



Silver City Food Co-op Garbanzo Gazette

it's
MAD!

Volume 24

❖ Your Monthly Newsletter ❖ February 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 Mulching • Cover Cropping • Permanent Pasture



by Carolyn Smith

One of the main tenets of Regenerative Agriculture is to keep the soil covered. Benefits include preventing soil erosion, improving soil fertility and soil quality, better water retention, and an increase in biodiversity throughout the agricultural landscape. Farmers and gardeners use three basic strategies for keeping the soil covered: mulch, cover crops and permanent pasture.

Mulch

Mulching, the laying down of natural organic materials such as wood chips, straw, wood bark, pine straw or pecan shells helps absorb and conserve available water, adds nutrients, protects the soil from erosion, reduces soil compaction, enhances the activity of soil organisms such as earthworms and other beneficial microorganisms, moderates soil temperature extremes, reduces competition for valuable nutrients by suppressing weeds, keeps crops clean which helps prevent soil borne diseases, and allows access to crops after heavy rainfalls.

Here in the Southwest conserving water is of utmost importance. Mulching greatly improves the soil's water retention by insulating the soil from the hot sun and drying winds. Placing drip irrigation under the mulch mitigates water stress in plants by keeping the water in the soil during the heat of the day and also prolongs the life of drip irrigation hoses which break down with exposure to the sun. During the pounding monsoon rains, mulch slows the rate of water entering the soil, resulting in better water absorption, reducing soil erosion and the leaching of nutrients out of the root zone that can result from excessive water flows.

Mulch improves the soil by reducing soil compaction and nutrient leaching, and by keeping soils from getting overly hot and dry, conditions that are destructive to life in the soil. Mulches are often considered as slow-release fertilizers as they decompose throughout the growing season, particularly beneficial to the heavy feeders like cucumbers, summer squash and winter squash and can contribute additional nutrients including nitrogen and hefty quantities of organic matter when using various plant matter and animal manure mulches.

Mulching can also aid seed germination. Certain seeds will not germinate with fluctuating moisture levels and mulch protects seeds from drying out from the sun and wind. During a drought, this is true for almost any seed you may be trying to germinate. A light sprinkling of mulch on top of recently watered seeds can save the day. At the other end of the growth cycle, bulbing onions are susceptible to sunburn as they grow larger and an airy layer of mulch gives protection from the sun.

Mulch suppresses the growth of weeds which reduces competition for valuable nutrients and eliminates the stress on plants that are sensitive to having their roots disturbed as they grow by pulling out weeds, examples being onion, pea and cucumber plants.

The application of mulch helps control soil temperature and can be used as a method of season extension for both cool and warm season crops. Air temperature changes rapidly, soil temperature does not, so using a mulch to blanket the soil will insulate it, keeping the soil cool for cool season crops like spinach, arugula and brassicas, and warm for the heat lovers like tomatoes and peppers.

Along with moisture and temperature levels, wind has a great impact on plant health as well. The air itself may be cold, but it is often that wind that is really driving it home. Using mulch as a windbreak, early or late in the year, protects plants from a chilly wind or a harsh, dry wind during a drought.

Mulch keeps produce clean by protecting plants from rainfall splattering dirt onto leaves and delicate fruit. Fungal diseases can be spread by contact with the soil and can shorten the shelf life of produce. Washing produce before storage only works well for some crops. Washing basil leaves is counterproductive as any residual moisture on basil can cause bronzing and/or blackening leaves. Strawberries are especially sensitive to soil borne diseases but clean straw can help reduce dirt splashing on fruit, assist in drainage and keep the strawberries from resting on the soil where the pathogenic fungus lurks. Mulching bean plants provides protection against bean rust. Mulch composed of chopped leaves

continued on page 14

1896 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

Editor: Mike Madigan

Guest Writers: Trudy Balcom, Monica Rude, Randy Harkins, Carolyn Smith, Kristina Kenegos

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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



All systems go on the Pope street renovations. Previous estimations of a July grand opening are still the operating assumption. There are still some big supply chain items that could impact this timing, like HVAC systems, but so far so good.

I find it pretty exciting that the Co-op is growing its footprint by 100% in its 50th year. There is a cool symmetry to that. When it is all said and done, our new facility will be a fantastic upgrade for our members, employees, and all of our community. The investment being made will have long term impacts to our community's--- healthy food availability and sustainability. And while I am neck deep in this phase, I realize this project and facility is only phase one, and will provide a launching pad for additional future benefit. Increased sustainability, advancing the local food economy, education and community partnership, areas we hope our co-op will positively influence. I'm pretty sure the warranty on our metal building is 50 years, so here's to another 50 years of Silver City Food Co-op!



Upon this dirt, we will build our deli

We must paint the insulation, so you don't see it. Seems weird, but, OK



When one window closes, another one opens. Silver City life will be on display through these future windows



Architect Ruben modelling the latest in reflective wear, gets on the same page with Ron, our general contractor



You make a better window than a ceiling! Where to put a window in the back office that will provide unobstructed light and a decent view? A skylight perhaps?



Winter blues?



**Perk up!!
with two trips
for Member Appreciation Days
February!/March!
any two trips of your choice
to save 10%
\$ become a member and save \$**

Did you know?

One perk of membership at the Co-op is the opportunity to place special orders at a discount. Is there an item you're looking for that the Co-op doesn't carry on the shelf? Are you interested in buying a full case or bulk amount of a particular item? If so, special orders are the way to go. Co-op members receive a 10% discount on special orders. If you plan accordingly, you can couple this with your Member Appreciation Days discount for an additional 10% off. Any staff member can assist you with placing a special order. We're glad to help!

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



Kitchen Meditations

Winter

Citrus Salmon in Parchment

Parchment keeps the moisture and flavors in. This recipe is nearly foolproof and adapts easily. Substitute regular oranges and other herbs and oils to suite your taste.

Ingredients:

- 4 (4 ounce) wild salmon fillets
- 3 teaspoons olive oil
- 4 (12 inch) squares of parchment paper
- 1 blood orange, sliced into rounds
- 1 lime, sliced into rounds
- 1 bunch fresh dill weed (or one teaspoon dried)
- ½ teaspoon lemon pepper

Directions:

- Preheat oven to 450° F
- Brush each piece of salmon on both sides with a light coating of olive oil. Fold each sheet of parchment in half and use scissors to round out the corners so that it is almost a circle. Open the sheets back up.
- Place the salmon fillets skin side down onto the center of each piece of parchment. Sprinkle with lemon pepper, then place a sprig of dill onto each fillet. Cover with one slice of orange, one slice of lemon and one slice of lime per serving. You may add more to taste. Lay another sprig or two of dill over the citrus slices.
- Fold each piece of parchment up and over the fillets. Hold each piece of parchment up and over the fillets. Holding both edges of the parchment together, roll the edge down making several folds as you go until the fish fillets are tightly sealed in their packets. Place packets on a baking sheet.
- Bake for 12 to 15 minutes in the preheated oven, or until fish is able to be flaked with a fork. You may need to open one of the packets to check.
- To serve, place packets onto serving plates and use scissors to cut an X in the center, being careful not to cut the food.

Sicilian Blood Orange Salad

Ingredients:

- 6 blood oranges, peeled and sectioned
- ¼ cup green onions, sliced
- Extra virgin olive oil
- ¼ teaspoon ground black pepper, or season to taste

Directions:

- Slice each blood orange section in half and remove and discard any seeds. Place oranges in a medium bowl. Add green onions and toss to combine. Drizzle with olive oil until just coated.
- Lightly sprinkle with pepper. Chill until ready to serve.

NOTE: Ripe navel oranges can be used in place of blood oranges.

Crispy Sunchoke w/ Aged Balsamic

Balsamic vinegar adds some sass to this recipe.

8 servings

Ingredients:

- 2 tablespoons olive oil
- 2 pounds small sunchoke, scrubbed, quartered
- Kosher salt and freshly ground black pepper
- 4 sprigs of fresh rosemary (dried rosemary can be substituted)
- ¼ cup (1/2 stick) unsalted butter
- 3 tablespoons aged balsamic vinegar

Preparation:

- Heat oil in a large skillet, preferably cast iron (you'll need a lid), over medium-high heat. Add sunchoke and ¼ cup water and season with salt and pepper. Cover and cook, stirring occasionally, until they are fork-tender, 8-10 minutes.
- Uncover skillet and cook, stirring occasionally, until water is evaporated and sunchoke begin to brown and crisp, 8-10 minutes longer. Transfer to a platter.
- Add rosemary and butter to skillet and cook, stirring often, until butter foams, then browns, about 4 minutes.
- Remove skillet from heat and stir in vinegar, scraping up any browned bits. Spoon brown butter sauce and rosemary over the sunchoke.

Oolong Tea



The name “Oolong” comes from the Chinese Wu Long, which means “Black Dragon,” and rightly so. Oolong is a complex, intriguing, multi-faceted tea, as mystical as its name suggests. It is a traditional semi-oxidized tea made with a process that includes withering the leaves in strong sunlight and allowing some oxidation to occur before curling and twisting. When the desired level of oxidation is reached (can be anywhere from 8-85%), and after an intricate process of browning, withering, rolling, shaping and firing (sometimes several times over), the final step is to roast it, which captures its flavor, cementing the level of oxidation. This last phase in the processing is unique to Oolong teas and considered a masterful art.

Oolong is neither a black or green tea. It falls into its own category. Yet, an oolong may end up with more black or green tea characteristics, depending on the direction a tea master takes in the processing. For example, Taiwan's most famous oolongs are traditionally less oxidized and, therefore, tend to be greener and lighter in flavor than those from China. The best oolongs are grown in high mountainous regions over rocky terrain and in cool weather. It is the unique geography and harsh environment that gives them the rich flavor they are famous for.

Look in the Co-op's bulk herb department for our organic Se Chung Special Oolong Tea from Frontier Co-op. It has a woody astringency and the nuance of fresh peaches which produces a remarkable aroma and flavor. Se Chung Oolong is less common in the U.S., usually being enjoyed by people in Hong Kong.

Jake's February Produce Picks

Sunchokes



The sunchoke or Jerusalem artichoke, as it is also called, is not actually from Jerusalem and not an artichoke. It is a perennial root vegetable from North America, ranging from Canada down to Texas and is a member of the sunflower family. Indigenous North Americans have been cultivating sunchokes since long before colonization. The tubers are rich in potassium, iron, niacin, phosphorous and fiber, with 2% protein. They help control blood sugar levels when eaten regularly, an important dietary consideration for folks with diabetes. They also help metabolize fat more quickly. Sunchokes have a mild, earthy flavor, which is slightly nutty and a little sweet.

If you are growing sunchokes, leave them in the ground until ready to eat as they lose moisture quickly. They get sweeter in the ground with winter frosts and are delicious grated on salads. When sliced and eaten raw, they come close to water chestnuts in texture. Otherwise, try frying them, pickling them, or roasting like a potato, a vegetable for which they've often been used as a substitute. You can also add them to soups. In fact, in 2002, the Nice Festival for the Heritage of French Cuisine touted Jerusalem artichokes as the "Best Soup Vegetable." They were a regular part of French diets during the Nazi occupation when these plentiful vegetables supplemented limited food rations.



Make your Valentine's Day really special with Emmi Swiss Knight Fondue!



Blood Oranges

What is a blood orange? The name is certainly dramatic, especially for such a wonderfully sweet and vibrantly citrus fruit. They tend to be a bit smaller than other types of oranges, with a thick, pitted skin that may or may not have a reddish blush. They look like regular oranges on the outside. The inside flesh is a brilliant dark pink, maroon, or dark blood red. Blood oranges grow on citrus trees in warm, temperate climates. The fruit can be eaten as is, juiced, or used in baked goods, cocktails, salads, or other dishes that call for oranges.

The red color is the result of anthocyanin, which develops when these citrus fruits ripen during warm days, tempered with cooler nights. Anthocyanin starts to develop along the edges of the peel and then follows the edges of the segments before moving into the flesh. They tend to be easier to peel than other oranges, often have fewer seeds and a sweeter taste. Their season is typically from December through April.

Becky's February Dairy Pick

Emmi Swiss Knight Cheese Fondue

Everything you need for fondue in one box! Emmi Swiss Knight is a premade fondue that contains the traditional recipe of Switzerland: Swiss cheese, white wine, Kirsch brandy and spices. It has just the right salty bite. Once it's heated and bubbling in your fondue pot, you can dip anything! A list of foods that you'll enjoy in your fondue include crusty bread, apples, pears, broccoli, cauliflower, bell peppers, roasted potatoes, Brussels sprouts, steak, meatballs, poached chicken, and large pasta shapes. And there's more...the options are endless! You might also enjoy it paired with a glass of crisp, refreshing white wine, the perfect complement to the richness of your delicious fondue.

The earliest known recipe for the modern form of cheese fondue comes from a book published in Zurich, Switzerland in 1699, by the name "Kass mit Weinzu Kochen," "To Cook Cheese with Wine." It called for grated or cut-up cheese to be melted with wine, and for bread to be dipped in it. Since the 1950s, the term "fondue" has been generally used to describe a dish in which a food is dipped into a communal pot of liquid, kept hot in a fondue pot. Examples include chocolate fondue, in which pieces of fruit or pastry are dipped into a melted chocolate mixture, and "fondue bourguignonne," in which pieces of meat are cooked in hot oil or broth. Of course, most familiar to modern-day folks, is cheese fondue, like Emmi Swiss Knight. It's a delightful way to bring people together at your next gathering of friends and family.

February 1 - February 29 • Members Receive 20 % OFF • In the front cooler

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their December Service.

Oly Sturdevant • Jane Papin
Charmeine Wait • Tasha Marshe
Sue Ann Childers • Tammy Pittman • Tim Garner



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 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.

December Round Up \$1635.00

Silver City Museum Society



The funds will go toward providing resources for museum staff to utilize when preserving regional history both in the field and at the museum itself. This includes hardware such as field recording equipment and cataloging software. Additionally, funding will go toward future exhibit planning, set-up, and promotion that will assist the museum in its mission to collect, preserve, research and interpret area history.

Round Up for March

SW New Mexico Seed Library



The mission of the Seed Library is to nurture a community of growers and seed stewards who harvest and exchange seeds, protect the sovereignty and diversity of our local food system, and increase our community's ability to feed itself.

Customer Change for Community Change!

Silver City Recycles

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



Recycling drop-off times for February Two Saturdays, the 10th and the 24

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

Silver City's 2024 Chocolate Fantasia • Xocolatl: Mayan Chocolate •

The Mimbres Region Arts Council presents Chocolate Fantasia, Xocolatl, on Saturday, February 10, 2024, from 11am to 4pm.

Saturday tickets are \$25. Savor your chocolates and enjoy the music of Angelica Padilla and one-man band, Flicker.

This year, a Friday night event has been added at the Little Toad Brewery and Distillery. \$55 gets you a flight of desserts, Chocotorta, Mini Taco Salad Bowls and an alcohol pairing, with the Illusion band and FULL access to the event on Saturday!

Xocolatl is the Mayan word for chocolate and was chosen as the theme of this year's event to feature the history of chocolate in North America. Enjoy the fabulous creations of our chocolatiers as they work within the rich history of Xocolatl.



Tickets are available online at

<https://www.chocolatefantasia.org/2024-event-tickets>

or by emailing

chocolatefantasia@mimbresarts.org



**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



Solutions to the Plastic Waste Crisis Can Be Found Locally

by *Trudy Balcom*

Plastic touches our lives every day in ways too numerous for most of us to even begin to comprehend. Plastic is everywhere. Plastics are now found in the deepest ocean trenches, remote mountain lakes, in soil, in plants, in animals, in the food we eat, and even in our own bodies.

Plastics manufacturing, use and improper disposal can have significant negative impacts on human health, including cancers, birth defects, impaired immunity, endocrine disruption, developmental and reproductive effects.

Ever wonder how much plastic has been created on this planet? According to a study entitled “Production, use, and fate of all plastics ever made,” published in the journal *Science Advances* in 2017, globally, 8,300 million metric tons of plastic had been produced by the year 2015. “Thus, near-permanent contamination of the natural environment with plastic waste is a growing concern,” the introduction to the study states.

The study found that the quantity of those plastics that was recycled was only 9 percent. Of the rest, 12 percent was incinerated (which creates cancer-causing dioxins) and 79 percent was placed in landfills or accumulated in the environment.

The predominant use of plastics is for single-use product packaging. Communities and consumers have little power over the types of packaging the products they buy come in, and the corporations that sell consumer products have no responsibility for the re-use or disposal of the packaging once the product is sold. So it falls to communities and individuals to tackle a problem of staggering scale.

The town of Silver City ended their single-stream recycling program in 2019 (single-stream means people could put all their recyclables into one bin instead of pre-sorting them). It wasn't the only city to end their recycling service during that period. China, the world's biggest buyer of bulk recyclables, especially plastics, stopped accepting U.S. recyclables in 2018,

causing recycling rates to drop dramatically. Suddenly, communities had mountains of recyclable waste with no place to sell it and no place to put it except landfills. Recyclable material handling companies closed, since they no longer had a market for their goods. **Without** China, recyclable plastics had lost a primary market, and with it, most of their value. Instead of being a commodity that could be sold, it has become a commodity that you have to pay a company to take.

Chris Lemme, a local custom home builder, began having conversations with other concerned citizens about the loss of local recycling services. “We were all just grumbling about it,” he said. Then, someone challenged him: What are you going to do about this, Chris?

“I thought, wow, what a great question,” Lemme said.

That question led Lemme and a small group of determined individuals to take the steps to form Silver City Recycles in January, 2020. In part because of the pandemic, and in part because of the learning curve, the group got a slow start, Lemme said.

“We started out with very small volumes. Then we had to figure out, what do we do with it?” he explained.

The all-volunteer-run non-profit group's abilities have scaled up. In 2023, they collected 36,000 pounds of plastic, 12,000 pounds of steel cans, 20,000 pounds of aluminum, 24,000 pounds of cardboard and 120,000 pounds of glass. About 12-15 dedicated, regular volunteers assist with collection days and other duties. SCR partners with a local business, Stuart Egnal's Trash to Treasure, to increase their capacity and support broader recycling efforts.

Lemme also said that it is very important to the group to see that the materials they collect are actually recycled into other consumer goods. “We didn't want it to go into someone else's landfill,” he explained.



Chris Lemme and the Silver City Recycles volunteers

Silver City Recycles Needs Your Help

SCR is seeking help from the community with a goal to raise \$40,000 to pay for additional equipment to make baling of bulk items faster and more efficient. The equipment will enable them to increase the volume of material they collect and expand their drop-off hours. SCR kept 212,000 pounds of recyclables out of the local landfill in 2023.

To make a donation online, visit their website at
www.silvercityrecycles.org.

Or make your check out to :
Silver City Recycles • PO Box 2155 • Silver City, NM 88062
Donations are tax-deductible

The items are baled and sold to businesses that process and sell bulk recyclable materials to manufacturers. Plastics are chipped and sold to be melted down to make new plastics.

“The biggest challenge is that we do not receive money for plastic, compared to aluminum, cardboard, and steel,” said Jennifer Lamborn, a board member with Silver City Recycles, in an email. “We must pay for the shipping to Albuquerque,” she added.

“The big picture is that there are not enough plastic recycling plants to handle all of the plastic generated and consumed (even though all plastic is, in theory, recyclable). This challenge can be met ultimately by legal/political will, but in the meantime, grassroots community organizations like SCR are figuring it out for themselves and teaching each other what they've learned,” she wrote.

“Hopefully, the existence of SCR serves to heighten citizens' awareness that landfills are a nonrenewable resource. In 25 years, our landfill will be maxed,” she added.

There are two bills that have been introduced in Congress to address the growing problem with plastic waste.

The Break Free from Plastic Pollution Act originally introduced in 2022, was reintroduced last October in both the House and the Senate (HR 6053 and SB3127). The bill would take several important steps to change plastics use, production and recycling, such as reduction in production of single-use plastics, mandatory recycled content, and a national bottle deposit system. Producers of plastic bottles and packaging would have extended responsibility for the ultimate re-use of these products. The bill would also include grants to help communities handle recycling.

The Protecting Communities from Plastics Act “sets forth a variety of requirements and incentives to reduce the production and use of plastics and other petrochemicals, including by directing the Environmental Protection Agency to place a temporary pause on certain new permits for petrochemical facilities under the Clean Air Act and the Clean Water Act,” according to Congress.gov.

Both bills remain at the committee level and are vigorously opposed by the petroleum and chemical industries, and will take broad and vocal public support to have a chance of success.

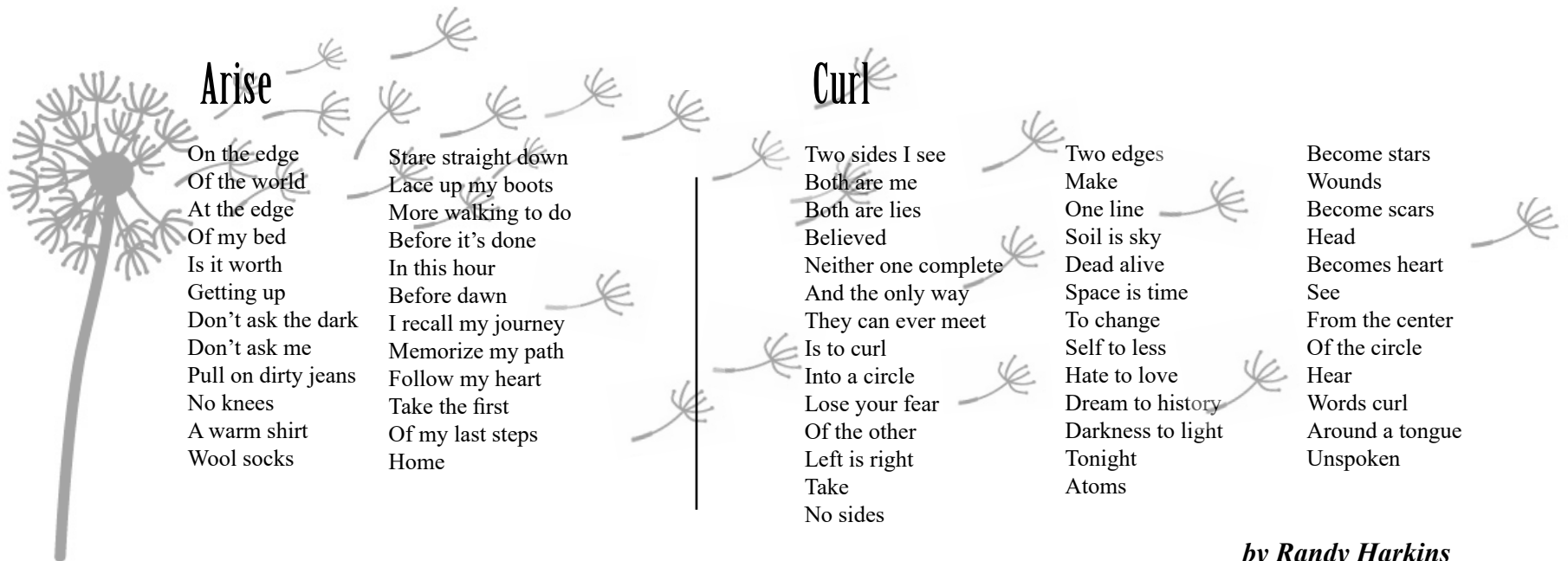
Lamborn said that ultimately, the problem with plastic pollution must be addressed by changing the way we think about not only plastic, but about our responsibility to people in the future. We should view plastic as valuable, not disposable, she said, and look for ways to re-use plastic items before recycling them, and to try to buy less plastics when possible.

“Landfills are not sustainable; further, they are a toxic soup of health hazards for the local environment now and into the future . . . Recycling reminds us to think about all that we consume and the impact of our consumption on other people and the biosphere,” she said.

How to Recycle with SCR

- Individuals can bring their clean, sorted recyclables to twice-monthly collection events held by Silver City Recycles on the second and last Saturdays of the month.
- A drive-thru drop-off is located at 305 South Bullard; please approach from Texas St. via Broadway.
- SCR accepts plastics numbered #1, #2 and #5 (plastics may be bagged together); glass; aluminum cans; steel (tin) cans and corrugated cardboard boxes. Please clean and flatten all items as much as possible.
- A \$5 free-will donation is gratefully accepted at the drop-off.

**For more details, visit their website at
www.silvercityrecycles.org,
 or their Facebook page**



Staying Healthy During Winter

by *Monica Rude*

You most likely already know some things about avoiding illness during the winter. Rest, hydrate with beverages free of sugar & high fructose corn syrup, rest, eat lightly and avoid dairy products if they increase mucus & congestion. Run a humidifier in your house, especially where you sleep. Use hot baths or a heating pad for achiness.

Strengthening the immune system with tonics before illness sets in can mean fewer and briefer illnesses. Tonics work from the inside out and don't address specific signs and symptoms as much as they help the body's own defenses work better to do their job. Tonics can be made from herbs that support circulatory and lymphatic tissues and boost the body's natural defenses. Tonics enhance & normalize efficiency of liver function, digestion, and elimination of wastes and toxins. Some possibilities include Astragalus, Ashwaganda, Nettles and Burdock; ask an herbalist which tonic herbs would be best for you. Get enough sleep.

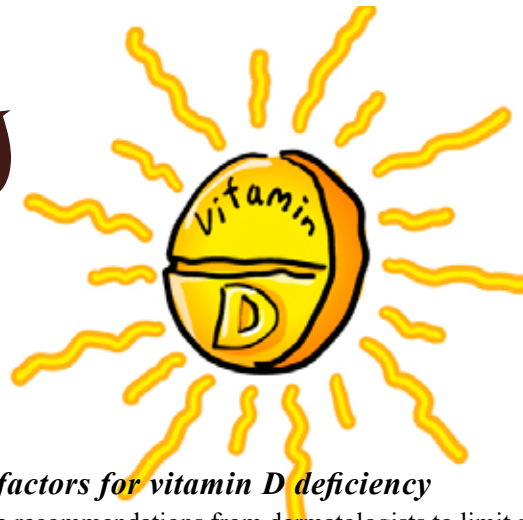
Since you already know all this, the current article will address the importance of Vitamin D in maintaining health, especially of the immune system.

There is considerable scientific evidence that 25-hydroxy vitamin D (henceforth referred to as Vitamin D) has a variety of effects on immune system function, which may enhance innate immunity and inhibit the development of autoimmunity. Conversely, vitamin D deficiency may compromise the integrity of the immune system and lead to inappropriate immune responses, according to the Linus Pauling Institute's Micronutrient Information Center at Oregon State University.

Vitamin D (as cholecalciferol and ergocalciferol) is synthesized in the skin upon exposure to ultraviolet rays of sunlight and then metabolized in the liver and kidney to biologically active forms. Through binding to certain receptors, it can regulate the expression of hundreds of genes involved in various biological functions. These include bone development and mineralization through the regulation of calcium and phosphorus. Studies have reported inverse associations between vitamin D status and the susceptibility or severity of autoimmune diseases, including type 1 diabetes mellitus, multiple sclerosis, rheumatoid arthritis, and systemic lupus erythematosus, colorectal and breast cancer, as well as, cognitive deterioration and disease progression in subjects with dementia.

More than 200 viruses are responsible for causing familiar infections of the upper respiratory tract (URT), known as the common cold, resulting in symptoms of nasal congestion and discharge, cough, sore throat, and sneezing. Recent studies show the risk of URT infection is higher in individuals with low blood concentrations of Vitamin D. Studies have documented an association between vitamin D deficiency and increased incidence and severity of the coronavirus disease, COVID-19.

Sunlight exposure can provide most people with their entire vitamin D requirement. It has been estimated that up to 15 minutes of daily sun exposure on the hands, arms, and face around 12 pm throughout the year will generally synthesize all the vitamin D needed to prevent deficiency. When vitamin D in skin is inadequate due to insufficient exposure to UVB radiation, oral intake of vitamin D is necessary to meet vitamin D requirements.



Risk factors for vitamin D deficiency

Despite recommendations from dermatologists to limit sun exposure, wear protective clothing and hats, and apply sunscreens, these practices hinder skin exposure to sunlight and thus result in lower vitamin D production and circulating vitamin D metabolites unless there is adequate oral intake. Of note, the application of sunscreen (2 mg/cm²) with a sun protection factor (SPF) of 10 reduces UVB radiation by 90%.

Infants who are exclusively breast-fed and do not receive vitamin D supplementation are at high risk for vitamin D deficiency, particularly if they have dark skin and/or receive little sun exposure.

The elderly have reduced capacity to synthesize vitamin D in skin when exposed to UVB radiation and are more likely to stay indoors or use sunscreen, which prevents vitamin D synthesis. It has been estimated that across Canada, the US, and Europe, the prevalence of vitamin D deficiency ranges between 20%-100% in free-living elderly. Institutionalized adults who are not supplemented with vitamin D are at extremely high risk of vitamin D deficiency.

Evaluating Vitamin D status:

Vitamin D status can be determined via blood tests, although total serum concentrations may not always adequately reflect vitamin D bioavailability. The normal range of 25-hydroxy vitamin D is measured as nanograms per milliliter (ng/mL). The current cutoffs proposed by the Institute of Medicine are: sufficiency 20 to 50 ng/mL, insufficiency 12 to 19 ng/mL, deficiency <12 ng/mL.

RDA for men and women:

Adults 19 – 70years:	15 µg/day	600 IU/day
Adults 71 years & older:	20 µg/day	800 IU/day

For values for infants, adolescents, or during reg or breast feeding, please visit:

<https://ipi.oregonstate.edu/mic/vitamins/vitamin-D#immunity>

Vitamin D is fat-soluble, meaning excess is stored in the body and not eliminated as water-soluble vitamins are. This means it is possible to take too much; a good reason to check with your practitioner about getting a blood test.

Food:

Vitamin D is found naturally in only a few foods, such as some fatty fish (mackerel, salmon, sardines), fish liver oils, eggs from hens that have been fed vitamin D, and mushrooms exposed to sunlight or UV light. In the US, milk and infant formula are fortified with vitamin D so that they contain 400 IU (10 µg) per quart. However, other dairy products, such as cheese and yogurt, are not always fortified with vitamin D. Some cereal, bread, and fruit juices may also be fortified with vitamin D.

Staff Picks

*This month we are welcoming our newest employees,
Donna and Ila Rose to the Co-op team.*

Read on to find out a little bit about them and which products are their current favorites.



Ila Rose is a cashier and stocker at the Co-op and getting right into the swing of things! She enjoys interacting with our Co-op shoppers every day. She says that, “It’s the favorite part of my job.” That’s good, because cashiers are truly on the front lines of the store. You could say that they are often the “face” of the Co-op!

When she’s off work, Ila Rose likes to “spend time with my friends, exploring new places and going on weekend trips!” What most people don’t know about her is that she’s actually an adrenaline junkie. She says that she “even went bungee jumping in Canada for my birthday last summer!”

As her favorite product from the Co-op, Ila chose the freshly ground peanut butter and deli sandwiches. She’s not alone! Both the PB and sandwiches are hugely popular among our customers and employees alike. We invite you to give them a try!



Welcome to the Food Co-op, Donna.

How would you describe your current position here?

“I am a cashier and love meeting all the people that come through my line. It is always a joyous thing when people have access to healthy, delicious food. I love the Co-op spirit! I also help unpack and stock items. Keeping the store full is a satisfying experience! With a background in herbs and supplements, I enjoy stocking products in the wellness aisle, too. The whole store can be viewed as wellness!”

What is your favorite thing to do when you’re away from work?

“I absolutely love relaxation time, when I can. Having a dog and a hiking partner is a great way to get out and about, exploring the numerous trails that are walking distance from where I live. I am an herb nerd and enjoy watching herbal videos, pouring through my books and making herbal preparations, as well as yummy foods, some of which are foraged. Right now I am relishing some nocino that I made from green walnuts. It took over 6 months to cure and is especially good over vanilla ice cream.”

Can you share something surprising about yourself?

“I have been in 3 different circuses. I was part of the One Rail Road Circus of Wise Fool, New Mexico. I wore a big puppet and did a simple (thankfully) dance routine. I also, with help from a fellow circus friend, created and wore a giant corn-head and green polyester leisure suit to bring awareness and some humorous protest to GMO corn at the time. I also did an apprenticeship with Bread and Puppet in Vermont. We sang worker songs in Polish every morning, made salt and parsley mash for bread every day. Peter Schumann, the founder, called me “relentless” in my pursuit to learn stiltting. I could be found everywhere, practicing my foibles and skills to balance, which I eventually achieved. My friend and I picked up trash (not too trashy) and attached it to tu-tus. We pranced in a circus as dumpster-diving divas....on stilts! Oh, those were some days!”

What is your current favorite product at the Co-op and how do you prepare or use it?

“My current favorite product is Tulsi Sweet Rose Tea by Organic India. It has been my “go-to” for the inevitable difficult times in life and just for a soothing, energetic tea on groggy mornings, or any time I need a soothing energetic lift! “



GRAB'N'GO

Gumbo: There's way more in that pot than you think . . .

by Doug Walton

One of the most popular items in the Grab 'n' Go Deli at the Silver City Food Co-Op is our Louisiana Style Gumbo. We actually prepare three different versions of this crowd pleasing dish: a Cajun Chicken & Chicken Andouille Sausage Gumbo, a Creole Chicken & Pork Gumbo, and a Turkey & Wild Rice Gumbo. We rotate through these different versions depending upon the season and the abundance of certain key ingredients. At least one of them is available at some time each month. In the coming weeks, we will also introduce a Vegan Gumbo, using okra, gold rice, and tomatoes. This version will pay homage to the original West African version of this dish.

Modern day gumbos make use of an assortment of vegetables: notably onion, celery, and bell pepper. Okra and tomato are incorporated in some versions. Meats range from fowl such as chicken, turkey or duck; to seafoods like shrimp, crawfish, crab, and oysters, though never fin fish (those are the realm of bouillabaisse and court bouillon: subjects for another time). Sausages and a variety of game meats are also frequently used. The base, which ranges from a thinner, soup-like broth to a thicker stew-like consistency; has been influenced by West African culture, Native Americans, and Europeans. Creoles, those descendants of a mixed ancestry of Europeans (primarily French and Spanish), Africans, and cultures indigenous to the Caribbean, influenced gumbo with the use of tomatoes and certain leafy green vegetables.

Today, Creole gumbo has tomatoes and okra in the base, and is more the consistency of soup. Cajun gumbo has a flour roux base and is more like a stew. The boundaries between these are no longer well defined; and there are clearly no rules short of the creation of something tasty and satisfying.

Gumbo is frequently cited as a classic example of the cultural melting-pot nature of Louisiana cooking. The name is derived from a West African term for a variety of the okra plant, *Abelmoschus esculentus*. In several languages of that region, the word for okra is "ki ngombo," often shortened to "gombo." The okra plant was a staple in the diet of that region; and was used in many ways, particularly as the thickening agent in soups and stews. Enslaved West Africans, who were taken to the then French colony of Louisiana in the early 1700's, brought with them the seeds for this culturally and nutritionally valuable plant. There were so many African slaves brought to the Louisiana colonies from 1719 to 1721, that by the early 1720's over half of the population of New Orleans was comprised of people from various regions of West Africa.

A primary component of the diet for sustaining this growing population was a stew made from okra and another plant recently introduced to this region: rice. Initially transported by Spanish slave ships, West African slaves first brought African rice into Latin America through Spanish colonialist endeavors. Eventually, also through the slave trade, rice was introduced to the southern colonies in North America. Rice cultivation, not only in the Louisiana colony, but also in those of coastal Georgia and South Carolina, was at that time a burgeoning agricultural industry of great financial importance to plantation owners and slave traders alike.

It is often stated that the people enslaved and brought to these shores were nothing more than an unskilled, though physically able labor force. This is a misrepresentation on so many levels. Not only did West African slaves bring to North America the seeds for a number of important food plants, but also generations of agricultural experience in how to cultivate and store these crops. In fact, slave

traders sought out people from certain regions of Africa because of their knowledge and experience in these matters. In addition, they brought with them the culinary history and skills to prepare these foods; and to sustainably feed large populations. Their ancestral agricultural and culinary culture has had a significant positive impact on the United States; and it was their labor and talent that shaped modern day American cuisine, particularly in the south.

As okra was a seasonal crop, the need for ways to thicken the fortifying soups and stews needed to feed a growing population in the absence of okra gave way to experimentation with the ideas of another culture, the indigenous Choctaw. For many years, this group prepared foods using the dried and ground leaves of the sassafras plant, *Sassafras tzumu* to fortify and thicken the food in their pots. The plant has aromatic and mucilaginous properties that make it both tasty and useful for this purpose. The product file', used in many gumbo recipes today, is essentially dried, powdered sassafras leaf. It is frequently used as a flavor additive, if not as the primary thickener.

Another method for thickening the soup/ stew was influenced by European cooking methods; noticeably those of the French. It involves the use of a roux: butter, oil, or animal fat browned and fortified with flour. Though gumbo roux has its origin in French cuisine, it is much darker and has a richer flavor profile than its Gallic cousins. Today, a flour roux is the most frequently used method for thickening gumbo. Many recipes continue to incorporate okra and file as well, but in smaller quantities than would be used as the primary thickener. The use of roux, and of a greater variety of meats, was influenced strongly by French Acadians (Cajuns) who came to Louisiana following expulsion from Canada between 1764 and 1785.

As you can see, gumbo's provenance is as murky as its broth. In any of its varieties and permutations, gumbo is both a culinary and historical journey to be savored and enjoyed. It is flavorful, nourishing and satisfying. It can also be thought-provoking. It is a dish that has persevered a complex and unquestionably difficult history, much like those who created it.



An enticing pot of Gumbo and its ingredients. Yumm!!

Frozen Department

NEWS

Love Those New Plant-Based Items!



Field Roast Mini Corndogs

Field Roast's frozen mini corn dogs come in a 10 ounce bag and are made with savory, smoked, plant-based Classic Smoked Frankfurters, coated in traditional cornmeal batter for a crispy vegan snack or meal. The flavor is reminiscent of the best country fair snacks. Eat them with your favorite organic yellow mustard or ketchup!

Field Roast Foods is a vegan food business located in Seattle, Washington. It specializes in making artisan plant-based meat and cheese alternatives and is part of a carbon-neutral company.

Hilary's

New to our Co-op's frozen department are Hilary's Super Cauliflower Veggie Burgers and Spicy Veggie Sausage. The Spicy Sausages are flavored perfectly with savory lentils, fresh herbs and whole-grain millet and are not just for breakfast, although they do make great hash. Try a patty crumbled atop pizza with a smoky cheese or as part of a fresh veggie taco filling.

Super Cauliflower Veggie Burgers are grain-free and protein-packed with green lentils and garbanzo beans, rounded out with vegetables and spices. Pile them high with all the traditional burger trimmings or enjoy as an ingredient in vegan mac 'n' cheese or a Mediterranean-style salad.

Hilary's is based in Lawrence, Kansas and was started by a woman named (you guessed it!) Hilary. As a food allergy sufferer, she knew first-hand how difficult it could be to find healthy, convenient foods, free from common food allergens and artificial ingredients. Inspired to help folks with food sensitivities, she went on to create great tasting, easy-to-prepare plant-powered nourishment for all kinds of eaters.



Beyond Steak Seared Strips

Beyond Steak Seared Strips are a meat substitute that are designed to look and taste like real steak. Made from simple plant-based ingredients, they are delicious and cook in just five minutes and have become a favorite for people looking for a vegan version of fajitas, stir fries, salads, Buddha bowls, and more. The applications are fairly endless!

Beyond Meat is dedicated to replacing animal products with plant-based alternatives that are "more environmentally friendly." By shifting from animal to plant-based "meat," they strive to "positively affect the planet, the environment, the climate and even ourselves. After all, the positive choices we make every day – no matter how small – can have a great impact on our world."

No matter which side you stand of the line between meat-eater and vegan, you might enjoy trying the products that the Co-op carries in our frozen department.



Good Catch Crab Cakes: New England Style

Crispy outside, moist and perfectly seasoned inside, New England Style Crab Cakes from Good Catch are a favorite of plant-based folks who crave that seafood experience. Some say that they taste, look and smell just like the "real thing." Good Catch never includes any animal derived ingredients, artificial flavors, palm oil, hydrogenated or partially hydrogenated fats, or synthetic colors. We invite you to give them a whirl and please know that feedback is always welcome!



Sarah holding a favorite of hers!

Laoban

What started in a dumpling shop in Washington DC, is now a line of frozen dumplings shoppers everywhere can enjoy. Laoban Dumplings are made from scratch using whole-food ingredients and created by five-time Michelin-awarded Chef Tim Ma. They are free from preservatives, hormones and additives. The Silver City Food Co-op is featuring two of their offerings, Livin' on the Veggie Dumplings and Ginger Chicken Dumplings.

and straw mitigates the effects of certain harmful soil fungi and nematodes by creating a chemical environment which either repels or kills these potential pests. In this case it is not the physical barrier itself but rather the chemical changes created by the mulch that is key. Root rots of pea and bean plants have been shown to be reduced by wheat straw mulch in this way.

Happy microorganisms create happy plants. Many of the conditions that make microorganisms happy are aided by the presence of mulch, a steady soil temperature during the heat of summer and the chill of winter, constant moisture, and food. This environment encourages microorganisms to operate nearer to the surface of the soil in the plants' rhizospheres boosting the exchange of nutrients. The maintenance of a steady population of beneficial soil bacteria and fungi also provides a steady defense against destructive nematodes.

Mulch can be an insect pest deterrent. The presence of mulch deters or eliminates the laying of onion maggot, cabbage root maggot, bean beetle, and cucumber beetle eggs at plant bases and lessens the likelihood of egg or larva survival. Also, overwintering insects, like thrips, in the soil will have less chance of survival under a thick layer of mulch.

Though there are clearly many benefits to using mulch, there are some things to watch out for.

- Mulch can harbor slugs, snails, weevils and sow bugs that love to eat emerging sprouts and shoots. Putting a protective ring into the soil around young plants can provide a physical barrier between these critters in the mulch.
- Mulching heat-loving plants too soon will not allow the soil to be suitably warm.
- Very thick mulch can make it difficult for moisture to get through to the soil and the layer of mulch that provides protection in cold weather, can lead to dampness and potentially crown and root rot in mild winters.

Cover Crops

Growing cover crops to keep soil covered is another important regenerative agriculture technique. A cover crop is any crop grown to cover the soil; think of cover crops as a living mulch. They are also referred to as "green manures" as they provide organic matter and nutrients. Cover crops keep living roots in the soil that can break through a plow pan, add organic matter to the soil and promote better soil biology and structure.

Cover crops recycle nutrients reducing the need for synthetic fertilizers and reduce agricultural run-off, by trapping and keeping excess nitrogen from leaching into groundwater or running off into surface water and releasing it later to feed growing crops.

Cover crops lead to better water infiltration and water holding capacity in the soil and make the soil less susceptible to erosion from wind and water. Growing cover crops increases resilience in the face of erratic and increasingly intensive rainfall and under drought conditions. Cover crops help when it doesn't rain, when it rains, and when it pours!

Cover crops benefit the successful growth of other future crops by managing soil erosion, reducing soil compaction, crowding out weeds, increasing moisture and nutrient content of soil, improving yield potential, controlling pests and diseases, attracting pollinators, and by providing habitat and food for beneficial insects and wildlife, increasing biodiversity in the garden or on the farm.

In addition to benefits for future crops, cover crops provide forage opportunities for livestock producers and support and increase biodiversity by providing winter food, cover, and nesting sites for birds and other wildlife. This is particularly important in urban environments where wildlife habitat is scarce or agricultural landscapes devoted to monoculture.

Cover crops can be planted any time of the year in fields that would otherwise be bare. Usually cover crops are grown in the fall after the main crops have been harvested, to help improve and protect the soil from erosion and nutrient loss and to suppress winter weeds that may emerge. They remain until the spring planting and may be incorporated into the soil for enrichment before the next crop goes in. In no-till agriculture, cover crops are rolled by the roller crimper, creating a weed-suppressing mulch for the next crop. Summer cover crops can be grown to break soil compaction and, between crop rotations, cover crops can supply much needed nutrients. It's important to identify the

best time and place to grow these cover crops and exactly how and when you will seed, terminate and plant into your cover crop.

Commonly grown cover crops are grasses: annual ryegrass, oats, rapeseed, winter wheat, winter rye, barley, triticale, sudangrass, and sorghum, legumes: alfalfa, vetch, clover, beans and peas and forbs: buckwheat, chicory, mustards and brassicas, including the forage radish, forage beet and forage turnip. Select cover crops by identifying your needs and objectives. While all cover crops provide many benefits, some species or "cocktails" (cover crop mixes) are better than others, depending on your specific objectives. "Cocktails" usually produce more overall biomass and nitrogen, tolerate adverse conditions, increase winter survival, provide ground cover, improve weed control, attract a wider range of beneficial insects and pollinators, and provide more options for use as forage, but they often cost more, can create too much residue, and generally require more complex management.

Cover crops add nitrogen to soils through one of two methods: nitrogen fixing and nitrogen scavenging. Nitrogen-fixing legumes such as clover, vetch, and peas convert atmospheric nitrogen into forms that can be used by your plants. Nitrogen scavenging plants capture excess nitrogen before it can run-off and store the nitrogen in plant tissues. Excellent nitrogen scavengers include radish, rye, sudangrass, and sorghum-sudan hybrids. Most grasses are good scavengers as well.

One of the best cover crops for aerating compacted soils and improving water infiltration is tillage radish, or daikon radish. Clover, Vetch, Rye Gras, sudangrass, sorghum-sudan hybrids, and mustards all promote healthy soil structure. These cover crops produce byproducts that help soil particles adhere to one another resulting in a good crumbly textured soil.

Organic matter provides many benefits to soils. Most cover crops provide some amount of organic matter to soils, but plants differ in the benefits they provide. Succulent plants, such as legumes like annual clover, partridge pea, and vetch, break down quickly in soils. They provide nutrients, but leave behind little lasting biomass. Fibrous plant tissues such as grasses and grains break down more slowly. They will tie up nutrients, but build stable humus, or organic matter, in soils. Perennial clovers such as white and red clover can provide both benefits, with the leaves breaking down quickly while the roots and stems contribute to biomass accumulation.

Cover crops that provide a solid cover and dense root system help stabilize soils and combat erosion. Clovers, annual rye grass, Austrian winter peas, crown vetch, sudangrass, sorghum-sudan hybrids, rapeseed, mustards, and cowpeas are good cover crops for erosion protection.

Permanent Pasture

The third strategy for keeping soil covered is permanent pasture, defined as "land", unplowed for five or more years, growing herbaceous forage crops, including shrubs and trees that can be grazed, that is either cultivated seeded grassland or naturally growing such as wild prairie or grazing land.

Pastureland cover may consist of a single species in a pure stand, a grass mixture, or a grass-legume mixture. Management usually consists of cultural treatments: fertilization, weed control, reseeding or renovation, and control of grazing. Renovating a permanent pasture can bring greater productivity and improved forage quality without losing a lot of soil as most of the plant material in the field remains in or on the soil surface during the operation.

Controlled regenerative grazing involves higher-intensity, short grazing periods with long resting times in-between, using a system of paddocks. It keeps the sward height high and encourages regrowth and development of plant and root systems, which also improves soil microbiology. Sward means the grassy surface of land and is the term used for the mixture of grass, legumes and other species which are close-growing and form a dense stand.

Best practices include allowing the stock to eat one-third, trample one-third and leave one-third for regrowth. No more than 50% of biomass should be removed by grazing, otherwise it starts to damage the root mass. The aim should be to have the same biomass below ground as above. Putting all animals into a single group increases their effectiveness in trampling the sward and providing adequate rest periods, and is also more time-efficient. Mixing cattle and sheep can assist with parasite control, too.



From Your Board . . .



*David Burr
President*



*Tuan Tran
Vice President*



*Sandy Lang
Secretary*



*Jane Spinti
Treasurer*



Leo Andrade



Kristina Kenegos



Paul Slattery



Shanti Ceane

An Inside Perspective: What It's Like to Serve on the Silver City Food Co-op Board of Directors

by Kristina Kenegos

As a current board member, I thought it might be interesting to write an article about what it's like to serve on the Silver City Food Co-op Board of Directors. So, I asked my compatriot board members to comment on the following questions: Why serve on the board? Is it a lot of work? and what skills are needed/desired to serve on the board?

David Burr, the current president of the Board asks the question, "How often do you get to be part of a generational change?" This echoes my feeling that being on the Board at this time is really exciting. Not only because we get a close look at the progress of the new store, but "we have the opportunity, in collaboration with suggestions from member-owners, to influence and to direct the changes that are taking place in the store," David states. Tuan Tran echoes this sentiment, adding, "The health and direction of the Co-op is important to me."

Sandy Lang, secretary of the SCFC Board adds, "Boards provide an important oversight role to ensure that businesses function effectively and are successful." She joined the board shortly after moving here

because she "wanted to meet new people and make a difference in the community." Again, I feel a similar responsibility to my community and, like Sandy, want to do my part. Boards come and go. The current term for a board member is three years and every year we ask new people to fill the open seats on the board. Currently, our board is functioning very smoothly, and this helps make our workload less. But this is not to say that there are not hours devoted to this

position. Sandy explains, "The workload varies depending on activities and committees, but it does not require a considerable amount of time. Attending monthly meetings, plus committee meetings as warranted, has never felt like a burdensome commitment," she states. The time commitment is minimal, according to David, who has served on many Boards, perhaps 1-2 hours per week on average for a regular board member, slightly more for the officers.

Perhaps you are considering being on the Board of Directors next year? If so, the first step would be to contact a current member of the board and attend a committee meeting or a monthly board meeting and see what it is like firsthand. Jane Spinti, our treasurer, feels that good judgement, good listening skills and the ability to work with others toward common goals, are what's needed on the board. Leo Andrade, in his second term, agrees. "Serving on any board of directors requires good communication skills, particularly with fellow board members and the organization's management." According to David, "The main requirements are a sense of collegiality and the ability to think creatively and/or analytically. The current board is extremely collegial, and each member brings some different talent to the table. This diversity is what makes the board effective."

The most important part of being on the board is being able to listen to others and all the ideas while also voicing your own opinions and solutions, Paul Slattery states. He continues, "While serving you, the Co-op community on the board, I have come to realize that the Co-op's prosperity builds the community and helps it become a healthy and happy and prosperous working environment for all the workers." As Paul states, "It has warmed my heart to see this all happen."

While I will admit that serving on the SCFC Board of Directors is not all puppies and flowers, it is a rewarding role to play especially now, as the Co-op prepares to move to a larger location and become a stronger voice in the community. I hope you will consider getting involved in your Food Co-op as a board member, volunteer, or just by attending one of our annual gatherings.



Back row L to R: Paul, Tuan, David, Shanti and Leo. Front row L to R: Jane and Kristina

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
Board Term: 2018-2024

Leo Andrade
Board Term: 2022-2023

Tuan Tran Vice Pres.
Board Term: 2020-2023

Sandy Lang Secretary
Board Term: 2022-2024

Kristina Kenegos
Board Term: 2023-2025

Our email address:
board.scfc@gmail.com



February

Members Only Specials February 1 - February 29

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Nut-Thins
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reg \$4.89



Tierra Farm
Chocolate Dollops
reg \$12.09#



Natural Balance
Happy Camper
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reg \$19.99



Hummingbird
Red Lentils
reg \$4.49#



Arrowhead Mills
Spelt Flakes
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reg \$7.89



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