



Silver City Food Co-op Garbanzo Gazette

it's
MAD!

Volume 23

❖ Your Monthly Newsletter ❖ December 2023

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE!

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**YOU
ARE
WHAT
YOU
EAT**

Things Are Shaping Up!

Significant forward progress continues at the Pope Street store. New sewer lines are in. Framing on the perimeter of the main building is complete. Framing of the front office and restrooms on the sales floor is complete. Earthwork in preparation for the foundation of the new metal building is underway. The contractor, RES Construction, manage multiple teams, with projects in Las Cruces as well as the Co-op renovation. They are efficient and keep the work organized to maximize the team's capacity. Their conscientious handling of the artwork removed from the northside exterior walls was a real positive. They proposed the method to keep the mosaics nearly all intact upon removal, and they will be mounting them on backing for display. So far, so good, let's keep on truckin'.

Who says you can't take it with you? Great care was taken to preserve the majority of tile art pieces that adorned the Life Quest building's north wall. They will look great hanging in our lobby and seating area.

Our "holding area" for unruly customers. Actually, just the framing for our (2) customer restrooms, so you won't have to be "holding" it.



Framing, the picture. Or if you like, a picture of the framing. Entire perimeter of main building is now framed, ready for future wiring, insulation, and walls . . .



They paved paradise and put up a parking lot! Temporarily. Gone is the ramshackle metal building of old, to be replaced by a fancy new one, containing neat stuff like a prepared foods kitchen, grocery back room, walk in coolers, loading dock, etc . . .



"Stand in the place where you work, now face East" - REM and Kevin Waters



Double Double Toil and Trouble, Backhoe Dig, and make Rubble.

by *Kevin Waters*
General Manager

1881 member/owners strong and counting . . .

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop

575.388.2343

Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

Vision Statement

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

Seven Cooperative Principles

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

Kevin Waters

General Manager

The Garbanzo Gazette

Editor: Mike Madigan

Guest Writers: Charmeine Wait, Oly Sturdevant
Carolyn Smith, Doug Walton, Vynce Bourné

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Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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• Gratitude Comes Easy • Another Holiday Season at the Co-op

by Mike Madigan
Operations Manager

There are so many extra boxes in the warehouse right now! We have officially arrived at the holiday season, and from a day-to-day operations perspective, our warehouse (which “can’t possibly hold any more”) has, once again, found a way to hold a WHOLE. BUNCH. MORE. You should have seen the stretching and bending we had to do yesterday, just to get to the timeclock, after the UPS driver dropped off a holiday sized delivery. And that’s just in the blue room.

The folks in the deli are hustling to keep the cooler full, and clearly, I’m not the only one who’s been raiding the deli cooler to supplement my holiday meals. They are pumping out the food, and it’s pretty dang good.

I love this time of year at the Co-op. The aisles are filled with faces we’ve known like family for years; and also, with new faces becoming more familiar all the time. Instead of excusing ourselves (and our stocking carts) to pass by one person in the aisles, we often find ourselves weaving past three or four or even eight(!) in this dance we’ve come to know as the Co-op shuffle. It’s a charming

sway of partners and passes with hands outstretched to grab pintos or papayas, gouda or granola, turkey or tempeh. It’s the kinetic equivalent to the olfactory waft that greets us each time we come into the Co-op. You know the smell I’m talking about, right? It’s earth and oats and beeswax and apples and soul. For many of us that work here at the Co-op, that soul is our soul.

This is where we spend the majority of our waking hours...putting crackers on the shelf, filling up the drink cooler, renewing your membership, sweeping the floor, checking in the deliveries, laughing in the kitchen, restarting the register when there’s a line eight people deep, seeing your new baby who will grow up in our aisles. It’s in these aisles that we get the best of news and the worst of news. It’s where we get surprised when so-and-so walks in with what’s his name.

This little Co-op is the crossroads of our community. It’s a good home away from home, and we’re proud to serve each other, and all of you, in this way. Gratitude comes easy when you’ve got it this good. Thanks everybody. Here’s to an exciting new year!



Checked for buried treasure.
Nothing so far. I’ll keep at it.



Carol said she wanted the “dirt” on the new store to print in the Gazette. Happy to oblige.



Hey humans!

It's still MAD!
Member Appreciation Days
any 2 trips of your choice
for November and December
to save 10%
 (excludes mark-down items,
 Thanksgiving & Christmas turkeys
 maximum discount 25%)

We Appreciate You!
Complimentary Coffee
on Fridays



Everyone is welcome to sample our Co-op brews, Fridays from 9:30-11:30. We'll have a small table (well, tiny actually) set up at the front of the store with one caffeine-rich coffee, one decaf, and an herbal tea selection for your sipping enjoyment. Oh...and cookies, too!

First, we'll be featuring Equal Exchange's Love Buzz and Decaf coffees. Equal Exchange's mission is to build long-term trade partnerships that are economically just and environmentally sound, and to foster mutually beneficial relationships between farmers and consumers. They have successfully demonstrated the contributions that can be made by worker co-operatives and Fair Trade practices to a more equitable, democratic, and sustainable world.



**Silver City
 Food Co-op
 Staff**

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



Kitchen Meditations

Winter

Basic Roasted Vegetables

Ingredients:

1lb carrots, sliced or diced
1lb Yukon Gold, purple, or fingerling potatoes
1 large sweet potato, peeled and diced
3 tablespoons olive or avocado oil (or enough to ensure that all veggies are coated)
1½ teaspoons kosher salt, or to taste
½ teaspoon freshly ground black pepper, or to taste
½ teaspoon garlic powder
2 tablespoons chopped flat-leaf parsley (optional)

Instructions:

- Preheat oven to 425°F. Line two rimmed baking sheets with foil or parchment paper for easy clean up.
- Place all cut vegetables in a single layer on the 2 baking sheets. Drizzle them with olive oil, salt, pepper, and garlic powder. Toss well and spread out on the pan.
- Bake for about 25-35 minutes, until all the vegetables are tender and starting to brown, turning once with a metal spatula halfway through. Keep an eye on them so they don't burn.
- Sprinkle with fresh parsley, taste and season to taste, and serve warm or at room temp.



Fingerling Potatoes



A fingerling potato is a small, stubby, finger-shaped type of potato which may be grown in a number of varieties.

Fingerlings naturally grow small and narrow. They are fully mature when harvested and not to be confused with new

potatoes. Popular varieties include the yellow-skinned Russian Banana, pink-skinned French Fingerling, the Purple Peruvian, and the Swedish Peanut Fingerling. These tasty nuggets are commonly halved and roasted as a side dish. Pan frying and roasting enhances their robust flavor and nutty, buttery taste. Split fingerlings lengthwise and oven roast to serve on a small plate or as an alternative to French fries. Accompany them with a flavorful dipping sauce, like spicy ketchup, romesco, or siracha mayo. Also, you might consider fingerlings as a change of pace for a unique potato salad.

Healthy Pineapple Baked Oatmeal

This is a yummy recipe is made with bananas and coconut for an easy tropical breakfast. It's vegan, gluten-free and refined sugar-free.

Ingredients:

Dry Ingredients:

2 cups rolled oats
1 teaspoon ground cinnamon
1 teaspoon ground ginger
1 teaspoon baking powder
Pinch of salt

Wet Ingredients:

2 cups unsweetened almond milk (or other milk of your choice)
½ teaspoon vanilla extract

Fillings:

3 cups pineapple, chopped into ½ inch pieces
2 medium-sized bananas, peeled and cut into ½ inch rounds

Toppings (as desired):

½ cup flaked coconut

Nut butter, plain Greek yogurt, walnuts, hemp seeds, etc. (Use your imagination!)

Instructions:

- Preheat oven to 375°F.
- Peel and chop your pineapple into ½ inch chunks. Peel the bananas and cut into ½ inch rounds.
- In a large mixing bowl, stir dry ingredients together (rolled oats, ground cinnamon, ground ginger, baking powder, and salt).
- Pour your wet ingredients (milk and vanilla extract) into the mixing bowl and gently fold them into the oat mixture. If you'd like, you can reserve a few pieces of fruit to add to the top of the baked oatmeal. This doesn't change the recipe-it just makes it a little prettier!
- Finally, pour the mixture into a baking dish and sprinkle the top with flaked coconut. Place baking dish in oven for about 35 minutes. The oatmeal will be done once it starts to bubble and brown at the top.

Notes

Baked oatmeal can be kept in an airtight container in the fridge for 4-6 days. Store it in the freezer for up to 6 months. When reheating, simply add a splash of water or milk and give it a stir.

Pineapple Salsa

3 cups pineapple, diced
1 red bell pepper, diced
1 yellow bell pepper, diced
1 large tomato, diced
1 jalapeno, finely chopped
Juice of 1 lime
¼ cup cilantro, chopped
Salt, to taste

• Taste and adjust for salt, lime juice and jalapeno.

• Cover tightly and refrigerate 30 minutes before serving.

Jake's December Produce Picks

The Prickly Truth About Pineapples

Ananas comosus is the botanical name of the fruit known as a pineapple or piña, in Spanish. It is a tropical fruit with a familiar, but distinctive, shape. While often associated with Hawaii, it is not native the islands, though it is a major crop there. Today, Hawaii produces only 10 percent of the world's pineapple crops. Other major growers are Mexico, Honduras, Dominican Republic, Philippines, Thailand, Costa Rica, and China.

Native to South America, it was named for its resemblance to a pine cone. The plant is low-growing with spiky leaves protruding from the ground. The leaves are the same shape as the greenery on top of the fruit, which grows on a central stem. It takes about two years for the plant to produce a single pineapple, at which time it dies back.

Once a pineapple is picked, it won't ripen much more or get sweeter, so choose carefully. You can try a couple of tricks to help soften it up a bit, though. Store your pineapple upside down for a couple of days to let the natural sugars at the bottom seep into the rest of the fruit. You can also try storing it with bananas and other fruits that give off ethylene, a natural gas that speeds up ripening.



Delicious pineapple is a most versatile fruit. It is used in desserts, salads, savory dishes, and beverages. It is a beloved ingredient in cocktails, charred on the grill, diced in salads, or as a component in Chinese food, and as a topping for Hawaiian-style pizza. Surprisingly, that idea didn't originate on an island anywhere but was, actually, the brain-child of a Greek-born pizzeria operator from the Canadian town of Chatham, Ontario. One day, back in 1962, he was inspired to toss some pineapple on top of a pizza for the fun of it. The experiment exploded in popularity around the world, making it one of the most beloved (and oddest) food combinations ever.

It has also been used for centuries to ease digestion. It contains high levels of naturally occurring enzyme called bromelain, which is used today to treat inflammation from burns, wounds, and other injuries.



Becky's December Dairy Pick

Point Reyes Quinta Cheese



The Giacomini family of Point Reyes Farmstead has been farming in California for over 100 years. Since 2000, the four Giacomini sisters and their mom have focused on artisanal cheese-making with the utmost care for the land and their animals. Because the happiness of their cows depends on healthy diets and land stewardship, sustainability is placed above all else. The result of their expertise and TLC is the creation of the most outstanding domestic cheeses available today. Point Reyes Farmstead has also used their success to promote and support charitable efforts. Visit pointreyescheese.com to find out more.

Quinta is a spoon-able soft-ripened cow's milk cheese with a rich and complex flavor profile. The interior texture is silky smooth and the rind fluffy and slightly firm. Bay Laurel leaves, gathered on the farm, are embedded on the top and bottom of each wheel. Made on the Point Reyes farm, with their own cow's milk, each wheel (large and small) is wrapped in spruce bark that has been infused with the essence of California Bay Laurel, indigenous to the region. Quinta is meant to be enjoyed at room temperature in a single sitting, by removing a portion of the top rind and digging in with a small spoon or cheese spreader.

December 1 - December 31 • Members Receive 20 % OFF • In the front cooler

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their October Service.

Sue Childers • Tim Garner • Tasha Marshe
Jane Papin • Susan Van Auken
Jennifer Douglass • Tammy Pittman



RAIN CHECK

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



Was the item your're
looking for out of stock?
Let us fill out a rain check
for you!

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



Round Up Donation Program

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

Round Up for December

Silver City Museum Society



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

October
Round Up
\$1390.00

Serving People In Need



The funds from these donations for Round Up will assist with the overall operations of the shelter. We are one of the only 24 hour shelters in New Mexico with staff members on site every day of the week. We will utilize these funds to continue our supportive services to the clients we serve.

Round Up for January

Border Partners



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

Customer Change for Community Change!

Silver City Recycles

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



Recycling drop-off times for December

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

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

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

For more information:

<https://silvercityrecycles.org/>

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

POWER & LIGHT PRESS

Power and Light Press Holiday Market

You're invited to attend Power and Light's

4th Annual Holiday Market on Thursday, December 7th, from 5-9pm.

Join the festivities,

featuring over 20 vendors, tamales and cocktails, live music, and more!

601 N Bullard Street F, Silver City, NM 88061



**DOUBLE UP
FOOD BUCKS™**

**½ OFF
Local Produce
everyday
with your EBT card**



**Renew
your membership
and reap
the rewards!**

**MAD seven times a year!
Members Only Specials!
Discounts on Special Orders!
You'll be supporting our local
& regional food shed &
you'll help to build a resilient local economy.
*You Own It!***

Produce Compost Guidelines

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

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

Calling for Guest Writers!

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

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

Members, if interested please email
judith@silvercityfoodcoop.coop

Three hours earns a 15% Volunteer Discount



Let's Talk About Food Systems and Food Hubs

by Oly Sturdevant

A food system is all aspects associated with the production, consumption, and disposal of food. This system includes more than just the food itself. It also includes the impacts- the environmental, economic, and health impacts of growing, selling and consuming food. Food systems can be on the global scale (carrots coming from India), a smaller scale (onions coming from Deming, NM), and everything in between. In 2020, during the Covid-19 pandemic, we saw the stress of having to depend on global food systems and with that stress came, once again, the recognition that our food systems can be fragile. But what if they didn't have to be that precarious?

A food hub acts as the middle person between the growers and your table. They are responsible for obtaining the food, marketing, and distributing it to grocery stores, schools, restaurants, institutions and directly to you. Because of this, food hubs play an important role in supporting local food systems and increasing accessibility to fresh foods. Certain food hub models can support growers because they can plan their market days accordingly, knowing a certain amount of their produce will be purchased for the price they want. There's an added environmental benefit of your food traveling shorter distances to get to your plate and the health benefit of food being fresher when consumed.

What's being done in Southwestern New Mexico

Frontier Food Hub is a program of National Center for Frontier Communities, a 501(c)(3) nonprofit headquartered in Silver City, NM. Frontier Food Hub was launched in 2018 and was designed with the intention to connect growers to markets, to serve the food pantry system through distribution of locally grown food and to strengthen the existing local food system in Southwestern New Mexico.

"At the most fundamental level, we believe local foods are for everyone and should be made accessible for everyone," said Chase Sturdevant, Frontier Food Hub Sales Coordinator.

Over the summer, Frontier Food Hub launched its Mobile Farmers Market, where they packed up their trusty van with



locally grown vegetables, fruits and products and headed to four communities in three Southwestern New Mexico counties to create those important access points. "A lot of times, the Mobile Farmers Market was me parked in random parking lots out in these different counties, selling vegetables to the person brave enough to stop by," explained Sturdevant. This type of persistent showing up paid off with the Mobile Farmers Market becoming a staple at Reserve's Second Saturday Market and the Santa Clara Mercado. "We've had a great time meeting people and sharing our mission of strengthening our food systems in our corner of New Mexico. We're able to support our farmers, people can get local foods, and we get to have these conversations about the unique food challenges faced by people living in frontier communities." Another component of this food accessibility chain is the purchasing method. "Frontier Food Hub proudly accepts SNAP/EBT, WIC and Senior Vouchers and can do Double Up Food Bucks on all fresh produce," said Sturdevant.

Since its launch, Frontier Food Hub has distributed and donated locally grown foods to pantries in Grant, Catron, Luna and Hidalgo counties. These pantries are often dependent on food banks and face challenges in providing nutritious food due to limited resources.

In February 2023, Frontier Food Hub began a bi-weekly distribution run to Albuquerque to fill in a vacuum left by other food hubs, working in close collaboration with La Montañita Co-op, Desert Spoon Food Hub and New Mexico Harvest to move both southern producers' produce up north as well as supplying accounts in Las Cruces and Silver City with orders from Albuquerque. In October 2023, another transition happened with Frontier Food Hub now taking weekly distributions to Albuquerque to relieve La Montañita to focus on a Northern Route instead. Desert Spoon Food Hub continues to take on the last leg deliveries in Las Cruces.

"The experiences this year of a near-collapse of the North-South pipeline for local food products and the collaborative solution we were able to develop with our partners from Las Cruces to Albuquerque shows our collective strength to step up where individual efforts struggle to sustain themselves. As a non-profit food distribution service seeking to support a vibrant local food economy and creating a model of financial sustainability for



food distribution in remote and frontier communities, strong partnerships are as valuable a currency as hard cash,” said Johannes Lencer, Frontier Food Hub Program Manager.

What’s to come

Recently, Frontier Food Hub was awarded the Community Food Projects (CFP) grant by the United States Department of Agriculture (USDA).

The Community Food Projects grant is a highly competitive federal grant program designed to support innovative projects that increase food security and promote community self-sufficiency. Frontier Food Hub’s focus will be Santa Clara, Bayard, Hurley, and surrounding villages in the Mining District.

In the upcoming months, open planning sessions will be held to gather more input from Mining District residents to learn about what sorts of programming and opportunities they’re interested in. This project will be for the community, tailored by the community and will be over the course of the next four years. Elysha Montoya was recently hired as Community Engagement Coordinator to lead the project.



For more information about Frontier Food Hub or their parent non-profit, National Center for Frontier Communities, please contact foodhub@frontierus.org or visit them on Facebook/Instagram @FrontierFoodHub and @FrontierCommunities, or www.frontierus.org.



December is Eggnog Month!



Organic Valley Eggnog

Thick and very creamy, this is a delicious eggnog! It is the perfect blend of organic milk from pasture-raised cows and organic free-range eggs, blended with organic spices.... did we say organic? It’s made with absolutely no antibiotics, synthetic hormones, toxic pesticides or GMO anything. Organic Valley Eggnog is reduced fat, but don’t let that fool you. It still has more butterfat than traditional whole milk. Rest assured that it is rich and deliciously decadent!

Eggnog is a classic Christmas beverage that adds to the festive spirit of the holiday season. Enjoyed by revelers for centuries, it’s a drink that stirs up memories for a lot of people. As embedded as it is in holiday traditions, the drink has taken on many spiked and non-alcoholic variations as it traveled the world.

The exact origins of eggnog are unknown. It does have 13th century English roots, probably developed by medieval monks who were known to drink “posset,” a warm ale punch with eggs and figs. Over time it evolved into a treat at aristocratic social gatherings and, later, found a home in colonial America as an essential Christmas refreshment. Sherry was the alcohol component of nogs served in Europe, but when the brew made it to the Colonies, it took on a whole new taste and popularity. The rum that people could obtain from the Caribbean was far less expensive than other liquors that had to be shipped across the Atlantic, so, along with a readily available supply of milk and eggs, the rum version quickly became a drink for people of all classes. Each region of the new country tended to add its own distinctive tastes by slightly altering ingredients. In the south, for instance, people tended to prefer whiskey over rum, and many folks everywhere simply enjoyed this satisfying beverage without alcohol.

The basic formula for eggnog has stayed steady over the years: eggs beaten with sugar, milk, cream, and (frequently) a distilled spirit or fortified wine. There are even some very delicious vegan eggnogs, one of which you can purchase in the Co-op’s very own, well-stocked cooler by produce. So, you see, there’s no reason for anyone to go nog-less this year!

Califia Farms Holiday Nog

Nutmeg and ginger added to Califia Farms smooth, creamy almond milk makes for a dairy-free, egg-free treat. Lighter than an egg-based nog, with spot-on flavor, it is not too thick and not too sweet. It’s just right for your favorite vegans and others among us who do not consume eggs and dairy.



Kalona SuperNatural Organic Classic Eggnog

Kalona works with small, sustainable family farms to provide certified organic eggnog from pasture-grazed cows. Their cream and milk is gently processed to deliver a classic product in its most natural state. Kalona eggnog is fresh and satisfying. For some folks, it’s the ONLY one they’ll drink. Be sure to give it a shake before indulging as it is non-homogenized. That way you’ll get the full creaminess and a real pop of holiday spices.



All three nogs are available in the cooler next to produce

GRAB'N'GO

Parting is Such Sweet Sorrow

by Carolyn Smith

At the end of this year, I am “retiring”, and I can’t think of a better place to finish my working career than the Silver City Food Co-op. During my time here, I’ve acquired many new skills and learned so much about myself. Each day was brightened by both the company of my co-workers who model the cooperative spirit and truly care about each other and the daily encounters with friends, acquaintances, regulars and new folks shopping for the quality food and products provided by the Silver City Food Co-op since 1974. I found my community through this vibrant downtown hub and will be forever grateful.

Truth be told, the Silver City Food Co-op was one of the main reasons I chose to move to Silver City in 2002 and I became a member my first week here. Early 2004, I applied and was hired to work at the Co-op. I served as Produce Manager for 3 years, Outreach and Education Coordinator for 8 years, and then 2 more years at the Market Street Café. When my beloved white lab Satchmo passed away, I took the opportunity to travel and pursue other interests before returning to the Co-op in 2020 to head up the Deli Department.

I’ve really enjoyed being a part of the deli crew: people who love to cook and eat are just fun to be around. I am so grateful to Judy and Marchelle for bringing me up to speed just weeks before the onset of the pandemic. With many restaurants closed, the Silver City Food Co-op’s Grab 'n' Go was “discovered” and very much appreciated for our wide variety of prepared foods: sandwiches, soups, salads, wraps, spreads, entrees

and baked goods, all made with organic, local and quality ingredients including options for vegan, vegetarian, omnivore and gluten free diets. It was all we could do to keep the case full and we’ve been running ever since.

I have so much gratitude to all the deli staff who have helped us along the way: former deli manager Brenna, Marchelle, Molly, Brooke, Liz, Isaiah, Andrea, Bella, and high school interns Araceli and Aiden, to co-op staff mates, Becky, Jake, Misha, Joy and Doug for their help with ordering and truck deliveries, to Marguerite, Kevin and Mike for buying new equipment and keeping us stocked on necessary supplies, to Carol and Judith for their help with my monthly Garbanzo Gazette Grab 'n' Go articles, to all staff who have tasted and reviewed our food, and to the current deli crew, Judy, Doug, and Arissa for really stepping it up, filling the case each day with many delicious new items and for keeping the show on the road into the new year; I couldn’t ask for better people to be with, thank you!!!

The Co-op deli is only limited by the size of our kitchen and our cooler space, so look for great things next year in our new location on Pope and College with the bonus of having a place to sit and visit with friends while enjoying thoughtfully and lovingly prepared food. I can’t wait!

To the whole Co-op family, thank y’all for making me feel so at home - for so long!

Love and Happy Holidays!



Welcome Doug Walton as our new Deli manager. He's following Carolyn Smith, former manager of that department and long-time Co-op employee. She'll be retiring at the end of this year.

And from Doug: "I joined the staff at the Silver City Food Co-op in September of 2022, not long after moving here from Georgia where I operated an event food services company. My clients included the film industry, professional sports teams, and a wide range of entertainment venues. Prior to that, I served for ten years as the COO of an Atlanta based restaurant group.

My food industry career spans nearly 40 years. A zoology major in college, I managed a small Italian restaurant while earning my degree, then worked as

Doug Dives In!

a fisheries biologist on the Louisiana gulf coast. Living in New Orleans, I supplemented my income working nights and weekends for French Quarter restaurateurs.

The inevitable merging of these two worlds occurred when I was offered the opportunity to work as a consulting biologist, and later lobbyist, for the Louisiana seafood industry. This led to work with many other food production facilities, and to the restaurants they supplied. As I became more involved in the operational aspects of the industry, I realized I needed more than my science background, so in the midst of all this I went back to school to get a business degree. I then spent the next 15 years in food industry operations, education, and consulting at both the local and national levels.

While I traveled a great deal for work, my base was always New Orleans. For a number of reasons that was no longer viable following hurricane Katrina. With family members in Ga, a compelling offer from the restaurant group, and a desire to spend less time in airports, I relocated to Atlanta.

All that begs the question 'Why now Silver City?' While in college, I came here for the first time as part of a desert ecology research team. I fell in love with the area and has come back many times over the years for an escape from my busy career. When the opportunity presented itself to finally enjoy a less complicated life, I knew exactly where I wanted to live!"



How We Can Increase Local Food Production with a New Mexico Public Bank

by Charmaine Wait

For our community and communities across the state, we know that to improve food security, we need to have more local food production. However, small producers and businesses often lack access to the capital they need to get started or grow their businesses. The New Mexico Finance Authority in a report to the Oversight Committee on July 28, 2023, stated a gap exists between local prosperity and current financing opportunities. The underserved segment of the market was identified as “No Man’s Land.” One solution is to have a New Mexico Public Bank.

The Alliance for Local Economic Prosperity (AFLEP.org) has been working to establish a public bank. AFLEP’s mission is committed to creating local economic prosperity by maximizing equitable access to, and opportunities for, financial resources that support thriving economies throughout NM, especially in rural areas. Endeavors associated with agricultural adaptation to climate change and food production, processing and distribution are central to its mission.

With more than 1,700 supporters from across at least 35 New Mexico communities and towns, AFLEP is a member of NM Food & Agriculture Policy Council, Southern NM Green Chamber, Sustainable Equitable Economic Democracy (SEED NM), NM C3 Network, and is affiliated with American Sustainable Business Network.

A public bank does not operate like a retail bank. You and I would not open an-account with the bank, instead it would operate as a funding tool for all commercial, local banks and credit unions. In a traditional bank, a small business needing just a few thousand dollars would most likely not be approved for a commercial loan, or if so, it would be at a high commercial interest rate. The public bank would not compete with banks, but would serve as a source of funding at lower rates (it would have non-profit status) that all local banks could access increasing the banks’ capacity to lend, grow, and meet our communities’ needs.

According to a 2020 FDIC report on community banks, the loan segment most likely not to be covered by community banks is agriculture. In-state data confirms the non-existent or low-level participation reported by NM community banks for agriculture-related loans. Increased federal monies are available to encourage young people to enter farming and for current farmers to develop regenerative, adaptive methods addressing challenges of climate change and threats to our food supplies. Those federal programs often require matching funds not readily available.

FDIC and other data through 2022 indicate that NM community banks make minimal loans, if any, related to agricultural and small businesses. The two to three top lenders to small businesses are located out of the state.

Currently, our state taxes and funds go into large commercial banks, who operate on Wall Street and pay dividends to shareholders outside of our state. A public bank would use New Mexico’s money to serve New Mexicans. It would be operated by an independent board with transparency not currently available by the commercial banks.

Public banks are found throughout the world and here in the United States, North Dakota has had a public bank for over 100 years! The history of Bank of North Dakota (BND) demonstrates that with strong partner lending programs between the BND and the community banks and credit unions, the latter institutions flourish. North Dakota, with a population of 779,094 has 63 community banks, a loss of one over the past year. In contrast, New Mexico has 32 banks, a loss of two from a year ago, with a population of 2,117,522. The difference? The BND’s partner lending programs and other support services for security and risk systems support has helped to keep the banks healthy and supportive in addressing local prosperity in North Dakota communities. North Dakota has the highest number of community banks per capita of any state in the U.S.

It is time to put New Mexico money to work toward strengthening local communities. It is time to invest in creative, hardworking New Mexicans. It is way past time to create a New Mexico Public Bank.

A New Mexico Public Bank would:

- Create money and make money; that’s what banks do, in contrast to funds that require annual appropriations.
- Partner with local financial institutions and expand support of local business.
- Generate capital to strengthen local community investment.
- Focus on community prosperity through financing projects directed to food and agriculture needs, health and education needs, and other local priorities.
- Increase jobs, generate tax revenue in communities and support decreasing the migration to urban areas or out of state.

How can you help? Please go to AFLEP.org and sign up for news and action alerts. AFLEP is hoping to have legislation introduced in the upcoming NM legislative session funding a pilot program for a public bank. Please ask your legislators to support this legislation.

**Let’s have New Mexico’s money
support New Mexico agriculture and businesses!**

NEW MEXICANS DESERVE FRESH, LOCALLY-GROWN FOOD!

Dedicated farmers, ranchers, and associated small businesses who practice sustainable methods, based on science, indigenous, and ancestral wisdom, need access to equitable financing to develop their food production, processing and distribution.

A **NM State Public Bank** that collaborates with community banks, credit unions, CDFIs, municipalities and tribal entities is one way to make this happen.

Let’s keep New Mexico’s revenue at home instead of in Wall Street banks. A **NM State Public Bank** can invest more of our NM dollars in rural farms and businesses, to create more fresh, locally grown foods for all of us!



YES, WE CAN DO THIS! ¡VAMOS ADELANTE!
Alliance for Local Economic Prosperity
Keeping Our Public Funds Safe, Local, and Working

For more information
visit aflep.org or
contact info@aflep.org



Stocking Stuffers

Kei & Molly Textiles - Working Together

In 2010, Kei Tsuzuki and Molly Luethi started their company with the intention to employ refugees and immigrants to create silk-screened kitchen towels, aprons, scarves, and pillows. They feature themes with a folk-art edge, depicting subjects such as the tree of life, San Pasqual, cherry blossoms, cats, chickens, beehives and even a man roasting chiles. These joyful designs are printed with water-based, eco-friendly inks, and waste water is filtered to 20 microns to help keep pigments out of the water system. All fabrics used by Kei & Molly are 100% natural fibers. Located in Albuquerque, New Mexico, they make the most of the high desert sun by generating solar power for electrical needs.

The Co-op is proud to carry Kei & Molly kitchen towels. The next time you're in the Co-op, take time to look at these beautifully crafted items. They are a feast for the eyes and make marvelous gifts.



Andalou Naturals - Merry & Bright!

The Hydrated & Firmed-Facial Sheet Mask Holiday Gift Set is a great way to relax and de-stress during the holidays with this limited edition self-care kit that includes a trio of facial treatments: Brighten & Tighten, Age Defying Rejuvenate & Firm, and Deep Hydration Instant Hydrate and Firm.



Mineral Fusion - America's #1 Natural Cosmetics Brand

Mineral Fusion began as a mineral cosmetics brand in 2007 and has since become America's #1 natural cosmetics brand. All of their products are free of gluten, parabens, talc, synthetic fragrances and phthalates (a commonly used constituent in "fragrances"). Animal testing is NEVER implemented.



The Silver City Food Co-op now carries Mineral Fusion's Nail Polish in assorted holiday colors, including Nickle & Dime, White Star, Fiery Lava and more.

The Natural Beauty Eye & Lip Kit is a limited edition that will delight all of your favorite cosmetic-lovers. It includes So Classy Volumizing Mascara in Jet Black, formulated with peptides for fuller lashes. Vegan, non-sticky Hydro-shine Lip Gloss Paris adds a rich splash of color and subtle sheen to your lips.



Mineral Fusion's vegan eye shadow palettes offer a range of coordinated shades formulated with lightweight minerals and nourishing botanicals. They are perfectly crease and fade resistant. Our Co-op is offering the Coffee Break complement of colors, a quartet of satin browns, soft cream and shimmery bronze for a classy neutral look.



Maggie's Socks - Super Plush, Supportive, Breathable

Since 1992, Maggie's Organics has been committed to total transparency, total sustainability, and true ethical practices from farm to finish. They have proven that it is possible to establish a successful, sustainable business while protecting the limited resources of the planet and respecting and dignifying each worker at every stage of production. Today Maggie's continues to operate from that original commitment, while creating high quality clothing that is stylish and super-comfy.

The Silver City Food Co-op is proud to offer Maggie's holiday Snuggle Socks and their classic Mountain Hikers. Snuggle Socks are made from soft organic merino wool, thick and cushy throughout. They're just right for lounging and scuffing around at home in the depths of winter. Mountain Hiker Organic Socks are Maggie's most popular. Very soft and comfy and not itchy, with warm, thick cushioning, they're washable and supportive to your precious feet.



Aura Cacia - Holiday Essential Oil Kit

Conjure up the warmth of the holidays with three festive and uplifting aromas: Cinnamon Leaf, Pine, and Sweet Peppermint. Use them singly or blended together to create a truly heartwarming aromatic experience.





Welcome Beth!

You might have seen Beth wooshing to work on her skateboard. One of our newest cashiers, she describes her position here as, “cashier, box smasher, shelf loader, kombucha drinker and manager annoyer.” She enjoys skating as her main method of commuting and, when away from work likes “watching horror movies, listening to bangers, and being a goober.”

We all have some not-so-secret secrets that we don't mind sharing. Beth shared that her “freckles aren't actually real, crazy!” And, somewhat scarily, “one time I was moshing in Seattle and got punched in the face. It was awesome.” Yikes!

Beth loves the Tasty Bites Vegetable Tikka Masala and Organic Turmeric Rice. To prepare she “nukes it in the microwave for a minute or two. Absolutely, scrumdiddly!” Every Tasty Bite pouch is all-natural and/or 100% organic and Non-GMO Certified. Vegetarian and very tasty, they are a healthy heat-and-eat alternative for times when a full-on cooked meal isn't on the schedule. Who doesn't love a quick and easy-ready meal, especially if it's full of delectable Indian flavors? Indian food lovers, and there are many among us, are sure to find a Tasty Bite to satisfy the craving for South Asian-style comfort food. Yum!



A Staff Pick from Our Bulk Buyer, Vynce



“Be the person your dog thinks you are.” - C.J. Frick

There are roughly 90 million pet dogs in the United States and I would bet that everyone of them believes their owner to not only be their best friend, but also the coolest person on the entire planet. Hi, my name is Vynce and I run the bulk department here at our Co-op. My dog, Cairo, is a Siberian Husky Pitbull mix. Sometimes referred to as a “Pitsky,” and he knows unconditional love like no other. No matter the time of day or night he is ready to engage to my heart's content and he never demands my attention unless he needs to go outside to use the bathroom. He truly is the goodest boy. That is why I try to spoil him occasionally by bringing home a pack of Hopkin's Pork n' Potato dog meal made by Portland Pet Food Company.

The taste must be out of this world because he will even lick the floor around his bowl after finishing it, hoping to score a misplaced morsel.

The package says “Feed your dog like you feed yourself,” and with less than ten good ingredients that can sometimes be found within my fridge and pantry at home, I'm able to do just that with Hopkin's Pork and Potato. So, if you have a moment between belly rubs and evening walks with your doggo, tear open a package of this incredible dog food and try to match the love that they show us every day.



by Vynce Bourné

Round Up 2024

Congratulations to Our 2024 Round Up Recipients

January - Border Partners

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

February - New Mexico, Grant County Fort Bayard Chapter 1 - Disabled American Veterans

We are dedicated to a single purpose: Empowering veterans to lead high-quality lives with respect and dignity. This mission is carried forward by extending DAV's mission of hope into the community and providing a structure through which veterans can express their compassion through a variety of volunteer programs.

March - National Center for Frontier Communities - Southwest NM Seed Library

To nurture a community of growers and seed stewards who: (a) harvest and exchange seeds; (b) protect the sovereignty and diversity of our local food system; and (c) increase our community's ability to feed itself.

April - Gila Chapter - Back Country Horseman of New Mexico

Keeping Gila trails open for all! Our primary mission is to perpetuate the recreational use of horses on public lands through the maintenance and improvement of trails for all users, including horseback riders, hikers, hunters, fishermen, mountain bikers, and other recreational users of the Gila National Forest.

May - Lotus Center

Lotus Center exists to provide a safe, serene, and sacred place where everyone is welcome to learn and practice paths that lead to growth and transformation. We accomplish this by providing high-quality classes in meditation, yoga, and other forms of mindful practice taught by qualified, committed instructors.

June - Upper Gila Watershed Alliance

UGWA is a non-profit watershed protection and conservation organization working to promote the long-term health of the Upper Gila Watershed and its communities of life. Through advocacy, education, research, and restoration

projects, we are striving to build communities of stewards in more locally-based economies.

July - Silver City Farmers' Market

Silver City Farmers' Market is dedicated to: (a) providing a place where Grant, Catron, Luna, and Hidalgo county producers can sell directly to consumers; (b) to advise local consumers of availability of locally produced, high-quality fresh produce, meat, livestock and other farm products; (c) to encourage greater participation in the direct marketing of agricultural products; (d) to encourage increased production of quality products for local consumption; and (e) to educate growers and consumers through written information and workshops on area growing conditions, water usage techniques and the importance of local agriculture in our area.

August - Gila Resources Information Project

We promote community health by protecting our environment and natural resources in southwest New Mexico.

September - The Commons Center for Food Security and Sustainability

Our mission is to meet the immediate needs of Grant County residents who are food insecure and to strive to build community around the concept of food justice, local self-sufficiency and sustainability.

October - Youth Mural Program

The Youth Mural Program is a visually dynamic program that engages young people and teaches them about the history and culture of their community, while providing artistic jewels throughout the area.

November - PFLAG Silver City

Creating a caring, just, and affirming world for LGBTQ+ people and those who love them.

December - Literacy Link Leamos

The mission of Literacy Link-Leamos is to raise literacy levels in Grant County, NM through free tutoring and outreach.

The Day Before Christmas, They Want to Know Who Gave Me the Flowers

From all over the classroom:

*Aw come on, Mister Stanz!
You can tell us!
Yeah!*

*We won't say anything!
Honest.
Spill it, Stanz!*

(The girl responsible for the flowers
is sitting in the second row.
She is keeping studiously blank.)

*Come on Stanz!
Yeah, TELL us!*

ALL RIGHT! I say, pretending to be annoyed,
and pointing out the window at Culligan's
across the street.

*See, I wanted some decorations,
this being the last day and all
(Some of the quick ones start to groan)
and so I went over, and there was this guy
all dressed up and just lying there
(Most of them are groaning now.
The second row girl grins.)
and I say, hey buddy can I have
some of those nice flowers?*

*Yeah! (said Jamar from the football team)
and since this guy didn't say nothing
The Stanz Man figured it was OK.*

Everybody laughs.

*But what about the fruit basket, Mister Stanz?
somebody asks. (The fruit basket girl
is in another class.)*

Before I can get started, Jamar's buddy Vick says
*It's like this. See, the guy from Culligan's
lived right nearby,
and they was having his wake down the street,
so Stanz he just walked on down
and grabbed the centerpiece!*

We applaud ourselves and the bell rings.

After they file out, Weird Emily,
who draws decomposing creatures
on all her tests, skips back in
and hands me a torn-out corner of her sketchbook.

It's got a blue, red, green and gold eyeball.
The eyeball is wearing a Santa hat and dancing.

by Richard Allan Stansberger



From Your Board . . .

Board Election Results

In this year's Board of Directors election, three current Board members were reelected for a second term of three-years, running from 2024 through 2026. We are grateful to all the members that voted and to David Burr, Leo Andrade and Tuan Tran for their willingness to continue to serve on the Board of Directors. They are integral to the spirit of the current Board, and each serve a vital role in ushering our Co-op to a bigger and bolder space in the community.

Here are the results from the latest election: 359 people voted via electronic ballot and there were 26 paper ballots received with a total of 385 votes returned. The minimum requirement for a candidate to be voted in to office is 5% of active members or 100 people.

Thank you for voting and supporting the Silver City Food Co-op.

What is a Co-op?

A cooperative is a business. Co-ops range in size from small storefronts to large Fortune 500 companies. In many ways, they're like any other business, but in several important ways are unique. Cooperatives around the world generally operate according to the same core principles and values, adopted by the International Cooperative Alliance in 1995. Co-ops trace the roots of these principles to the first modern cooperative founded in Rochdale, England in 1844.

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



Board Meeting Schedule

The SCFC Board of Directors meets the fourth Wednesday of each month at in conference room A in the Miller Library, WNMU campus, at 5:30. Please email the Board if you plan to attend.

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

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

Board of Directors

David Burr *President*
Board Term: 2021-2023

Jane Spinti *Treasurer*
Board Term: 2023-2025

Paul Slattery
Board Term: 2022-2024

Shanti Ceane *Vice Pres.*
Board Term: 2018-2024

Leo Andrade
Board Term: 2022-2023

Tuan Tran
Board Term: 2020-2023

Sandy Lang *Secretary*
Board Term: 2022-2024

Kristina Kenegos
Board Term: 2023-2025

Our email address:
board.scfc@gmail.com



David Burr
President



Shanti Ceane
Vice President



Sandy Lang
Secretary



Jane Spinti
Treasurer



Leo Andrade



Kristina Kenegos



Paul Slattery



Tuan Tran



December

Members Only Specials

December 1 - December 31

20% OFF! listed prices



Point Reyes
Quinta Cheese
5 oz
reg \$7.99



Aromaland
Body Lotion
12 oz
reg \$11.49



Tierra Farm
Organic
White Turkish Figs
reg \$8.39#



Divine
Chocolate Coins
Assorted, 1.75 oz
reg \$2.89



Boiron
Oscilloccinum
6, 12, 30 dose
reg
\$16.99, \$24.99, \$41.99



Divine
Advent Calendar
3 oz
reg \$8.09



Equal Exchange
Organic
Mexican Vienna Coffee
reg \$14.49#



Aromaland
Foot & Leg Lotion
12 oz
reg. \$11.49



Adobe Milling
Anasazi Beans
reg \$2.99#



Walkers
Festive Shapes Tin
8.8 oz
reg \$19.39

Continuing

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www.silvercityfoodcoop.coop
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