



# Silver City Food Co-op Garbanzo Gazette

*it's  
MAD!*

Volume 23

✦ Your Monthly Newsletter ✦

July 2023

## 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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## Food! Fun! Good News!!

Last month, on a typically gorgeous (yet windy) Sunday afternoon in Silver City, we celebrated our Co-op with the annual picnic and General Membership Meeting at Gomez Park Pavillion.

An estimated 120 people came together for a delicious main dish meal hosted by Corner Kitchen, as well as a colorful and overflowing array of side dishes from members and attendees. Thank you! Kevin Waters shared the latest good news about our upcoming move to a larger location on Pope Street, overflowing gift baskets were raffled off to two lucky winners, and new and old friends came together. There was an abundance of laughter and love as we ended the afternoon with the fine, live music of local band, Identity Crisis, made up of musicians Michelle Parlee, Brandon Perrault, Peter Dahl-Bredine and Jesse Stockman.

All in all, this event was a festive reminder that our Silver City Food Co-op is built from the members and we honor you.



Photo by B. Bloy



Photo by Bruce Bloy



**YOU  
ARE  
WHAT  
YOU  
EAT**

**1891 member/owners strong and counting . . .**

# Silver City Food Co-op

established 1974



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

*Editor: Mike Madigan*

*Guest Writers:*

Susan Van Auken

Mary Ann Finn, Carolyn Smith

Rick Stansberger

*Staff Writer: Judith Kenney*

*Layout & Design: Carol Ann Young*

*Proofreader: Mike Madigan*

Submissions are welcomed!

Submit letters, articles, or items of interest to:

[judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)

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## General Membership Meeting Photos



*Photo by B. Bloy*





Photo by B. Bloy



Photo by B. Bloy

Photo by B. Bloy



Photo by B. Bloy



Photo by B. Bloy

# Silver City Food Co-op Staff

**Judith Kenney**  
outreach/GG

**Kate Stansberger**  
supplement buyer

**Jake Sipko**  
produce manager

**Carolyn Smith**  
deli manager

**Carol Ann Young**  
GG/office

**Becky Carr**  
dairy buyer

**Misha Engel**  
frozen buyer

**Marguerite Bellringer**  
finance manager

**Doug Smith**  
grocery buyer

**Tinisha Rodriguez**  
HABA buyer/POS

**Mike Madigan**  
operations manager

**Joy Kilpatrick**  
receiver

**Judy Kenneally**  
deli

**Vynce Bourné**  
bulk buyer

**Kevin Waters**  
general manager

**Andrea Sandoval**  
cashier/stocker

**Eva Ortega**  
produce

**Gini Loch**  
cashier/stocker

**Jalyn McClain**  
Human Resources

**Kelsi Cunniff**  
cashier/stocker

**Natasha Kreider**  
cashier/stocker

**Bella Drissell**  
cashier/stocker

**Jaylene Chacon**  
cashier/stocker

**Isaiah Muñoz**  
utility

**Doug Walton**  
deli

**Steve Buckley**  
utility

**Bailey Young**  
utility

**Jordan Cristy**  
utility

**Anjelica Anaya**  
utility



## Board Election Information

*This year's Board election will be held October 9-22, 2023, for terms starting in January 2024.*

Four positions are open. Candidate submissions are due Aug. 15.

Attendance at one or more board or committee meetings is highly recommended.

Our next board meeting is July 15th; reach out to [board.scfc@gmail.com](mailto:board.scfc@gmail.com) for more information about upcoming committees.

Note: our planned July Meet-and-Greet has been cancelled, however, all board meetings are open to co-op members and candidates.

*Detailed information on page 15 of the Garbanzo Gazette.*

# Kitchen Meditations

Summer

## Rosemary Roasted Cauliflower & Grapes

*Crispy roasted cauliflower with bursts of grapes and rosemary.*

### Ingredients:

1 medium cauliflower cut into small florets  
15-20 grapes, halved  
2 garlic cloves, minced  
1 teaspoon sea salt (optional)  
½ teaspoon black pepper  
2 sprigs of fresh rosemary, divided  
1½ tablespoons olive oil



### Instructions:

- Preheat oven to 415°. Cut the cauliflower florets away from the core and rinse. Pat dry, then slice or break into small pieces. Halve grapes and mince garlic.
- Add all to a large baking sheet. Sprinkle with salt and pepper. Mince one sprig of rosemary and add to pan. Drizzle olive oil on top of all, then toss to coat, directly on the pan. Spread vegetables out, so they are barely touching, if at all.
- Roast in oven for 10-15 minutes, then stir to ensure both sides get a lovely golden brown crust. Roast for another 10-15 minutes. Keep checking, though, as you may have to adjust cooking time. Remove from oven. Chop remaining sprig of rosemary, sprinkle on top and stir in. Enjoy!

## Peach, Stilton Blue Cheese & Walnut Salad

*This recipe makes just one serving, so increase as needed for you.*

### Ingredients:

1 ounce Stilton blue cheese  
¼ red onion  
1 peach  
2-3 cups of mixed salad greens (a little arugula in this mixture adds some spiciness to the taste)  
6 walnut halves  
1 teaspoon balsamic dressing of your choice

### Instructions:

- Slice the peach and red onion, then combine with your mixture of salad greens.
- Cube the Stilton cheese and scatter over the salad, along with the walnut halves.
- Drizzle with balsamic dressing and enjoy!

## Summer Grape Guacamole

### Ingredients:

4 ripe avocados  
2 tablespoons lime juice  
1 teaspoon salt (optional)  
¾ cup Anaheim pepper, diced or 2 tablespoons jalapeno pepper  
¾ cup scallions, chopped white & green parts  
¾ cup diced grapes  
½ cup chopped cilantro  
Chips, for serving

### Instructions:

- Dice avocado and combine it with lime juice and salt in a large bowl. Use a pastry blender or potato masher to mash and mix it all together to desired chunkiness.
- Stir in the diced pepper, scallions, grapes and cilantro and taste for balance. Add more salt or lime juice, if desired.
- Eat and enjoy any way you like!

## Peach & Berry Fruit Salad

### Ingredients:

2 peaches, sliced or diced (about 2 cups)  
2 cups strawberries, halved or sliced  
1 cup blackberries  
2 tablespoons fresh mint, finely sliced or minced (optional)  
2 tablespoons fresh lime juice (about 1 lime)  
1 teaspoon honey

### Instructions:

- Add peaches, strawberries, blackberries, and blueberries to a large bowl.
- Sprinkle with mint.
- In a small bowl, whisk together lime juice and honey until smooth and dissolved.
- Pour dressing over the fruit salad.
- Gently stir (careful not to crush the fruit).
- Eat and enjoy!

## 3 Ways to Use Stilton Cheese

*Stilton is a favorite cheese board option and pairs well with sweet flavors, making it a popular dessert cheese. Here are a few serving suggestions.*

- *As an accompaniment to port wine:* The sweetness in port wine balances the salty, pungent flavors of Stilton cheese.
- *Drizzled with honey:* For a sweet and savory appetizer or dessert, serve Stilton with crusty bread or crackers and a touch of honey.
- *With dried fruit and nuts:* The sweet flavors of dried cranberries, apricots, pears, and walnuts pair well with Stilton, at the beginning or end of a meal.

# Jake's July Produce Picks

## Peachy Facts

- Peaches originated in China, where they have been cultivated for nearly 4000 years.
- In the 1980s, a Chinese fruit survey team found a peach tree in Tibet that had a 30 foot circumference, was 65 feet tall, and was estimated to be 1000 years old!
- Peaches are hand-picked from trees.
- Peach trees produce fruit for about 12 years.
- June to the end of August is the peak of peach season.
- Peach fuzz isn't just a funny trait for the summertime fruit. It's a defense mechanism, Peach fuzz protects the fruit from insects and other pests. The tiny hairs are irritating to some bugs (and some people, too, possibly).
- Peaches, like nectarines, plums and cherries, are stone fruit, named after the large, stone-like pit or seed in their centers.
- August is National Peach Month.
- In China, the peach symbolizes immortality, good luck and unity and is considered the tree of life.
- "Jar of Peaches" by the Impressionist artist, Claude Monet, is one of the most celebrated paintings featuring fruit. Painted in 1866, the artwork features a tall jar of preserved peaches that cast a dramatic reflection onto a marble countertop.



## Grapes

Grape culture is probably as old as civilization itself. Archeological evidence suggests that humans started growing grapes as early as 6500 B.C. during the Neolithic era. By 4000 B.C., grape growing extended from Transcaucasia to Asia Minor and through the Nile Delta of Egypt. King Hammurabi of Babylon probably enacted the world's first liquor law when he established rules for wine trade in 1700 B.C.

If asked to name the world's number one fruit, most folks would probably guess banana, orange or apple. While they are certainly very popular, none can rival the quantity of grapes produced and eaten worldwide.

The three main uses for grapes are for wine, dried fruit (raisins) and fresh table grapes. The world produces about 7.2 trillion gallons of wine each year, making it, far and away, the most prevalent use of grapes. Raisins are the next most popular, with fresh grapes coming in third. Fresh grapes are highly perishable and transportation costs are high, which limits their consumption to their country of origin, whereas wine and raisins are shipped everywhere in the world, from many locales.

### Grape Trivia

- Botanically, grapes are considered to be a berry.
- Grapes have been growing on the earth for 65 million years.
- The oldest surviving grapevine in America is a 400 year-old Muscadine vine, native to the region, in North Carolina.
- The average American consumes eight pounds of grapes per year.
- The best-selling grape in the U.S. is the green Thompson Seedless, which is also the source of golden raisins.
- Grapes are a good source of vitamins C and K. They also contain protein, carbohydrates, dietary fiber and minerals.
- Resveratrol, a substance found in grapes, has been linked to reduced colon cancer.

# Becky's July Dairy Pick

## Long Clawson Dairy Blue Stilton Cheese

For some discerning folks, bread, cheese and wine are three major food groups, and if you've ever tasted a hot, crusty baguette smeared with sharp, creamy Stilton, you'll understand why. For some it is considered the king of cheeses. Intense and rich, Stilton has a crumbly, almost soft texture and a stout, bold flavor. With its beautifully streaked interior, pastas, risottos and desserts are perfect for its creamy, complex taste. Salads are also enhanced when sprinkled with light crumbles and honey, walnuts and sliced apples complement the nuances of Stilton, when served with it alone or on a cheese board. The perfect Stilton has a marbled appearance with telltale blue veins radiating from the center

Long Clawson Dairy started in 1911 in the village of Long Clawson in the county of Leicestershire in England. The village is enclosed by farmland with ideal pasture. Milk from local farms is used for Stilton cheese. The art of making Stilton has remained very much the same as when it was first created in the 1720s. Produced in just a few areas of England, its creation relies on careful selection and maturing. Made from cow's milk, Stilton is in the family of blue cheeses, but retains its own unique traits.

It's interesting to note that Stilton is an excellent source of vitamin K2, a fat-soluble vitamin associated with some potentially significant health benefits. Research suggests that it can play an important role in skeletal health. Not many foods contain vitamin K2 in large concentrations. However, certain varieties of cheese do and this includes Stilton. Also, the MK4 variant of vitamin K2 is purported to play a role in cardiovascular health.

**July 1 - July 31 • Members Receive 20 % OFF • In the front cooler**

# CO-OP Community



## Thank You Co-op Volunteers!

Many thanks to these member volunteers for their May Service.

Sue Ann Childers • Tim Garner  
 Tammy Pittman • Jane Papin  
 Nan Franzblau • Carol Ann Fugagli  
 Mary Ann Finn



## RAIN CHECK

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



Was the item your're looking for out of stock?  
 Let us fill out a rain check for you!

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



## 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.

## Mimbres Culture Heritage Site

July

We at the Mimbres Cultural Heritage Site strive to protect and preserve the prehistoric and historic features of our site and to educate the many people of all ages who come to our center. Funds from the Round Up program will be used to pay for a variety of educational materials, including brochures, booklets and research copies. Also, the money will help with preserving the histories of some of the Mimbres Valley families, including travel money to visit senior members of a family and to cover the cost of reproducing precious family photos that are an important part of the project.



May  
 Round Up  
 \$1480.00

## SW Word Fiesta

SWWF was created to celebrate the written and spoken word bringing together those who create with those who appreciate with special emphasis on fostering community involvement.

Funds from the Round Up will be used in publicity efforts to make the public aware of our mission and to highlight various subjects regarding our community efforts in enhancing our local food sources.

Thanks to everyone for contributing to the SCFC Round Up!



Round Up  
 for  
 August

## Aldo Leopold School Visual Arts Program

The funds will be used to provide the tools for students to create art in which in return leads to a healthier mental state and important emotional development. These future purchased art products will promote a healthier community by supporting our youth.



**Customer Change for Community Change!**

# Silver City Recycles

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



**Recycling drop-off times for July**  
**Two Saturdays, the 8th and the 29th, 10am - 12noon**  
**\$5 Suggested Donation**

### Recycling Tips:

- #1: Wait times are less after 11am
- #2: Sort your recycling in cardboard boxes and we can empty them faster than bags and recycle them.
- #3: Be considerate to our neighbors, don't block driveways, and allow room for local traffic to pass.

Plastic must still be (relatively) clean and separated from other material, but all plastic types can be collected together. Only numbers 1, 2, and 5 will be accepted.

*For more information:*  
<https://silvercityrecycles.org/>  
[silvercitynmrecycles@gmail.com](mailto:silvercitynmrecycles@gmail.com) or: [www.t2t.green](http://www.t2t.green)

## Hummingbird Festival



**The annual Hummingbird Festival hosted by the Mimbres Culture Heritage Site will take place July 29 - July 30, 2023 from 8:00 a.m. - 3:00 p.m.**

Watch the banding of the hummers in the early morning and enjoy speakers, children's activities and vendors. Tour the Mattocks Archaeological site and, then, relax in the shade of the wide veranda with some delicious ice cream. This festival will be located at 12 Sage Drive, just before mile marker 4 on the state highway 35. Admission is free and open to the public. We ask that you please leave your pets at home. For more information call 575-536-3333.

[www.mimbrescultureheritagesite.org](http://www.mimbrescultureheritagesite.org)

Yoga, Meditation...and Community Service!



Yoga in Public Schools -- provided at no cost to the students or the schools -- is a cornerstone of Lotus Center's Community Service Program  
[www.LotusCenterSC.org](http://www.LotusCenterSC.org)



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**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!**

## 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

## 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](mailto:judith@silvercityfoodcoop.coop)

Three hours earns a 15% Volunteer Discount





# July is National Ice Cream Month Musings about Ice Cream and a Very Short History

by Judith Kenney

## Alec's Ice Cream

Alec's is offered in a variety of fun flavors and has been described by a Co-op customer as "shockingly creamy!" Its truffle-like texture inspired another to respond, "This stuff is magic!" Produced with high quality A2 milk (from Alexandre's Farm) makes their ice cream more



digestible for many folks who have difficulty with dairy products. Also, it contains less sugar than most ice cream.



Ninety-eight percent of Alec's ice cream base ingredients are certified or verified regenerative. Regenerative-holistic farming practices that, according to Alec's website, "have the power to actually reverse climate change, promote biodiversity and conserve water. Through the use of cover crops and carefully managed grazing cows, regenerative farming is positively impacting the food we eat and the world we live in."

You'll find 5 fun flavors of Alec's ice cream in our frozen dessert case, including Honey Blueberry Lavender, Mint Chocolate Chip, Salted Caramel Latte, Tahitian Vanilla Bean and Chocolate Chocolate Chip.

## Talenti's Gelato

Did you know that "gelato" isn't just the Italian word for ice cream? There's a real difference between the proportions of ingredients, textures and flavors. So, what IS the difference? While gelato and ice cream were both sweet treats that were (ostensibly) invented in 16th century Europe, they are more different than you might think. Gelato is made with more milk than cream, therefore lower in fat than ice cream. Gelato is also made with a bit more sugar, which gives it quite a soft, scoop-able consistency. Ice cream, typically, contains more air and tends to be lighter in texture. One tip to keep in mind is that gelato is best served at a slightly warmer temperature which helps release its flavor.

We carry one flavor of Talenti's Gelato, Pacific Coast Pistachio. Ingredients include roasted California pistachios, pistachio butter, milk, cane sugar and fresh cream. Try it in the Baklava Cups recipe on the Talenti website. It looks quite tempting! And don't forget, next time you take a pint of gelato out of the freezer, let it sit on the counter before you dig in.



If one were to make a blanket statement that could hold true for most people in the world, it might be...everybody loves ice cream! Well, maybe not EVERY single person alive, but pretty close. We know, of course, that our bodies, and taste buds have evolved to crave sugar, but the simple science behind the affinity for this cold, sweet and velvety confection maintains that it's the perfect combination and unique preparation of sugar, fat, frozen water and air that makes it so seductive. Researchers can actually see our brains rewarding us with the feel-good chemical dopamine when we eat ice cream. Scientists have found that just a spoonful lights up the same pleasure center in the brain as winning money or listening to your favorite music. It really does make you feel happy!

Ice cream is delicious, but it also conjures up happy memories of balmy summer evenings, sharing good times with friends and family, or the anticipation you felt as a kid running to meet the ice cream truck dinging its way down your street. Some folks have nostalgic recollections of summer trips to the lake, the mountains, or the beach when ice cream was the dessert of choice. A favorite memory of mine is walking to the ice cream shop with my parents on a hot summer evenings. My dad's favorite was black walnut, my mother preferred butter pecan, and I inevitably chose butter brickle. Those were happy times.

The transient experience of eating ice cream is, to some, nothing short of a miracle. Once it's out of the freezer its existence is fleeting, but a lot of ingenuity and hard work have gone into the development of this marvel.

The origins of ice cream are embedded in the distant past. Persia, now modern-day Iran, has been making the frozen treat for the last 2-3,000 years. "No way! Where did they get the ice?" you ask. Good thing you did, because there is an astounding answer to this question. People harvested ice and snow as early as 1000 BC (written evidence shows that ancient Chinese, Mongolians, Jews and Romans did so), but how did desert dwellers of that long-ago time make ice for refreshing summer drinks and desserts? Have you ever heard of the Iranian yakhchal (meaning ice pit in Persian)? It is a building made using a special mortar called sarooj, composed of sand, clay, egg whites, lime, goat hair, and ash which acts as an insulator. The dome-shaped structure has a deep hole coming from the top into the center, which leads to an underground storage space used to store ice, which naturally formed during the winter. However, these ingenious structures could also freeze water in the summer! It's all about physics. Once water is captured inside the yakhchal, it is able to freeze because of the extremely low temperatures created inside this unique building design. The hole in the center allows cold air to enter and make its way down to the subterranean pit where water is stored. The yakhchal is also designed to release any hot air present that would inhibit the freezing process. The insulating materials ensure that the inside remains much cooler than the temperature outdoors. This brilliant invention was just one of a number of innovative ways that the ancient Persians handled the challenges of extreme desert life and made it a more habitable place to live, long before modern technology.



We know that Alexander the Great (born 356 BC) had a fondness for snow and ice flavored with honey and nectar and, during the Roman Empire, Nero Claudius Caesar enjoyed snow laced with fruit and juices. There is speculation that Mongolian horsemen may have invented ice cream, when they carried the rich cream of mare's milk in containers made from animal intestines as provisions on long journeys across the Gobi Desert. As they traveled, the cream was rocked and shaken, while sub-zero temperatures caused it to freeze. In fact, Kublai Khan, emperor of the Mongol empire in the 1200s, relished his ice cream.

Marco Polo, the Italian merchant and explorer, returned to Italy from the Far East in 1295 with a recipe that closely resembled what we now call sherbet. Historians estimate that this dish evolved into ice cream, as we know it today, sometime in the 16th century, probably appearing all over Europe at roughly the same time. Good food travels fast! As you might imagine, ice cream was first enjoyed by the privileged class. It wasn't until 1660, when the Parisian Café Procope made it available to the general public.

Ice cream was brought to America by European settlers. The first mention of which was in a letter by William Black, a visitor to the house of Maryland Governor Thomas Bladen who served "some fine ice cream." The founding fathers and mothers of the United States also ate it. Thomas Jefferson had his own recipe and Alexander and Betsy Hamilton served it to George Washington who, apparently, really embraced the habit. It's good to report that ice cream soon became affordable and available to most people in relatively short order. Eventually, as we know, it became a national dish! Ice cream machines, ice cream factories, industrialized ice harvesting all came together to make the desirable dish within reach of many more folks.

Up until the middle of the 19th century, making ice cream was arduous work. Firstly, all the necessary ingredients would be added to a container which was itself inside a bucket of salt and ice. The cook would then shake the container up and down by hand, while also beating the cream and scraping the frozen mix from the sides. It took hours of this manual exertion to make ice cream! Thankfully, in 1843 the world's first mechanized ice cream maker was developed by two individuals on each side of the Atlantic. Both gadgets employed a hand crank that turned a paddle inside the container, which churned and scraped the mixture while it froze.

In 1851, Pennsylvania Quaker, Jacob Fussell, switched from delivering dairy products in Baltimore to create the world's first ice cream factory. He was soon head of a formidable ice cream empire, with factories up and down the eastern seaboard. It's been said that Jacob did more than anyone else to kick start the American love affair with iced cream. There's a lot more to this story, but space dictates that we end here. Nevertheless, maybe you've been inspired to indulge in the sweet, summery pleasures of ice cream with new appreciation and enjoyment.

# I Scream, You Scream, We all Scream for Ice Cream



## Straus Family Creamery

Straus Organic Super Premium Ice Cream is crafted with premium organic milk and cream. It's gluten-free and contains no preservatives, fillers, artificial ingredients, or coloring agents. Super Premium means that Straus Ice Cream has less air and a higher butterfat content, with an exceptional dairy taste. As close to hand-churned as you can get, without the churn! Enjoy it year-round in a bowl, cone, or straight out of the carton! It also makes the very best milkshakes you can imagine! Purchase this tasty indulgence at the Co-op in seven flavors, all organic: Vanilla Bean, Dutch Chocolate, Strawberry, Cookies & Cream, Mint Chip, Coffee, and Vanilla Fudge Swirl. Mmmm!

Kelsi with her favorite Straus flavor, Dutch Chocolate. Aside from its luscious taste, she likes that it contains just five ingredients and no artificial ingredients...."it's super clean!"

## Alden's Ice Cream

Based in Eugene, Oregon, Alden's Organic (like Straus and Alec's) sources all their milk and cream from organic farms where cows can graze and are well-cared for by their farmers. They have constant access to the outdoors, including shade, clean water, fresh air and direct sunlight. One of the lesser known facts about the USDA Organic Program is that it requires all organic cattle to have free access to pasture during the entire grazing season. For the remaining days of the year, cows must still have access to the pasture, as long as there is no extreme weather present. In addition, organic livestock must be fed certified organic feed and any pastures, and plant-based bedding (such as hay) must be organically grown and processed.

You'll find Alden's Ice Cream to be a refreshing dessert of the highest quality. The Co-op carries Vanilla Bean, Chocolate and Strawberry in 1.5 quart containers and super-yummy Orange Cream Bars, Fudge Bars, and Old School Vanilla Ice Cream Sandwiches.



# GRAB'N'GO

## Summertime Classics



by Carolyn Smith



Intern Aiden preparing the Deli's tuna salad.



Intern Ariceli busily stirring the Deli's chicken salad.

It's not surprising that some of our most popular Grab 'n' Go offerings are the summertime classics: tuna salad, chicken salad and egg salad. They are light and fresh comfort foods and the perfect combination of creamy and crispy. Made with a few simple ingredients, these salads are as versatile as they are delicious. They can be served in a sandwich or wrap, on top of a green salad, stuffed in avocado halves or just eaten right out of the container.

These salads are variations on a theme. The star ingredient is combined with a creamy spread such as mayonnaise or Vegenaise, chopped onion, and celery and then other ingredients are added to suit one's fancy. We choose to use Vegenaise, a delicious vegan alternative to mayonnaise. It is egg and dairy free and a bit lighter and healthier than mayonnaise, containing less saturated fats and almost no cholesterol and we can use it in all of our vegan and vegetarian offerings as well.

Our chicken salad is flavored with curry, our egg salad with dill and our tuna salad with lemon zest, but it can be fun to mix it up with other spice blends and herbs. Tarragon is great with egg and chicken, curry is also good in egg and tuna salad and Cajun seasoning works with all three. Create and enjoy your own salads this summer. Of course in our mild New Mexico climate they are perfect year round and always available in the Co-op Grab 'n' Go cooler.

Two students from Silver High School are interning in our Deli kitchen this summer as a part of the Prostart Culinary Program. They are each working 25-30 hours a week, which gives them lots of valuable time to experience food prep in the Co-op's Grab 'n' Go. Emmarie Flores is the teacher for the program at Silver High and explained that recent funding, received from an Innovation Zone Grant, enables students in an internship position to gain experience in actual food service settings in our community that will help them along their career pathway. Our two interns Araceli, senior, and Aiden, junior, are getting a great training experience here, as well as making an important contribution to our Deli.

### Southern Style Egg Salad

5 dozen boiled eggs  
1 bunch celery  
4 red bell peppers  
¼ red onion  
2 Tablespoons dill  
1 Tablespoon salt  
1-1/2 cups Vegenaise

Boil Eggs. (We use an Instant Pot: place 2 cups water in the bottom of the pot, place basket in the pot and lay all of the eggs in the basket, set on pressure for 5 minutes and then slow release for 5 minutes)

Cool eggs in a pot in cold water.

While eggs are cooling, dice celery, red bell peppers and onions and put in a large bowl. Stir in dill and salt.

Chop up eggs and add to vegetable mix and then stir in Vegenaise.

Enjoy!

## Typing Underwater

Saran Wrap over keyboard and the slangy sun ripples and distorts, but I don't have to see, I make poems by feel, Levertov and Stafford are dead, I met them by feel and by feel I go on.

Back when I was young, I had two teachers who are famous in American poetry: Denise Levertov and William Stafford. Ten weeks with each of them changed my life. In the beginning I rode on the wave of what they gave me, and then I began to swim against it. They were too good not to listen to, but so powerful that to get too close would have meant to be absorbed. I don't know if this is a successful poem. I never do. As I said, I write by feel.

The Saran Wrap, by the way, is a good way to keep dust out of your keyboard. I tried it after having to replace mine. A regular dust cover is good, but it only works when you're not using the keyboard.

by Richard Allan Stansberger



# The Treasure of a Whole Organic Chicken!

*by Mary Ann Finn*



I look forward to preparing a whole organic chicken and the many ways that it will feed me in the following week and beyond. My husband and I get a kick out of calculating the number of meals that we can squeeze out of one item, such as an organic chicken. Sometimes we calculate the monetary value, other times we just bask in the glow of our frugal success.

The planning starts with choosing a sunny day, so that the chicken can cook in the sun oven over most of the day. The chicken could be baked in a regular oven as well. (But the first frugal success is cooking the chicken with free energy.) Giblets that may come with the chicken are removed before the chicken is cooked and can be boiled on the stovetop. (These are a treat for my husband.) I season the chicken inside and out with salt and pepper and fresh sage from the garden. I place it in a granite-ware covered pot and put it in the sun oven. After several hours, the chicken exudes a rich broth which I pour into a glass container and put in the refrigerator. The fat will separate from the broth and can be saved to make potato kugel. The broth can be used right away to make gravy or soup or can be frozen for future use. (This is wonderful to have on hand in cold and flu season.) The chicken then continues to cook in the sun oven until the meat is falling off the bone and very tender. I cook it breast side down to keep the breast moist. When done, I place the chicken on a platter for 10 to 15 minutes to rest before carving.

Day one is a roast chicken dinner with sides. Some chicken is set aside for a neighbor who doesn't cook much anymore. After dinner, I separate the meat from the rest of the parts. The meat goes into the fridge for meals over the next few days. The other parts, bones/tendons/skin go into the pressure cooker with some water to be turned into bone broth. I bring the pressure cooker up to pressure and simmer the broth for 1-2 hours. I let it cool a bit and then strain the broth into a glass container and put it in the fridge overnight. In the morning, I can remove the fat that has separated and then use or freeze this broth.

Having cooked chicken on hand makes meal prep for the next few days very fast and easy.

Day two might be chicken on top of a green salad or chicken salad. Chicken salad can be easily made with some celery, mayonnaise, pistachios, raisins and curry flavoring.

Day three might be chicken tacos or sandwiches. The variations are unlimited here.

Depending on the size of your chicken, the size of your family and the size of your appetite, if there is any leftover chicken by this time it can be frozen and saved for your next chicken soup.

During our most recent chicken cooking escapade, at the end, I used all the broth to make albondigas soup. It was rich and delicious.

That all adds up to at least seven meals with broth in the freezer for a rainy day or your next cold.

An added frugal tip is to buy your whole organic chicken during Member Appreciation Days to get your 10% discount.

Don't forget to look for the wishbone, dry it out and make a wish with someone special!

# Staff PICKS

## Say Hello to Jordan!

Like all our Co-op staff, Jordan, who recently joined the team, has an interesting life, some of which he shares with us here. He's been hired as a cashier, but is "often found stocking grocery, dairy and any section that needs an extra hand." We'll just let him answer our questions directly.

***What are your favorite activities when you're away from work?***

"When I'm away from work, I enjoy playing with my dog, Rio. He's a large pit bull-boxer mix with a heart of gold. We usually walk for at least an hour every day, either at Dragonfly Trailhead or Fort Bayard. If I'm not out walking Rio, I'm probably just hanging out at home with my partner, Ezra."

***Can you share something surprising about yourself?***

"Despite having nothing to do with my studies in school, I have a surprising amount of knowledge about arthropods. I was excited to finally see a live vinegaroon shortly after arriving in Silver City two years ago. Unfortunately, it was less exciting for poor Rio. He received a snout full of vinegar spray for getting his nose a little too close!"

***What is your current favorite product at the Co-op?***

"I love the oatmeal chocolate chip cookie from Living Harvest Bakery. I think they're best when warmed in the oven, just long enough to soften it up. The nutmeg helps to push the flavor into a place of deep nostalgia for me."

Living Harvest Bakery has been supplying our area with outstanding baked goods since the 90s. Owners Amy and Travis Coffee, along with their children, run a remarkable and enduring family business that includes Three Questions Restaurant and Bakery in Mimbres, NM. Open Tuesday, Wednesday, Friday and Saturday, from 7 AM-12 PM, it is well worth the not-very-long scenic drive for an excellent meal and bakery products.



## Welcome Back Anjelica!

Anjelica has rejoined the Co-op staff! Her family had moved away for a couple of years, but is very happy to have returned to Silver City. Welcome back, Anjelica! She's now working in our POS (point of sale) and produce departments.

All her children are teenagers now, but she still loves spending time with them, especially walking together with their dogs out at the Little Walnut hiking area or popping a big bowl of popcorn and settling in to watch movies. Anjelica loves to cook and bake and will, "bring my kids into the kitchen with me to teach them the recipes that have been passed down to me. We also learn new recipes."

Anjelica's favorite product pick is Sunbutter. As she says, "I absolutely love Sunbutter! Two of my three teens are allergic to tree nuts and peanuts. We have tried many peanut butter substitutions and this was our fave. We use it to make cookies or spread it on bread with some jelly. Yummy!"

Sunbutter is made from sunflower seeds and many people with nut allergies can eat it safely. Interestingly, seeds such as sunflower, poppy, pumpkin and sesame come from plant families that are not closely related to nut-producing trees. That means that they may not have the same allergenic proteins that tree nuts have. Some folks even like Sunbutter better than peanut or almond butter!

The Co-op carries three different Sunbutter flavors: Organic, Natural and Chocolate. None have more than four simple ingredients and are delectably creamy. All flavors work quite well in a variety of recipes, from entrees to desserts. Check out the Sunbutter website for some great ideas.



# OUR CO-OP

by Susan Van Auken

The June *Garbanzo Gazette* contained two messages to the readers, one from our board of directors and one from Kevin Waters, our general manager. Each of these messages contained a little nugget that intrigued me: the use of the words *the*, *our*, and *your*.

Using the words *the co-op* in a sentence implies a neutrality towards the co-op. A greater meaning is implied when using the words *our co-op* as it suggests ownership or a group involvement. The speaker conveys a different feeling and the listener will, hopefully, sense the greater involvement when the word *our* is used rather than the word *the*.

In the message from our board the words *your board* and *your co-op* were used implying that the people reading the article would have some feeling or involvement with the co-op and the directors that were elected. Using the word *your* conveys a similar meaning to using *our*, but assigning connection with others.

In both messages these three words *the*, *our*, and *your* were used in several different ways including: your board of directors, your co-op, our cooperative, our general manager, our sales growth, our plans, our move, the store, the staff, and

the new store. Consider the phrases *our store vs the store* and *our co-op vs the co-op*. There is a difference. Can you sense the greater feeling, caring, and interest conveyed with the word *our*?

Perhaps the “nugget” I recognized in the messages from our board and general manager was the possibility that a general use of possessive pronouns by member-owners in referring to our co-op might help promote greater commitment among us all. If we all truly felt a sense of ownership would more of us actively participate in (or understand) the responsibility of the governance of our co-op, would we be kinder and more appreciative of our hard-working staff, have a greater interest in understanding the finances and the reasons for price increases, or have a desire to actively pay attention to the issues and concerns of our co-op and food co-ops in general?

What wonderful changes might come if all 1891 of us member-owners took this ownership responsibility seriously and truly helped our co-op to survive and thrive in the ever changing future, while maintaining our active commitment to our Vision Statement: Promoting the inherently healthy relationship between, food, community, and nature.

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## How to Choose a Ripe Melon



### Watermelon

Look for a creamy butter-yellow, golden or orange-yellow spot on one side of the fruit. This is where it rested on the ground in the field. Knock on the outside gently. It should sound hollow and vibrate like a drum. This means that the flesh inside is still crisp. Make sure that it is free from blemishes and bruising. It should also feel very heavy for its size.

### Honeydew

Honeydew has a unique property when ripe. The outside skin changes from smooth and hard to velvety and slightly tacky, similar to running your hand on raw, unpolished, silk or suede. This is a result of the sugar content maturing and coming through the skin. Also, the exterior will change from a pale celery green to a warm, yellow-green. It's subtle, but still the best indicator of ripeness for the honeydew. The whole melon should have a strong, sweet smell.

### Cantaloupe

Look for fruits that have a primarily tan or yellow “under coloring.” This means that underneath the rough “netting” on the outside, you see an even yellow color with no green. Cantaloupe that is green beneath its net will not be ripe. Finally, press your thumb gently near the stem end of the fruit. If it has a bit of give, the texture should be perfect. The melon should have a sweet, musky aroma.

### Melon Storage Tips

Store melons at room temperature until ripe and ready to eat. Store a very ripe or cut melon in the fridge to keep it fresh for several days, but it is best enjoyed at room temperature for maximum flavor!

# Aldo Middle-schoolers Tour the Co-op

Recently, we had the opportunity to host several groups of middle-schoolers from Aldo Leopold Charter School for tours of the Co-op who got to learn a little (or maybe a lot) about the place.

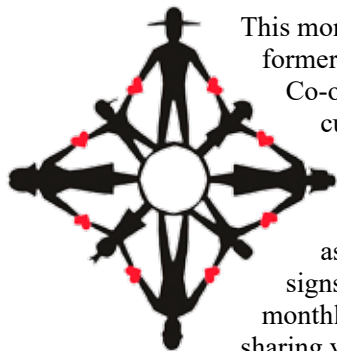
It turned out to be a great opportunity to reflect on why we're here and what we stand for. The resulting conversations with these young people centered on the importance of knowing where their food comes from and how supporting our local growers and producers is beneficial to the entire community.

It was also fun to reflect on a little bit of our local history, from a discussion of David and Susan Berry's house across from the store, to the Co-op's former home on Broadway, to our current location and, of course, our future home on Pope Street. We just keep progressing and, just like that, our 50-year anniversary is coming up next year! I'd have to say that what looked like the most fun to the kids was walking into the cooler and freezer back in the warehouse and visiting the kitchen where we make all that yummy deli food.

And, to the one student who was brave enough to unsuccessfully try a kumquat....way to give your all, kid!



## Muchas Gracias, Dougan



This month, we'd like to thank, Dougan Hales, former and long-time employee at Silver City Food Co-op. Dougan creates original, freehand paper cuts with just a pair of scissors. The resulting small-scale art pieces are remarkably crafted and unique. For many years, two of his eye-catching designs were used as the Co-op's logo, gracing a multitude of signs and the pages of the Garbanzo Gazette, our monthly newsletter. Muchas gracias, Dougan, for sharing your rare and excellent art with the Co-op. Snip on, my man, snip on!





# From Your Board . . .

## Board Candidate Deadlines Coming Soon!

Board election time is quickly approaching, and we are looking for qualified candidates to join our Co-op Board of Directors. It's an exciting time to join the Board as we move forward with plans to relocate to our Pope Street address, plus start to shape our vision following our move. If you want to play a role in defining your co-op's future, now is the time to raise your hand!

Directors volunteer their time to act on the co-op membership's behalf to provide long-range visioning, ensure the protection of the co-op's assets, hire and monitor the general manager using policy governance, and ensure that the purpose and mission of the Co-op are always considered in our decisions.

In addition, elected board members serve on two of four committees during the duration of their term: Board and Manager Evaluation Committee, Finance Committee, Member Connect Committee, and Election Committee.

### How are directors elected?

Co-op member-owners elect directors once a year, with this year's election scheduled for October 9-22, 2023. The length of terms is staggered to maintain experienced directors on the board at all times, and to ensure adequate training for new directors. This year, an election will be held for four positions – three for three-year terms and one for a two-year term.

### Board director candidate requirements:

- Be at least 18 years of age.
- Be a Silver City Food Co-op member-owner, in good standing, for at least 90 days prior to the end of the voting period. NOTE: Household members who are not the member-owner who signed the share certificate are ineligible

### Qualities needed in board candidates:

- Have or be willing to acquire regular email and internet access for communication purposes.
- Be able to attend monthly meetings and an annual retreat.
- Need to be team-oriented and reliable co-op members with varying backgrounds who are ready to serve the Co-op.
- Experience with business, cooperative models, prior board work, human relations, food industry, finance, real estate, technology, or state law is helpful.

### Candidate statements and the election process

Each candidate will be asked to submit a candidate statement up to 350 words explaining their qualifications and interest in joining the board. Candidates will also go through an interview process with election committee members. Candidate statements, Q and As and photos will be publicized prior to the election to assist members with their vote selection.

### When is the deadline for the board director election?

Submission deadline for candidate statements is August 15, 2023. Board directors will review and recommend candidates who meet the requirements to the membership. Candidates who submit statements after the deadline date, or who do not get

board recommendation, may be a "write-in" candidate on the ballot with a petition of 5% of the current active membership. Deadline for write-in candidates is Sept. 10, 2023.

There is a lot of diverse work involved in a well-functioning board, so the more diversity and enthusiasm on our Board, the more holistically we will provide direction and guidance for the Co-op. Help us in our Co-op's important role of providing healthy and fair food to our community. If you find yourself interested, visit the Board link on our website, reach out to one of our board members or send an email to:

[elections@foodcoopboard.org](mailto:elections@foodcoopboard.org).



David Burr  
President



Shanti Ceane  
Vice President



Sandy Lang  
Secretary



Jane Spinti  
Treasurer



Leo Andrade



Kristina Kenegos



Paul Slattery



Tuan Tran

## Board Meeting Schedule

The SCFC Board of Directors meets the fourth Wednesday of each month at 907 N. Pope St. 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

David Burr *President*

Board Term: 2021-2023

Shanti Ceane *Vice Pres.*

Board Term: 2018-2024

Sandy Lang *Secretary*

Board Term: 2022-2024

Jane Spinti *Treasurer*

Board Term: 2023-2025

Leo Andrade

Board Term: 2022-2023

Kristina Kenegos

Board Term: 2023-2025

Paul Slattery

Board Term: 2022-2024

Tuan Tran

Board Term: 2020-2023

*Our email address:*  
[board.scfc@gmail.com](mailto:board.scfc@gmail.com)



# July

## Members Only Specials

### July 1 - July 31

### 20% OFF! listed prices



**Clawson**  
Blue Stilton Cheese  
5.29 oz  
reg \$8.09



**Hummingbird**  
Medjool Dates  
reg \$9.99#



**Buenatural**  
Red or Green Tamales  
18 oz  
reg \$8.89



**Preserve**  
Triple Razor  
Refills  
reg \$7.39



**Preserve**  
Triple Razor  
reg \$7.49 ea



**Dean's Beans**  
Uprising  
reg \$16.99#



**Bull Dog**  
Shave Gel  
5.9 oz  
reg \$7.99



**30% off**

**Herbal Medicine**  
Deep Sleep  
60 soft gels  
reg \$33.99



**30% off**

**Natural Balance**  
Happy Camper  
60 caps  
reg \$19.99



**30% off**

**Garden of Life**  
Raw Organic  
Protein Powder, Chocolate  
24.69 oz  
reg \$42.99

### Continuing

**20% OFF!** *Members Only Special*

**African Baskets**  
Various  
• sizes •  
• shapes •  
• prices •



### Co-op Deals

flyers  
available

on our website

[www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)  
and at the front of the store

