

# Silver City Food Co-op Garbanzo Gazette

Volume 23

✦ Your Monthly Newsletter ✦ February 2023

## Co-op Hours:

Mon. - Sat.  
9 am - 7 pm

Sunday  
11 am - 5 pm

575•388•2343  
520 N. Bullard St.

## LOOK INSIDE!

### • highlights •

Page 2 - *Fable continued*

Page 4 & 5 - *Produce  
& Dairy Picks*

Page 6 & 7 - *Co-op  
Community*

Page 8 - *Herbs & Spices*

Page 9 - *Cooking  
with Sunshine*

Page 10 - *Keto Diet*

Page 11 - *Staff Pick*

Page 12 - *Black Barley*

Page 13 - *Supplement  
Dept. News*

Page 14 - *Beneficial  
Insects*

Page 15 - *Board Page*

Page 16 - *Members Only  
Sales*



YOU  
ARE  
WHAT  
YOU  
EAT

## A Food Fable

by Susan Van Auken



nce upon a time, there existed a beautiful planet filled with big and tiny plants, flowing water and seas, and creatures in the air, in the water, and on the land. The sun provided the energy needed for plants to grow and thrive, which in turn nourished the animals. Humans – women, men, and children – wandered this earth gaining sustenance from its bounty, just like other animals. And the baby animals followed their mothers and learned which plants, and other animals, were good to eat and which ones to avoid. Humans ate from the bounty, their bodies were nourished, and they thrived.

They thrived by, what we would call today, eating **whole** foods, absolutely **natural** foods, and **organically grown** foods.

They thrived by providing their bodies with “a material consisting essentially of protein, carbohydrate, and fat, used in the body of an organism to sustain growth, repair, and vital processes and to furnish energy.” (Webster's definition of the word *food*.)

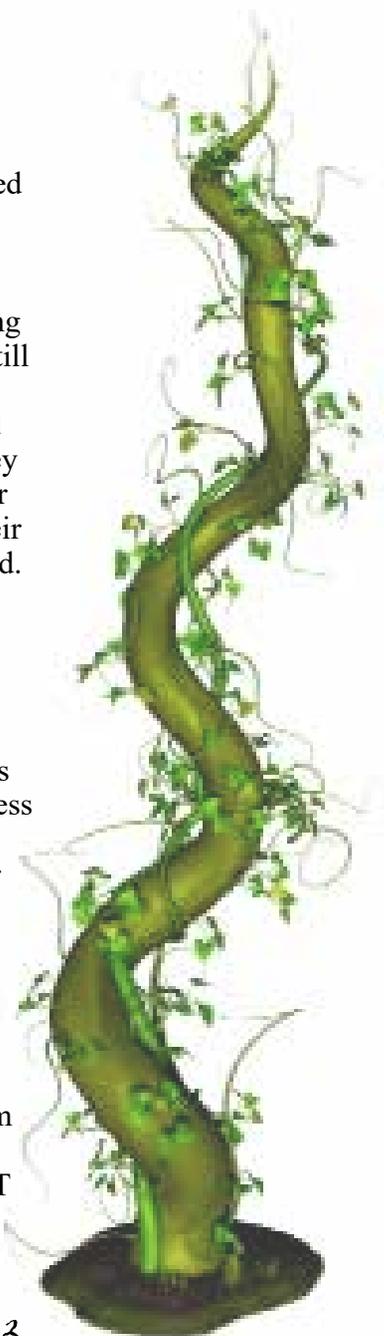
This perfect system continued for a very long time . . .

The human population slowly continued to grow and grow. At some point, people began to congregate and settle, and communities, tribes, and villages formed. These people started cultivating plants and raising animals to eat, but still the humans were sustained from their surrounding area, eating the plants and animals that flourished there where they lived. The perfect system continued for a while as families continued to fill their bellies with real, identifiable, local food. And they thrived.

(So that the reader understands, the “perfect system” in this fable is the system where Father Sun and Mother Earth provide the necessary ingredients for photosynthesis in plants – the process that allows plants to create nutrients for life. Animals eat the plants or other animals who had eaten the plants. All leftover material from the plants and animals nourish Mother Earth, and the cycle continues.)

This fable is not about how the great transition away from the perfect system took place, although this did happen, slowly, slowly over time. So let's FAST FORWARD this fable . . .

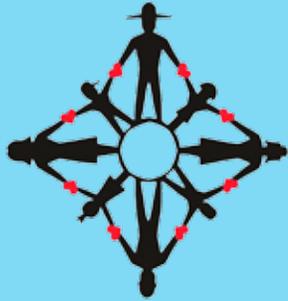
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1880 member/owners strong and counting . . .

# Silver City Food Co-op

established 1974



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

575.388.2343

## Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

## Vision Statement

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

## Seven Cooperative Principles

- Voluntary and open membership
- Democratic member control
- Member economic participation
- Autonomy and independence
- Education, training and information
- Cooperation among co-ops
- Concern for community

## Kevin Waters

General Manager

## The Garbanzo Gazette

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

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continued from page 1

Soon the time came when many people lived in the cities, working in the industry of civilization, and no longer had the time, energy, or land to provide their own sustenance. They started shopping at the market for their food. Although the food choices increased, regional food was still the norm.

In just the last couple of centuries, the population grew and grew, and continues growing to this day. Feeding the burgeoning population in cities, which became an “industry,” brought with it enormous changes in what people ate. Such things as shelf-stable grain products were created, by eliminating the nutritionally rich germ of the grain. And over the twentieth century, more and more processed foods were created.

In order to taste good, look good, and last on the shelves, these processed foods needed additives such as artificial and “natural” flavors, colors, thickeners, emulsifiers, and conditioners, as well as extra salt, sugar, and oil. In order to remain “fresh” these prepared products were then tightly packaged in their own wrappers.

By the turn of this century, groceries on the shelves of supermarkets consisted of highly refined, highly processed, highly packaged food products that taste good because of the “other ingredients.” However, we humans had no ancestral guidance to determine the nutritional quality of these new products, as the baby animals did who followed their mothers in the ancient past.

Half a century ago, some people began to draw a connection between the continued consumption of processed food and the rise in chronic illnesses. These folks had the desire to return to a diet of basic, healthy, unprocessed food; they wanted food that would nourish them. To accomplish this,

they left the corporate food industry behind, for basic, raw, unprocessed food. In the mid 1970s, the natural food co-op movement was born, creating stores with bulk bins filled with whole grains, beans, and whole-wheat flour.

Within a couple of decades these co-ops became very successful, and with profits to be made in this new market, the corporate food industry again took over. Today, these food co-ops, while still providing basic, raw, healthy food, stock their shelves with many more processed foods, packaged foods, and even so-called junk foods – products that might not contain the vital nutrients to sustain life. These products may be organically grown – meaning grown without pesticides – but it doesn't necessarily make them nutritious.

*Moral of the fable:* Even the first human who wandered the planet sometimes chose the wrong berry to eat and became sick or even died. Even now, for really nutritious food, one must know the difference between the poisonous berry and the good berry. One must learn what nourishes the body, and choose what to eat.

**This fable poses some questions. Here are a few points to consider:**

- Some highly processed products might not actually meet the definition of food.
- Beware of the word “natural,” which has no specific definition – it is a marketing tool.
- Read the list of ingredients on the label and decide for yourself if it is a nutritious food.
- Cook at home using whole grains, beans, nuts, and seeds from the co-op's bulk bins.
- The choice is yours to decide what to eat.

## February is Chocolate Month! Fun Facts about Chocolate

The history of chocolate, and its creation from the beans of the cacao tree, can be traced to the ancient Maya and, even earlier, the ancient Olmecs of southern Mexico. The word “chocolate” may conjure up images of sweet candy bars, but the confections of today bear little resemblance to the chocolate of the past. Throughout much of its history, chocolate was a bitter beverage, not a sweet, rich-tasting drink.

Chocolate, derived from the seed of the cocoa tree, was used by the Maya Culture as early as the 6th century. The naturally bitter flavor of cacao came

through full strength in early Maya recipes. Rarely did they add any sweetener at all. However, a variety of herbs were used to flavor it, chile, vanilla and magnolia among others.

The Aztecs took chocolate admiration to another level. They believed cacao was given to them by their gods. Like the Maya, they enjoyed the caffeinated kick of spiced chocolate beverages in ornate containers, but they also used cacao beans as currency. In Aztec culture, cacao beans were considered more valuable than gold.



# Winter blues?



Perk up  
with two trips  
of MAD

February/March

Member Appreciation Days

any 2 trips of your choice  
to save 10%

(excludes mark-down items)

Become a member and save \$

## Silver City Food Co-op Staff

**Judith Kenney**  
outreach/GG

**Kate Stansberger**  
supplement buyer

**Jake Sipko**  
produce manager

**Carolyn Smith**  
deli manager

**Carol Ann Young**  
GG/office

**Becky Carr**  
dairy buyer

**Misha Engel**  
utility

**Marguerite Bellringer**  
finance manager

**Doug Smith**  
grocery buyer

**Tinisha Rodriguez**  
HABA buyer/POS

**Mike Madigan**  
operations manager

**Joy Kilpatrick**  
frozen buyer/receiver

**Judy Kenneally**  
deli

**Vynce Bourné**  
bulk buyer

**Kevin Waters**  
general manager

**Andrea Sandoval**  
cashier/stocker

**Eva Ortega**  
produce

**Isabella Mata**  
cashier/stocker

**Gini Loch**  
cashier/stocker

**Jalyn McClain**  
Human Resources

**Kelsi Cunniff**  
cashier/stocker

**Natasha Kreider**  
cashier/stocker

**Bella Drissell**  
cashier/stocker

**Victoria Compton**  
POS

**Jaylene Chacon**  
cashier/stocker

**Isaiah Muñoz**  
utility

**Doug Walton**  
deli

**Steve Buckley**  
utility



# Kitchen Meditations

Winter

## Roasted Red Peppers



Making roasted red peppers at home couldn't be easier. They are great to have on hand to punch up the flavor in sauces, sandwiches, scrambles and more. Once finished, the peppers have a lightly sweet, charred flavor. They keep for several weeks in the fridge, so make a big batch. There are a few ways to make roasted red peppers at home, but this method is preferred by many cooks.

- Char the peppers whole over a gas burner, on a grill pan, or under a broiler until the skin is blackened all over. Use a pair of tongs to hold the peppers.
- Take them off the heat and place them in a bowl. Cover with a kitchen towel and allow the peppers to steam and soften for 10 minutes.
- When the peppers are cool enough to handle, peel and remove the loose skin.
- Slice off the stem and remove the membranes and seeds. At this point, you can leave the peppers whole or slice them into strips, depending on how your plan to use them.

And that's it! Roasted red pepper success!

**How to store roasted red peppers:** Your peppers are ready to use as soon as you've peeled off the skins and removed their seeds. If you plan to use them later on and want them to stay fresh, store the peppers in a jar with a tight-fitting lid and pour olive oil over them to cover. Be sure to keep them submerged in the oil for maximum freshness. Stored this way, they should last for 2-3 weeks in the fridge.

## Red Pepper Miso Dressing

This tasty dressing will add a pop of bright orange color and a fresh, tangy sweetness and umami to salads, cooked veggies and more.

### Ingredients:

- ½ cup red bell pepper, seeded and roughly chopped
- 2½ Tbsp vegetable oil of your choice
- 1 1/3 Tbsp white miso
- 1 tsp soy sauce
- 1½ tsp apple cider vinegar
- 1 tsp fresh garlic, about 1 clove
- 1 tsp fresh ginger, about ½ inch

### Instructions:

Place all ingredients in a food processor and process until nearly smooth, about 30 seconds. Serve immediately as a salad dressing or sauce to top roasted sweet potatoes. Use your imagination! Keeps for one week in the fridge.

## One Pan Meyer Lemon Chicken Bake

### Ingredients:

- 1 lb red-skinned baby potatoes, halved
- 1 tbsp olive oil, divided
- 1 tsp salt, divided
- 1 tsp fresh ground black pepper, divided
- 4 chicken leg quarters, cut into drumsticks and thighs
- 2 Meyer lemons, cut into thick slices
- 4 sprigs fresh rosemary or two tsp dried rosemary
- 1 bunch fresh asparagus, trimmed (if unavailable, substitute another of your favorite veggies)

### Meyer Lemon Dressing:

- ¼ cup Meyer lemon juice (about 1 lemon)
- 2 tbsp olive oil
- 2 tbsp old-fashioned grainy mustard

### Instructions:

- Preheat oven to 425F.
- In a large roasting pan, toss the potatoes with 2 tsp olive oil, ½ tsp salt and ½ tsp pepper until evenly coated. Spread out into an even layer.
- Pat the chicken pieces dry. Season all over with the remaining salt and pepper. Arrange the chicken on top of the vegetables, making sure the thighs are skin side up, and drizzle with the rest of the olive oil. Arrange the lemon slices around the pan, and top off with the rosemary sprigs.
- Roast in preheated oven for 45 minutes, or until the chicken skin is golden and crisp. Scatter the asparagus over the chicken and potatoes. In a small bowl, whisk together the dressing ingredients, and drizzle all over the contents of the pan.
- Return the pan to the oven and continue baking for about 10-15 minutes longer or until the potatoes are tender and golden brown and a quick-read thermometer registers an internal temperature of 165°F on the thickest part of the chicken. Serve immediately.

## Ginger Turmeric Tea



*Stoke your digestion and strengthen your immune system this winter with a mug of this healing tea.*

- 3-inch turmeric root, peeled and thinly sliced
- 1- to 2-inch ginger root, peeled and thinly sliced
- 1 Meyer lemon, preferably organic
- 6 cups water

- Peel the lemon and cut peel into thin strips. Juice the lemon and set aside.
- In a medium saucepan, combine turmeric, ginger, and lemon peel. Add the water and bring to a boil over medium-high heat.
- Lower heat, and simmer for 5 minutes.
- Remove from heat, let cool a bit, and add the lemon juice. Stir with a cinnamon stick if you wish! Drink while warm.

# Jake's February Produce Pick

## Meyer Lemons



## Red Bell Pepper

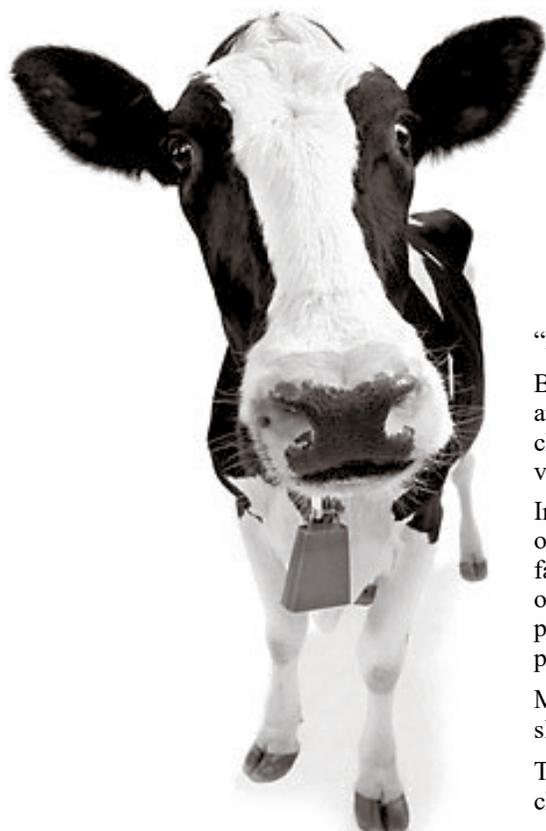
Meyer lemons are believed to be a cross between a regular lemon and a mandarin orange. The fruit is about the size of a lemon, with a smooth vibrant yellow peel. When mature, the thin skin can be almost orange. These exquisite lemons have a sweet, floral flavor that is perfect for adding to desserts, chutney, fruit salad, fish, lemonade and more. Because the peel is thin and lacking in a thick, bitter pith, the whole lemon, minus the seeds, can be used. Enjoy these delightful citrus fruits from December to May.

Meyer lemons were first brought to the U.S. from Beijing, China in the early 20th century. Up until that point, Meyer lemons had been mostly used in China as decorative houseplants. When American chefs began using them as an ingredient in their dishes, however, they quickly became a mainstream food.

Can you substitute Meyer lemons for regular lemons? It depends. Because Meyers have a sweeter, more floral flavor, they make an excellent stand-in for regular in dessert recipes. However, if your recipe demands a bolder, more acidic effect from its lemon juice, Meyers aren't going to deliver the same results as a standard lemon. If you want to make a Meyer lemon recipe but don't have any on hand, you can substitute a mix of equal parts fresh lemon juice and orange juice or tangerine juice. You can also substitute equal parts lemon zest and orange, tangerine, or mandarin zest for a grated Meyer lemon peel.

*Note: See the Kitchen Meditations page for a flavorful recipe that highlights Meyer lemons.*

A raw bell pepper provides approximately 97% of the recommended daily intake of vitamin C and, despite a natural sweetness, contains just 2 grams of sugar per serving. Red bell peppers also feature vitamin A, beta carotene, vitamin B6 and folate and they're packed with antioxidants. The combined effects of vitamin A and C create a great antioxidant capacity, and with lycopene in the mix, the red bell pepper becomes a top notch superfood. Lycopene is what makes tomatoes and peppers red. Red peppers are one of the veggies highest in lycopene, which may be effective in helping and healing significant health issues, an added incentive to consume more of this super veggie. Recent research has shown that sweet red peppers can activate thermogenesis and increase metabolic rate. Red bell peppers do not contain capsaicin, which is what makes peppers hot and causes us to sweat, but they do have a mild thermogenic action that increases our metabolism without increasing our heart rate and blood pressure like hot peppers do. Crisp, juicy and delicately sweet, they appeal to almost everyone, even folks who have an aversion to vegetables. *Read our Kitchen Meditations page for a recipe for Roasted Red Peppers.*



# Becky's February Dairy Pick

## Sartori Merlot Bella Vitano Cheese

"Bella" is related to the Italian and Latin words for beautiful and, also, to the name Belle, which means beautiful in French.

Beautiful in color and taste, Merlot Bella Vitano is a fortunate union of flavors created by marrying creamy cheese to the berry and plum flavors of Merlot. Rich, yet slightly granular in texture, it has a taste somewhere on the edge of an aged, premium cheddar and parmesan. During preparation, each wheel of this incomparable cheese is soaked in Merlot wine giving the rind its vivid purple hue and sumptuous salty-savory taste.

In 1939, Paolo Sartori brought his Italian heritage to Wisconsin and founded Sartori Cheese. Sartori has always been family-owned and is now run by its fourth generation of award-winning cheesemakers. Sartori's "patron farms" are typically smaller, family-owned farms with an average herd size of 75 cows. The cheesemakers have a special relationship with their farmers, many of whom have supplied them with milk for several generations. They know the dairy herds and what they eat, and are willing to pay more for their high-quality, rBST-free milk. And because these local farms are located within a 50-mile radius of the Sartori plant, their milk is usually turned into cheese within hours.

Merlot Bella Vitano cheese pairs very nicely dried nuts and fruits and crusty artisan bread. Enjoy it with toasted walnuts, thin slices of prosciutto and semisweet chocolates for a truly delicious dessert treat.

Tip: You may find this cheese to be at its best if you remove from the refrigerator 30 minutes before consumption, leaving the cheese in its packaging during this time.

**February 1 - February 28 • 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 December service.

Trudy Balcom • Elise Stuart • Susan Van Auken  
Jane Papin • Tammy Pittman  
Tasha Marshe • Tim Garner • Sue Ann Childers



## 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

### High Desert Humane Society

The mission of the *High Desert Humane Society* is to promote and to provide humane and ethical treatment of companion animals through shelter care, adoption, community education and programs which address pet over-population. The money will go into Rosie's Fund, which provides veterinary care for adoptable animals that are sick or injured.



### December Round Up \$1100.00

### The Future Forge

The Board of Directors for *The Future Forge* wants to begin by thanking you for this opportunity and accepting us into the Co-op Round Up program for December of 2022.

The Future Forge is immensely honored by how much the community gave and will be using this money for crucial upgrades on the makerspace. The Future Forge plans on using these funds to make repairs in the roofing of our new building located on College Avenue. Our building is on the older side, and we have put a lot of work into fixing up the space to accommodate all that we offer the community. We still have a lot of work to do, but sealing up these problem areas and making these critical repairs to the roof will keep our members and equipment dry and protected for years to come so we can continue to be a safe community space. We are dedicated to making and creating, skill building, and community betterment.



### Round Up for March

### Friends of the SC Public Library

The *Friends of the Library (FOL)* is committed to furthering the cultural and education programs of The Public Library of Silver City and the promotion of literacy throughout our community.



**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 14th and the 28th, 10am - 12noon**

**\$5 Suggested Donation**

Your donations help our continuing efforts to divert material from the landfill:

- Processing and transportation of materials
- Ongoing Maintenance of recycling machinery
- Purchase of equipment (containers, tools, signage)
- Training
- Expansion of educational workshops

So far we estimate we have diverted over  
**180 TONS OF GLASS and 325 CUBIC YARDS OF PLASTIC!**

*For more information:*

<https://silvercityrecycles.org/>

[silvercitynmrecycles@gmail.com](mailto:silvercitynmrecycles@gmail.com) or: [www.t2t.green](http://www.t2t.green)

## Seed Library Field Day

**Seed Cleaning and Sorting Field Day**  
**Sunday, Feb 5, 12:00 - 5:00, at The Commons**

**Please register here:**  
[bit.ly/3WMKg4R](http://bit.ly/3WMKg4R)

Cruces Creatives donated a seed cleaner to the Southwest New Mexico Seed Library. We are organizing this field day to teach you how to use the cleaner, and we'll use other seed-cleaning methods that you can use in your home garden. This is a free field day, and participation is capped at 40 people. To save your spot, please pre-register. There will be a free meal after the event (for those who pre-registered), so we can network and plan future seedy endeavors.

This field day is part of the Seeding Regenerative Agriculture Project, made possible thanks to generous funding from the Santa Fe Community Foundation, the New Mexico Foundation, and Nusenda Credit Union.

The Co-op is donating snacks for the afternoon break.

For more information, contact Chris Jepson: [csjepson61@gmail.com](mailto:csjepson61@gmail.com)

When  
You  
Laugh,  
the World  
Laughs with You!

Laughter Yoga  
Mondays  
11:00 - 11:30 AM

Cost: By donation  
[LotusCenterSC.org](http://LotusCenterSC.org)  
Lotus Center - 211 W. Broadway - Silver City



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

Three hours earns a 15% Volunteer Discount



# GRAB'N'GO

## The Spice of Life by the Pinch or by the Pound

by Carolyn Smith

Buying bulk foods including herbs, spices, and teas is good for us and the planet and is one of the most economical ways to shop for food. We can buy as little or as much as needed or desired, insuring fresh ingredients, preventing food waste and reducing packaging materials in the waste stream. Having a large and diverse bulk food department really raises the retail bar and sets the Silver City Food Co-op apart from other stores in town.

If space is a consideration due to a small kitchen or shared apartment, filling reusable containers that have their own place on a shelf is a great option. For those of us who have a large family or live out of town, buying 25 pound bags of beans, grains and flour can save time, energy and money. Buying just the quantity of ingredients we will use quickly, keeps our food as fresh as possible and buying just the amount we need for a new recipe can prevent food waste if we don't love the results.

We invite everyone to bring in their own containers for bulk foods including herbs, teas and spices; just weigh them before filling, using the small scale in the Bulk Herb department or asking a Co-op employee to weigh them on a kitchen scale. Be sure to write down the weight on the cap so the cashier can deduct this weight at the register.

We are so fortunate to have a wide variety of fresh and fragrant dried herbs, spices and teas in our bulk herb department, all sourced from another co-op: Frontier Co-op. Frontier Co-op was founded in 1976, two years after the SCFC, with the goal of showing the world that *doing good, works*. With more than 40,000 member owners, they are dedicated to sourcing the highest quality spices, herbs, teas, and botanical products through the Frontier Co-op, Simply Organic®, and Aura Cacia® brands while supporting and providing opportunities for their growers, employees and their families.

Frontier Co-op's mission is "to do good by our people and planet and to create a stronger company built on a commitment to quality and sustainability."

Frontier Co-op began as a two-person operation in 1976 in a river cabin in Eastern Iowa and has been growing steadily ever since, including the construction of a 22,152 sq. ft. facility on a 10 acre site in Norway, Iowa, purchasing Aura Cacia aromatherapy brand, and creating the Simply Organics and the Plant Boss meatless crumbles brands.

Frontier Co-op was the first in the natural products industry to use a natural CO2 fumigation process instead of irradiation and to implement steam sterilization to naturally eliminate pathogens while maintaining product flavor and aroma. They introduced cryogenic grinding to preserve product quality in processing and, also, implemented an in-house Gas Chromatography testing program to ensure essential oil quality.

Frontier Co-op started and subsidized on-site childcare at their facility and established a tallgrass prairie on their property in Norway, Iowa. They began offering Fair Trade Certified teas and introduced the first Fair Trade Certified spices in the U.S. Frontier Co-op created the Well Earth program to develop high quality and socially responsible suppliers around the world and the Simply Organic Scholarship at the University of California Santa Cruz Center for Agroecology and Sustainable Food Systems.

Each year Frontier Co-op gives back 4% of its pre-tax profits to causes and organizations around the world that inspire wellness in the communities where their products are produced. Aura Cacia built a preschool in Madagascar for the community children of their suppliers. The Simply Organic Giving Fund's Well Earth program built 49 new wells in the communities supplying vanilla and provided 300 dormitory-style bunk beds and school subsidies to enable Vietnamese children to attend school.

Buying in bulk and supporting co-ops like Frontier is one proactive and easy way to make a change for good in the world, to shift the business-as-usual paradigm that doesn't serve us and is harming life on the planet as we know it. Thank you!



*Carolyn and rest of the deli staff use all their dried herbs and spices exclusively from our bulk herbs section.*



# Cooking with Sunshine

by Mary Ann Finn

I love my sun oven. It lets me keep my kitchen cooler in the summer and it gifts me with lower utility bills in the winter.

A sun oven or solar oven uses the sun to heat an enclosed space to a temperature that will cook foods, dehydrate foods or sterilize water, using only the sun. Designs can be simple or more involved. A wide variety can be found on the internet. Plans to make a homemade solar oven are also available on the internet.

I have the All American Sun Oven, which is made in Illinois. I keep it in my carport and carry it out to my driveway when I want to use it. It consists of an insulated black plastic box with a glass top that latches shut. Outside of the box there are four reflective wings which direct the sun into the box. There is also an attached device that lets you know how best to position your oven. And there is a T stand to angle the box properly for best sun direction. I anchor the T stand with a brick on windy days. Inside the oven are an oven thermometer and a swinging platform where you place your item to be cooked. (Reading this paragraph has probably taken you longer to read than it takes me to set up the oven. It is really not very complicated.)

We live in an ideal climate for the sun oven. We have lots of sunny days both in summer and winter. As long as you can see a shadow, there is enough sun to use your sun oven, but the temperature will get higher in the oven on a sunny day with little cloud action. As long as the oven is latched shut, the oven will maintain a good temperature with an occasional cloud passing by. It is recommended that you adjust the position of the oven periodically to maintain the temperature you want, yet a slow cooking situation can be achieved by aiming the oven due south, if you will not be available to adjust the direction. Higher altitudes experience stronger sunlight than lower altitudes, but the lower boiling point tends to cancel out the advantage. My oven will easily reach 350 degrees F on an ideal day.

When I plan to use the sun oven, I check the weather forecast to see which coming days are most ideal. Full sun is great. Winter days work fine but have a shorter ideal cooking time.

Cookware is important. I cook a whole chicken in a dark colored graniteware covered pan. The thinner cookware lets the food heat up more quickly. Dark cookware is best. I have a dark grey loaf pan that I use for quick breads and meatloaf. Reflective pans may decrease the heat that gets to the food and should be avoided. That said, and if that is all you have, you can get clever and cover the whole thing with a dark dish towel and see how that works. I am told that you

can paint a canning jar black, leaving a clear space down the side, so you can see how the contents are doing. Make sure it is a canning jar, so it can tolerate the high temperatures. I have a friend who seems content with this method. A thing to note is that the glass cover can get steamed up from the food releasing fluid. It can be wiped dry to allow more sun in, but I have not noticed a serious problem if I am not right on top of this.

I have found it useful to have a sun oven cookbook, mostly to help me learn about sun ovens; but many regular recipes are easily adapted to the sun oven. Recipes involving boiling or simmering, slow cooking, steaming, braising or baking can work.

*Some of my favorite things to cook in the sun oven are:*

**A whole chicken:** Rub it with some salt and pepper, inside and out, put some fresh sage around it and place it breast side down in the graniteware pan, cover it and put it in the oven. I leave it for several hours, periodically adjusting the direction of the oven. It releases its juices, the skin is browned and the meat is moist and falling off the bone. I save the juices for soups. I put the skin and bones in the pressure cooker to make soup stock.

**Meatloaf:** I should think most recipes will work. I have a Mexican meat loaf that has black beans, corn, salsa, an egg, ground beef and some bread crumbs in it. I mix it all, put in it a loaf pan, uncovered and it is ready in 1.5 to 2 hours.

**\*Rice:** A cup of white rice and about 1.75 cups of water, a pinch of salt. This goes into a covered graniteware pot and is ready in about an hour.

**Eggplant:** Wash the eggplant, poke it in a few places with the tip of a knife. Place it in the covered pan alone (no water). When you notice the moisture on the glass cover, it is probably done. Check to make sure it is soft. I let it cool and make baba ganoush.

**Beets:** Peel and put in the covered pan alone. Watch for the moisture and check for doneness. So sweet!

**Quick Breads:** Many recipes will work. If the recipe calls for a higher temp than the sun oven achieves, you may need to leave it in a bit longer.

Some other thoughts on using a sun oven are that it lowers my contribution to global warming and it is part of an emergency preparedness plan, in the event of energy disruption.

All around, I feel that it has been a good investment for me. And fun! And I am all about fun!

# The ketogenic diet: What's it all about?

by Monica Rude

The ketogenic (keto) diet, high in fat and low in carbohydrates, can potentially change the way the body stores and uses energy. Normally, cells prefer to use blood sugar, glucose, for energy. However, during ketosis the body gets more of its energy from ketones, produced from fat. By restricting carbohydrates, the body doesn't have enough glucose to power these cells, levels of the hormone insulin decrease, causing fatty acids to be released from body fat stores or the diet. These fatty acids are transported to the liver, where they're oxidized and turned into ketones which are then used as an alternative energy source throughout the body, including the brain.

The mitochondria is the "factory" of a cell, in charge of producing energy and of telling the cell when to reproduce and when to die. When the mitochondria in a cell fails, the cell becomes cancerous. A cancerous cell behaves exactly the opposite of a healthy cell: it reproduces when it shouldn't, doesn't die when it should and gets energy from glucose under anaerobic conditions (without oxygen). Many factors cause mitochondria to fail: viruses (ie, human papillomavirus leads to cervical cancer), bacteria (ie, *Helicobacter pylori* leads to stomach cancer), toxins (nicotine), radiation exposure, genetic mutation, trauma and chronic stress.

This diet was created in the 1920s as a treatment for epilepsy, but the effects of this eating pattern are also being studied for type 2 diabetes, weight loss (partly due to the appetite-suppressing effects plus burning of stored fat), cancer management, Alzheimer's and Parkinson's.

The ketogenic diet doesn't mean you should load up on saturated fats, though. Heart-healthy fats are the key to sustaining overall health, generally 70-75% of calories, including eggs, wild caught fish, organic pasture-raised chicken and eggs, dairy – grass-fed, whey protein powder, avocado, olives and olive oil, butter, nuts and nut butters, and seeds (preferably soaked and sprouted). Eating coconut oil can help achieve ketosis as it contains fats called medium-chain triglycerides (MCTs) which are rapidly absorbed and taken directly to the liver, where they can be used immediately for energy or converted into ketones.

To enter a state of ketosis, it may be necessary to eat fewer than 50 grams of carbohydrates per day, sometimes as little as 20 grams. The exact carbohydrate intake that will cause ketosis varies by individual, generally 5-10% of calories, mostly low-glycemic, nutrient-dense vegetables. To achieve this, it is necessary to remove or greatly reduce most carbohydrate-rich foods from the diet, including grains, legumes, potatoes, fruit, candy, sugary soft drinks and sugar-sweetened beverages, condiments and sauces that contain sugar, like ketchup or barbecue sauce.

Proteins make up 20-25% of calories, especially high quality meats, grass-fed, organic.

While a ketogenic diet may provide some benefits, it can also trigger several side effects and is not suitable for everyone. Short-term side effects include headache, fatigue, constipation, dehydration, and bad breath. These usually disappear within a few days or weeks of starting

the diet. It is also associated with a risk of developing kidney stones, high LDL (bad) cholesterol, and nutrient deficiencies.

Ketogenic diets can be low in fiber; meat, fish and dairy products are low-fiber foods. Some of the richest sources of fiber, such as high carbohydrate fruits, starchy vegetables, whole grains, and beans, are eliminated because they provide too many carbohydrates. For this reason, it's a good idea to eat plenty of high fiber, low carbohydrate vegetables to maintain good digestive health and prevent constipation. Drinking 100 ounces of water a day is also essential.

When calories are restricted, the body does less metabolic work, produces fewer free radicals, reduces the function and expression of genes involved in the cancer process. Therefore, it is a powerful metabolic approach to the prevention and treatment of cancer.

Healthy cells have the metabolic flexibility to switch from using glucose to using ketones for energy, but cancer cells lack this flexibility.

The modern diet provides the body with more sugar than our genes, mitochondria and hormones have experienced in all of human history. It is poison to us and the elixir of life for cancer cells. Cancer cells have the ability to reprogram their energy metabolism in order to consume more glucose and grow faster. No conventional treatment will affect the cancerous cells if sugar consumption remains high. The average American eats 150 pounds of sugar annually. Processed sugars like high fructose corn syrup cause a substantially higher blood sugar spike than naturally occurring sugars in food.

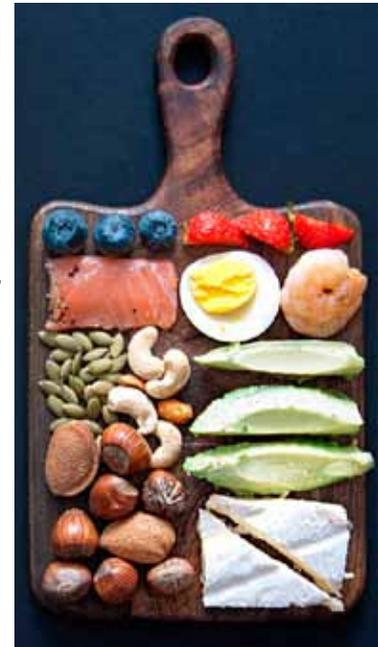
Bottom line: this diet is mostly about eating plenty of veggies and removing sources of toxins, like sugar and processed foods.

Read labels; not just the ingredient list but also sugar, carbohydrate, protein and fiber content.

There is much more to this diet than is described in this limited space. The diet must be highly individualized and is not for everyone; it is helpful to seek the guidance of a health practitioner experienced in this diet, to make it most effective for you.

*Illnesses do not come upon us out of the blue. They are developed from small daily sins against Nature. When enough sins have accumulated, illnesses will suddenly appear. Hippocrates*

*Monica Rude is still suffering from all the fruitcake she ate in December....*

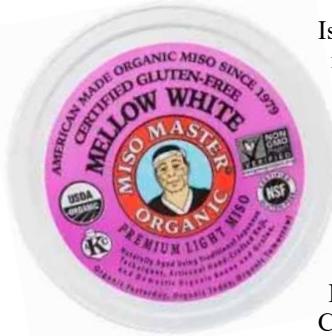
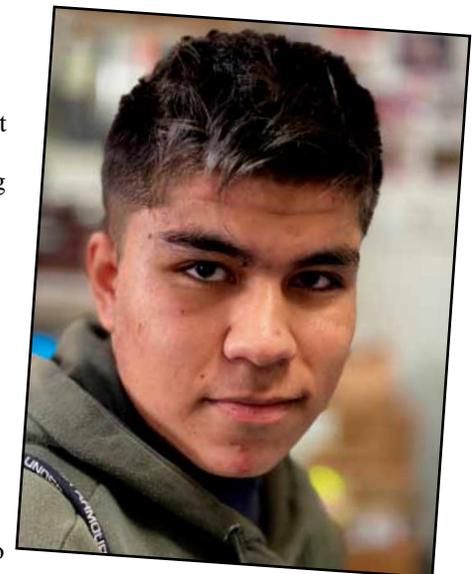




# Meet Isaiah!

He enjoys the salty, rich and earthy flavors of Miso Master Mellow White Miso.

Isaiah has been working hard at the front end of the store as a cashier and grocery stocker since he was hired five months ago. Like all our front-end staff, he's ready to do, "whatever is needed of me." In recent weeks he's also been training in the deli, a great fit for him, since he loves to cook! He's working on an associate degree in mathematics so he can then go into computer science and, in his spare time, enjoys reading and watching shows that allow him to be immersed in other world cultures. Cooking is also one of his very favorite things to do.



Isaiah's favorite product choice is Miso Master Organic Mellow White Miso. White miso is made with a short aging time, typically 90 days or less. Short-term or mellow misos have more rice or barley koji (grain inoculated with aspergillus spores) than soybeans in their ingredient mix because they are designed to ferment quickly as the aspergillus mold moves quickly through the abundant starches in rice or barley, transforming them into simple sugars. These misos contain much less salt which retards the fermentation process much less than in long-term aged types. White misos have a much sweeter, milder taste than their long-term cousins. This makes them perfect for light, summery miso soups and sauces. Miso Master Mellow White Miso is 100% gluten-free and organic, having been made since 1979 by American Miso Company located in Rutherfordton, North Carolina.

## Milking It

A Bosque Farms dairy delivers milk the natural way.

Raw Milk from De Smet Dairy and Creamery!



De Smet Dairy and Creamery: Sustainable, Responsible Stewardship, established in 1949 by Landon De Smet, is New Mexico's only Grade A dairy farm and bottling facility for raw milk and pasteurized, non-homogenized milk and yogurt. Their cows are free-grazing, grass-fed year round, and free of hormones, antibiotics, and GMOs. The happy cows of De Smet are their top priority and lovingly treated and so, of course, they give the freshest and creamiest milk anywhere around.

The dairy is now run by Mike De Smet (grandson of Landon) and his wife, Erica, who work tirelessly to keep their cows and the environment of their farm healthy. According to Mike, "We stopped mono-culturing (cultivating a single crop in an area) a long time ago. We are constantly planting upwards of 10 to 15 kinds of particular species of grasses or legumes in order to give our cows a full diet. Doing this not only gives our cows the nutrients they need; it's building our soil health as well. It's given us the ability to stop tilling. It's allowing us not to have to use synthetic fertilizer, pesticides, herbicides, anything like that."

All you raw milk devotees out there may now rejoice! The Silver City Food Co-op is happy to announce that we are now carrying this super high quality raw milk from De Smet Dairy! Many folks were very disappointed a few years ago when Proverb Farms located in Hurley, NM, another fine producer of raw milk, went out of business. ***We will be receiving deliveries from them every other week.***



*The De Smet family and a happy cow.*

# Introducing Tibetan Black Barley



from

We are excited to introduce a beautiful hullless grain new to these parts. Grown on an Organic farm in Buhl, Idaho, our Organic Tibetan Black Barley is provided by Oregon Grain & Bean. Patrick Hayes, a professor of barley breeding and genetics at Oregon State University, says this barley doesn't have the tough outer hull, so it is easy to thresh like wheat, rather than other hulled barleys, a result of the selective breeding by Tibetans over thousands of years.

With its bran intact, it retains its firm, plump texture during cooking, making it perfect in soups, stuffing and stews. It has a pleasing nutty taste and satisfying texture, which adds an excellent contrasting combination when mixed with other grains.

Black barley gets its deep rich color from its high antioxidant level of anthocyanin. Also found in red cabbage and beets, this antioxidant is said to be more stable in grains than in vegetables. Tibetan Black Barley is high in essential minerals and it's prebiotic, meaning it helps promote the growth of healthy gut bacteria. It is also high in beta glucans—a soluble fiber, which have been shown to help to lower cholesterol and reduce glycemic levels, thus lowering the risk of heart disease and diabetes.

## TSAMPA

Tibetan Black Barley is the featured ingredient in Tsampa—a staple food of Tibetans, affectionately called



the National food of Tibet. It is roasted barley ground into fine and coarse flour—Tsampa flour. Tsampa is very simple and easy-to-prepare, usually with added butter and tea, eaten at home and by adventurers in Tibet. Both as a cereal or as energy balls called pa, Tsampa has had a long history. The Black Barley is thought to be what allowed early Tibetans to move into the high mountains - further from civilization. Nutritionists highly regarded this barley for health, and the Dalai Lama says he eats it for breakfast everyday (watch the fun video). It is also used in religious offerings and ceremonies.

To cook this whole grain, combine one part Black Barley with three parts water and bring to a boil. Reduce the heat to a low simmer and cover with a lid until barley is soft—check around 60 minutes. Drain any excess water (if necessary) then fluff with a fork to separate the grains. Enjoy our Organic Tibetan Black Barley as a side dish, in a summer salad or soup, or roast it and mill it into flour for Tsampa.

## CROP STORY

Hummingbird's own Senior Farm Liaison, James Henderson, is the owner of Oregon Grain & Bean. He first spotted this Black Barley at a barley field day event at Oregon State University in Corvallis, and paid for 5 grams of seed. He presented it to his wife as an anniversary gift (a tongue-in-cheek joke) in 2013. That was the beginning of this whole crop.

## Lentils and Tibetan Black Barley Mujadara

by Marghie Seymour

I bought a used cookbook called *Vegetarian Dishes from Across the Middle East* after being served a dish made from a recipe in it. The dish is called Mujadara and the recipe calls for rice instead of barley. I like to switch up my grains and found I like black barley just as well. I think it can be made with any number of grains, as long as they all end up cooked through at the end. This recipe makes enough for days for just me, and is a delicious leftover, refrigerated, for up to five days. Here is my modified recipe.

### Ingredients:

1 cup dry lentils (I use black or French green)  
1 cup dry Tibetan black barley  
4 cups or more water  
½ cup good olive oil\*  
3 large onions – either yellow or red, both are delicious  
Salt to taste (If you don't cook with olive oil, butter, ghee or coconut oil will probably work)

### Directions:

- Black barley needs more cooking than rice, so I start the barley the day before I make the recipe. I just rinse and then soak the barley overnight.
- Put the soaked barley in a heavy 4-quart saucepan and add two cups of fresh cold water. Bring it to a boil then cover and turn it down to a slow simmer for at least an hour and a half, keeping an eye on the water level. Add more water by the half cup when it begins to get low.
- While the barley cooks, peel and halve the onions and slice them thinly. Heat the olive oil in a heavy cast iron skillet over low heat, just until it begins to shimmer, then add the onions. Don't let the oil get hot enough to smoke. Add all the

onions, keep the temperature low, and gently turn the bottom onions to the top every few minutes. If the onions begin to brown, turn the heat down more. After about one half to three quarters of an hour of cooking, the onions should look like they are melting. Stir less frequently now, gently turning them every 6-10 minutes. While they caramelize, work on the lentils.

- Pick over the lentils and make sure there are no pebbles among them. Rinse them in cold water. Stir them and two more cups of water into the barley when the liquid is getting low. Bring the pot back to a simmer and cover while you finish the onions.
- The onions are ready to add to the pot when they are dark colored – dark gold if you started with yellow onions, dark purple/gray if you began with red onions. They will be almost unidentifiable as onions. They will be cooked down to a fraction of the volume of the freshly cut onions.
- Add the caramelized onions and the salt when the water is getting very low in the bottom of the pot, about 30 minutes after you added the lentils. Test the lentils and barley by taking a bite. The lentils should be tender and the barley will still be a little bit chewy. If the lentils are not tender, add a little water and cook a little longer. Stir only enough to mix everything. Too much stirring makes a mush.
- Mujadara is delicious by itself, but it mixes well with lots of different things. Try it alongside or under saucy meat or vegetable dishes, mixed with a little pico de gallo in a frying pan and loaded onto a tortilla with whatever else you like on a burrito, or added to vegetable soup. My favorite breakfast is a sprouted corn tortilla, grilled a little to slight crispiness, thin slices of cheddar cheese melting on that, with a dollop of Mujadara patted into a ½" medallion topped with pico de gallo and sliced avocado.

# Supplement Department

## NEWS



*Kate, our fantastically knowledgeable supplement buyer*

For this month's Supplement News column, Kate, our wellness buyer, chose to highlight Kyolic Garlic products made by Wakunaga of America. Some studies have shown that garlic and garlic supplements may have positive effects on heart health by preventing cell damage, regulating cholesterol and lowering blood pressure. Other research indicates that garlic may also reduce plaque buildup in the arteries. Garlic is hardly new to our diets in the 21st century. Indeed, it has been noted for its healthful and medicinal properties since ancient times. However, one form of garlic, aged garlic extract (AGE), has attracted a lot of notice over the last few decades. This is a form of garlic produced through a cold ageing process, lasting as long as 20 months, which helps to make it more digestible and boosts its potent antioxidant content. Kyolic uses this innovative process in their garlic preparations with helpful results for many who take them on a consistent basis.



*February is American Heart Month, a great time to focus our attention on ways to promote and maintain heart health. Understanding risk factors for heart disease and how to live a heart healthy lifestyle are an essential part of creating and maintaining good habits for our hearts.*



## Garlic in the Bulk Herbs Department

Why use dried instead of fresh garlic? It's certainly convenient to use. It has the same nutritional value, scent, and flavor as several times the amount of fresh garlic, and has a shelf life of two to three years if stored in a sealed container, preferably not plastic. Our Bulk Herbs section has a selection of high quality dehydrated garlic products from Frontier Co-op. You can purchase as little or as much as you need.

We welcome you to bring your own containers. Just ask any Co-op staff member to weigh the empty container for you and write the weight down before you fill it up.

**Garlic Salt:** A handy blend of just salt and garlic is perfect for those who consider both ingredients staples in most savory dishes.

**Garlic Granules:** Add garlic granules directly to virtually every dish where you would use fresh garlic. It has a more potent and concentrated taste. Use ¼ tsp. of

granulated when substituting it for a fresh garlic clove.

**Garlic Powder:** With a strong, penetrating aroma and flavor, this powder of ground garlic bulbs is a good addition to pastas, pizza, potatoes and grilled chicken.

**Garlic Pepper:** Garlic and pepper are well matched in this zesty blend. A twist of lemon adds a zingy touch.

**Minced Garlic:** Dried, minced garlic can be added to any dish that you would add fresh garlic to. It can be briefly soaked in a little water for a softer texture. About ½ tsp. equals one clove of fresh garlic.

**Mama Garlic Blend:** A special blend of garlic, lemon peel, onion parsley, rice concentrate and black pepper that adds hearty, old-fashioned flavor to any dish.



# ***Beneficial Insects: The Good Guys in the Garden***

Our gardens are teeming with insects, mites, spiders, and other creatures. To a new gardener every "bug" is a likely suspect. As we learn more about gardening and that elusive thing called "the balance of nature," we discover that very few insects are pests worth our concern. Most are either beneficial, of no direct significance, or have a role yet to be understood fully.

The fraction that is pests get a lot of attention. A few stink bugs on a tomato plant or some hungry flea beetles on an eggplant seedling are indeed cause for concern. However, our efforts to control these pests can have a direct effect on the "good guys of the garden."

Most sprays, whether organic or synthetic, tend to not discriminate between pests and beneficials. When you spray the garden, pests will be killed but so will beneficial insects. When you kill a beneficial insect you inherit its job. That lady beetle larvae may be about to eat several dozen aphids. When it dies, controlling those aphids and their thousands of potential offspring is now your job.

In the old westerns it was easy to tell the good guys from the bad guys. Good guys wore white hats. Bad guys wore black hats and were the ones shooting at the hero from behind those rocks in the box canyon. Unfortunately bugs don't wear hats, so we have to work a little at learning who's who in the garden. We gardeners would do well to learn who these good guys are so we can monitor their presence and avoid spraying unless absolutely necessary. Adult lady beetles, bees, and praying mantids are familiar beneficial insects, but there are many more, such as green lacewings, hover flies, ground beetles, and soldier bugs. And often the immature stage of the "good guys" looks completely different from the adult insect. Check out on-line resources and garden books for pictures of all the life stages of the helpful insects you'd like to welcome in your garden.



## ***Attracting Beneficials***

Beneficial insects are part of the natural ecosystem. They can be "managed" in ways to encourage them to stay around and increase in population. Here are four simple ways to attract beneficial insects to our gardens and to make sure they stay around.

1. Provide an accessible source of water. A birdbath with some stones that stick up out of the water to provide easy access for tiny beneficials or a periodic sprinkling will work great.

2. Plant flowers to provide nectar and pollen for beneficial adults to feed upon. Species such as syrphid flies and parasitic wasps need this for an energy source. Among the better pollen food sources are plants that have umbrella-shaped bloom heads, such as dill, yarrow, tansy, and fennel. Other plants to include are those with small daisy-like flowers (such as chamomile and feverfew), and other blooming herbs (thyme, oregano, rosemary). If you plant root vegetables, leave a few to go to seed (carrots, radishes, turnips) as their blooms are also favorites of some beneficial insects.

3. Allow some pests to remain as a food source for beneficial insects. Zero pest populations are not sustainable and will leave beneficials with no reason to stay in your garden area. Lady beetles are our friends but they are not philanthropic! They lay eggs on plants with pests present so their babies can have food. No pests ... they move on. Just remember that it's good to have a few pests around.

4. Avoid pesticides that may damage beneficial insects. This includes both organic and synthetic products. And don't spray indiscriminately. Before you use any pesticide, make sure you have identified that a pest is indeed causing a problem and what type of pest it is. When a situation warrants a spray, select a product with a narrow spectrum of control (such as Bt that only targets caterpillars) to avoid killing other insects. Choose one that breaks down fast when possible, such as insecticidal soap or neem. Direct the spray only at the plants with the pest problem.

Try these tips this season and then take a few strolls out in the garden and give things a closer look. You'll see many species of beneficial insects helping you out by munching on those pests that love to munch on the fruits of your labor.





# From Your Board . . .

## The Roles and Responsibilities of Board Officers

Every year, the Co-op board elects new officers for four positions – president, vice president, treasurer and secretary. In some cases, this is to fill open positions due to officers leaving the Board; in others, it may be a realignment of positions to match skills or desired interests of current board members. Officer assignments occur each year during the January board meeting when new officers are sworn in and retiring officers fulfill their last meeting responsibility. Officers for the upcoming year are as follows:

- **President**
- **Vice President**
- **Treasurer**
- **Secretary**

The role that each officer performs is fluid and may change throughout the course of the year. Following is a review of officer positions as they exist today.

### **President**

The president ensures the Board functions well and in accord with our policy agreements.

- The president is authorized to make decisions that are consistent with Board Process and Board-Management Relationship policies in order to facilitate the Board's functioning.
- The president will chair and set the agenda for Board meetings.
- The president, with the assistance of the Elections Committee, plans for leadership (officer) perpetuation.
- The president, with the assistance of the Elections Committee, will ensure that new board members receive proper orientation.
- The president will direct which classes, trainings, and educational materials are made available for board development.
- The president may represent the Board to outside parties as approved by the board.

### **Vice President**

The vice-president will perform the duties of the president if the president is unable to do so.

- The vice president will ensure elections and referenda follow board processes. If the vice president is running for re-election,

another director not running for re-election shall be assigned these responsibilities.

- The vice president will remind directors to renew their membership two weeks before their membership renewal date and to send a confirmation of renewal to the president.
- The vice president will ensure a board retreat takes place at least once per year and either leads or delegates the planning and coordination for the retreat.
- The vice president will ensure the Concern Coordinator monitors board emails and responds to member concerns or directs member concerns to appropriate management or board member for follow-up.

### **Treasurer**

The treasurer is responsible for supporting the Board in all finance-related board work.

- The treasurer will lead the board's process for creating and monitoring the Board's (not the Cooperative's) budget.
- The treasurer will facilitate the board's understanding of the financial condition of the Cooperative.
- The treasurer will ensure that there is a review of board compensation both for the purposes of the board budget and as it affects recruitment of board members.
- The treasurer will serve as the chair of the Finance Committee.

### **Secretary**

With the assistance of the scribe as necessary, the secretary will make sure the board's documents are accurate, up to date, and appropriately maintained.

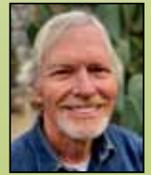
- The secretary will ensure that the board's page on the co-op's website is current.
- The secretary will provide to new board members, or Board Members in Training, and up-to-date copy of the board book.
- The secretary will ensure annual corporate reports and any changes to the Articles of Incorporation are filed with the appropriate state or county agency.
- The secretary will ensure a supplemental report filed with the NM Secretary of State within 30 days after any change to the Board of Directors.
- The secretary will call special membership meetings as specified in the bylaws.



**Shanti Ceane**  
*Vice President*



**Jane Spinti**  
*Treasurer*



**David Burr**  
*President*



**Tuan Tran**



**Paul Slattery**



**Sandy Lang**  
*Secretary*



**Kristina Kenegos**



**Leo Andrade**

## Board Meeting Schedule

The SCFC Board of Directors meets the fourth Wednesday of each month at 907 N. Pope St. in the Quonset hut. 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** *Vice Pres.*  
Board Term: 2018-2024

**Tuan Tran**  
Board Term: 2020-2023

**David Burr** *President*  
Board Term: 2021-2023

**Jane Spinti** *Treasurer*  
Board Term: 2023-2025

**Sandy Lang** *Secretary*  
Board Term: 2022-2024

**Leo Andrade**  
Board Term: 2022-2023

**Kristina Kenegos**  
Board Term: 2023-2025

**Paul Slattery**  
Board Term: 2022-2024

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



# February

## Members Only Specials February 1 - February 28

### 20% OFF! listed prices



**Sartori**  
Assorted Cheeses  
5.3 oz  
reg \$5.39



**Portland**  
Bee Balm  
Assorted, .15 oz  
reg \$2.99



**Field Day**  
Whole Wheat Flour  
5 lbs  
reg \$9.39



**Celestial Seasonings**  
Assorted  
20 tea bags  
reg \$4.69



**Tierra Farm**  
Chocolate  
Covered Almonds  
reg \$15.19#



**Bertagna**  
Red Walnuts  
reg \$14.89#



**Deep Indian Kitchen**  
Naan Pizza Margherita  
7.8 oz  
reg \$5.29



**King Arthur**  
Assorted Flours  
5 lbs  
reg \$13.99



**Celestial Seasonings**  
Echinacea Sleep  
20 bags  
reg \$5.99



**Kyolic**  
Immune Formula #103  
100 caps  
reg \$15.99

### Continuing

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

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



### Co-op Deals

flyers  
available  
on our website

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

