



Silver City Food Co-op Garbanzo Gazette

Volume 23

❖ Your Monthly Newsletter ❖ October 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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YOU
ARE
WHAT
YOU
EAT

National Co-op Month! How Much Do You Know About Cooperatives?



by Susan Van Auken

Thanksgiving isn't here quite yet, but hey, October is National Co-op month and we have many reasons to give thanks because of this. Thanks that we have a local food co-op. Thanks that it still thrives. And thanks that at almost half a century old it is about to move to a new, bigger location. While feeling all this gratitude, let's review the basics that most cooperatives follow in this country and around the world, and the specifics about our own co-op. You may want to take note of what you already know about co-ops and what is new to you here.

First, a few statistics. There are 40,000 cooperative businesses in the United States, generating \$514 billion in revenue, and \$25 billion in wages, with 1 in 3 Americans belonging to a co-op. Worldwide there are 3 million cooperatives, supported by 12 percent of humanity. Impressive!

Co-op Basics

Definition: A cooperative business, or co-op, is one that is owned and democratically controlled by the members who use its services to meet their common economic, social, and cultural needs.

Values: Cooperatives are usually based on the values

of self-help, self-responsibility, democracy, equality, equity, and solidarity. Cooperative members believe in the ethical values of honesty, openness, social responsibility, and caring for others.

Principles: The seven principles used by the International Cooperative Alliance are generally accepted by cooperatives worldwide. (These principles are listed on the masthead of this newsletter, page 2.)

Owners: Cooperatives are owned by their members, which could be consumers, producers/farmers, workers, businesses or organizations, municipalities, and other co-ops.

Types of Co-ops: There are consumer co-ops like our Silver City Food Co-op and First Financial Credit Union, worker co-ops like Equal Exchange and Alvarado Bread, producer co-ops like Organic Valley, and purchasing co-ops like Ace Hardware and NCG (National Co-op Grocers.)

Activities of Co-ops: Cooperatives span many different activities and services, including retail sales, childcare, transportation, farming, solar energy, financial services, energy companies, and purchasing.

continued on page 13

Please Vote! Board Elections • October 9 - 22

Electronic ballots have been sent to members' email addresses on file
Paper ballots have been sent to those who don't have an email address on file

Candidates Statements can be found on Pages 14

1881 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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Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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Unfiltered Waters



by Kevin Waters
General Manager



Demolition at Pope Street continued throughout September, with the rather dramatic removal of the old metal barn happening near the end of the month. Demo progress on the interior of the main building slowed a bit, but the main building is almost completely demoed. The last phase is the removal of the rafters, exposing the original trusses and ceiling. Then some concrete demo, removal of some interior sections of the existing metal building, and we hope the whole demo phase to be wrapped up in the first week of October.

The construction phase will start up shortly thereafter in October. Our contractor, RES Construction, is already mobilized and preparing to begin the project. The project has some large and time consuming components to it, but RES are confident about meeting our timeline. Our target completion date is June 30, 2024!



Round Up Applications

Applications for the Silver City Food Co-op's 2024 Round Up program are available from October 1 - 31. Visit <https://www.silvercityfoodcoop.coop/round-up> for an application.



Did Somebody Say Free?

You have probably noticed, every couple of weeks, an array of signage, small and large, announcing BOGO deals in the store. These deals change and are advertised in the Co-op Deals flyer, available at the front of the store. Please also check the SCFC website and our Facebook page to see the latest. The next BOGO deals will be in place during the second half of October.

BOGO, buy one, get one free, is a sales promotion in which an item is offered free when you purchase another identical product at full price. Every Co-op shopper is invited to take advantage of these great sales!



Sit tight! Here comes November/December MAD!!

Two Trips, Your Choice



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





Kitchen Meditations

Fall

Parmesan Garlic Delicata Squash

Roasted delicata is buttery, nutty and sweet. This recipe with garlic and parmesan makes it extra good!

Ingredients:

- 1 medium delicata squash or equivalent of about 1 ¼ pounds
- 2 teaspoons minced garlic
- 3 tablespoons melted butter or olive oil
- 1 ½ ounces grated parmesan, about 1/3 cup
- ¼ teaspoon fine sea salt
- ¼ teaspoon fresh ground black pepper



Directions:

- Heat oven to 425° F. Set a 13" by 9" baking dish aside. You can also use a rimmed baking sheet.
- Cut the squash in half, lengthwise and scoop out the seeds. Cut each half into 3/4" thick slices.
- In a small bowl, stir together melted butter and garlic.
- Spread half of the melted butter and garlic over the bottom of the baking dish.
- Sprinkle all but two tablespoons of the parmesan on top.
- Arrange squash slices on top of the cheese. Drizzle the remaining butter mixture over the squash and use your fingers to spread it over each piece. Season with salt and pepper. Sprinkle the remaining cheese on top.
- Bake squash for 20-30 minutes or until golden brown and tender. Rotate dish once in the oven during roasting.

**Vegan substitutions:* Use olive oil or a vegan butter and substitute the parmesan with your favorite vegan cheese. You can also sprinkle with two tablespoons nutritional yeast or leave the "cheese" out completely. It will still be super yummy.

Fancy Mushroom & Kerrygold Blarney Cheese Melt

Ingredients:

- 2 teaspoons butter
- 1 cup sliced fancy mushrooms (shitake, chanterelles, etc.)
- ½ red onion, sliced
- Salt and pepper
- Sliced Blarney Cheese (as much as you desire!)
- 2 lightly toasted slices of bread
- 2 teaspoons chopped parsley

Directions:

- Melt the butter in a skillet. Add mushrooms and onion. Season with salt and pepper and sauté until browned.
- Top each slice of bread with the mushroom and onion mixture and sliced cheese.
- Broil this incredible concoction for about five minutes, making sure you don't burn the cheese (keep checking on your creation). You just want the cheese to melt and get golden brown.
- Garnish each melt with fresh parsley and eat as soon as you can safely avoid burning your mouth.

Starkrimson Pear Citrus Salad

The vibrant colors of fall shine through in this festive salad, thanks to the deep red color of Starkrimson pears. Pears are a natural fit with the earthy flavors of beets, and the citrus and spicy greens add a little zing. A sprinkling of feta or other tangy cheese makes a nice addition to this salad, as well.

Ingredients:

Citrus Vinaigrette:

- 1 small shallot, peeled and coarsely chopped
- 1 teaspoon orange zest
- ½ cup fresh orange juice
- 2 tablespoons white wine vinegar
- ½ teaspoon Dijon mustard
- 1 tablespoon honey
- ½ cup olive oil
- ¼ teaspoon salt
- ¼ teaspoon fresh ground pepper

Salad:

- 2 ripe Starkrimson pears, sliced into thin wedges
- 2 large oranges, peeled and sliced crosswise
- 4-6 medium size beets, roasted* and quartered
- 2 cups of micro greens, or baby arugula

Method:

- Make the dressing: Combine all of the dressing ingredients in a blender and blend until smooth. If you do not have a blender, mince the shallot finely and mix all ingredients by hand until well incorporated.
- Assemble the salad: On individual plates or one large serving platter, arrange the orange slices, pear slices and beets on a bed of greens, drizzle with a little dressing and serve additional dressing on the side. Garnish with additional greens, if desired. Serve immediately.

Notes:

To roast the beets, heat the oven to 400 degrees, wrap the beets separately in foil, place on a cookie sheet and roast for 45-60 minutes or until tender. A sharp knife should be able to pierce the beets easily. Let cool, peel the skins off and cut into good-sized pieces.

Bulk Teas • The Greens



Fall is in full swing and, with cooler temps, warm beverages have a comforting appeal that just wasn't there in the good old summertime. Our bulk tea section has a selection of very nice teas, both herbal and caffeinated, from Frontier Co-op that began as a two-person operation in 1976 in a river cabin in eastern Iowa. Since then, it has grown steadily into a major supplier to the natural products industry, dedicated to sourcing the highest quality spices, herbs and botanical products.

Our green teas are clean-tasting, refreshing and organic. If you're a green tea aficionado, you'll enjoy what the bulk tea department has to offer, including China, Genmaicha, Gunpowder, Jasmine, Jasmine Pearls, Sencha, and Chai Green. If you like a fruitier essence, you might enjoy the Mango, Raspberry, or Strawberry Green teas.

Jake's October Produce Picks

Delicata Squash

If you've never roasted a delicata squash before, get ready for a treat! Among the winter squashes, acorn, butternut, kabocha, sugar pie pumpkins (to name a few) delicata is a stand-out and a favorite of many people. Nicknamed the "sweet potato squash," it has a sweet velvety flesh that caramelizes beautifully in the oven. And, thanks to its small size, and thin, edible skin, it is quite easy to work with. You don't have to peel it! In fact, you might not want to. The combination of creamy flesh and chewy skin is so good that it is actually better with the peel on. Delicata squash is at its best in early to mid-fall, so now is the perfect time to prepare it.

Indigenous to North and Central America, squashes were introduced to early European settlers by Native Americans. Delicata was first introduced by a seedsman in the U.S. in 1894, but almost disappeared after the Great Depression, due to its susceptibility to mildew diseases. Much later, in the early 2000s, Cornell University's Department of Plant Breeding bred a non-hybrid open pollinated variety, Cornell's Bush Delicata, that was resistant to most known squash diseases. It is now one of the most popular squashes available to folks who appreciate its ease of preparation and delicious taste.

When choosing a delicata, select one that is heavy for its size and has an even cream color. When ripe, it will be yellow with green striations on its rind. Unripe delicatas are light green. Avoid those that have soft spots and dull or wrinkled skin or that are extremely light for their size.



Gini, say cheese!!

Becky's October Dairy Pick

Kerrygold Blarney Cheese

Looking for a cheese with some history behind it? This is it! Kerrygold Blarney Cheese is named after Blarney Castle in Ireland. Blarney Castle was built sometime before 1200 AD, with a stone fortification added in 1210. The castle, which served to protect herds of domesticated animals in this fertile land, was destroyed, but rebuilt in 1446. Today, the castle is now a popular tourist destination.

Kerrygold Blarney Cheese is delicious and mild, with a taste quite like a mild Gouda. It is made from the milk of grass-fed cows and is characterized by a nutty, aromatic, caramel-like flavor, combined with a dense and springy texture. Blarney Cheese melts like a dream and makes delicious grilled cheese sandwiches or quesadillas, but it is equally satisfying paired with a thin, crispy cracker and a few berries. For a quick and easy meal, melt it over a mound of potatoes and pre-cooked cabbage for an Irish flare. Lastly, you can easily pair it with wine. A good Sauvignon Blanc is recommended. If you'd really like to indulge, look for a bourbon with strong honey notes for a perfect pairing.



Andrea helping to keep our produce department fresh and well-stocked.

Starkrimson Pear

Pears start appearing in produce departments everywhere at the end of summer and well into winter. It's a late season fruit that grows on trees and shrubs in China, Europe, the United States, and many other areas throughout the world. There are many varieties available, and they're all a little different. A member of the Rosaceae family, pears are most commonly teardrop-shaped, though some are round and look more like an apple. The skin is often yellow, green or red and the fruits can be larger than your fist or as small as a golf ball. With dozens of heirloom and domesticated types, there's no lack of variety to choose from.

This month, we feature the visually striking Starkrimson Pear, one of the few pears whose skin changes color as it ripens, turning from deep crimson to bright crimson, while its skin becomes thinner and more delicate (very nice for eating). It's floral aroma and sweet juice develops during the ripening process, so a bit of patience allows this beautiful fruit to reach full potential. Remember to ripen all pears at room temperature, and refrigerate only to slow the process once they are ripe and ready to eat.

Pear connoisseurs prefer the Starkrimson for any fresh use that highlights the vivid color of its skin. Juiciness and a pleasant, smooth texture make the Starkrimson perfect for snacking, salads, cereal, or any fresh use that shows off its brilliance. Or add it to a cheese board for a gorgeous pop of color!vvy

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their August Service.

Monica Rude • Sue Ann Childers
Tasha Marshe • Tim Garner
Jane Papin • Tammy Pittman



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 October

Serving People In Need



SPIN is dedicated to helping those who are struggling with homelessness and serious mental illness. Our goal is to give back to our community and to help those in need whether it's assisting with housing applications, teaching life skills courses, providing peer support, assisting with social security applications or providing a hot meal every day of the week, we provide services that contribute to the betterment of our community.

August Round Up
\$1370.00

Aldo Leopold School Visual Arts Program



This investment into the program will be used to purchase the tools and material needed for students to create their artwork. This serves our community by championing our local youth artists and their creative expansion.

Round Up for November

The Bike Works



Cooperation and health, as the central mission of The Bike Works, is in perfect alignment with that of the Silver City Food Co-op, specifically the physical and emotional well-being of area youth. Young people work together in the shop on projects and on the streets to keep each other safe. We serve a culturally diverse client base and aim to give positive opportunities for youth who would, otherwise, not have the option.

Customer Change for Community Change!

Silver City Recycles

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



Recycling drop-off times for October
Two Saturdays, the 14th and the 28th, 10am - 12noon

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

The Seed Library is having a Field Day!

Seed Cleaning and Saving for Native and Garden Plants

In this free, hands-on workshop, participants will learn the foundational principles of seed saving, then how to use various tools and techniques for cleaning seeds: threshing, screening, winnowing with a fan, and using a vacuum-powered seed cleaner available through Southwest Seed Savers. We will also have wet cleaning stations for squash, seed cleaning screens for participants to use, and a winnowing set-up with a fan and a few buckets. After a seed cleaning work party, we will have time to talk seeds, check out the seed collection, and choose some seeds to take home. The Silver City Food Co-op will provide yummy, healthy snacks for attendees and, at the end of the workshop, Cruces Creatives will provide a delicious dinner catered by Howard of Corner Kitchen, on the house!



*Join us on Saturday, October 7
from 1-6 pm*

at the Church of Harmony, located at 609 Arizona Street

Hatha Yoga en Español

Wednesdays & Fridays,
9:00 - 10:00 AM
Lotus Center
211 W. Broadway
Silver City

LotusCenterSC.org/Classes/



**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

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



• Adaption to Our Climate Crisis • Churro Sheep Can Help Restore Balance

by Jennifer Douglass

Executive Director, Rio Milagro Foundation

Silver City, NM

Over millennium, people have evolved with their agriculture a strategic and ecologically intelligent use of animals and plants for food. These locally adapted breeds of livestock and plants, referred to as landraces, are important genotypes owing to their high potential to adapt to specific environmental conditions and the large source of genetic variability that they provide. In this intense time of climate



extremes, we are recently finding the intrinsic adaptations of landrace species have the potential to regenerate landscapes, restore natural cycles, and bring vitality back to ecosystems. But the very existence of landraces around the world are threatened by the industrialization of agriculture worldwide. Because of this push to modernize, many of these plants and animals have disappeared or have been changed to the point that their original genotype is altered. With this, the unique biodiversity in our agricultural systems is being lost at an alarming rate.

Within the landrace species, there are a few that were left alone from intensive human manipulation and naturally adapted to extreme environments. The Churro sheep, a desert species originating in New Mexico (originally descended from the Churra sheep from Spain in the 1500s), is one of a handful in the US still viable as a regional landrace species. It is these very primitive animals, adapted to their specific environment, that enable populations world-wide to

be versatile, strategic, and ecologically intelligent when it comes to protecting the biodiversity of where they live.

These little “scrub sheep” with a beautiful long fleece, can help us find solutions to the climate crisis. Historically in New Mexico, it was the Churro sheep that dominated the agriculture scene for 550 years. Everything about the Churro was relevant for the desert environment. Its two-fiber fleece with kemp is essentially waterproof and insulates it from the extreme heat and cold. It is this unique fleece with kemp’s relevance to soil health that we are just starting to investigate. We are finding it can sequester carbon, hold water for extended periods, and attract beneficial mycelium in degraded soils. The Churro’s long slender legs and slab-sided bodies enable it to move through the desert in perfect balance, more like a wild antelope than a domestic sheep, preserving the fragile desert crusts as they walk. Their intelligence is legendary and is shown daily by their intense family groups and the way they navigate through rangeland environments.

To the many families throughout New Mexico and parts of the Colorado Plateau that have Churros in their roots, the sheep go back to the beginning of their family memory. In traditional indigenous and Hispanic cultures, it was an honor to be chosen to take on the responsibility to tend the sheep flock. You were not only bestowed the wealth of the family, but the sacred ancestral roots as well. Because of their complex history in New Mexico’s pastoralists society, they are the only livestock in this vast landscape that can navigate the past, present, and future. They withstood an incredible journey with traditional cultures and can survive our new journey with a changing climate. A hotter and drier climate. The Churro sheep intertwine the desert cultures, having endured the extremes that have been thrown their way, over centuries.

I am hoping to continue the story of these desert sheep, the seeds in my flock. Their legacy transcends families, borders, and timelines, each carrier committing to their survival; each adding their own stories to the collected voices already ingrained in the sheep



themselves. Like the native plants that nourish the flocks, the seeds are the start of a cycle: the tilling, the plowing, the planting, the watering, the tending, the harvesting, the preparing, the cooking, the nourishing, and the sharing.

After harvesting the fruits of our labor, we digest that history and allow it to nourish our bodies. That is how food is supposed to operate, as part of story. This is how this landrace sheep is supposed to nourish an ailing world, by nurturing our hope that there is something beyond our control that can heal.

I have now been with my flock for over two decades. I have slowly collected the old family lines--the rare genetics that are disappearing with modernization. My flock and shepherding have created my own story to tell as the many desert dwellers with their churro flocks have before me. One more voice to add to the chorus of those many nights through the millennium when you are in the desert under the night sky, no sound for miles, just the moon and the ground beneath you, reminding you it's all real. Generations heard through the wind, the air, the stirring gleaming stars. All that knowledge, all that story, all that beauty, coming together. With the Churro sheep.



The preservation of the Churro sheep and learning its role in mitigation of climate change is one that we can use right now to make a positive difference in our climate crisis.

Rio Milagro foundation and TrueChurro™ initiative project is a community dedicated to the protection of desert landrace species like the Churro sheep, and to the celebration of the joy and mysteries of how they can help us. We believe that landrace species – no matter flower or flock – are precious and inspiring and fundamental to our world. Desert landraces like the Churro sheep represent biodiversity and a world without biodiversity would be a world without freedom, wonder, and ingenuity. We believe the primitive genetics of the churro's matter. Are endangered. And need our help.

Rio Milagro Foundation plans to find out how to utilize desert landraces like the Churro to benefit the landscape that is becoming hotter and drier. Their unique adaptations over five centuries are key to our understanding. We are using the unique qualities of their wool for soil and their grazing characteristics can improve rangeland health. For more information about how they can mitigate climate and to find out how you can join us, please go to our website at www.riomilagro.org.

two poems and a drawing by Rick Stansberger

Untitled

First the shadow
then the raven
turning in a circle
in the air.



City of Rocks State Park

Become earth,
said the boulder people.
The clouds said
Become sky.
On a picnic table
sat the Book.
Wind ruffled
its many pages
for the right text.

Mark your calendars!

7th Annual Autumn Abundance Celebration

Mesquite pod milling, Wild & Local Foods Potluck Brunch
Sunday • November 12 10-2 pm at the Commons
Contact: Asher Gelbart • 575-574-7119 • agelbart@gmail.com

GRAB'N'GO

Soup from Scratch

by Carolyn Smith



Pureed Peas give this Chicken Vegetable Rice Soup its beautiful hue

I enjoy soup year round, but I really appreciate a hot bowl of soup when it's cold outside; it helps me warm up from the inside out. Soups are just so versatile. They can be simple or complex, pureed or chunky, vegan or meaty, served as the first course, main course or even dessert, carried in a thermos for a hot meal at work or on a picnic. A big pot of soup can serve many at a dinner party or feed one or two for a few days with the rest frozen in containers for future meals. I love to find frozen soup in my freezer when I come home tired, late or both.

With so many recipes just a few clicks away online, even an inexperienced cook will find it easy to put together a delicious soup. Just

check your fridge for ingredients, type these into the search bar preceded by "soup recipes with...." and choose the recipe that works best for you. With a variety of dried herbs and spices from the Co-op's bulk herb department on hand and containers of stock in your pantry, or *Better Than Bouillon* in the fridge, you're good to go.



Chicken Andouille Sausage Gumbo – Yeah you right!

Soup recipes are so much more flexible than baking recipes in which exact proportions and ingredients are required. Substitutions or additions can lead to your new favorite soup recipe and leftovers can be reincarnated as a part of your next soup. Only your imagination and taste buds are the limit.

Of course if you're tired, it's late, or both and there's no soup waiting for you in the fridge or freezer, you can always pop into the Co-op and check out the Deli Grab 'n' Go Cooler for a selection of soups made from scratch. Vegan staples include Potato Corn Chowder, African Peanut Stew, Red Lentil Vegetable Coconut Curry, and Bean & Vegetable Chili with Rice, while Chicken Andouille Sausage Gumbo, Chicken Mushroom Wild Rice Soup, and Loaded Ham Potato Leek are regular options with meat. The Hearty Tuscan Vegetable Soup swings both ways with a vegan version and one with chicken. Let us know your favorites and we'll be sure to keep these in the rotation.



Carolyn preps veggies for soup



Next stop, the soup pot!

Here's a recipe for African Peanut Stew, one of our most popular

- | | |
|--|------------------------------|
| 2-3 Tbsp. olive or coconut oil | 2 Tbsp. salt |
| 3 onions diced | 1/2 Tbsp. black pepper |
| 7 stalks celery diced | 2 cans coconut milk |
| 5 cloves garlic minced | 2 cups peanut butter |
| 2 jalapenos, seeded and minced | Lemon juice to taste |
| 3 Tbsp. fresh ginger minced | 1 bunch green onions chopped |
| 5 medium sweet potatoes peeled and cubed | |
| 2-28 oz cans of diced tomatoes | |
| 3 quarts vegetable stock | |
| 1 package frozen spinach | |

- Sauté onions, celery and jalapenos until tender.
- Add garlic, ginger, sweet potatoes and cover with some of the broth.
- Cook until sweet potatoes are tender.
- Add spinach and cook for 5 minutes.
- Add diced tomatoes and coconut milk.
- Mix peanut butter into remaining broth and add to stew.
- Season the stew with salt, pepper and lemon juice to taste.
- Garnish with green onions.

Buen Provecho!

October 8th is World Octopus Day!



As the name suggests, World Octopus Day celebrates one of the most distinctive creatures living on the planet today. This eight-legged, mysterious creature from the salty deep has been on the planet for at least 330 million years and always been one that brings with it a load of fascination for its intelligence, mobility, and beauty. Despite the octopus's odd appearance and anatomy (for instance, they have three hearts, no vertebrae, and a donut-shaped brain) they possess advanced sensory and cognitive systems that evolved in parallel with those of mammals. Like squid and cuttlefish, octopuses are mollusks known as cephalopods. The octopus alone, however has demonstrated a capacity for learning and problem solving, as well as short and long term memory.

Roughly 300 species of octopus inhabit the world's oceans and seas and can be found in temperate and frigid waters alike. They are solitary animals and, with the exception of the highly venomous blue-ringed species, are not a danger to humans. When threatened, an octopus defends itself by expelling a cloud of ink and speeding away or by using its innate camouflage talent. "Octopuses are extremely expressive," says Dr. Craig Harms, the marine health program director with the Center for Marine Sciences and Technology at North Carolina State University. "They change their skin color and texture in an instant, from white to dark to multicolored in a flash, and they do it intentionally. Octopuses are talking to you, though it's difficult to interpret what they're saying."

One of the least understood octopus traits is its lifespan. It varies according to species, but octopuses, both wild and captive, live roughly 1 to 5 years. It is an intriguing evolutionary question, why they have evolved with such intelligence but only live a few years. There is nothing like it in other intelligent animals, which all have relatively long life spans.

World Octopus Day is celebrated with the objective to spread knowledge about these astonishing animals. Studying about the octopus is a great way to observe this holiday. You can read and watch documentaries to learn more and visit a local aquarium to see them in person.

Nonviolent Communication Training



The Co-op is proud to partner with the Lotus Center to offer a weekend of Nonviolent Communication (NVC) training.

Karen Starz, a certified NVC trainer, will be coming over from T or C to lead the training.



The dates of the training are:

Friday, November 3 - Early evening mixer/life-breaker

Saturday, November 4 - A full day of training

Exact times, location, and information on cost and registration will be forthcoming in early October. Please consider joining us for this special peace training.

Grocery Department

NEWS



Humble Organic Potato Chips

Humble Potato Chips has introduced the snack industry's first organic potato chips packaged in certified plastic-free, compostable bags. Owners Alicia and Jeff Lahey spent 15 years working in the snack food industry. The birth of their child inspired them to start thinking about healthier, more sustainable snack options for people and, with their joint knowledge and expertise, the couple started Humble Snacks. It is an eco-minded business committed to making a difference in the health of consumers and the world, while paving the way for other food companies to offer planet-friendly foods and packaging.

Humble Potato Chips are crafted from locally farmed, certified organic potatoes. Light and crispy, they're traditionally cooked (not kettle cooked) in organic sunflower oil, with the skins on. The final product is lightly dusted with organic seasonings, then packaged in their plastic-free bags made from renewable plant-based materials.

We're happy to announce that you can purchase these light and crispy snacks at our Co-op in four flavors; Original, Sea Salt & Vinegar, Creamy Dill, and Smokey BBQ.

October 1 - October 31 • Members Receive 20 % OFF

Woodstock Smooth and Crunchy Peanut Butters

Woodstock Foods began 25 years ago, making nut butters, but have since grown to offer over 250 products in 10 categories. Over 75% of their products are organic, with many more enrolled and awaiting certification. They partner with the American Farmland Trust, which has been a strong advocate for conservation practices that preserve not just the land, but also precious soil and water supplies.

Woodstock's organic peanut butters, both the smooth and crunchy, contain just two ingredients, peanuts and salt, and they're non-GMO. Made with dry-roasted blanched peanuts, they are an affordable, high protein pantry staple. It's pretty yummy stuff, delicious on sandwiches, pancakes, apples, toast, and by the spoonful!



Maxine's Pumpkin Pecan Spice Cookies

Pumpkin spice products seem to be everywhere this time of year, but Maxine's Heavenly offers a clean version that satisfies the desire for a sweet treat without packing in the sugar. Pumpkin Pecan Spice cookies have just 5 grams of sugar per serving, considerably less than almost every other cookie on the grocery shelf, with most brands averaging closer to 10 grams. Maxine's cookies are sweetened with unrefined coconut sugar and dates only. Pumpkin Pecan Spice cookies are just available seasonally, during all-things-pumpkin-spice season, so get them while you can!

Big B's Organic Spiced Apple Cider

Big B's is located in the majestic North Fork Valley of Colorado. This tiny mountain valley with high elevation, crisp air, Rocky Mountain water, cold nights and warm days produces some of the finest fruit in the world. With large daily temperature swings, Colorado fruit tends to be sweeter and more flavorful. Big B's presses their apples in small batches which allows the most flavor and solids from the apples to remain in the juice.

There's nothing quite like the sweet and spicy smell of spiced apple cider filling your home in the fall. Big B's is a healthy, delicious and comforting treat to brighten the season. And keep in mind that it's ready to warm up in a jiffy on those chilly evenings when all you want to do is curl up in your comfies with a good book and a hot cup!



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Silver City Food Co-operative

Silver City Food Co-op is a consumer co-op, and our 1,857 members purchase healthful, organic food from the co-op we own. We elect individual directors from our membership to serve on the board, which means we are democratically run. Our board then creates the job description for, hires, and evaluates the co-op's general manager, who then operates the store based on the written policies created by the board.

The cooperative values stated on the front page are wonderful concepts. Hopefully we all try to adhere to them during interactions with others throughout our co-op and in our daily lives.

The cooperative principles are integrated into our cooperative documents and practices. For an explanation of how we, the co-op and member-owners, use these principles, see the October 2021 *Garbanzo Gazette* (page 8) on our website: silvercityfoodcoop.coop/archives.

Articles of Incorporation

Our co-op is incorporated under the New Mexico State Statute Cooperative Association Act, and approved by New Mexico Public Regulation Commission. These articles were most recently amended and adopted by the membership in 2012.

Bylaws

This document, created by the board of directors and most recently amended and approved by a vote of the members in 2022, outlines our purposes, voting rights, the responsibilities of the member-owners and the board, equity membership, patronage refunds, and more. The following excerpts highlight items of interest here:

Article 1.2

The nature of the business and purposes to be conducted by the Co-op are:

A. To educate the members of the community in the principles of sound nutrition.

Items B and C then list activities related to the store and the business that the co-op operates.

Article 2.7

Responsibilities (of member-owners)

A. Active member-owners have the responsibilities to (1) purchase a share annually, (2) purchase goods from the Co-op for their household use, (3) promote the Co-op to others, (4) keep informed about Co-op issues, (5) attend Co-op member meetings, and (6) vote and participate in the decision-making process.

Article 4.2

Board Responsibilities:

A. Articulating the long-term vision for the Co-op as well as assuring that the purpose of the Co-op is actively pursued. (There are seven responsibilities listed, with this being the first one.)

We the member-owners own and control the co-op and elect board members each year. The general manager is hired by and reports to this ever changing board. Over time, even the composition of the membership itself changes.

The New Mexico State Statute, our articles of incorporation, and our bylaws make this business, this *cooperative* business, different from most other businesses in town. There is no one person in control, so we, the member-owners, must remain vigilant that our co-op and our board are articulating and following a long-term vision that we, the member-owners, believe is right for us.

Vision Statement

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

This statement could benefit from clarification and the board is currently working on a revision.

Mission

Silver City Food Co-operative strives to provide healthy food and products. We support local and organic growers/vendors in a just, responsible, and sustainable manner.

Equity Membership

Each year all member-owners must renew our equity membership. On the form we sign is this statement:

- "You agree to support the values, mission, and vision of the Co-op and to uphold and abide by our Bylaws and Articles of Incorporation."

And just above your signature:

- "As the Member-Owner of record in purchasing a share of equity, I attest that I have read, understand, and accept the terms as stated on this certificate."

From the overarching global view of cooperatives to each individual's signing of our equity membership form there is a lot to consider about the true meaning of being a member of a co-op. Is it the responsibility of our cooperative to make sure the values, principles, and vision are upheld? Or must each member-owner also take responsibility as an individual?

As we walk into the grocery store on the corner of Sixth and Bullard, the bounty of organic and whole foods becomes evident. Not so obvious are the facts that the store is an established cooperative business, with values, principles, ownership, and an inherent value that makes it different from most other businesses. *Really knowing these facts* is just as important for each of us as knowing that our co-op is a place to buy healthy food.

Sources: The University of Wisconsin Center for Cooperatives, International Cooperative Alliance, Silver City Food Co-op website

Fiber Arts Holiday Sale

Murray Hotel Ballroom
200 West Broadway, Silver City, New Mexico



Saturday, October 7, 10am-7pm

Fiber Demonstrations & Reception, 4-7pm

Sunday, October 8, 10am-2pm

weaving, quilting, knitting, hand-dyed items, repurposed clothing & accessories, silk painting & more!

*It's never too early
to shop for the
holidays!*

 Southwest Women's
Fiber Arts Collective
www.fiberartscollective.org

Join us during the Silver City Art Association's 25th annual Weekend at the Galleries!



From Your Board . . .

Meet the Candidates!



David Burr • Three Year Term

When I moved to Silver City four years ago, I actively solicited volunteer activities at the Silver City Food Co-op because it is a local gem. I received training for food handling and was assigned to bulk repacks which I did for more than a year until a new General Manager was hired. Because of my interest in supporting the Co-op, I joined the Board in 2021 and was elected Treasurer. In 2023 I became the President of the SCFC Board. I have experience in Board activities from other organizations and am enthusiastic to use these skills to contribute to the Co-op's expansion and future development. The next several years will be critical as our Co-op moves to a larger facility, with more locally sourced products and in-store food options, while maintaining the current ambience and small-town atmosphere. In addition, over the next year, the Board will develop a new Strategic Plan that includes a vision for what the expanded Co-op can be over the next 5-10 years. We will need the input and ideas of member-owners, and I look forward to working with you throughout this process. I feel privileged to bring my experience to the Board of your Silver City Food Co-op to help with the important transition to a new and expanded facility, and to develop an exciting vision for the future of the SCFC.



Leo Andrade • Three Year Term

I was elected to the Silver City Food Coop board in 2021 and have thoroughly enjoyed serving with my fellow board-members to help ensure growth and sustainability for the Silver City Food Co-op.

My background includes working for a small, family-owned grocer through high school and college. This experience not only helped me earn money for books and clothing, it also provided me with the experience of stocking, bagging, customer service and cashiering. I became knowledgeable of the "ins and outs" of running a small community-focused grocery. My post-college career experience was in the banking, financial and retail industries.

Our household is a devoted and appreciative customer of the Silver City Food Co-op. As such, I have been strongly supportive of growing the Co-op's presence and delivery of wholesome foods in the Silver City marketplace. I am a passionate supporter of making the move of the Co-op to its new Pope Street location. Delivering Silver Citians a first-class source of healthy food options, especially locally-sourced products, is my passion.

Tuan Tran • Three Year Term

The last few years on the SCFC Board, I've experienced teamwork, important decision-making, and working with people interested in the best interests of the Silver City Food Co-op. My knowledge of technology has made me uniquely experienced to assist the board by improving meeting productivity, organizing records and files, and boosting overall efficiency as a team. As a former employee of the Co-op, I would like to bring my much-needed operational insight to the board, which should put me in a position to provide invaluable knowledge as we move forward with the next phase of our Co-op development and growth. Now that the relocation process has begun, I am excited to contribute to this new phase of our Co-op history and look forward to continuing my board service as we begin our long-term vision planning.





From Your Board . . .

2024 Election Guidelines

Candidate statements have been submitted and we're excited to have three candidates for our upcoming board election! If the faces and names look familiar – it's because they are. All three candidates are returning board members, running for a second term on the board.

Voting begins on Oct. 9 and runs through Oct. 22nd for all forms of voting. All active members are eligible to vote – active members are those who have made an equity payment within the last year. Please note that each membership equals one vote. While other people in your household may share your membership number when shopping at the Co-op, only the person who holds the membership may vote.

For this year's election, candidates will be running to fill three-year terms on the board, which would bring our board member total to eight. We can have a maximum of nine board members, so if you didn't submit your candidate statement in time for this year's election and are interested in becoming a board member, please reach out to the board at board.scfc@gmail.com.

This election will take place primarily as an online election, so please keep a look out for your online ballot which will arrive on the morning of October 9th. Your unique email ballot will be sent from this email address:

board.election@silvercityfoodcoop.coop

Paper ballots will be mailed to active members who do not have an email address on file.

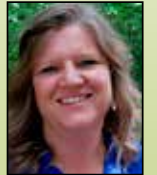
All ballots (paper and electronic) need to be received by October 22nd in order to be counted.

Your vote matters!

A successful election requires participation from 5% of active members, or 100 voting active members, whichever is less.



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 Little Toad Creek Brewery in the back meeting room 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



October

Members Only Specials

October 1 - October 31

20% OFF! listed prices



Kerrygold
Blarney Cheese
7 oz
reg \$6.49



Himalaya
Face Washes & Scrub
Assorted, 5.07 oz - 8 oz
reg \$8.99



Maxine's
Pumpkin Pecan Cookies
7.2 oz
reg \$7.69



Double Q Brand
Pecan Halves
reg \$16.89#



Herbs, Etc.
Allergy Releaf
30 ct
reg \$29.99



Pure Bliss
Carrot Cake
Granola
reg \$17.59#



Bonafide
Chicken Bone Broth
24 oz
reg. \$8.99



Big B's
Organic
Spiced Apple Cider
64 oz
reg \$7.59



Woodstock
Peanut Butter
Two Varieties
35 oz
reg \$12.79



Herbs, Etc.
Allergy Releaf
60 ct
reg \$49.99

Continuing

20% OFF! **Members Only Special**

African Baskets

- Various
- sizes •
- shapes •
- prices •



Co-op Deals

flyers
available

on our website

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

