time. Sweet and juicy red bell peppers are available year-round, but they are at their best in late summer. Try them in everything from dips and salads to soups and stews.



Grapes

A grape is a fruit, botanically a berry of the woody vines of the flowering plant *Vitis vinifera*. It is likely that humans began cultivating grapevines between the 7th and 4th millennia BCE throughout the region between Iran and the Black Sea, a unique body of water bounded by Bulgaria, Georgia, Romania, Russia, Turkey and Ukraine. Native grapes grow wild across North America and were a part of the diet of many Native Americans. Grapes are now cultivated all over the world. In the U.S., nearly every state grows some type of grape, with the largest producer being California.

Grapes are versatile fruits packed with nutrients and antioxidants, with high amounts of the phytonutrient resveratrol, which can be especially good for the heart. Most people enjoy grapes as a delicious and easy snack, but they are also very nice tossed in a salad or baked in pies, muffins and bread. Check out our Kitchen Meditations page for a Chicken, Red Grape and Pesto Pizza recipe.

Becky's August Dairy Pick

Baba Hummus



Hummus has been consumed for so many centuries that the exact origin is unknown. Many areas such as the Middle East, Greece, Egypt and other Mediterranean countries have historically been known to use hummus as a staple of their diet. Hummus is a plant-based protein containing a good amount of fiber and healthy fats. In addition to garbanzo beans, it contains sesame seed paste, olive oil, along with assorted spices that are used to achieve a wide variety of flavors.

Baba Hummus is a taste of Mediterranean cuisine, made with simple, clean ingredients, nothing scary whatsoever! Their Organic Classic Hummus embodies the authentic flavors of Tunisia, owner Moez Bensalem's home country. Along with the Classic, the Co-op is carrying Organic Cilantro & Jalapeno Hummus.

At Baba, each small batch of hummus is hand-crafted in their Santa Barbara, California kitchen from freshly sourced ingredients. Advanced packaging allows for a shelf life of up to six months and that's with zero preservatives! While shipping or traveling, a sealed tub of Baba Hummus can last up to 5 days without refrigeration while maintaining the highest quality.

August 3 - August 30 • Members Receive 20 % OFF • In the back dairy cooler

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their June service.

Jane Papin • Sue Childers
Tammy Pittman • Ellen O'Bryan
Chris Jepson



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!

Produce Compost Guidelines

This is a free service provided for our customers. We are not able to honor "special" requests for specific produce in bags and keep this service free. Please note:

- First come, first served
- One bag per person, please
- Scraps are bagged randomly as produce is processed
- Best days for compost are Tuesday & Thursday



Round Up Donation 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.

Round Up for August

Breastfeeding Task Force



New Mexico Breastfeeding Task Force-Grant County Chapter will help promote breastfeeding within our community through breastfeeding education and breastfeeding support.

June Round Up \$1147.32

Expanding Your Horizons



Expanding Your Horizons is a program encouraging girls in grades 5-8 to pursue education and careers in STEM (Science, Technology, Engineering and Mathematics). For 2022, given that the event could not be held in-person, we assembled 230 boxes with STEM activities that were delivered to schools for girls to take home in May. The next annual conference is scheduled for February 25, 2023, back on the WNMU campus, with hundreds of girls from the region attending for free and participating in hands-on workshops led by role-model women in STEM careers.

The donations received through Round Up will be focused on the cost of food, t-shirts and workshop materials to help keep the conference fee-free for participants. Many thanks to all who donated through the Round Up program, and special thanks to the Silver City Food Co-op for the opportunity to participate!

Round Up for September

Silver City Recycles



Silver City Recycles will utilize funds to maintain machinery currently used in recycling efforts, purchase additional equipment that will increase the efficiency of recycling collection, and to expand programming and recycling efforts in Silver City.

Customer Change for Community Change!

Silver City Recycles

305 S. Bullard St. at the corner of Sonora Street



Recycling drop-off times for August:

Two Saturdays, the 13th and the 27th, 10am - 12noon

New rules are now in effect for plastic:

Only numbers 1, 2, and 5 will be accepted.

Plastic must still be (relatively) clean and separated from other material, but all plastic types can be collected together.

For more information:

<https://silvercityrecycles.org/>

silvercitynmrecycles@gmail.com or: www.t2t.green

Silver City Watershed Keepers Nature Discovery Summer Camp

by Allyson Siwik

With support from the New Mexico Outdoor Equity Fund and the Lineberry Foundation, the Silver City Watershed Keepers held three week-long summer camps in June for 40 rising 4th, 5th and 6th graders. The camps were held for two weeks at Big Ditch Park in Silver City and for one week at Bayard Public Library in Bayard.



The Nature Discovery Summer Camp was designed and delivered by professional educators to provide campers with a connection to nature through discovery and exploration of the natural world. In addition to learning about how to stay safe in the outdoors and "Leave No Trace" principles, campers gained an appreciation for native plants, insects, birds, fish, mammals, stream ecology, and watershed health. Campers also learned about our cultural history through field trips to the Dragonfly Site, Mimbres Culture Heritage Site, the Mimbres River and Gila River. Throughout the week kids engaged in hiking, birding, nature observation and journaling, art projects, water quality testing, and trash cleanups.



Camp Director Leigh Jenkins and Assistant Director Indie Blake led the camps along with interns Yen Chu, Sophiana Read, and Willow Sprague-Robinson. Educators included Emily Pollam from the Gila National Forest, Martha Cooper of The Nature Conservancy, Mark Cantrell and Tricia Hurley of Lone Mountain Natives, Chiricahua Apache elders Gilbert Aguilera and Emilio Tapia, Joe Saenz and William Bradford from the Chiricahua Apache Nation, and Marilyn Markel and volunteers from the Mimbres Culture Heritage Site.

A big thank you to the Silver City Food Co-op for providing campers with fresh organic fruit every day as part of the healthy snack curriculum presented by Alicia Edwards of Healthy Kids/Healthy Community Grant County.

*Though I do not believe that a plant will spring up where no seed has been,
I have great faith in a seed... Convince me that you have a seed there,
and I am prepared to expect wonders.
Henry David Thoreau*



**DOUBLE UP
FOOD BUCKS™**

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everyday
with your EBT card**



**Renew
your membership
and reap
the rewards!**

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

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



Calling for Guest Writers!

Do you love your Co-op?
Do you want to help get
the word out
about the issues
facing the Co-op?

We would love your help writing articles
for the Garbanzo Gazette!

Members, if interested please email
judith@silvercityfoodcoop.coop

Three hours earns a 15% Volunteer Discount



Eating for the Sake of Future People and Their World

Most co-op shoppers (and thoughtful people in general) are deeply concerned about climate change and try to reduce their carbon footprint¹ in various ways. Aside from traveling less, consuming fewer goods, and reducing waste, etc., it is common knowledge that our food choices have a profound impact on our carbon footprint. Here are a few rather alarming facts:

Livestock's Long Shadow, a 2006 report from the United Nations Food and Agriculture Organization, found that **livestock are responsible for more greenhouse gas emissions than the entire transport sector** – all the cars, trucks, planes, and ships put together – and second only to the burning of fossil fuels to produce electricity.

Some people believe that eating locally produced food is the best way to make their diet sustainable. However, if they are eating meat, it isn't. **One study found that the average American would do more for the health of our biosphere by going vegetarian just one day a week than they would by eating an entirely local diet** (Singer).

Another study compares the climate impact of what we drive with what we eat: if you switch from a standard North American car to a fuel-efficient hybrid such as a Prius, you will save about one ton of carbon emissions per year. By comparison, if you switch from a standard American diet to a vegan diet, you will save *one and a half tons of carbon equivalent over a year* (*ibid*).

In 2018, scientists behind the most comprehensive analysis to date of the damage of farming to the natural environment found that **avoiding meat and dairy products is the single biggest way to reduce one's damaging impact on the biosphere**. The research shows that without meat and dairy consumption, global farmland use could be reduced by more than 75% (Poore and Nemecek).

The Failure of Ethical Arguments and the Need for a Cultural Sea Change

Those who identify as vegetarians and vegans are typically motivated by two interrelated ethical concerns: the wellbeing of nonhuman animals and the health of the biosphere. And people who choose organic foods and strive to reduce their meat consumption (“flexitarians and reducterians”) also help alleviate climate change with their general sense that it's better to eat more plants.²

The scientific and ethical arguments for vegetarianism are hard to defeat, yet only ~5% of U.S. citizens identify as vegetarian, and just 22% of the global population identify as vegetarian.³ Why is this the case? Bruce Friedrich, cofounder and executive director of The Good Food Institute⁴, theorizes that people's food choices are most often based on quick, instinctive thinking rather than slow, conscious reasoning (Harris).⁵ Cultural norms also play an important role in unconscious food choices as we learned during the height of the Covid pandemic with respect to masks and vaccines: many of us simply take our cues from others.



In most cultures, meat has been considered the food of the wealthy and is associated with higher social status. As the middle class grew in the U.S., so did meat consumption, and we see this pattern repeated in other countries. The Big Meat companies have exploited these cultural narratives to push their own profit-driven agendas through pervasive, compelling, and government-

supported marketing. In sum, our cognitive and cultural constraints have functioned to *increase* rather than decrease meat consumption in the U.S. and worldwide. In fact, 2019 saw the highest global meat consumption per capita in history.

Clearly, this trend is not sustainable. The world population is projected to reach 8.5 billion by 2030, and to increase further to almost 10 billion people by 2050. If we are to meet the goals of the 2015 Paris Agreement on climate change, radical change in our food systems is urgent.⁶ We can no longer rely on convincing individuals to change their eating habits through education and ethical arguments because, evidently, most people make their choices about food based simply on **cost, taste, and habit** rather than reasoned considerations.

It follows that if meaningful change doesn't arise from individual consumer choices, then it must come from the producers. Perhaps, eventually, the culture will change as technology and product availability change; we have seen cultural “paradigm shifts” before with the advent of the telescope, the steam engine, mass production of goods, and, most recently, digital technology. Likewise, our understanding of “farming” might be quite different in twenty years.

The Increasing Availability of Plant-based Meat Alternatives

Plant proteins have been available and prepared in delicious ways for thousands of years. Modern day vegetarians and vegans have long been familiar with tofu, tempeh, seitan, and legumes as protein-packed alternatives to meat.

At present, there is a remarkable proliferation of alternative “alt” proteins in mainstream food markets and restaurants; even fast-food chains now consistently include meat alternatives on their menus. Since 2015, the “plant-based” meat market has exploded, to which the popularity of the Impossible Burger and Beyond Meat attest. Yet these companies **do not target vegetarians**; rather, their products are designed to appeal to omnivores, especially reducterians and flexitarians. For instance, the Impossible Burger “bleeds” when cooked, a feature that repulses many committed vegetarians (and really does seem impossible) but appeals to those who crave blood and meat. As this market expands, though, we should note that not all plant-based meat alternatives are equal.



Let's consider the Impossible Burger: it is a far cry from a “natural” food. The burger is manufactured with two different methods of genetically engineered (GE) soy products. First, rather than begin with organic soybeans, Impossible Foods uses less expensive, government-subsidized GE soybeans in the form of soy protein isolate and soy protein created in a process that strips soy of its beneficial isoflavones. Second, the magic ingredient that causes the Impossible Burger to “bleed” is **heme**, a molecule that contains iron and is naturally found in the blood of animals and in lower concentrations in some plants. Heme is what makes blood red and meat pink. Impossible Foods genetically engineers **heme** from soybeans and yeast in the following manner: the DNA from the heme-containing protein in the roots of soy plants (*leghemoglobin*) is extracted and inserted into a GE yeast, and then the yeast is fermented (like beer) and multiplies to produce heme (instead of beer). But what if the Impossible Burger were made from organic soybeans and organic yeast? Would the injection of soy DNA into yeast to make “plant blood” still be a dealbreaker? If omnivores were satisfied by a hypothetical organic Impossible Burger, it's *not* impossible that the benefits outweigh the harms.

¹ A carbon footprint is the total amount of GHGs, including methane and CO₂, generated by our actions.

² If, sadly enough, ethical considerations do not have traction for most people, vegetarian celebrities such as Serena and Venus Williams, Cory Booker, Paul McCartney, Russel Brand, and Joaquin Phoenix among others influence the growing belief that plant-based foods are fashionable and therefore “better.”

³ To be clear, out of this 22%, the majority are vegetarians out of necessity because they lack access to meat. There is a hopeful trend, however, in the U.S.: more Millennials and Gen Zs identify as vegetarian (7-8%) than Baby Boomers (~2%).

⁴ The Good Food Institute website is an excellent resource if you want to learn more about plant-based and cultured meat.

⁵ Here, Friedrich is following Daniel Kahneman's distinction between Systems 1 and Systems 2 thinking in the latter's 2011 book *Thinking, Fast and Slow*.

⁶ The Paris Agreement is an international treaty on climate change, and its goal is to limit global warming to at least below 2°, preferably to 1.5° Celsius, compared to pre-industrial levels.

To be clear, not all plant-based meat alternatives contain GE ingredients. Look for the Non-GMO Project or the USDA Organic logo to identify non-GE products. The Abbot's Butcher brand plant-based chorizo and ground "beef" in our co-op's refrigerator case are non-GMO Project certified but not organic, and the Tofurky brand alt meat products you can find in our store are non-GMO and made with "organic ingredients whenever possible."



Meat Without Animals: A Biotech Food Revolution?



You may have already heard of "clean meat," "slaughter-free meat," "cultured or cultivated meat," or even "lab grown" or "in vitro" meat. These different labels all refer to the same product created in the new field of "cellular agriculture." Basically, cultivated meat is animal protein grown from animal cells in a bioreactor.

At a molecular level, this product is **bioidentical to meat from animals—it is genuine animal meat!** The only difference is that it is grown in a vat rather than in a living animal. Such in vitro techniques have been standard practice for growing tissues for research and medical applications, and decades of development in stem cell biology⁷ and tissue engineering have paved the way for cultivated meat production: the same biological processes that normally occur within an animal are coaxed to occur outside the animal. In the industry, this process is called *biomimicry*.

Genetic engineering is not required to produce lab-grown meat. The process entails a relatively painless biopsy taken from a live animal, and the cells are cultured in a bioreactor ("cultivator") in a nutritious serum to feed the cells and help them grow into muscle and fat. To produce structured and thick meat products, cells must be transferred to a scaffold that may be made of collagen, chitin, or cellulose. The process can take between two to eight weeks, depending on what kind of meat is being grown.

While cultivated meat is a newcomer to the alt protein landscape, the idea of growing meat without the animal is not new. In a 1932 article for *Mechanics Illustrated*, titled "Fifty Years Hence," Winston Churchill wrote, "We shall escape the absurdity of growing a whole chicken in order to eat the breast or wing, by growing these parts separately under a suitable medium" (Eschner).

Cultivated meat is still in the research and development stage in the U.S., and there are logistical and cost problems to be solved. But, as of 2020, the first lab meat was sold in Singapore and is soon to be sold in Israel, two small countries seeking food sovereignty and security. There are over 100 startup cultivated meat and seafood companies (think: fish with no mercury) around the world and over one billion dollars invested in these companies at present. An optimistic estimate is that cultivated meat will be available for sale in the U.S. by the middle of the current decade. The CEO of Tyson Foods, one of the world's largest meat producers, has already invested in Memphis Meats, a cultured meat company, and Beyond Meat, the vegan, plant-based "meat" company. Hayes' vision is for Tyson to transition from a meat company to a *protein* company. Cargill is also on board. In an interview with *Bloomberg*, Hayes remarked, "If we can grow meat without an animal, why wouldn't we?" If Big Meat moves to the production of alt proteins, they can be expected to help transition the needed infrastructure and new jobs. (Oversight needed.)

An Interesting Dilemma

Many of us simply desire whole, minimally processed foods. We are justifiably wary of high-tech innovations in the food industry because, historically, many such innovations have been purely profit-driven and harmful to consumers' health and the health of the land. Is it ironic that we should look to technology to help solve our environmental crisis when it is industrial technology and the culture it has spawned that caused these problems in the first place?

⁷ Stem cells are the body's "raw materials" insofar as these are the cells from which all other specialized cells are generated. Under the right conditions—either in a living body or in a bioreactor—stem cells divide to form more cells called "daughter cells."

As our home planet heats up and catches on fire, we are likely to find ourselves rethinking our relationship to food and to consumption in general. Collectively, our choices matter, and now we have more choices. Alt proteins are often highly processed foods, and some of them are genetically engineered, yet it takes nine calories of chicken feed to produce one calorie of meat, and chickens are the most "efficient" livestock. We simply do not have the carrying capacity to continue our present course. What would future people advise us to do?



Alt proteins (including bioidentical dairy and eggs) may not appeal to vegetarians, but for those who habitually eat meat, the increasing availability of clean, low-impact proteins may help us liberate animals from our food system, alleviate their vast and needless suffering, conserve clean water and land, and prevent future zoonotic pandemics. Perhaps practicality will lead to a new idealism: if alternative meat achieves cost and taste parity, and avoiding meat from live animals becomes the "new normal," we may become more receptive to the ethical reasons for doing so. Such a shift would signal revolutionary moral progress for our species.

But do we have a duty to promote the wellbeing of future people and future beings? Are we connected to these beings who do not yet exist? If we do not, then we simply live as if we were the last generation of people, and our moral community grows smaller in scope. Do we have a duty to promote the wellbeing of nonhuman animals? If we believe that they are here simply for our use, then our moral community shrinks further.



As we confront climate change and environmental degradation, can we also acknowledge the moral dimension of eating? Do we expand or shrink our moral community going forward?

Finally, the words of the German poet Hölderlin may give us hope: "In supreme danger, there lies the saving power."

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by Carolyn Smith

The night before flying home to New Orleans for my annual family reunion and beach vacation, I was finishing up some yard work and carrying my last armload of weeds when I stepped on the cover to the water cut-off. It tipped and down I went, dropping into a two foot hole with enough speed and force to break my leg and foot, which I did!

As vacation turned to staycation, I decided that the best (and only) course of action was to focus on a healthy diet to keep my spirits up and heal my bones. Eating good food always makes me happy, so that part was easy.

What should I eat to best help my body mend?

I started my research on the internet and immediately fell down the rabbit hole of “nutritional science”. Not only does one article lead you to five more causing an acute case of flow chartitis, but nutrition is such a complex subject and so little understood. Scientific researchers tend to use a reductionist model in determining the ingredients for a healthy diet: isolate individual nutrients found necessary to support our bodies, determine food sources for each nutrient and quantify each in terms of their weight/serving size. This method ignores questions of bioavailability of nutrients (the ability of the body to absorb and utilize nutrients), the synergistic effects of nutrients found in whole foods, gut health and the micro-biology within our bodies, variability of nutrients in plants depending on how and where they were grown and so many other factors too numerous to mention or yet unknown.

Keeping this in mind, most sources agree that important nutrients for rebuilding bones include protein, calcium, vitamin D, vitamin C, vitamin K, iron, potassium, and collagen and that sourcing these nutrients from foods is the way to go.

Protein composes half of the structure of the bone and your body needs it to build new bone for the repair of fractures. Protein also helps your body take in and use calcium. While all foods contain some protein, some foods are more protein dense, ounce per ounce. It turns out that many protein rich foods are already part of my regular diet: beans, whole grains, tempeh, tofu, nuts and seeds, eggs, turkey, chicken, fish, cheese and yogurt. The RDA for protein is 56–91 grams per day for the average male and 46–75 grams per day for the average female based on the formula of 0.36–0.6 grams per pound of a person’s weight and a modest level of exercise.

Calcium and collagen work together to make bones strong and flexible. When your body makes new bone tissue, it starts by laying down a framework of collagen. Calcium carried by the blood fills in this framework providing skeleton strength and structure.

The National Institute of Health (NIH) recommends 1,000 -1200 mg of calcium per day for most adults. Good sources of calcium are found in both plant and animal based diets. While animal based sources such as milk and yogurt may contain more calcium per serving, the bioavailability of calcium is often greater from plant foods.

For example, dairy foods have a bioavailability of about 30% absorption, so if a food label on milk lists 300 mg of calcium per cup/

serving, about 100 mg will be absorbed and used by the body. Plant foods like leafy greens containing less calcium overall have a higher bioavailability for an average of around 50% and sesame seeds have a bioavailability percentage of 67%.

Good plant based sources of calcium include dark-green leafy vegetables such as collard greens (1 cup of cooked collards contains 266mg of calcium, while 1 cup of raw collards contains 52mg of calcium), kale, and bok choy, as well as a variety of seeds and nuts. Soya is an excellent source of dietary calcium with 3.5 ounces of soy beans providing approximately 280 milligrams of calcium.

The seeds that contain the most calcium are poppy, sesame, and chia seeds. One tablespoon of poppy seeds pack 126 mg of calcium, one tablespoon of sesame seeds provides 88 mg of calcium and one tablespoon of chia contains 75.7 mg. Almonds provide the most calcium of the nuts with 43.2 mg/tablespoon, but only 20% bioavailability.

Animal base sources include milk, yogurt, cheese, cottage cheese, eggs, sardines and canned tuna or salmon with bones.

A few sources of collagen include fish, chicken, and bone broth. Plant foods containing vitamin C, zinc, copper, and sulfur boost the body’s ability to create collagen. Citrus fruits, berries, red and yellow vegetables, garlic, leafy greens, cashews, tomatoes, bell peppers, and beans are helpful, as well.

Vitamin D helps the body absorb calcium and build up the minerals in your bones. Vitamin D is found naturally in only a few foods: swordfish, salmon, cod liver oil, sardines, liver, and egg yolk, but 15 minutes a day of sunlight on the skin helps the body synthesize its own Vitamin D.

Vitamin C enables your body to make collagen, which helps bone fractures heal. Good sources include citrus fruits, kiwi fruit, berries, tomatoes, peppers, potatoes, and green vegetables.

Vitamin K is a fat-soluble vitamin that is important for bone metabolism and regulating blood calcium levels. Vitamin K-1 is obtained from plants and K-2 is derived from animal and fermented foods. Sources for K-1: leafy green vegetables, vegetable oils and some fruits. Sources for K-2: meat, dairy products, eggs, and Japanese “natto,” made from fermented soy beans.

Iron helps your body make collagen to rebuild bone and plays a part in getting oxygen into your bones to help them heal. Good sources: Red meat, dark-meat chicken or turkey, oily fish, eggs, dried fruits, leafy green veggies, and whole-grain breads.

Potassium helps your body retain calcium. Good sources: Bananas, orange juice, potatoes, nuts, seeds, fish, meat, and milk.



Watch where you’re going and eat well!

Bone appétit!



Nutritious Recipes from Carolyn

Old Fashioned Potato Salad

7 lbs. of yellow potatoes, cubed and boiled or boiled and cubed
6 hardboiled eggs
¼ of a large red onion, diced
1 red bell pepper, diced
4-5 stalks celery, diced
1 ½ cups cider vinegar
Vegenaise or mayonnaise to taste
Salt and Pepper to taste

- After potatoes are cooked and still warm, mix with apple cider vinegar, salt and pepper and put in the fridge to cool.
- Gently mix in all other ingredients and adjust the seasonings.

Tarragon Almond Chicken Salad

1 package chicken breast
Olive oil and salt for rubbing on chicken
8 oz. sour cream
1/8 cup olive oil
1/8 cup lemon juice
4-5 stalks of celery
½ large red bell pepper, diced
¼ large red onion, diced
1 tsp tarragon
1 tsp salt
½ tsp black pepper
½-1 tsp smoked paprika
¼ cup slivered almonds

- Rub chicken breast with olive oil and salt and roast chicken in a covered pan for 40-50 minutes at 350 until interior temperature is 165.
- Shred or cube chicken when cool enough to handle.
- Mix with the rest of the ingredients except for the almonds and adjust seasonings.
- Stir in slivered almonds.

Finding a Solution to Plastic Pollution Choose to Up-Cup! Saying “No” to Single Use Plastic



From L to R: Tinisha, Andrea, Misha, and Eva

Several of our Co-op women gathered in the garden to celebrate Plastic Free July by modeling their reusable drink cups. It's such a simple way to start reducing single-use plastic.

Even though July has past, the movement for a world without plastic is paramount and must be acted upon. In 2017, the City of Berkeley officially declared July to be Plastic Free Month, joining international efforts to reduce plastic. Plastic Free July is an annual event that began in Western Australia in 2011 and has spread across the globe. It aims to raise awareness of the amount of plastic in our lives, encouraging people to reduce their reliance on single-use plastic disposables, cut down on plastic pollution and push for lasting solutions to the plastic pollution crisis, now and in the future. With the world still trying to emerge from the pandemic, it has been trickier than usual to avoid single-use plastic. The plastics industry encourages fear and uncertainty around reusables, expanding the throw-away culture and giving us virtually no choice but to purchase plastic in some way.

Working toward a plastic free world together, we can explore ways that individuals and communities can take action to invest in and create a healthy, disposable-free future.



Check out our selection of Kleen Kanteen reusable, insulated drink cups.
Twist Top 16 oz.
Café Top 12 oz.
Insulated Tumbler 16 oz.



Our offerings of non-plastic storage and shopping containers include:
Stashers Silicon Bags in a selection of small, medium and large
Bee's wax wraps by Patagonia and Wax Wrap
Eco Bags: all cotton bags in your choice of sizes



A Warm Welcome to Our Co-op Team!

Meet Natasha!



Natasha is one of our newest cashier/stockers and chose portabella mushrooms as her favorite food for August. Read on for her response to our regular “Staff Pick” questions. Thank you, Natasha, for sharing a touching memory and yummy recipe!

“I love to spend time with my boyfriend, dogs and friends. We’ll hang out outside and visit, which is usually relaxing, or go golfing. I also love to cook, and go camping or hiking.

It’s nothing surprising, but here’s a favorite memory. I have always loved music. When I was three, I would “tap dance” on our fireplace to Shirley Temple, or run around the house to Mozart. As I got older, I loved dancing to Michael Jackson’s 1982 hit album, “Thriller.” My best time was bugging my dad in middle school to buy me old rock albums. He owned a family business that was across the street from a small, local record shop. One Saturday, after work, he had us walk over and we spent two hours looking through the whole store. Of course, I wanted to buy everything, but I settled on two CDs. Then forward, every Saturday after work, we

went there, each picked a few CDs, and would jam out in the truck to the new ones that we’d gotten. We did this for maybe a year, but after that, every now and then, we’d go together. This means more to me now as my dad passed away on May 28, 2022, five days before he turned 66 and two days before I turned 26.”

Natasha’s staff pick for August is portabella mushrooms. “I enjoy making stuffed mushrooms with the portabellas. They are so large, you can make the dish as the main course!”

Preheat the oven to 400°. Scoop out the inside of the mushroom and chop. Place in a bowl with thyme, minced garlic, black pepper, salt, Italian seasoning, bread crumbs, parmesan cheese, ricotta cheese and an egg. While simmering this mixture on the stove, place the scooped-out mushroom(s) on a lined or non-stick cookie sheet. Drizzle olive oil over the mushrooms, then fill with stuffing. Bake mushrooms for about 20 minutes, or until they are soft and crispy. Enjoy!



The Larger Plan, Yet Unseen

a poem by Elise Stuart

You have always been on the road toward home.
Even when you turned away from the easy path and
chose the hard one,
the one with sharp stones that bruised your feet.
Were you standing too close to see the larger plan?
The tiny twists and turns of time that meant
you would meet the person you were supposed to,
at the exact time you were open and willing.
That you would lose the love of someone
only to find love again, later.
That by hurrying toward home

you missed the one leaf falling.
That by slowing your step
through illness, recovery,
you would see around the bend
that this was the last stretch,
that home was waiting,
holding its arms out toward you,
inviting you in,
you, who have never belonged anywhere.



Supplements Department

NEWS

Hello!

Himalaya HELLO Line



While riding through the forests of Burma, Himalaya's founder, Mr. M. Manal, witnessed a villager pacify a restless elephant by feeding it the root of the plant *Rauwolfia serpentina*. Intrigued by the plant's effect on the elephant, he returned home to India to find scientific evidence for why this particular plant would have such a beneficial, calming effect.

Once he fully understood the science behind this special botanical, Mr. Manal bought a hand-operated, tablet-compressing machine and began his work. At night, his shoulders would ache from producing a few hundred tablets, one small tablet at a time. But his hard work paid off. This remarkable plant would later become *Serpina*, the world's first anti-hypertensive drug in 1934.

From its modest beginnings in India, the Himalaya legacy spans over 90 years,

stretching from Mr. Manal to his son and, now, to his grandson. Today, their products are available in 100+ countries. Himalaya offers a full line of clinically studied herbal formulations, certified USDA organic single herbs, and a full line of body care products. It is a perfect integration of the principles of traditional medicine with modern science.

Feeling in need of some energy, joy and peace? You are not alone! The new HELLO line from Himalaya is formulated with traditional herbal adaptogens to support emotional and physical well-being. Please check the supplement department for these products. You may find them helpful for mood support and stress response. Each bottle contains 60 vegetarian capsules for a one-month supply.

When in doubt, always consult your physician or healthcare practitioner.

HELLO Joy helps support emotional wellness, a positive mood, and promotes normal cortisol levels to keep you calm.

HELLO Peace supports relaxation, provides comfort and calming effects and encourages serenity.

HELLO Energy helps to maintain steady energy throughout the day. Better than stimulants, like coffee, that tax the adrenals.



Now There's a Basket for Orphaned Supplements and Body-Care Products!

You're in the Supplement section, searching for bioflavonoids. Ah, there they are! You pick the bottle up and read the miniscule, yet critical list of ingredients. Hmm, that's not really what you're looking for. You move to put the vitamin in question back on the shelf, but (oh no!) where does it go amongst the multitude of jars, boxes, and bottles that inhabit the miniature world of the supplement and body-care shelves. You are not alone in the unsuccessful quest for the ORIGINAL SPOT!

Hallelujah! Now customers can rest easy. There is a basket for orphaned supplements and body-care products placed on a free-standing shelf at the end of the aisle in this department. If you can't find the right niche, don't trouble yourself or spend a lot of your valuable time searching. Just place products in the basket and a Co-op employee will return them to their rightful place. Whew! Your search just got easier!

Indoor Plant Care Basics

With a little bit of tender loving care, houseplants can become a pleasure instead of a mystery. Think you have a brown thumb? Read on, and we'll change it to a green one!

Most plants indoors need watering ABOUT once a week. Every plant will differ, depending on a number of factors, such as the maturity of the plant's root system, what kind of pot holds the plant, where the plant is placed in relation to sunlight/heat/circulating air and exactly what kind of plant it is. Plants in windows will obviously dry out faster than those exposed to little direct sunlight. Check by looking to see if the soil looks dry; then put your finger into the soil about an inch (to the first joint) to see if it's moist. Plants should become slightly dry between waterings, but don't let them wilt: that's much too dry! To water correctly, pour enough water into the pot so that some comes out of the drainage hole. Discard the extra water. If the plant was very dry, water it again in about fifteen minutes. Don't let any plant stay constantly wet from standing water in the saucer. And keep in mind that more plants die indoors from too much watering than from too little.

If your plant is drying out every few days or stops growing, it may need repotting. Check the roots by gently removing the pot. Roots that are crowded, growing together, or circling the pot need repotting. Choose a pot 2-4 inches larger in diameter than the original. Loosen the plant roots thoroughly but carefully. Set the plant into the new pot so that the base of the plant (where plant meets soil) is at least one inch below the rim, and then add soil all around it. Make sure the soil line doesn't go above the base of the plant. Water thoroughly.

Taking off dead and dying leaves and cutting brown tips off of leaves will help your plant stay nice looking (and yes, it's perfectly normal for plants to occasionally lose a leaf). A vining plant such as ivy needs to be cut back for neatness. Be aggressive. The farther back you cut your plant, the fuller it will become. In fact, sometimes you'll get great results by cutting back over-grown, scraggly plants almost to the soil line. New growth will be lush, healthy, and generally prettier. Plants breathe through their leaves, so keep them dust-free. This means wiping the leaves off with a damp rag or setting the whole plant in the shower. Just be careful that the shower spray doesn't dislodge and wash away the potting soil.

Most plants thrive in high humidity; plants like ferns demand it. Unfortunately, our homes are usually very dry compared to outside air. To combat this problem, place a tray or saucer under your houseplants and fill it with pebbles. Add water until it's just below the top of the pebbles (remember, you want to keep those feet dry). As the water evaporates, it will increase the humidity level around the plant. Misting your plants daily is also very good (although droplets of water on plant leaves exposed to direct sunlight can act like a magnifying glass and "burn" the leaves).

Houseplants need fertilizing with an all-purpose plant food about once a month in spring and summer. Flowering plants, like African

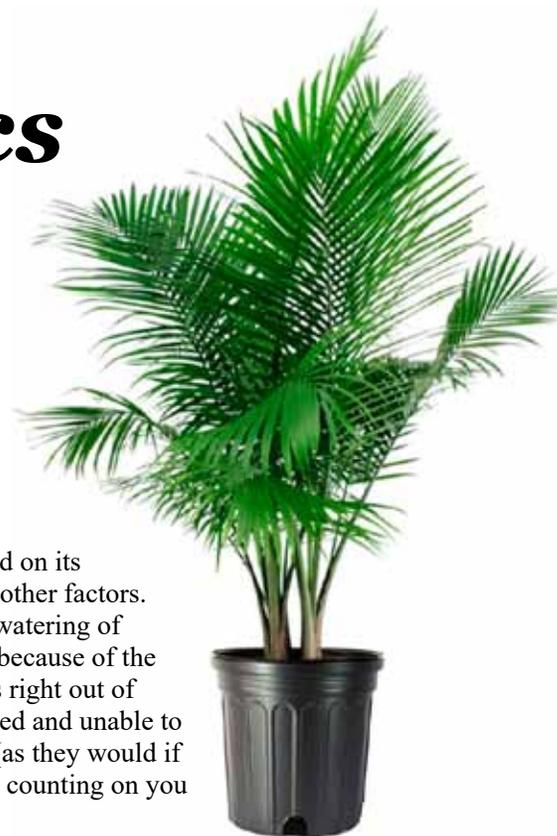
violets and hibiscus, need fertilizing more often, using a special 12-36-14 fertilizer to keep blooms coming. Some folks also have great success with a diluted solution of fertilizer added to the weekly watering. Obviously, how much food your plant needs will depend on its size, the size of its root ball, and other factors. Just remember that the frequent watering of houseplants (which is necessary because of the pot size) serves to wash nutrients right out of the soil. Since the roots are trapped and unable to "go elsewhere" to look for food (as they would if they were in the ground), they're counting on you for their feeding!

Plants, of course, need light. Do your research to learn the plant's light requirements. A plant that is not getting enough light will change color and won't grow. No amount of fertilizer will change this. Try moving the plant gradually into a brighter area. If you notice that once-thriving plants are beginning to show signs of inadequate lighting, you may want to think about adding special lighting conducive to plant growth.

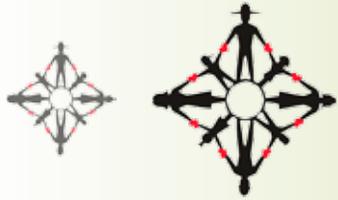
One thing to remember is that new research is showing that the same kind of full-spectrum light that is necessary for plant health can also have a tremendous impact on our own personal sense of wellness, especially in the less-sunny winter months. You may find that you can add some full-spectrum incandescent bulbs to your regular lighting fixtures and make everyone happier.

On the other side of the scale, plants exposed to too much direct sunlight can show leaf burns. To remedy this, simply move the plant slightly away from the window or add sheer curtains to filter the sunlight.

Houseplants do not like rapid changes in their environment! If you want to have your houseplants spend the summer outdoors with you, move them out gradually, from a very sheltered, non-sunny location to a progressively brighter and more exposed area. When fall rolls back around, follow the same step-by-step routine in reverse to acclimate your plants to indoor conditions. Also be sure to check for any insects that may have taken up residence in your plants outdoors, and treat them with an environmentally safe insect remover, before they (plants and insects together) come inside. If your houseplants are close to a window in winter, they may actually experience some cold damage. Try this: on a cold day, touch the glass in your window. Cold, isn't it, even though surrounding air is comfortable? If your plant touches that cold glass, they can be damaged as surely as if they were outside. Just give them a few inches clearance, and they should be fine.



by Judith Kenney



From Your Board . . .

Time Is Running Out!

Candidate Statements for the 2022 Silver City Food Co-op Board election are due no later than August 3, 2022.

Are you ready to make a difference in your community? Do you have experience in technology, business, cooperative models, board work, finance, public relations, events coordination, co-ops, advertising or healthy foods? If so, this could be your time to share your experience and knowledge as a member of the Silver City Food Co-op board.

Seldom does a board have the opportunity to help shape the direction of a store as much as this one will with our upcoming Pope Street relocation, planned for 2023. There will be 3, three-year terms open this year and we are seeking new board members willing to bring new energy and passion to our team.

We are using Policy Governance to maintain consistency and best practices for oversight by a Board of Directors. We make our decisions with a consensus process to allow full participation and maximum harmony. Not experienced with board governance? No worries. We offer training that will help you get up to speed quickly or refresh your skills if they are a little rusty.

The continuing difficulties of the pandemic, and the need for time sensitive board decisions, has moved us to depend more on electronic communication. We are currently using a hybrid model for our meetings, with both a virtual, online option such as Zoom, or in-person participation. Successful candidates will need to have access to email and Zoom, be able to attend meetings when necessary and be willing to monitor emails to respond to board decisions in a timely manner.

Ongoing this year through the full board and its various committees will be the Pope Street relocation; the continuing work on board policies: updating, organizing, archiving and storing; planning the next General Membership meeting; helping to select worthy organizations for Round Up participation; evaluating the board and its functions; keeping on top of the fiscal information about the relocation; monitoring store management through our “B” policies; learning more about good policy governance; keeping up with and communicating to the membership; finding and vetting new board candidates; and making sure we support each other, communicate respectfully, and have FUN! Each new board member will be expected to participate in two of the following committees: Finance (FC), Member Connect (MC), Election (EC) and Board and Management Evaluation (BME).

There’s still time to contact any board member, past or present, to get their view of what being a director is really like. If you’re ready to run for the board this year, a 200-300 word candidate statement serves as your application. If your statement is received by the August 3, 2022 deadline, you’ll have an informal interview with the Election Committee for a Co-op Board nomination. Contact Election Committee chair Sandy Lang at sandylang78@gmail.com with questions or to submit your candidate statement. Voting begins on October 3, 2022 and continues through October 16, 2022.



*Shanti Ceane
President*



*Julianna Flynn
Member*



*David Burr
Treasurer*



*Tuan Tran
Secretary*



*Paul Slattery
Member*



*Sandy Lang
Member*



*Gwen Lacy
Vice President*



*Leo Andrade
Member*

Board Meeting Schedule

The SCFC Board of Directors meets the fourth Wednesday of each month at 907 N. Pope St. in the Quonset hut. Please email the Board for more information. 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.

Board of Directors

Shanti Ceane/President
Board Term: 2018-2024

Tuan Tran/Secretary
Board Term: 2020-2023

David Burr/Treasurer
Board Term: 2021-2023

Julianna Flynn/Member
Board Term: 2018-2022

Sandy Lang/Member
Board Term: 2022-2024

Leo Andrade/Member
Board Term: 2022-2023

Gwen Lacy/Vice Pres.
Board Term: 2019-2022

Paul Slattery/Member
Board Term: 2022-2024

Our email address:
board.scfc@gmail.com



August

Members Only Specials

August 3 - August 30

20% OFF! listed prices



Heart of the Desert
Plain Pistachios
reg \$13.29#



Kettle
Assorted Potato Chips
5 oz
reg \$2.99



Baba
Hummus
Cilantro & Jalapeño
8 oz
reg \$7.39



Wholly wholesome
Apple Pie
26 oz
reg \$11.99



Badger
Sore Muscle Rub
.75 oz
reg \$4.99



Kettle
Truffle Potato Chips
5 oz
reg \$3.59



Backroads
Coconut Crunch Granola
reg \$13.99#



Baba
Classic Hummus
8 oz
reg \$7.39



Doggie Delirious
Pumpkin Bones
16 oz
reg \$6.59



Badger
Healing Balm
2 oz
reg \$6.69



Hummingbird
Flame Raisins
reg \$4.99#



Hummingbird
Apple Cider Vinegar
reg \$2.49#



Kettle
Assorted Potato Chips
5 oz
reg \$3.69



Wholly wholesome
Cherry Pie
26 oz
reg \$11.99

Co-op Deals

flyers
available

on our website

www.silvercityfoodcoop.coop

and at the front of the store

