



Silver City Food Co-op Garbanzo Gazette

Volume 24

❖ Your Monthly Newsletter ❖ January 2024

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

Regenerative Agriculture 101

by Carolyn Smith



The **Green Revolution** of the 20th century dramatically increased yields of cereal crops and fed many more people across the planet, but at a great cost to the environment and today's food supply. Based on new hybridized varieties of seeds that required more water, fertilizer and pesticides to grow, and mono-cropping that enabled the use of large expensive equipment to streamline the process of planting and harvesting, this new model led to the degradation of arable soils, pollution of water, soil and air, loss of wildlife habitat, loss of seed varieties that were adapted to specific locales and serious health issues, including death of farm workers due to poisonous pesticides. In addition, we became more dependent on fewer folks to grow our food as so many farmers could not afford the expensive seeds, inputs and equipment and went out of business.

In developed countries, industrial farming is still the dominant agricultural model and dependency on expensive seeds, fertilizers and pesticides is greater than ever. Due to the poor land management practices of this model, once rich, living soil has been turned into lifeless dirt. The United States alone is losing topsoil at a rate 10 times faster than nature's ability to replenish it. Drylands, defined as arid and semi-arid zones where water resources are scarce, now cover about 46% of the earth's surface, 9% of which are facing severe desertification. In the last 40 years, the world has lost about 1/3 of its arable land and scientific estimates suggest that if this trend continues, all of the world's topsoil could be gone within 60 years.

In addition to this dire news, the Food and Agriculture Organization (FAO) reports that agriculture is the second largest source of greenhouse gas emissions, accounting for 11%. If we are to survive and thrive, we need to change the way we are living our lives, doing business and growing our food.

The good news: a better agricultural model is gaining traction around the world. Labeled as regenerative

agriculture, this model combines knowledge gained from observing natural systems in balance, best practices from past and current agricultural traditions and recent scientific knowledge, discoveries and techniques to provide a template of agricultural practices that mitigate the effects of climate change, help restore biodiversity, and reduce water use, soil erosion, and pollution.

Based on the principle that healthy soil plays a vital role in protecting the air we breathe, the water we drink, the food we eat, and even our climate, regenerative agriculture incorporates holistic farming systems and a variety of agricultural management practices that work in alignment with natural systems to focus on improving soil health by moving carbon from our atmosphere back into our soils to help create greater diversity in the underground food web.

Plants harvest carbon and water from the soil and air and light energy from the sun. In this process known as photosynthesis, plants use the sun's light energy to convert water and carbon into oxygen and glucose. Oxygen is released into the air and glucose is sent into the soil via plant roots where it feeds the soil microbes. In turn, microbes provide plants with nutrients like potassium, iron, calcium, and others that help them grow and stay healthy, ultimately providing nutrient-dense food for animals and humans.

Principles and Techniques of Regenerative Agriculture

• **Cover cropping/permanent pasture:** The goal is to keep the soil covered with vegetation by planting cover crops, or with natural mulch and/or keeping land as permanent pasture. Planting crops during harvest time or in between rows of permanent crops in soil that would otherwise be bare after a crop is grown and harvested keeps living roots in the soil, reduces

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1890 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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judith@silvercityfoodcoop.coop

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by Kevin Waters
General Manager

Several customers have expressed curiosity about the big ol' hole present at the Pope Street location for a while. While I eventually get around to the actual reason, it is difficult for me not to take the opportunity to start with some creative alternatives. Such as:

- It's for a Hobbit themed restaurant
- It's for an underground parking garage for employees
- It's the swimming pool for the new community recreation center

In actuality, the reason is pretty boring (pun intended). A below ground soil sample taken down to 25 feet back in 2022 raised some questions about the suitability of the soil for the foundation needed for the new construction. The new construction is required to be about 2 1/2' above the level of the existing floor, that's a big concrete pad. Engineers recommended over-excavation, replacement of the excavated soils, and the use of geo-grid mesh at different levels for soil stabilization. Eventually, the hobbit hole will just be the foundation for a metal building.



Budget concerns resulted in a total re-evaluation of a big expense. The lighting package. This looks like it should do the trick, eh? Saves us a ton of money!w



This will be replaced by an automatic, sliding glass door set. "Shut the front door!"



Number one rule of getting out of hole: Stop Digging!



Just imagine Gini here at our new customer service desk.

"If you'd like to step over here, I can help renew your membership at customer service . . ."

"Nah, I'll just stay here in line" said no one ever.



One suggested budgetary savings idea: have only one employee restroom, since we have two other public restrooms. This idea went down with employees like an iPhone in a toilet bowl. Two employee restrooms, as requested.



Meet the new dirt, same as the old dirt. Well, technically, not true. Only soil engineers or Scott Zager can tell you the difference though.



Kevin says, "Dibs on the corner office!!"



- | | |
|---|--|
| <i>Judith Kenney</i>
outreach/GG | <i>Eva Ortega</i>
produce |
| <i>Kate Stansberger</i>
supplement buyer | <i>Gini Loch</i>
cashier/stocker |
| <i>Jake Sipko</i>
produce manager | <i>Jalyn McClain</i>
Human Resources |
| <i>Carol Ann Young</i>
GG/office | <i>Kelsi Cunniff</i>
cashier/stocker |
| <i>Becky Carr</i>
dairy buyer | <i>Jaylene Chacon</i>
cashier/stocker |
| <i>Marguerite Bellringer</i>
finance manager | <i>Isaiah Muñoz</i>
utility |
| <i>Doug Smith</i>
grocery buyer | <i>Doug Walton</i>
deli manager |
| <i>Tinisha Rodriguez</i>
HABA buyer/POS | <i>Steve Buckley</i>
utility |
| <i>Mike Madigan</i>
operations manager | <i>Bailey Young</i>
utility |
| <i>Joy Kilpatrick</i>
receiver | <i>Anjelica Anaya</i>
utility |
| <i>Judy Kenneally</i>
deli | <i>Sarah Lynn</i>
utility |
| <i>Vynce Bourné</i>
bulk buyer | <i>Arissa Chavez</i>
deli |
| <i>Kevin Waters</i>
general manager | <i>Beth Jabs</i>
utility |
| <i>Andrea Sandoval</i>
cashier/stocker | <i>Ila Rose Duffy</i>
utility |
| ❖ ❖ ❖ | <i>Donna O'Donovan</i>
utility |

Kitchen Meditations

Winter

Spaghetti Squash w/ Tetê de Moine Cheese

Ingredients:

- Spaghetti squash (one or several)
- Rosettes of Tetê de Moine
- Dried cranberries
- Walnuts, roasted *
- Fresh arugula
- Chervil or other dried/fresh herbs
- Extra virgin olive oil and balsamic vinegar, to taste
- Salt and pepper, to taste

Directions:

- Halve the spaghetti squash lengthwise and remove the seeds.
- Add some water to a roasting pan, so the bottom is covered, and place the squash halves in the pan, skin side up.
- In an oven preheated to 400°F, bake the squash for 30-45 minutes, until it becomes tender. While the squash is baking, prepare the other ingredients.
- Take the squash out and place the halves on individual plates. Using a fork, scrape the golden, yellow flesh of the squash until it forms spaghetti-like strands.
- Gently add all the following ingredients to the squash, starting first with the cheese and arugula, followed by the walnuts and cranberries. Add the dried or fresh herbs. Then, carefully add a quick sprinkle of olive oil and balsamic vinegar. Lastly, season to taste with salt and pepper. Serve immediately.

Roast walnuts ahead of time. Preheat oven to 310°F. Spread nuts on a baking sheet and cook for 5-10 minutes, stirring a couple of times and watching carefully to prevent burning. It takes less time than you'd think.

Young Thai Coconut Smoothie

Ingredients:

- 1 cup young Thai coconut water
- Flesh from one young Thai coconut
- 1 teaspoon coconut oil
- ½ cup fresh or frozen mango chunks
- ½ teaspoon pure vanilla extract
- 4-6 ice cubes, optional

The Add-ins:

- ½ cup fresh or frozen blueberries
- ½ tablespoon cacao powder
- 1 tablespoon chia seeds or chia seed gel
- 1 serving of your preferred protein powder

Method:

Put all ingredients into your blender and blend for anywhere from 30-45 seconds, or until the desired consistency is reached.



Cinammon Baked Pears

This recipe uses just 5 ingredients!

- Pears
- Maple syrup
- Coconut oil or butter
- Cinnamon
- Nutmeg

How to make baked pears:

Your kitchen will smell insanely good and the end result is super impressive.

- Melt butter or coconut oil and whisk with the maple syrup, cinnamon and nutmeg.
- Halve the pears from stem to bottom.
- Scoop out the seeds and the core.
- Place the pears skin side down in a baking dish.
- Drizzle the maple syrup mixture over the pears.
- Cover the dish tightly with foil and bake for 40-75 minutes, depending on the ripeness of the pears.
- Pears are done when you can easily pierce with a knife. They should be soft, but not mushy, and the syrup should be lightly caramelized and thickened.
- Let rest for 5 minutes and serve.

Experiment with different baking spices, such as cardamom and nutmeg. Dollops of whipped cream or Greek yogurt are a yummy finishing touch at the end. You can even add a sprinkle of nuts.

Immune Boosting Tea

Enjoy this health-supporting tea from Easy Healing Drinks from the Wisdom of Ayurveda

by Amadea Morningstar

Takes 15 minutes and makes 2 cups.

2¼ cups water

½ *teaspoon each:*

- Whole cumin seeds
- Whole coriander seeds
- Whole fenugreek seeds
- ¼ teaspoon turmeric powder
- 1/8 teaspoon ground cinnamon or cardamom
- 1 stick of astragalus root (optional)
- 1 thin slice of ginger, chopped

Bring the water to a boil in a stainless steel pot. Add all the spices, Simmer ten minutes or more. Strain. Drink 2 cups per day, with love.

Effects: calms Vata and Kapha, neutral for Pitta

This drink supports: digestion, plasma, blood, female reproduction, and ojas.

Comments: Astragalus is excellent for the tail end of a flu or as prevention. Skip it, though, if you are in the early stages of an acute infectious state.

Jake's January Produce Picks

Anjou Pears

Anjou pears have a mild flavor and a firm texture, while still being sweet and juicy. They will drip if you eat them out of hand, so be sure to have a napkin ready! Anjous can be green or red, but the color doesn't indicate any major flavor or texture difference and they can be used interchangeably in recipes. Look for Anjous that feel heavy for their size, with bright taut skins and a relatively firm texture when lightly squeezed with the palm of your hand. Red Anjou Pears are almost exactly like Green, but with a strikingly, glorious rusty, red color. Anjou will continue to ripen after being picked and they ripen from the inside out. They'll take about three to five days at room temperature at home to come to perfection. After that, store them in the fridge to slow the ripening process down.

Thought to have originated in the mid-19th century, in Belgium, they are named after the Anjou region of France. They're a delight to consume and to prepare. Simplicity is best and most delicious.



Young Thai Coconut

Young Thai coconut is a refreshing and hydrating tropical fruit. It has a green outer shell and a soft, nutrient-rich flesh. Harvested directly from the tree before they have matured, usually after about seven months, they contain sweet, soft, jelly-like meat and juice inside, usually to be eaten raw. Many folks choose young coconuts because of their health-giving properties, being a great source of calcium, carbohydrates, iron and fiber. The water inside the meat is a high source of essential minerals. Both the meat and water of young Thai coconuts are a rich source of antioxidants, which are known to reduce inflammation in the body and to prevent oxidative damage. Among its important nutrients are zinc, copper, manganese, and selenium. Its electrolyte-rich fluid is useful during or after an intense workout.

The water is similar in structure to human blood plasma and was used in World War II for emergency intravenous hydration to wounded soldiers. As you might expect it is an excellent blood purifier, with anti-inflammatory and anti-microbial properties. It's good for heart health, too!

Young Thai coconuts are best known for their delicious, healthful water, but also contain a little meat. You can make a coconut milk by blending the two together, which is perfect for smoothies.

Becky's January Dairy Pick

Emmi Tetê de Moine Cheese Rosettes



Gouda, Feta, Swiss, Brie!
Our newest employee,
Donna, is a true cheese lover.
Welcome aboard, Donna!

Have you heard of a girolle? Invented in 1981 (quite a new development), it is a sort of a spinning knife with a big wheel of dairy beneath it and it makes cheese more fun! It's French, of course, and also sometimes called a cheese curler. It shaves the cheese off from the top to create lovely rosettes, delicious and fancy, for garnishes or as part of a festive cheese board. The scraping technique increases the surface area and exposure to air, changing the structure of the cheese, allowing the aromatic, gently nutty flavor to bloom and develop to its fullest.

Fortunately Silver City Food Co-op shoppers do not have to invest in a girolle to enjoy the fun and tasty perfection of cheesy florets. Our cheese buyer, Becky, is now carrying Emmi Tetê De Moine Cheese Rosettes from Switzerland, - and they're just as good as if we created our own! Made from cow's milk, it is a tangy, semi-hard cheese that is aged on spruce planks and, then scraped into fine rosettes using the girolle. The bold taste pairs well with vibrant foods and drinks, including smoked and cured meats, along with full-bodied wines. It also balances nicely with sweet and tart palate cleansers such as apples and pears. One particularly enticing suggestion is to dip the little rosette petals into balsamic vinegar, like painting them red.

January 1 - January 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 November Service.

Jane Papin • Tammy Pittman
Sue Childers • Tim Garner • Mary Ann Finn
Chris Jepson • Monica Rude



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.

Round Up for January

Border Partners

Our mission is to empower residents of border communities to improve their access to food, shelter, clean water, health services, education and economic security.



November Round Up \$1390.00

The Bike Works

The Round Up donations will be used to promote and build our Earn-A-Bike Program. Earlier this year, we hired Hawk Fugagli to lead our Earn-A-Bike program, which is fitting because he is a graduate of the program, having built seven bikes!



Many families in our community lack the resources we have for things that many families consider basic. One of those things is a bike for the kids of the family. For years, we simply gave bikes to kids, but realized that those bikes were not taken care of and respected. As a solution, we developed our Earn-A-Bike program to encourage kids to volunteer on a path to bike ownership. Kids put in some "sweat equity" and come out with a bike and the knowledge and resources (our shop) to fix it.

Round Up for February

Disabled American Veterans

The Grant County Fort Bayard Chapter 1 of the Disabled American Veterans is dedicated to a single purpose: Empowering veterans to lead high-quality lives with respect and dignity. This mission is carried forward by extending DAV's mission of hope into the community and providing a structure through which veterans can express their compassion through a variety of volunteer programs.



Customer Change for Community Change!

Silver City Recycles

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



Recycling drop-off times for January Two Saturdays, the 13th and the 27th, 10am - 12noon

To reduce congestion, please approach the drop-off location from Texas Street via Broadway.

Bring a healthy dose of patience, too! Our volunteers are unloading as quickly as possible, but wait times vary. Bring a book, music, podcast or a good friend to keep you company!

For more information:
<https://silvercityrecycles.org/>
silvercitynmrecycles@gmail.com or: www.t2t.green

SWNM Seed Library

Seed to Seed: Let Us Grow Lettuce

The SWNMSL will teach a series of classes, in 2024, on growing lettuce and saving seed from lettuce, so we can develop an inventory of locally grown lettuce. We also plan to involve multiple organizations to expand this project into schools, churches, civic groups, etc.

Do you have locally grown lettuce seeds you can share for this project? We need volunteers to do outreach or networking, put up flyers, and helpers in the classes. If you want to help with this year-long project in any capacity, please contact janna@wildrocketgardens.com.

Seed Donations

If you have previously donated seeds, MANY THANKS! We accept collected seeds at any seed library location. Please include as much information about the seeds as you are able: your name and contact information, seed common and scientific names, when and where they were harvested, original source, and the special story notes. For more information, please contact csjepson61@gmail.com.



DOUBLE UP FOOD BUCKS™

½ OFF
Local Produce
everyday
with your EBT card



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

Give Yourself
the Gift of

The
Daily Dharma

Insights.LotusCenterSC.org



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



GOT GUAC ?

Gobal Marketing of a "Good Fat"



by *Monica Rude*

In recent years we have become increasingly aware of the health benefits of avocados and more Americans are eating them. Avocados are a good source of dietary fiber (more than bananas) and monounsaturated fats which have been shown to improve skin elasticity and to change the composition of the gut's microbiota, according to a 2021 clinical trial published in *The Journal of Nutrition*. These "good" fats can help reduce "bad" cholesterol, lowering risk of heart disease and stroke. Additionally they are sodium-, sugar-, and cholesterol-free, zero glycemic, and contain nearly 20 nutrients, including vitamins, minerals, and phytonutrients.

Avocado toast has become a mainstay in the American diet and is now offered in many restaurants. And don't forget Super Bowl Sunday, the Second Highest Day of Food Consumption when over 100 million pounds of avocados are consumed every year, 75% from Mexico, the rest from Chile. Since the '90s, Avocados From Mexico have become a major advertiser at this huge sports event watched by nearly one-third of the entire nation. This started shortly after the NAFTA agreement began allowing floods of avocados from Central and South America to enter the country in winter (off season for California avocados).

Global marketing has been largely responsible for this increased awareness and associated increased sales. One company especially, Avocados From Mexico, has led the way in this promotion. Two organizations representing growers, packing houses, and importers created a unique company charged with the dual responsibility of promoting a brand for Mexican avocados and growing the demand for the precious fruit throughout the US. Since then, the company has taken a unique and innovative approach to establishing Avocados From Mexico as a top US avocado brand by delivering creative ways to not only fuel America's appetite for healthy eating, but by also significantly contributing to the economy through thousands of newly created jobs and billions of dollars in economic output, according to their website. Today, 80% of avocados consumed around the world and 95% of avocados eaten in the US are Hass and are imported from Mexico.

BUT WAIT – hold that guac for just a minute!

Illegal deforestation in avocado-growing regions of Mexico is on the rise, the New York Times reports, as chunks of forests are being burnt to make room for the profitable plant. Along with the loss of trees in two avocado-growing states, Michoacán and Jalisco, there's a rise in violence as people try to stop illegal land seizure. Once cartels saw dollar signs in the avocado industry, violence over farmlands erupted, eventually making Michoacán's once docile Uruapan the third-ranked deadliest city in the world in 2020. The Mexican government prohibits forest "land-use change" to agricultural production without express authorization, but a mix of local corruption, criminal influence, and the incentive the cash crop brings have halted enforcement of laws. The total amount of avocado-

driven deforestation in Michoacán and Jalisco over the past decade is 40,000 – 70,000 acres, according to Climate Rights International.org. Indigenous communities have mobilized to protect forests, but they too have been thwarted by violence and intimidation.

As Mexico's avocado production continues to expand, so too will the deforestation, unless steps are taken to preclude avocados grown on deforested land from being exported. Activists have proposed Mexico, the United States, the European Union, and other countries that produce, export, and/or import avocados should adopt regulations to preclude access to the marketplace for avocados produced as the result of serious violations of environmental or human rights standards to ensure they are not sourcing avocados from orchards containing illegally deforested land.

BUT - it's not just the avocado industry with these problems. Globalization of food has been around for a long time, it's just massive now. Take pineapple in Costa Rica, for example.

James Dole started a pineapple canning factory in Hawaii in 1901. He was savvy to the power of advertising. With the combination of ideal growing conditions, the consolidation of cultivation and production and advertising that asserted the superiority of Hawaiian pineapple over all competitors, Hawaii soon dominated the canned pineapple trade. By 1923, Dole was the largest pineapple packer in the world. Dole's Honolulu cannery closed in 1991 and competitor Del Monte moved production to Costa Rica. Pineapples need large amounts of 16 different types of pesticides applied repeatedly, which sterilizes soil and eliminates biodiversity. The chemicals are dangerous for the environment and human health. "This is an industry built on environmental degradation and poverty wages," according to an article in *The Guardian*. The story is repeated in other countries plus banana growers in Costa Rica, Ecuador, Guatemala, Honduras, Nicaragua, and the Philippines. "All the pineapple production has done is generate money for the multinational companies' foreign bank accounts," a worker told a researcher. "Here it only pays wages too low for people to live on and destroys our environment. This is not development. If anything, it is going backwards."

Here in the US vast swaths of almonds, pistachios and mandarins are grown in California, taking precious water from small growers & even municipalities, for affluent western consumers.

And it's not just food but every natural resource is being commodified, as in the Democratic Republic of the Congo where forced evictions and destruction of villages is taking place as companies seek to expand industrial-scale copper and cobalt mining projects for the production of rechargeable batteries for electric cars and cell phones. Lithium for batteries is mined in Australia, Chile and China, for affluent western consumers.



BUT - fear not – innovations will save us - food and beverage company Dole Sunshine has partnered with a London-based company behind the vegan pineapple leather Piñatex—to put the pineapple leaves from Dole farms in the Philippines to use as a base to create colorful, durable, and waterproof vegan leather. The process of creating this sustainable material also offers new income streams for subsistence farmers in the Philippines, saves 264 tons of carbon dioxide from being released into the air from the burning of 825 tons of leaves typically wasted in the pineapple industry. Piñatex has become a popular vegan alternative used by more than 1,000 global lifestyle brands. Hilton Hotels used pineapple leather instead of animal skin when furnishing its first all-vegan suite in London, for affluent western consumers.

Monica Rude lives in Gila where avocados do not grow.



AVOCADO TREE FACTOIDS

- Avocados originated in Mexico 10,000 years ago
- One Hass avocado tree can produce over a million blooms.
- Avocado trees bloom 2-3 times per year with a long harvest season so the fruit can be found in most grocery stores year-round.
- Avocado doesn't begin to ripen until it is picked from the tree.
- Most Hass avocado trees can live 200-400 years, depending on the climate.
- Hass avocado trees typically grow 15-30 feet tall.
- There are over 30,000 avocado orchards currently in Mexico three billion pounds of avocados are produced annually
- Most of these are grown in the Mexican states of Michoacán and Jalisco, where rich volcanic soil, abundant sunshine, and timely rainfall provide an ideal setting for the growth of creamy, tasty avocados.

YUCCA MAGIC!

Former Co-op employee Bella Drissell, a student of WNMU, watches as her sculpture class project sweeps the aisles.



CONGRATULATIONS!

Co-op member Kyle Dawe was the winner of the Love Local \$100 Silver City Food Co-op Gift Card.



FIBER FOR A GOOD NEW YEAR

by Mary Ann Finn

Fiber is a nutritional super star, an amazing health hack. And it could be a good and easy New Year's resolution to add more fiber to your diet, if you need more.

According to the Healthline website, fiber can promote weight loss, lower blood sugar, fight constipation, boost heart health and feed friendly gut bacteria. What's not to like?

The Academy of Nutrition and Dietetics recommends consuming about 14 grams (g) of fiber for every 1000 calories you consume daily. That is about 25 grams of fiber for women and 38 grams for men. Fiber information can be found on the nutrition facts label on prepared foods or online for natural foods like fruits and vegetables that do not come with labels. In my research, I was shocked to find that the USDA Food Composition Databases website is no longer operational. The list at the end of this article is cobbled together from multiple sources.

If you are trying to lose weight, fiber helps you feel full so you can eat less and may help you feel full longer, so you do not snack as much. A large salad, with a base of greens, some other veggies and nuts or seeds can look large for the calorie content and fool your brain into thinking it is very satisfied. Put some protein on top, like meat or fish and it is a full meal.

Fiber helps your bowels to keep moving or can even slow them down, depending on the type of fiber you eat. There are two types of fiber: soluble and insoluble. Soluble fiber works like a sponge absorbing fluid and turning into a gel like substance. Soluble fiber can slow down your bowels if you have diarrhea. Soluble fiber come from the insides of plants and include substances such as pectin. They are present in fruits, vegetables, oats, and barley and may help manage blood sugar and cholesterol levels. Insoluble fiber works like a broom. Insoluble fiber

comes from the outer skins of plants and passes straight through the digestive system. It can help prevent constipation. Examples include bran, celery, whole grains, and seeds.

The Co-op is fiber central to find a wide variety of high fiber foods. You can even try out small amounts by using the bulk bins. Beans, nuts, and whole grains are available there.

Almost every food on the list below is available at the Co-op. As you can see, fiber is easy to find when you know where to look. Here are a few words of caution. If you are a novice, ease your fiber intake upwards gradually, as too much of certain kinds of fiber can cause gas. But if you take it slow, your body should be able to accommodate and manage. Also, know that soluble fiber absorbs fluid, so you need to be taking in enough fluid for it to absorb, or constipation can worsen. (Think of dried out gel. Yuck!)

One of my favorite ways to get fiber into my diet is at breakfast with overnight oats. My recipe is to fill a small jar with 1/4 cup uncooked oatmeal, a heaping teaspoon of chia seeds, a teaspoon of jam, 1/4 cup of almond milk and about 2 tablespoons of full fat plain greek yogurt. I leave it overnight in the fridge and enjoy it the next day with some walnuts, prunes and berries added. I figure this gets me at least 10 grams of fiber into my day and my bowels sure miss it on the days I eat something else. There are many ways to adjust this recipe and make it your own. An internet search will yield many recipe ideas.

Another way to get a good portion of fiber is bean or pea soups. If you are not a cook, canned options are readily available. And peanut butter on whole wheat toast is a fast, easy and delicious way to enjoy fiber. As you can see, I am a very big fan of fiber!

FIBER CONTENT OF FOODS (MULTIPLE SOURCES)

- **Lentils** (1 cup cooked lentils) - 10.7 grams
- **Kidney beans** (cup of cooked beans) - 12.2 grams
- **Split peas** (cup of cooked peas) - 16.3 grams
- **Chickpeas** (cup of cooked peas) - 12.5 grams
- **Black beans** (cup of cooked beans) - 15 grams
- **Edamame** (cup of cooked beans) - 8 grams
- **Lima beans** (cup of cooked beans) - 13 grams
- **Chia seeds** (1 tablespoon) - 6 grams
- **Quinoa** (cup of cooked) - 5 grams
- **Pears** (medium sized) - 5.5 grams
- **Strawberries** (1 cup) - 3 grams
- **Avocados** (1 cup) - 10 grams
- **Oats** (1 cup) - 16.5 grams
- **Apples** (medium sized) - 4.4 grams
- **Raspberries** (1 cup) - 8 grams
- **Blueberries** (3.5 ounces) - 2.4 grams
- **Blackberries** (3.5 ounces) - 5.3 grams
- **Bananas** (medium sized) - 3.1 grams
- **Carrots** (1 cup) - 3.6 grams
- **Beets** (1 cup) - 3.8 grams
- **Broccoli** (1 cup) - 2.4 grams
- **Artichokes** (1 raw globe or French artichoke) - 6.9 grams
- **Brussels sprouts** (3.5 ounces) - 3.8 grams
- **Kale** (3.5 ounces) - 2 grams
- **Spinach** (3.5 ounces) - 2.2 grams
- **Tomatoes** (3.5 ounces) - 1.2 grams
- **Popcorn** (cup of popped) - 1.15 grams
- **Almonds** (3 tablespoons) - 4 grams
- **Walnuts** (1/4 cup raw) - 2 grams
- **Sunflower seeds** (1/4 cup) - 4 grams
- **Pumpkin seeds** - (1/4 cup) - 2 grams
- **Sweet potatoes** - (1/2 cup of cooked) - 3 grams
- **Dark chocolate** (1 ounce piece as long as it has a cocoa content of 70-90% or higher and not a lot of sugar) - 3.1 grams

Mary Ann Finn is a retired registered nurse and certified diabetes educator. Over time she came to educate by developing simpler or more personally appropriate tools and using laughter and positive energy to empower others to work towards goals and improve health.

The Importance of Winter Hydration

by Judith Kenney

As temperatures dive, it gets harder for us humans to stay moist. It is very common to feel less thirsty in cold weather, but dehydration is still quite possible at this time of year. Wintry air holds less moisture than warm, but regardless of outside temps, staying hydrated is important all year round.

Water is lost through physical elimination. It may be difficult to notice when you're sweating in colder weather, so pay attention when you're bundled up. Even when not sweating, water evaporates through the skin, and the drier air from indoor heating can exacerbate a deficiency. A lack of water not only results in your average dehydration, but can increase the risk of kidney stones, urinary tract infections and constipation.

Our bodies are comprised of approximately 60-70% water which is essential to how well our bodily systems regulate everyday functions. It is necessary for transporting nutrients, removing waste from the body, supporting the immune system, hydrating your tissues and organs, maintaining healthy blood pressure, and stabilizing body temperature. This is important for preventing hypothermia while outdoors in winter.

Besides the obvious sign of feeling thirsty, there are other indicators that you're not getting enough fluids. Keep an eye on the color of your urine, which should be a pale yellow or clear color. If it's darker, it is time to drink! Other signs of dehydration include constipation, dry mouth or chapped lips and skin, headaches, difficulty concentrating, irritability, feeling faint or dizzy, and a rapid heart rate. Babies and the elderly are at highest risk for the condition. Please seek medical attention immediately, if you are experiencing a decreased urine output, fever between 101-103 F, or diarrhea for more than 2 days, as these may be a result of a more serious dehydration.

How much water do I need?

The recommended amount of water varies from person to person and depends on age, sex, activity level, altitude, weather and overall

health. A simple method to determine the minimum ounces of fluid you may need each day is to take your weight in pounds and divide it in half. For example, if you weigh 160 pounds, you will require 80 fluid ounces a day. If you are sweating heavily through vigorous exercise or have fluid losses from fever, a sports drink or electrolyte replenishment packet may be appropriate.

Tips for Staying Hydrated in Winter

- 💧 Drink warm fluids if you find it difficult to consume cold water when it's cold outside. Sipping on warm water, hot herbal teas, or warming broths count towards your hydration.
- 💧 Add flavor, such as a wedge of lemon, lime or other pieces of fruit to plain water. You can also utilize unsweetened water enhancers for an infusion of flavor.
- 💧 Carry a water bottle with you for easy accessibility.
- 💧 Drink your food. Homemade soups in winter can increase fluid intake to help you meet your quota, as well as including water-rich fruits and vegetables such as the valuable green leafies. Citrus fruits, melon, tomatoes and cucumbers are also great for boosting a water-rich diet.
- 💧 Avoid too much caffeine which can contribute to dehydration. Caffeine is a natural diuretic, which means it tends to flush water and electrolytes from your body. To offset the effects of one cup of coffee, consider having an additional glass of water of equal volume.
- 💧 Swap your alcohol out for a healthier option. Alcohol can interfere with a person's perception of cold, increasing the risk for hypothermia. Try mixing unsweetened seltzer water with a slice of citrus or mixed berries (refreshing any time of year)!
- 💧 Make hydration a priority in your routine. A good way to start is drinking plenty of water first thing in the morning to get off to a good start. Aim to make it your drink of choice throughout the day.



Full Wolf Moon at the Heart of Winter

As 2024's first full moon, the Wolf Moon is an ideal time to clarify your goals and set the tone for the year to come. In astrology, full moons represent a time of culmination and fulfillment. It is a time when emotions and intuition are heightened, enabling us to see things more clearly.



On Thursday, January 25, 2024, at precisely 12:54 pm EST, the Wolf Moon will peak in sun-ruled Leo, a heart-centered fire sign known for its playful, outgoing energy and gentle fierceness. Uniquely, this full moon asks us to let go of repressed fears and insecurities limiting our potential.

Because brave Leo is associated with the ego and the heart, the Wolf Moon also imparts compassion. Dig deeper into your desires and be willing to make the changes necessary to bring more

joy, passion and stable happiness to yourself and your loved ones. Like humans, wolves have rich and rewarding family relationships. Take the opportunity to enjoy your clan, plumbing the depths of ancestral connections, tempered with a sense of consideration for others.

In ancient times, it was common to track the changing seasons by following the lunar month, rather than the solar year. For millennia, native peoples across the globe named the months after the dominant conditions of the seasons. Today, we use many of these ancient month names as full moon names. Named for the increased wolf activity during mid-winter, with sustained frigid temperatures, deep snow in the north, and limited food availability, the first full moon of the year reflects an awareness of growing predator activity during the month. There is, indeed, a surge in predator movement at this time. Humans knew well to be cautious of animals who were also hungry and hunting in the depths of winter.

Natural Flavors • What are they?



by Susan Van Auken

According to the Environmental Working Group's food scores of the 80,000 foods in their data base, natural flavor is the fourth most common food ingredient. Only salt, water, and sugar are more common than natural flavors.

The term “natural flavors” listed on food labels gives a positive impression to the shopper, but with greater exploration “natural flavors” are more complex than they appear. To create these potent flavor compounds science and chemistry are involved, along with federal regulation, and some manufacturer discretion. The hard-for-a-lay-person-to-understand first section of the FDA guidelines regarding natural flavoring appears at the end of this article.

Much of the information for this article is taken from the Food Revolution Network website. Founded by John and Ocean Robbins, this group is committed to “inspiring and advocating for healthy, ethical, and sustainable food for all through education about plant-powered foods.” The information that follows reveals the truth about a strawberry-flavored product that may not have a single bit of a strawberry in it.

The chemist in a lab who uses the FDA definition to create natural flavors is often called a “flavorist.” In a complex process, this chemist blends a variety of constituents to create the desired flavoring molecule. Then, to this flavoring molecule, one hundred or more other substances can be added such as solvents, emulsifiers, and preservatives, to carry and protect the flavoring; and these additional substances might be the larger part of the total flavoring package. The FDA has not ruled on the safety of all these potential ingredients in natural flavorings, but has instead put them in the GRAS category, or products that are “Generally Recognized As Safe,” leaving the final determination of safety to the manufacturers.

These flavoring molecules, along with the preservatives and solvents, are added to food during the food processing – the making of a drink, or breakfast cereal, or snack bar, or myriad other foods. Eating releases these lab-created flavoring molecules and the brain recognizes them and identifies them as the intended flavor. The brain thinks “strawberry” even when there is no strawberry included. One source mentioned that the food flavorists often create a flavor that they call the “magic whoosh,” indicating the precise set of ingredients to create a complete desired effect.

The FDA makes the distinction between natural flavors, organic flavors, and artificial flavors although the chemical structure is often identical. The chemicals used in natural flavors are derived from plants, animals, or fermentation as specified in the FDA definition. Organic flavors must be derived from foods that meet organic standards, such as being non-GMO. Artificial flavors are simply created in a lab, and are not used much anymore because customers prefer an ingredient called natural to one called artificial.

The Food Revolution Network website also discusses other issues with flavorings. They list about ten chemicals that are often used in natural flavoring that have been found to be detrimental to the health of some people. Also mentioned is the fact that other countries have different regulations for food flavorings than the United States does, often more stringent.

After reading about the expanded use of natural flavors in so many products, the question arises: *Why are these benign-sounding but complex and so-called “natural” flavors used in so many foods?*

It is important to understand that only processed foods contain these chemical flavors. All of the raw food in our co-op's bulk bins, all of the produce, and most of the single-ingredient packaged foods, such as peanut butter, milk, ground beef, canned fish, tomato sauce, herbs, and olive oil, do not have natural flavors added.

For all the processed foods that contain these flavorings, perhaps the manufacturers are trying to (a) cut costs by not using real fruit, spices, herbs and such, (b) standardize the taste of a product, (c) create a stronger, snazzier flavor, or (d) cover up the flavor of a bland food, or one made with inferior ingredients.

At our co-op, natural flavors are sprinkled throughout the store in the processed foods. If you wish to avoid eating or drinking food made with natural flavors, the only way to avoid this is to scrupulously read labels. Some breakfast cereals include cinnamon, nutmeg, and vanilla extract while others only have natural flavors. Many snack bars include natural flavors even though a perfectly delicious snack bar can be made with food like dates, raisins, nuts, seeds, chocolate, and peanut butter. Some boxes of tea bags contain only herbs and spices while others have also added a mouth-watering “zest” with natural flavors. Read the labels carefully in the bottled-water section to see where the flavor comes from; one product contains only carbonated water and organic flavors and nothing else. So if you want to know the truth, you must read the labels. Read the labels on frozen food entrees, frozen desserts, crackers, cookies, plant-based products imitating meat and milk products, and all the other processed foods.

When reading labels, look for flavorings that are actually food, such as oils from peppermint, lime, or lemon; or extracts, like vanilla extract; or the actual food, like strawberries, peaches, maple syrup, nutmeg, cinnamon, or anise. Even the generic word spices indicates real food ingredients.

What do you think about these food additives called natural flavors? Do they concern you in any way? Do you care if you consume them? Do you like that your brain is being somewhat tricked into believing you are eating something you are not?

And let's all hope that the future does not bring the day when a fresh but less-than-perfect orange is injected with a natural flavor to make it seem mouthwateringly delicious!

Truly all of this is food for thought.

-FDA Definition of Natural Flavor

“The term *natural flavor or natural flavoring* means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional.”

If you are interested in reading in-depth information on this topic, please visit this link: <https://foodrevolution.org/blog/natural-flavors/>

soil erosion, increases water retention, improves soil health, increases biodiversity, provides weed suppression, prevents erosion and more. Cover cropping is a key tool that can help to sequester carbon from the atmosphere into soils, recycle nutrients, reduce the need for synthetic fertilizers, reduce agricultural run-off, and promote better soil biology and structure.

- **Minimize the physical, biological, and chemical disturbance of the soil** through reduced or no-till farming, which leaves the soil intact when planting rather than disturbing the soil through plowing, and reducing or eliminating the use of chemicals, such as pesticides and chemical fertilizers.

- **Composting:** The natural process of turning waste (from manure or food) into fertilizer. The New Earth Project, run by the Upper Gila Watershed Alliance is taking compost to an entirely new level, mixing biochar, food waste and shredded forest waste products in large Johnson-Su compost bins that sit for a year to maximize the growth of a wide variety of microorganisms that are then injected into the soil during planting to greatly enhance crop production through the cooperative exchange of carbon sugars for plant nutrients.

- **Increasing Plant Diversity through crop rotation:** Planting a wide variety of plants helps produce a variety of carbon plant exudates that increase the diversity of soil microorganisms which in turn build healthy soils that better trap water and nutrients, assuring crop resiliency and optimum yield over time. Diversity can benefit pollinators and wildlife as well.

- **Reduced or no fossil fuel-based inputs, including pesticides:** Building soil health and leveraging other natural systems to help manage pests, reduces the reliance on pesticides or other chemicals, regardless of whether a farmer decides to pursue organic certification.

- **Holistically managed grazing, intensive rotational grazing:** An Indigenous practice that mimics the way large animals moved in herds across grasslands, this method of grazing moves livestock between pastures on a regular basis to improve soil fertility and allow pasture grasses time to regrow.

- **Silvopasture** establishes the integration of livestock grazing within a managed tree product operation by planting native perennial forage crops between the trees. Animals obtain nutrition from the forage crops, shade in hot summer and protection from wind and elements while accelerating the

cycling of nutrients and carbon to the soils for use by the trees.

- **Agroforestry:** An Indigenous practice of mimicking forest systems by integrating trees and shrubs into crop and animal systems, incorporating crops between the rows of trees, and conservation buffers like riparian buffers and hedgerows, lines of shrubs or trees around farm fields, that act as windbreaks and provide habitat for beneficial insects and animals.

What Are the Economic Benefits of Regenerative Agriculture for Farmers?

Besides the many ecological and societal benefits highlighted above, there are major economic benefits as well.

- Reducing tillage while improving soil health can reduce equipment, labor, and fuel costs.
- Improved soil health can lead to higher crop yields and better forage quality for animals.
- Healthy soil makes more nutrients available to plants leading to healthier plants, which are more nutrient-dense food, taste better and have a longer shelf life, and farmers spend less money on fertilizers.
- Because healthy soil can absorb and store more water, farmers can get great yields even during droughts and save money on irrigation costs.
- Cost savings from reduced use of livestock feed, synthetic fertilizers, herbicides, insecticides, and antibiotics increase farm profitability by lowering operational and input costs.

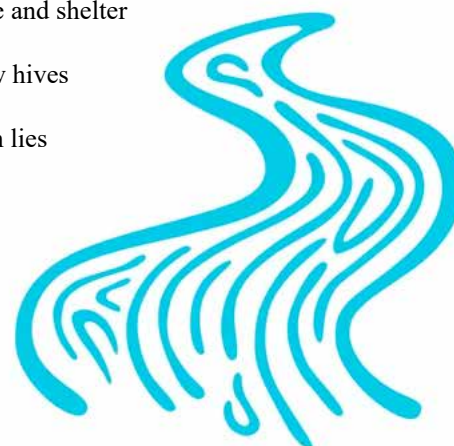
In summary, regenerative agriculture provides many benefits to farmers, the environment, and society. It improves soil health and fertility, leading to increased farm productivity, produces nutrient-dense foods that are free from chemical contaminants, increases the land's ability to filter and retain water, making farms and communities more resilient to drought and floods, while also reducing erosion and polluted runoff, improves wildlife habitat and ecosystem biodiversity and resilience, increases the nutrients available to plants and naturally protects against pests, reducing the need for costly fertilizers and pesticides; and captures substantial amounts of carbon from the air and stores it in the soil, helping mitigate the effects of climate change. Regenerative agriculture has the potential for going beyond preserving the environment; it could *restore* the environment. Stay tuned

Meadow Creek

a poem by Randy Harkins

Past PA, and Cherry Creek's castle towers
We drive a muddy, rocky road for three slow miles
Trees tall and green, water flowing swift and clean
Butterflies gather, sipping minerals at every crossing
I creep along; second gear, low range, four-wheel drive
Old grey Toyota, refuses to kill beauty, before it can fly
And beauty is more than meets the eye
It also lives unseen beneath your feet
Wildflowers claim the canyon, along pretty Meadow Creek
Ground is covered in every color, sphinx moths hover
Kissing every bloom like a lover late at night
But I'm missing the buzzing of the bees—
Walk past old concrete walls, heading down to the falls
We sit and eat, listening to the clouds and water roaring
Rain starts falling, put on packs, we're running
Stop and say hello, to our old friend, the grandfather oak
I lean my back into his knowledge— watch him

Spreading his strong arms, to embrace this stormy sky
This life, he's seen more sprout than fall
Knows we all, need shade and shelter
In these tribulation times
A million blossoms, a few hives
One Life
One connection, a million lies
Man has murdered nature
Suicide
Road flows like a river
One more time
It's One Life
Sink or swim
Together
We can ride, slow drive
To the other side



by Doug Walton

Tempeh has its origin in Indonesia; likely on the island of Java, where it has been a traditional food staple dating at least as far back as the mid 17th century. It is made from fermented soybeans, in a process that binds the legumes into a cake form. Unlike tofu, which is formed by coagulating soy milk into a solid curd, tempeh is a whole soybean product that yields vastly different textural and flavor profiles.

The soybean has been a major crop in East Asia over a historical period that pre-dates written records. Domestication of this agricultural product is evidenced in China between 7000 and 6600 BC, and in Japan between 5000 and 3000 BC. The soybean was introduced to Java and the rest of the Malay Archipelago during the 13th century, perhaps earlier. By the 17th century, widespread commerce with Spanish, Portuguese, and Dutch traders facilitated the spread of the product throughout Asia and the Indian Subcontinent. By the 18th century, the soybean was widely found throughout Europe and the Americas.

As trade of the versatile legume expanded, so did the understanding of its many food uses. The majority of these, like soy milks, fermented sauces, and tofu had their origins in those geographical regions where soybean domestication originated. Tempeh, however, is a notable exception.

Tempeh is unique among major traditional soy foods in that it did not originate in China or Japan. The people of Java, without formal training in microbiology or chemistry, developed this wonderful food product which requires a controlled fermentation process vastly different from methods used for other soy food products known to the world at that time. Food chemists and culinary historians largely agree that it likely had its genesis as an accident; or at the very least a coincidental interaction between the two primary components in the fermentation process. Unintended though it may have been originally, the current day product we now enjoy would not exist had someone not recognized the resultant concoction as a tasty and beneficial new food.

The process for making tempeh involves the fermentation of whole cooked and de-hulled soybeans to form a cake of finished product in which the beans are bound together by a dense mycelium of fragrant white mold. Mycelium is

a root-like structure of a fungus consisting of a mass of branching, threadlike structures called hyphae. This edible mold is not only tasty, but has numerous health and nutritional benefits. To create tempeh, the soybeans are inoculated with spores of such a fungus, which drives the fermentation process.

So what, you may ask, does this have to do with the hibiscus? The Sea Hibiscus, *Hibiscus tiliaceus*, is a flowering tree in the mallow family; and is widely distributed along coastlines, particularly in Indonesia. The people of Java in the 17th century (and before) had numerous uses for this plant. The flowers were used for teas and ceremonial adornments, the bark was used to produce rope, and the leaves were used as a wrapping for smoking, steaming, or storing various foods. It is a reasonable assumption that parts of this plant would have been abundant in a residential structure of the time. The black soybean, being a common food product in this region (later replaced by white or yellow soybeans as domesticated agriculture evolved), would likely have been found in the same proximity.

It turns out that the Sea Hibiscus hosts a symbiont which thrives on the underside of the plant's leaves: the mold species *Rhizopus oligosporus*. In a basket in the corner of a residential hut in Java in the mid 17th century it is plausible that this fungus, quite by happenstance, inoculated a pile of soybeans. The result: Tempeh. The rest, as they say, is history. The modern day production process for tempeh still uses the *Rhizopus* molds to drive the fermentation.

Tempeh is a staple in the modern Indonesian diet, and is widely consumed globally today. We use it in several popular recipes in the Grab 'n' Go Deli here at the Silver City Food Co-Op. A 100g (3.5 oz) portion of tempeh contains 20g of protein, significant amounts of B-vitamins, is high in Manganese, Phosphorus, and Magnesium; and has only 7.6g of carbs. It is a great meat substitute, and is tasty baked, grilled, fried or steamed. Its nutty, earthy flavor can be enhanced with a variety of seasonings. Here at the co-op, we bake it with olive oil, tamari, and sesame oil to help create one of our most popular sandwiches: the Vegan Tempeh Reuben. I have included the full recipe here. This is only one of many ways to enjoy this tasty and versatile product. I encourage you to talk to me anytime you are in the store as I'm happy to give you more great preparation suggestions.

Vegan Tempeh Reuben

makes 4 sandwiches
8 slices of rye bread (toasted if you like)

Other ingredients as follows:

Tempeh:

Take 2 tempeh cakes and slice on the short side into 1/2" strips. Place in shallow baking dish. Lightly drizzle with olive oil. Apply generous amount of tamari until tempeh is well coated. Evenly distribute 1 tablespoon of smoked sesame oil. Add 1/4 cup water to corner of pan. Bake for 20 minutes at 350° F until tempeh is golden brown.

Sauerkraut Mixture:

Combine 2 cups drained sauerkraut with 2 tbsp coarse brown mustard, 1/2 cup veganaise (or mayonnaise), 1 tsp smoked paprika, and 1 tbsp horseradish. Stir until evenly mixed.

Sandwich:

On rye bread, layer lettuce, sliced tomato, red bell pepper, and red onion. Add 4 strips of baked tempeh and top with 1/4 cup of the sauerkraut mixture.





From Your Board . . .

SCFC Year End Review

How many times have you made a New Year's resolution that was broken by the end of January? If you are like me, nearly every year. This year, however, the New Year's resolution for your Silver City Food Co-op will be achieved by the middle of the year.

Resolution: Construction of the new Co-op building at 907 Pope St. will be completed and the Co-op will be up and running by the end of the summer (or earlier).

This has been a very busy year working towards making the new facility a reality, and we are on track to achieve that goal. Demolition of the interior of the building is complete and (you may have noticed) the metal shed has been removed. Construction has started, with the contractors suggesting even a slightly earlier completion date. This has meant a busy 2023 for Kevin Waters, the General Manager, but he adeptly and professionally removed all obstacles related to design and financing to move this project forward. We hope that you are as excited as we are to finally have some new "digs."

All of this has been achieved while maintaining a strong financial base. I am proud to report that the State of your Co-op is very healthy.

Your Board has also been busy this year restructuring goals for the future of the Co-op. These are described in an Ends Policy that was distributed to member-owners in the November GG. Please if you have not looked at these, take a glance and let us know your thoughts – and to make it easier for you, here they are:

- Access to healthy, high-quality – especially local and organic food
- Financial sustainability, while returning value to members and community
- A welcoming culture that values diversity, equity, inclusiveness and respect in all that we do
- Informed, engaged and empowered shoppers

- A workplace that promotes excellent customer service and fosters opportunities for participation and growth
- A regenerative business that has a net positive environmental impact

Your Board is now busily working on a 3-5 year Strategic Plan that will set forth the pathway by which we can expect to achieve – or at least make substantial progress towards – these aspirational goals. To that end, an ad hoc Strategic Planning committee has been meeting every month. We also have direction from an outside advisor experienced in strategic planning specifically for Co-ops. When the Board has a draft of the plan, we will distribute it for comments from you - the co-op members and owners.

Most months, the Board provides an update of board activities in the GG. We would like to hear your suggestions about what information you would like to know from your Board, and what interests you, so that we can tailor this page to your interests in the coming year. In the meantime, we point you to the co-op webpage (<https://www.silvercityfoodcoop.coop/our-co-op>) where you can learn more about the board members, as well as current and past board activities, agendas, summary of board meetings, and board policies.

If you would like to become more involved in the co-op's activities by serving on a committee or even entering the Board-in-Training (BIT) Program to determine whether you might like to join the Board in the future, please let one of the board members know. We would love to have your involvement. For every 3 hrs. of service on a committee or in the BIT program, you will receive a voucher for 15% off any items you buy at the Co-op.

Between assuring that the new co-op facility will become a reality, re-visiting our goals and starting a new strategic plan for your Co-op, it has been a busy year. This may only be superseded by the very exciting year of 2024 during which we will have a re-designed and re-furbished Food Co-op.



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 in conference room A in the Miller Library, WNMU campus, at 5:30. Please email the Board if you plan to attend.

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

Jane Spinti *Treasurer*

Board Term: 2023-2025

Paul Slattery

Board Term: 2022-2024

Shanti Ceane *Vice Pres.*

Board Term: 2018-2024

Leo Andrade

Board Term: 2022-2023

Tuan Tran

Board Term: 2020-2023

Sandy Lang *Secretary*

Board Term: 2022-2024

Kristina Kenegos

Board Term: 2023-2025

Our email address:
board.scfc@gmail.com



January

Members Only Specials

January 1 - January 31

20% OFF! listed prices



Emmi
Tetê de Moine
Cheese Rosettes
3.5 oz
reg \$7.99



Annie's
Mac & Classic Cheddar
6 oz
reg \$4.59



Heart of the Desert
Garlic & Green Chile
Pistachios
reg \$15.19#



Reviva
Collagen Night Crème
2 oz
reg \$16.39



NutriBiotic
Vit C &, D3 & Zinc
100 caps
reg \$12.99



Heart of the Desert
Plain Unsalted Pistachios
reg \$14.89#



Abbey Roast
Award Winning
Bulk Brazilian Coffee
reg \$14.89#



Annie's
Shells & Cheese
Assorted, 6 oz
reg. \$4.89



Reviva
Vitamin E Stick
.25 oz
reg \$4.59



Lundberg
Wild Rice Blend
reg \$7.39#

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Co-op Deals

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www.silvercityfoodcoop.coop
and at the front of the store

