

Silver City Food Co-op Garbanzo Gazette

MAD!

Volume 22

❖ Your Monthly Newsletter ❖

July 2022

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE!

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**YOU
ARE
WHAT
YOU
EAT**

The Importance of Pollinators



The vast majority of plant species-- almost 90%, in fact-- rely on pollinators to reproduce. Pollination is the process by which pollinators help plants to produce fruit (technically anything with seeds on the inside, so that includes things we normally think of as vegetables, like cucumbers, green beans and tomatoes) by transporting pollen from one flower to another. There are approximately 200,000 different species of animals around the world that act as pollinators. Of these, about 1,000 are vertebrates, such as birds, bats, and small mammals, and the rest are invertebrates, including flies, beetles, butterflies, moths, and bees. Pollinators provide pollination services to over 180,000 different plant species.

Pollinators help plants survive, and plants:

- Produce 1/3 of our food supply by giving us countless fruits, vegetables, and nuts
- Provide 1/2 of the world's oils, fibers (such as the cotton used to make clothes), and other raw materials
- Are used to create many medicines
- Provide food and cover for wildlife
- Keep waterways clean
- Prevent soil erosion
- Produce the oxygen we breathe
- Absorb CO2, counteracting global climate change

Globally, pollinators are responsible for pollinating more than 1,200 crops. 87 of the leading 115 food crops, or about 75%, depend on pollinators. Every year, pollinators contribute more than \$217 billion to the global economy, and \$24 billion to the US economy. If we consider the indirect products of plants, such as milk and beef from cows fed on alfalfa, the value of pollinator services in the US would increase to an incredible \$40 billion.

The Significance of Honey Bees

Honey bees are among the most numerous and efficient pollinator species in the world. Considering that the average honey bee can visit more than 2,000 flowers in one day, these bees greatly increase the chances of a plant producing a fruit or vegetable.

Honey bees are the species most commonly used as commercial pollinators in the US. They are managed and used to pollinate over 100 crops grown in North America, and contribute \$15 billion to the US economy every year. Many crops, such as almonds, which contribute \$4.8 billion to the US industry each year, rely on honey bees for more than 90% of their pollination.

But honey bees don't only pollinate crops - they also pollinate wild and native plants, thus contributing to all the environmental and societal benefits attributed to pollinators in general above.

continued on page 11

Board Election Information

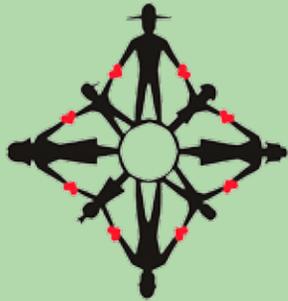
This year's Board of Directors Election will be held October 3 to 16, 2022, for terms starting in January 2023. **Attendance at 2-3 board meetings will be a candidate requirement**, and is a great opportunity to see if board work is for you. Please join us for the July 27, and August 24 Board Meetings.

We're especially looking for members with experience in technology, business, cooperative models, board work, finance, public relations, events coordination, advertising or healthy food.

1859 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

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Alicia Cramm, Vynce Bourné

Staff Writer: Judith Kenney

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Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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Food: Don't Waste It!

Dried up carrots, moldy nubs of cheese, and stale bread heels pile up in refrigerators across the USA, adding up to billions of dollars' worth of food waste. In fact, food scraps are the number one thing that goes to the landfill. According to the EPA, methane gas released from food waste in landfills accounts for 20% of the United States' greenhouse gas emissions.

We waste food at all points in the supply chain, so it's not just your fridge that's causing problems. At harvest, it gets damaged and tossed on the way out of the field. At the processing plant, things spoil or stick to the machinery and get rinsed down the drain. Grocery stores have to sort through and discard produce that isn't perfect, although some of that is picked up by food pantries (a recent study found that food co-ops recycle 74% of food waste compared with a recycling rate of 36% for conventional grocers.) Out of date packaged goods have to be pitched, as well. Restaurants and food service fill dumpsters with all the food we leave on our plates, combined with that which didn't sell in time.

Right now is the time to start wasting less and using more of the food we buy. In that spirit, read these tips that can help reduce your waste, and as a bonus, save you money!

12 tips to reduce food waste:

1. Use those radish and carrot greens

Buying radishes or carrots by the bunch? Use the leaves to make pesto, salads, and toss in soup. Think of them as peppery parsley.

2. Savor broccoli and cauliflower stems

Do you discard broccoli and cauliflower stems? Peel the tough skin from the stems and chop the tender cores to use in a dish, or cut in planks to eat with dip. Try a creamy broccoli soup to use up stems and florets.

3. Cook kale stems like you would celery

Do you discard kale and other greens stems? When cooking with kale, you can simply separate the leaves from the stems, chop the stems, and cook the stems first; they will cook a bit like celery. If you juice, save all your stems from meals you prepare, including parsley, and add to your juice for a chlorophyll boost.

4. Flavor stock and other dishes with potato peels

Do you peel potatoes? The peels make a flavorful addition to stock, and even thicken it

a bit. Consider whether you even need to peel. Many soups, potato salads and even mashed potatoes are more nutritious and delicious with the skins left on.

5. Enjoy the flavor and nutrition of apple peels

Baking or cooking with apples? Leave the skins on and you will reap the nutrients and fiber they contain, and save time. If you do peel, add them to soup stock, for a subtle sweetness.

6. Juicing a lemon or lime or eating an orange?

Zest your organically grown citrus first, then you can freeze the potent zest in a freezer bag; for adding a hint of citrus to everything from muffins to pastas.

7. Peel overripe bananas and freeze for smoothies or baking.

Are those bananas looking a little too brown to put in the lunch box? Peel and freeze them, then add them to smoothies or thaw and puree for banana bread, muffins and cakes.

8. Puree and freeze veggies before they go bad.

Do you have veggies going soft in the crisper? Cook and purée carrots, sweet potatoes, greens, cauliflower, and other veggies, then freeze. Stir the purées into pasta sauce, macaroni and cheese, soups, casseroles and meatloaf for an added veggie boost.

9. Save veggie trimmings for soup stock.

Cutting up vegetables for a dish? Save and freeze the skins and trimmings from onions, carrots, celery, sweet potato, potato, parsley, spinach, and other mild veggies (peppers, cabbage and broccoli can be too strong) until you have a good amount for a stock.

10. Use up stale bread in flavorful recipes.

Is your bread going stale? Freeze the slices to use later in stuffing, as croutons for soups and salads, or as a crumbly topping. Don't forget about bread pudding, too.

11. Keep food that needs to be consumed soon front and center

Organize your refrigerator and pantry, and put foods that should be consumed sooner right in front. If you can, use clear glass containers, so that you will see that tasty lasagna from last night, because out of sight is out of mind.

12. Turn vegetable scraps into fertilizer

Do you have room for a compost pile or a worm bin? Ultimately, transforming your plant waste into fertilizer is better than sending it off to the landfill.

by Co+op together

WOW!

It's still MAD!
two trips
June & July



the commons
CENTER FOR FOOD SECURITY AND SUSTAINABILITY

The Commons Gala in the Garden

On Saturday, July 23rd the Commons Center for Food Security and Sustainability is hosting a Gala in the Garden event with food, music, and a silent auction. It's a festive gathering dedicated to raising the critical funding needed to help feed families in Grant County this fall and winter and a celebration honoring the hard work of their volunteers. Join us for the festivities!

The Commons is seeking support from local businesses for this fundraising event, with an option to donate items that can be included in the auction and/or taking advantage of the opportunity to advertise in the Event Program (sponsorships are available at \$100).

Would you like to make a donation or participate as a program sponsor?

Contact Info:
575-388-2988
501 E. 13th St., Silver City, NM 88061
Email: info@thecommonsgrantcounty.org

Disc Golf Comes to Silver City! *by Alicia Cramm*

There is a new and exciting outdoor recreational activity that just became available in Silver City. A nine-hole disc golf course has been installed right in the heart of town featuring Mach X baskets. The course provides a variety of terrain varying from rocky desert hills to lush green foliage under large cottonwood trees. This little gem is hidden from plain sight, but can be found by taking Newsham Road directly behind R&L Service Center which dead ends at the park. There is a large parking lot that parallels hole #1 on the course. There are some technical holes and the average distance is around 200 feet.

This course was funded by donations from local businesses, organizations and entrepreneurs while many people contributed their time and energy to clean up the area and get the course installed.

The game can be enjoyed by anyone regardless of age and skill level. There are no fees to play and tee times are based on a first come first serve basis. All you need is a disc which can be purchased at Gila Hike and Bike, Ace Hardware or Morning Star. If you have interest in being a part of the Silver City Disc Golf Club and staying up to date with events and announcements or if you have questions please email silvercitydiscgolf@gmail.com.



Silver City Food Co-op Staff

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



Kitchen Meditations

Summer

Healthy Peach Crisp

This peach crisp is the ultimate summer dessert. Very easy to make! Enjoy it served warm or cold, on its own or with ice cream. The peaches should be pretty ripe. As this recipe is made without sugar, you really want them to be sweet and juicy. You can also substitute nectarines or combine them with the peaches.

Ingredients:

- 1 ½ pound ripe peaches
- 1 ¼ cups rolled oats (choose gluten-free, if needed)
- ½ cup almond meal
- ¼ cup melted coconut oil
- ¼ cup maple syrup
- 1 tsp cinnamon
- Pinch of salt

Instructions

- Preheat the oven to 350°.
- Wash the peaches and pat them dry. You can peel them if you think that the skin is too thick, but it's probably not necessary.
- Slice peaches and arrange them in a baking dish in an even layer. You can oil the baking dish first with a little bit of coconut oil. If your fruit is moist enough it won't stick.
- To make the crumble topping, mix together the rolled oats, almond meal, coconut oil, maple syrup, cinnamon, and salt.
- Spread topping evenly over the peaches.
- Place the peach crisp in the oven and bake for about 35-40 minutes until the topping is golden brown.



Pasta alla Norma

A wonderfully flavorful, lightened up version of the classic pasta dish from Sicily!

Ingredients:

- 1 ½ pounds eggplant cut into ¾-inch cubes
- 2 teaspoons kosher salt plus more for final seasoning
- 6 tablespoons extra-virgin olive oil divided
- 4 large garlic cloves finely chopped
- ½ teaspoon crushed red pepper flakes
- 28-ounce can crushed tomatoes with juice
- 12 ounces rigatoni or penne
- ½ cup coarsely chopped fresh basil about ½ ounce
- 2 ounces grated pecorino Romano or Parmesan cheese

Instructions:

- Preheat oven to 400°F.
- Line a baking sheet with parchment paper.
- In a large bowl, toss eggplant cubes with kosher salt and 4 tablespoons (¼ cup) of the olive oil. Spread onto prepared baking sheet in an even layer. Bake until very tender, 35 to 40 minutes, tossing halfway through baking time.
- Meanwhile, heat remaining 2 tablespoons olive oil in a large skillet over medium heat. Add garlic and red pepper flakes; cook and stir until fragrant, about 1 minute. Add tomatoes; cook and stir until thickened, stirring occasionally and crushing tomatoes with a spoon 10-12 minutes. (If sauce thickens before eggplant finishes cooking, remove from heat. Return to heat in step 6 adding a minute or two to ensure that sauce is heated through).
- While tomato mixture cooks, bring a large pot of salted water to boil. Cook pasta until firm to the bite (al dente) according to package directions. Drain pasta, reserving 1 cup cooking water.
- Add eggplant and pasta to tomato mixture; cook and stir 2 to 3 minutes until combined and pasta is well coated, adding reserved pasta water a little at a time if it seems too dry. Season to taste with salt.
- Remove from heat and stir in half of the basil. Transfer to platter or individual pasta bowls and top with remaining basil and grated cheese.
- Serve.



The Frugal Co-op Chef

It's summer and it's all about keeping our fluid intake up! Try these refreshing drinks as an enjoyable, nourishing way to tame the heat and support summer wellness.

Sports Solution

- 3 ¾ cups organic coconut water
- 1 Tbsp. maple syrup
- 1/16 tsp. mineral salt
- 1 thin slice fresh ginger root (optional)

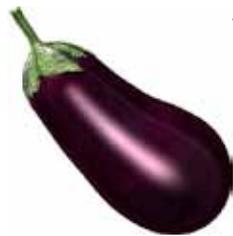
Combine all ingredients in a glass jar. Shake and serve.

Cucumber Agua Fresca

- 1 organic cucumber (2 cups)
- 2 cups water or organic coconut water
- 2 Tbsp. chopped fresh cilantro

Wash cucumber and slice it into a 1-quart glass jar. Add the water and cilantro. Cold infuse in the refrigerator for 2-4 hours. Enjoy!

Jake's July Produce Picks



Eggplant

Eggplant (*Solanum melongena*), also named aubergine or Guinea squash is a tender perennial plant of the nightshade family (*Solanaceae*). Grown for its edible fruits, eggplant requires a warm climate and has been cultivated in Southeast Asia since remote antiquity. Partners in the nightshade tribe with its American cousins, potatoes, tomatoes, and peppers, it is believed to have been domesticated in the Old World, likely India, China, Thailand, or Burma. Today there are approximately 15-20 different varieties of eggplant, grown primarily in China.

References to eggplant occur in Sanskrit literature, with the oldest direct mention dating from the third century CE, and a reference as early as 300 BCE. Multiple references have also been found in the vast Chinese literature, the earliest of which is in the document known as the Tong Yue, written by Wang Bao in 59 BCE. Wang writes that one should separate and transplant eggplant seedlings at the time of the Spring equinox. Beginning in the 7th century, Chinese agronomists focused intensely on making specific changes in the plant: from round and small green fruit to large and long-necked, with a purple peel. Illustrations in Chinese botanical references, dated between the 7th and 9th centuries, document the alterations in the eggplant's shape and size. Interestingly, the search for a better flavor is also documented in Chinese records, as botanists endeavored to remove the bitter flavor from the fruits.

A staple of Mediterranean cuisine, eggplant figures prominently in such classic dishes as Greek moussaka, Italian eggplant parmigiana, and the Middle Eastern relish, baba ghanoush. It is also frequently served baked, grilled, fried, or boiled and enjoyed as a garnish and in stews. Smaller eggplants have fewer seeds, thinner skin, and tend to be sweeter and more tender.



Eat a peach!

Peaches

With only a few months of availability each year, peaches are one of summer's most loved fruits. Possessed of a sweet, tender flesh and slightly fuzzy skin, peaches can be prepared in any number of ways, including eating out of hand. Indeed, this may be the most delicious way to eat a peach, albeit a little messy, if you're lucky enough to bite into an especially juicy one! Native to China, legendary peaches conferred immortality and were treasured by emperors of ancient days. They grow throughout the temperate zones of the world. Rich in minerals, dietary fiber and vitamins A and C they can make a positive contribution to your health in appetizing ways. Enjoy peaches in smoothies, cobblers, preserves, sliced over your breakfast cereal and more! Peaches will lose their sheen as they ripen and the sweetest fruit of all has small white spots on the top half. This is a good sign, not an indication of fruit gone bad.



Gopi Paneer Cheese is in the front cooler next to the deli case

Becky's July Dairy Pick

Gopi Paneer Cheese

Paneer is an Indian cheese that's made from curdled milk and some sort of fruit or vegetable acid, like lemon juice. It's similar to cottage cheese, in that it is un-aged, a soft cheese and does not melt. You can enjoy paneer as a snack, an ingredient in a more elaborate dish, or even for breakfast.

Paneer is believed to have originated in the 16th century in Southeast Asia where Persian and Afghani kings first introduced the cheese. No matter its origins, it's no secret that Paneer is an important and tasty part of Indian cuisine. Traditionally, it is usually cut into cubes before using it in dishes. Because it is a non-melting cheese, it can be grilled, fried, cooked on skewers over an open flame without losing its shape. It is frequently added to curry dishes such as palak paneer, a spinach-based dish, or paneer makhani in a tomato sauce. Because of its spongy texture, paneer will readily absorb the flavors of spices and ingredients it is cooked with.

The best way to store paneer is in a container filled with water, which keeps it from drying out and becoming rubbery when heated. Store for up to a week but, for best results, change the water every 2-3 days.

June 29 - August 2 • Members Receive 20 % OFF • In the front dairy cooler

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their May service.

Jane Papin • Sue Ann Childers • Tim Garner
Tammy Pittman • Tasha Marshe
Trudy Balcom • Cassandra Leoncini



RAIN CHECK

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



We now have rainchecks
to give our member/owners
and customers
better service!

Produce Compost Guidelines

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

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



Round Up Donation Program

The Silver City Food Co-op invites you to "Round Up." This means as a customer you can round up the balance of your total purchase to the nearest dollar, thereby donating that amount to a local non-profit. Donation recipients change every month. Information can be obtained at the cash registers when you check out. Many thanks to our cashiers who make this program work so that we can all give to our community.

Round Up for July

Imagination Library

Imagination Library of Grant County will use funds to help mail free, age appropriate books to 1000 local children ages 0 - 5 monthly.



May
Round Up
\$1432.00

Literacy Link Leamos

Literacy Link – Leamos is very grateful for the Round UP funds from this past May. These donations will help our Let's Read book donation project for elementary school children. Since our first distribution in October, 2001, this project has given Grant County elementary school children over 355,000 new, age appropriate books. The project is totally managed by volunteers who order, receive, inventory, and distribute the books. First Book National Book Bank is the source of the books – all free except for a shipping/handling fee of \$0.60 – \$0.90 per book. The project must also pay for temporary storage. Project budget is \$20,500. Three times a year, Let's Read distributes books to the 2000 children in nine elementary schools, five in the Silver School District, and four in the Cobre District, with a goal of providing 10 to 12 books to every student during the year. Teachers tell us that without our books, some children would have few or no books at home. We are inspired by President Biden's words in his proclamation for 2021 Read Across America Day: "The key to developing young learners into engaged, active, and innovative thinkers is instilling in them a love of reading at an early age. Reading is the gateway to countless skills and possibilities – it sets children on the path to a lifetime of discovery."



Round Up for August

Breastfeeding Task Force

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



Customer Change for Community Change!

Silver City Recycles

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



Recycling drop-off times for July:

Two Saturdays, the 9th and the 30th, 10am - 12noon.

New rules are now in effect for plastic:

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

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

For more information:

<https://silvercityrecycles.org/>

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



How did you find Silver City? **Community Meet and Greet**

**Saturday, August 6, 2-4 pm,
Silver City Museum Courtyard,
312 W Broadway St**

**Did you move here during Covid?
Did you miss out on meeting people?
Come and meet your new community.
We can't wait to see you!**

**We have welcome bags with info about Silver
for the first 100 people. We also have voter
registrars to help you register to vote.**



**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!***

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



Calling for Guest Writers!

Do you love your Co-op?

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

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

Members, if interested please email
judith@silvercityfoodcoop.coop

Three hours earns a 15% Volunteer Discount





What I love about the Co-op

We're in this together!
Thanks to our members/customers
for these positive comments

Great selection of organic food!
Wonderful customer service!

The goat cheese &
the goat yogurt.
Staff is great -
friendly & helpful.
Thank you all!

Socializing!
Great food!
Local!

Community • Freshness •
The ideals built into member-
owned, local foods • Small •
Better food quality • Bulk food

Local products
and the people!!

Choice!
Friendliness!
Local ❤️

I love the atmosphere and
the opportunity to find great,
healthy food within our
community.

The Co-op is always ready
to order what I request.

The fresh produce, the cheese, the
spices, the teas. The helpful staff.
The spirit of the place.

I'm a member.
You believe in
the best for me!

Alternative
Culture
Co-operative



Local support of local farmers.

I love access to a variety of organic foods
sold by friendly, knowledgeable people.

What I love about the Co-op



Love the community feel & that it's downtown
Love the bulk

Good food
&
a peaceful spirit

Good selection for vegans

Feels like family!



Always friendly, happy faces to greet me!

The people
The choices
The kindness
The reality of you being here
The oneness of ideas

Great staff &
awesome organic selection

The friendly staff
The considerate shoppers

I can always count on
catching up with a friend
or two as I shop!

The history.



I Love everything about the Co-op. It is another home to me, coming from the early co-op movements & farmers' markets, healthy food, healing. So glad we will have a larger space or offer more good food. The variety is the best, especially considering the space.
Thanks!

It feels like home.
I love the organic food!





Check this out!

my
De/Caffeinated Coffee-holics
and
Connoisseurs

by Vynce Bourné

For the month of July
the Silver City Food Co-op and Solar Roast Coffee Roasters are teaming up
and bringing in some “Throwback Prices” on their best-selling roasts.

These varieties will include Guatemala, Sumatra, and Peru roasts as well as the
Co-op’s all-time top selling Decaf Roast.

All 100% USDA and Colorado State Certified Organic.

These 12oz bags normally retail for \$14.49 each
but will be on sale for just \$9.99 while supplies last!

What makes Solar Roast special is that they’re the inventors
of the world’s only commercial solar-powered coffee roaster.
This company isn’t afraid to do things differently, if it means
sustainability, and they started from the ground up to make that
a reality. What began as nothing but an idea and very minimal
supplies in 2004 has turned into supplying most of the western
United States with delicious high-quality coffee, all while staying
committed to using only 100% Organic and Fair-Trade beans since
the inception of their business.

My favorite thing about the Solar Roast story? That would be
that their very first roaster, Helios I, was constructed using just
their parent’s old satellite dish, 100 plastic mirrors, and a broccoli
strainer! Talk about innovation and determination. It’s a good
reminder that anyone can make a change,
especially if caffeine is involved.



Vynce filling the Solar Roast bins



Sale!!
Regularly \$14.49
12 oz bags
for the month of July
\$9.99
While Supplies Last

Honey Bee Decline

Honey bees are clearly vital parts of our ecosystem, acting as highly efficient pollinators of our food crops as well as for wild flora. We need bees to keep our crops and earth healthy, but in recent years their numbers have been decreasing by the billions. This decline has been linked to several factors, including parasites such as varroa mites, which bite bees and infect them with fatal viruses, the use of pesticides which poison bees, and monoculture farming, which prevents them from having a varied diet.

In 2016, 44% of managed beehives in the US died. The number of managed honey bee colonies in the United States has declined steadily over the past 60 years, from 6 million colonies (beehives) in 1947 to 4 million in 1970, 3 million in 1990, and just 2.5 million today. Overwintering loss rates have increased from the historical rate of 10-15% to approximately 30%, and beekeepers have collectively lost approximately 10 million beehives.

The Role of Native Bees

Did you know that there are 4,000 different bee species native to North America? These bees vary widely, from cuckoo bees to bumble bees. Some are smaller than an eighth of an inch, while others are more than an inch long. They range in color from metallic green or blue to dark brown or black to striped red or orange.

Native bees are often overlooked because they aren't domesticated, or because some of them don't look like "traditional" bees (fuzzy, black and yellow). But these bees are the original residents of North America, who quietly and industriously pollinate our crops side by side with the honey bee.

Native bees might not spend much time in the spotlight, but they make a huge contribution to our environment and our economy. In 2009, the crop benefits from native insect pollination in the United States were valued at more than \$9 billion dollars.

Sadly, native bees are struggling just as much as honey bees. Many species are endangered, and a few have already gone extinct. The factors that harm managed honey bees also harm wild bees, such as parasites, pathogens, and poor nutrition due to monoculture farms. A study published by the National Academy of Sciences last year found that wild bees may be disappearing in California's Central Valley, the Midwest's corn belt, the Mississippi River Valley and other key farm regions. Between 2008 and 2013, modeled bee abundance declined across 23% of US land area.

Now more than ever we must find new and innovative ways to protect these national treasures and preserve the balance of our ecosystem.

*Many thanks to Planet Bee Foundation for this article.
Find out more at planetbee.org*

Just the Facts, Ma'am . . .

July is national horseradish month! Now is the perfect time to introduce some sizzle into your menu. It definitely packs a bite, often bringing tears to the eyes and heat to the tongue. Woohoo!

- Horseradish has been cultivated for 3,000 years, originally for its medicinal properties. Indeed, it was once used to treat scurvy). Sinus issues and other "mucus-y ailments may benefit from this root.

- Both the root and leaves were used as a medicine during the Middle Ages.

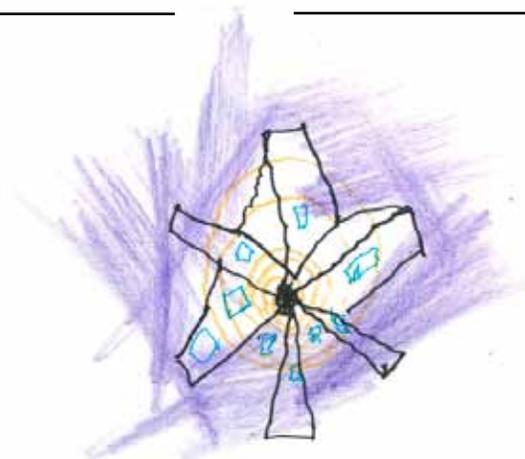
- It's good for you, containing a number of important nutrients, including calcium, magnesium, potassium, folates, vitamin C, and zinc.

- Horseradish is a perennial plant, native to eastern and central Europe and, possibly, western Asia.

- According to Greek mythology, the Oracle of Delphi, told Apollo that horseradish was worth its weight in gold.
- Sales of bottled horseradish began in 1860, making it one of the first convenience foods.
- Horseradish is a perennial plant of the Brassicaceae family, along with mustard, wasabi, broccoli and cabbage.
- Enjoy it as a condiment for steak or prime rib and fish. Add to deviled eggs to make them extra yummy, as component of potato salad, and more!
- Fire cider...ever heard of it? It's an immune-boosting health tonic that's been used for decades to naturally protect against respiratory issues. It contains fresh horseradish as a main ingredient.
- Tulelake, California is known as the horseradish capital of the world.



Horseradish



Loving my Ignorance

*drawing and poem
by Rick Stansberger*

What I don't know fills the world,
makes it a spectacular museum I
wander in, holding crystal gloves
and velvet skulls,
sitting mouth-open among the carven
scrollwork of days.

Thank you for this ignorance, Lord!
It permits discovery.
Thank you for discovery, Lord!
It winds up wonderment
and sets it spinning--
the most marvelous little gizmo of all.

STAFF PICKS!

Welcome to Our Co-op Team!

Meet Kelsi!

We have the most interesting people working at the Co-op! One of our newest employees is Kelsi who works as a cashier and stocking out products in the store, both demanding jobs. Thank you, Kelsi, and ALL cashiers and stockers! When she's not at work, she loves "taking my dog, Ranger, on hikes to the river and spotting wildlife as we go. Birds and bobcats are our favorites!" Kelsi lived in a tipi for two years in southwest Montana while teaching nature connection skills. She's also an Irish dancer!



Kelsi's favorite product, currently, is the Thousand Hills grass-fed beef. She likes "supporting affordable, regenerative agriculture, and a hamburger topped with avocado is one of my favorite meals!" Thousand Hills Lifetime Grazed has fully embraced regenerative agriculture to share the health benefits of 100% grass-fed beef and to create a sustainable ecosystem. Regenerative agriculture is a set of holistic land management practices and grazing strategies that seek to restore and enhance the natural resources that are used, rather than deplete them. It looks holistically at the agro-ecosystem to build soil health, increase clean and safe water runoff, improving biodiversity and ecosystem resiliency, and increase carbon draw-down.

Carbon removal, also known as carbon dioxide removal (CDR) or carbon drawdown, is the process of capturing carbon dioxide (CO₂) from the atmosphere and locking it away for decades or centuries in plants, soils, oceans, rocks, saline aquifers, depleted oil wells, or long-lived products like cement. Carbon removal matters because somewhere between 15–40% of the carbon dioxide that humanity emits will remain in the atmosphere for up to a thousand years, with roughly 10 – 25% of it persisting for tens of thousands of years. Removing and sequestering that carbon dioxide could permanently reduce climate risk by slowing or even reversing climate change.



Meet Gerald!

Welcome Gerald, now working as part of our Deli, Grab 'n' Go Team! With a background and a passion for cooking, he's happy to be there. Gerald loves to be outside, "when I get the chance, hiking, golfing, swimming, or even just lying in the sun with a cold drink." He's also a very good singer and, says, "Most people are surprised when they hear me!"



Gerald had a hard time deciding on his favorite product and says that he loves them all, but finally settled on MI-DEL Gluten-free Ginger Snaps. "They make a great snack and a perfectly light crust for cheesecake."

Samuel Midel, inventor and entrepreneur, created the world's snappiest cookies, the most popular being the crispy ginger snap. MI-DEL'S story began in the 1940s when Samuel sought to provide his family with wholesome, great-tasting cookies, a quality snack that's really good. MI-DEL is a pioneer in the world of gluten-free products, starting with pie crusts and, later, adding cookie varieties and categories to its line, all the while remaining true to its original commitment to healthful treats enjoyed by satisfying the appetites of small and big kids alike who want cookies that simply taste delicious!



Grocery Department

NEWS

Check It Out!



Our grocery buyer Doug holding two of his favorite new products

Hayden Flour Mills

Arizona-based Hayden Flour Mills is dedicated to renewing traditional stone milling heritage and ancient grains through regenerative and sustainable practices that are better for both people and the planet. Hayden is reviving forgotten native grains from the ground up. Yes, more than cacti can grow and flourish in the desert! Their mission is to take customers from over-processed wheat into the world of heritage grains and the art of stone milling. Stone milling is an old-world process where the whole grain is crushed into flour by rotating stones. Unlike modern roller mills that tend to shave off and discard flavor and nutrients found in whole grains, the process of stone milling in small batches preserves the natural oils and nutrients of the grain, creating a more flavorful, nutrient-dense product. While it's hard, labor-intensive work, it is well worth it.

“We’re dedicated to reviving this heritage and ancient grains through regenerative and sustainable practices that are better for both people and the planet.”

NY Shuk Za’Atar Crackers: Zesty herbs
NY Shuk Harissa Crackers: Sweet, spicy, vibrant
Mini White Sonora Crackers: Crisp, light and slightly sweet
Masienda Tortilla Flour Blend: Smooth, pillowy texture
Yellow Corn Polenta: Vibrant, buttery, creamy

HOP WTR

HOP WTR is a non-alcoholic sparkling hop water crafted with bold hops and mood-boosting ingredients. Using a proprietary blend of stress-busting hops, adaptogens and nootropics*, HOP WTR imparts healthy benefits while tasting light, crisp and satisfying. Cheers to never having to choose between having fun or missing out!

HOP WTR starts their brewing process with two ingredients; hops and water. Crisp, sparkling water is infused with a blend of Citra, Amarillo, Mosaic and Azacca hops that suggests the flavor of your favorite IPA. Enjoy the resolute notes of citrus, resinous pine, hints of stone fruit, dank resin and earthy bitterness on the finish for a flavorful thirst quencher.

*Nootropics are substances that may improve cognitive function, particularly executive functions, attention, memory, creativity or motivation in healthy individuals. Some over-the-counter examples include: caffeine, omega-3 fatty acids, ginkgo biloba and panax ginseng.

Classic: Crisp, citrusy, piney
Lime: Tart, sunny, hoppy
Mango: Juicy, tropical, hoppy
Blood Orange: Bright, citrusy, hoppy



From Your Board . . .

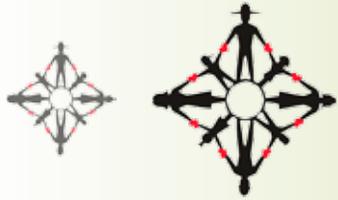
Invitation to Join the Board

Last year, the Board tried something new and held elections at the end of the year, between Thanksgiving and Christmas. One thing seems certain, with change, comes more change. This year, we've made changes to the election schedule again, to ease pressure on staff during a busy time of year and allow plenty of time for new board members to get acclimated to their new roles. This year, we're kicking off the elections process early, with a submission deadline for interested candidates' statements of August 3rd. Right around the corner!

We again look forward to giving new board members ample time to settle in and get acquainted with Board work, by starting them at the beginning of the year in 2023. With this new election schedule, now is the time to tell you all about why Board membership is important and encourage those of you with time, skills, and passion for our Co-op to consider becoming a part of our Board of Directors. Our board is an expression of the Co-op's democratic process with seven to nine member directors who, through a Policy Governance model, create policy for the Co-op, collectively participate in decision making for the Co-op, and provide management and guidance for the General Manager of the Co-op. There is a lot of diverse work involved in a well-functioning board, so the more diversity and enthusiasm on our Board, the more holistically we will provide direction and guidance for the Co-op. Help us in our Co-op's important role of providing healthy and fair food to our community. If you find yourself interested, reach out to any of the board members with questions regarding what is involved and what is needed. Each board member is expected to participate in two of the five board committees. A large percentage of board work is done through the organization and parameters of the committees. They include: the Finance Committee (FC), Member Connect Committee (MC), Election Committee (EC), and the Board and Management Evaluation (BME) Committee. The Finance Committee provides guidance and recommendations to the full board concerning fiscal decisions. The MC

Committee acts as a conduit for information from member-owners to the board and to operations, assists communication from the board to member-owners, and plans the General Membership Meeting. The Elections Committee facilitates the recruitment, election, and development of Board Members. The BME Committee's purpose is to develop and implement appropriate evaluation tools for annual board and general manager evaluation. The Pope Steet building transition is finally nearing the start of construction, and we'll want to keep our focus during this exciting year to come! Right now, the board is working directly with our manager, Kevin Waters, to transition the Silver City Food Co-op to our new building on Pope Steet. If you have skills that can help this project succeed, we need your service now. The board is seeking members who have experience with finance, business, buildings, or projects, to support an easeful and efficient move. A knowledge of public relations, events coordination, advertising or technology would be most welcome. We are a consensus driven board and treasure members who want to build consensus within the board, the membership, and the community. We use the policy governance model to make sure we can fairly, efficiently, and diligently do our primary duty of oversight. Most of all we hope to find compatible board members who also enjoy the satisfaction of a job well done! If you or anyone you know has experience with any of these areas, your expertise will be of great service during this crucial new transition; please consider volunteering as a Board Member during this evolutionary moment! The election will be held October 3rd through October 16th this year and we'll need applications by August 3, 2022. If board work calls to you, please contact us and we'll provide you with the 2022 Candidate Packet with further information and details.

Please reach out to Sandy Lang, the Election Committee Chair, at sandylang78@gmail.com or to the Board email at sandylang78@gmail.com for details.



From Your Board . . .

Board Policy Bingo B-5 Treatment of Customers

This is a short but important policy that simply states that “The General Manager must not be unresponsive to customer needs.”

The General Manager is responsible for a safe shopping environment, using tools like an insurance company on-site audit, making sure the co-op uses best practice safety standards in every area from kitchen to office to work spaces to the retail floor to check-out. He also must respond nimbly to sudden changes, like the Covid pandemic, where whole systems have to be changed at a moment’s notice.

Most of the time customer needs have more to do with suggestions, preferences and product requests. Here the general manager can answer questions directly. He also depends on the suggestion boxes in the store, feedback forms online, and on our excellent buyers who can advise and directly order a specialty product.

Information is available online, or a call to the store can direct a member to the right person to answer a question.

The Garbanzo Gazette is published monthly, available online and at the checkout area. It’s a great source of current information on topics such as what’s on sale this month, contributions and recipes from staff and members, co-op working principles, how the board works, what events are planned, and how the Pope Street relocation project is proceeding.

Although the B policies are focused on how the General Manager- the board’s only employee- does his job, the board responds to member queries through the Concern Coordinator and generally refers members back to management. As per our board policies, the board doesn’t get involved in the day to day operations of the store.

Board Election Information

This year’s Board of Directors Election will be held October 3 to 16, 2022, for terms starting in January 2023. **Attendance at 2-3 board meetings will be a candidate requirement**, and is a great opportunity to see if board work is for you. Please join us for the July 27, and August 24 Board Meetings.

We’re especially looking for members with experience in technology, business, cooperative models, board work, finance, public relations, events coordination, advertising or healthy food.

Board Meeting Schedule

The SCFC Board of Directors meets the fourth Wednesday of each month in person and on Zoom. Please email the Board for more information.

Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among

those members who would like to speak. If ten minutes is insufficient, a special meeting may be called on another day. If a member wants more time, they can contact the president and ask to be added to the agenda. Please make this request at least one week before the meeting.

Board of Directors

Shanti Ceane/President
Board Term: 2018-2024

Tuan Tran/Secretary
Board Term: 2020-2023

David Burr/Treasurer
Board Term: 2021-2023

Julianna Flynn/Member
Board Term: 2018-2022

Sandy Lang/Member
Board Term: 2022-2024

Leo Andrade/Member
Board Term: 2022-2023

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

Paul Slattery/Member
Board Term: 2022-2024

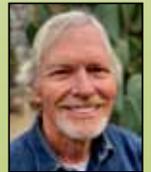
Our email address:
board.scfc@gmail.com



Shanti Ceane
President



Julianna Flynn
Member



David Burr
Treasurer



Tuan Tran
Secretary



Paul Slattery
Member



Sandy Lang
Member



Gwen Lacy
Vice President



Leo Andrade
Member



July

Members Only Specials

June 29 - August 2

20% OFF! listed prices



Adobe Milling Co
Anasazi Beans
reg \$2.99#



Gopi
Paneer Fresh Cheese
8 oz
reg \$5.19



Upton's
Jackfruit
7 oz
reg \$4.59



Vita Coco
Coconut Oil
14 oz
reg \$9.19



Quantum Health
Buzz Away Repellent
2 oz, 4 oz, 8 oz
reg \$6.99, \$9.99, \$16.99



bioAllers
Tree Pollen
1fl. oz
reg \$13.99



Bertagna Nut Co
Red Walnuts
reg \$14.89#



Bulk
Mushroom Medley
Hen of the Woods,
Chanterelles, Shitakes
reg \$8.18 oz



Rishi
Masala Chai
32 oz
reg \$9.29



Amy & Brian
Coconut Water
33.8 oz
reg \$4.99



eat for change
Mushroom Jerky
teriyaki ginger
2 oz
reg \$5.79



Quantum Health
Buzz Away
25 Towelettes
reg \$9.99

Continuing
20% Members Only
OFF! Special



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

Co-op Deals

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available
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and at the front of the store

