



# Silver City Food Co-op Garbanzo Gazette

Volume 25

✧ Our Monthly Newsletter ✧

April 2025

## 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



## Everyday is Earth Day

*You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make.* - Jane Goodall

*The earth is what we all have in common.* - Wendell Berry

by Carolyn Smith

Earth Day 2025 marks the 55th Earth Day celebration, an annual event to raise awareness of the need to protect planet Earth for all present beings and future generations, to honor past achievements of the environmental movement and to educate ourselves and those in power on the urgency to embrace, advocate for, and implement the systemic changes left undone that are critical to safeguard our home and precious biosphere.

Senator Gaylord Nelson of Wisconsin and student organizer Denis Hayes are credited with coordinating the first Earth Day. Senator Nelson was looking for someone to organize a national teach-in about environmentalism and he met Dennis Hayes, a graduate student at Harvard's Kennedy School of Government. Hayes left graduate school to take this national coordinator job and helped transform the teach-in into the first Earth Day. Hayes went on to found the Earth Day Network and expanded it to more than 180 nations. One billion people around the globe participate in Earth Day each year. The United Nations calls it International Mother Earth Day.

Earth Day was inspired by the increased visibility and awareness of harmful human activities exposed in Rachel Carson's groundbreaking, widely read book, *Silent Spring*, about the dangers of chemicals in the environment and in news reports on large oil spills, deadly smog, and the uncontrolled use of pesticides polluting our water, air, and soil. People were empowered to participate by seeing and experiencing

the effectiveness of marches for the Civil Rights Movement and protests against the war in Vietnam.

The first Earth Day was celebrated in the United States on April 22, 1970, a date chosen to encourage more college students to join the celebrations and protests, as it fell exactly between spring break and final exams. An estimated 20 million Americans participated from coast-to-coast making it the largest political demonstration in U.S. history at that time. There were rallies and demonstrations in streets, parks, auditoriums, and tens of thousands of different sites including elementary and secondary schools, universities, and community centers across the United States.

With the momentum created by this first Earth Day, a powerful environmental movement was born. "Burning rivers and vanishing birds" were tragedies Americans cared about and voted on. The early 1970s saw the passage of important environmental legislation, including both the Clean Air and Clean Water acts and the Endangered Species Act. The first Earth Day also led to Richard Nixon creating the Environmental Protection Agency (EPA).

This year's Earth Day theme is "Our Power, Our Planet," with the focus on the global embrace of renewable energy and to triple the clean electricity generation by 2030. Regardless of the growing concern about negative human effects on the planet, President Reagan reversed steps taken by Jimmy Carter to promote solar energy including removing solar panels

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1919 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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installed on the White House and current President Donald Trump signed an executive order to terminate President Joe Biden's Green New Deal also known as the Inflation Reduction Act with the aim of ending subsidies for electric vehicles and their manufacture as well as permits for off-shore wind installations, favoring off-shore oil and gas production instead, as part of his strategy to heavily promote fossil fuel energy with the stated aim of reducing the cost of energy in this country.

Despite the certainty of our current climate crisis and global warming, the uncertain repercussions from President Trump's energy policy are having a chilling effect on alternative energy investments in this country. In the spirit of Earth Day activism, contact your elected representatives to let them know how you feel about the current administration's energy policy.

I recommend a couple of books to read for Earth Day. Both are page turners that read like novels.

*Fire Weather* by John Vaillant: Vaillant uses the lens of the 2016 wildfire at Fort McMurray in Alberta Canada, the U.S. biggest supplier of foreign oil, to explore

our relationship with fire and how it has shaped our evolution, culture, and civilization and how we must prepare for more cataclysmic fire events around the planet due to the effects of Global Warming.

*Pushing the Limits* by Mark Nelson recounts the history of the Biosphere 2 project in Oracle, AZ that gathered physical and social scientists from around the world to build a closed, self-sustaining ecosystem that included an aboveground airtight glass-enclosed area with five ecosystems: coastal fog desert, tropical rainforest, savanna grassland, mangrove wetland, and ocean (complete with coral reef) and an area designated as human habitat and a belowground technology area (the Technosphere). In 1991, the first crew of eight "biospherians", including author Mark Nelson,

began a two-year residency inside the sealed structure aiming to learn about the viability of a closed, self-sustaining ecosystem for potential off planet habitations that would support future space explorations and to better understand Biosphere 1, the closed ecosystem we call Earth.

Have a beautiful Mother Earth Day!



## Earth Day Facts

Scotland developed the first wind turbine for electrical power.

Hydropower is the world's largest source of renewable energy.

India has the current largest solar power plant in the world.

Food waste contributes 11% of the world's greenhouse gas emissions.

Iceland generates nearly 100% of its energy through geothermal and hydro reserves.

Norway has the highest electric car use per capita.

43% of the United States food waste comes directly from households.

Most of Earth's breathable air comes from oxygen in the atmosphere which has accumulated over hundreds of millions of years. As land animals, most of the oxygen humans breathe comes from this source.



# General Membership Meeting

**Every June the Co-op hosts our  
annual picnic and  
General Membership Meeting.  
This year the event will take place  
at Gough Park on  
Sunday, June 8th, 12 -4.**

Music will be provided by Michelle Parlee and friends.  
We hope you can join us.

Please remember to bring a favorite appetizer or dessert to share  
and let's keep this event as "green" as possible  
by providing our own plates and silverware if we can.

If possible, label your food to accommodate those with special dietary needs.

It takes 650+gallons of water on average  
to produce one cotton t-shirt.

Cigarette Butts is the most  
commonly littered item.

9% of plastic is recycled globally.

Arctic Regions have  
experienced the most obvious  
and impactful effect of global  
warming so far.

Food is the cause of 30% of all  
carbon emissions. Livestock  
farming is responsible for  
14.5% of global greenhouse  
gas emissions.



**Judith Kenney**  
outreach/GG

**Kate Stansberger**  
supplement buyer

**Jake Sipko**  
produce manager

**Carol Ann Young**  
GG/office

**Becky Carr**  
dairy buyer

**Marguerite Bellringer**  
finance manager

**Doug Smith**  
deli

**Tinisha Featheringill**  
HABA buyer/POS

**Mike Madigan**  
operations manager

**Joy Kilpatrick**  
receiver

**Judy Kenneally**  
deli

**Kevin Waters**  
general manager

**Andrea Sandoval**  
produce

**Eva Ortega**  
produce

**Gini Loch**  
pm supervisor

**Jalyn McClain**  
human resources

**Jaylene Chacon**  
utility

**Isaiah Muñoz**  
utility

**Doug Walton**  
deli manager

**Sarah Lynn**  
bulk buyer

**Arissa Chavez**  
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**Donna O'Donovan**  
utility

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**Katherine Henderson**  
utility

**Kaelah Sandoval**  
utility

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supervisor

**Jo Anna Arroyo**  
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**Jordan Altamirano**  
utility

**Sonny Sudak**  
produce

**Asterin Webb**  
utility

**Austin Stern**  
utility

**Terry Williams**  
deli

**Paul Aragon**  
deli asst. magager

**Andrea Hutcheson**  
finance





# Kitchen Meditations

## Spring

### Banana Oat Cookies

Craving a little something without a lot of butter or sugar? Try these chewy chocolatey bites. Sweetened with ripe banana and enriched with peanut butter, these cookies can also be made gluten-free by using gluten-free oats. Enjoy with your favorite milk, or a hot cup of tea or coffee.

#### Ingredients:

2 medium ripe bananas  
1 tablespoon ground flaxseed  
1 pinch salt  
¼ cup creamy, unsalted peanut butter  
1½ cups rolled oats  
1 cup chocolate chips

#### Preparation:

- Preheat oven to 350 degrees F. Line two sheet pans with parchment paper (or grease them) and set aside.
- In a large bowl, use a fork to mash the bananas until smooth. Stir in the flaxseed, salt and peanut butter until well mixed. Stir in the oats, then the chocolate chips.
- Scoop up tablespoon-sized portions of dough and drop onto the prepared pans, leaving at least an inch of space between the portions. With damp palms, flatten each dough ball to ½ inch thick.
- Bake for 15-20 minutes, until firm to the touch and golden around the edges of each cookie.
- Transfer the cookies to a cooling rack and let cool completely before serving or storing.

### Roasted Asparagus with Almonds



#### Ingredients:

1 pound asparagus, trimmed  
1 garlic clove, thinly sliced  
2 tablespoons olive oil  
Salt and freshly ground pepper  
¼ cup toasted, sliced almonds

#### Directions:

Preheat oven to 435°F. On a baking sheet, toss the asparagus and garlic with the olive oil and season with salt and pepper. Roast in the center of the oven for about 18 minutes, until the asparagus is tender and charred in spots (time will vary depending on the thickness of the asparagus stalks). Transfer to a plate, top with toasted almonds and serve.

### Strawberry Basil Quinoa Salad

#### Ingredients:

3 cups water  
1½ cups quinoa  
¾ teaspoon salt, divided  
⅓ cup lemon juice  
⅓ cup extra virgin olive oil  
2 teaspoons pure maple syrup  
½ teaspoon ground pepper  
2 cups diced strawberries  
½ cup chopped fresh basil  
½ cup crumbled feta cheese

#### Directions:

- Combine water, quinoa and ¼ teaspoon salt in a large saucepan. Bring to a simmer over high heat. Reduce heat to maintain a simmer. Cover and cook until the quinoa is tender and the water is absorbed, 12-15 minutes. Let cool for 15 minutes.
- Meanwhile, whisk lemon juice, oil, maple syrup, pepper and the remaining ½ teaspoon of salt in a large bowl.
- Add the cooked quinoa, strawberries, basil and feta to the dressing. Stir gently to combine.

### Bulk Herb News

#### Sencha Tea



The most popular tea in Japan, sencha, has a refreshing flavor that can be described as fresh, vegetal and green, although flavor may vary with different types of sencha and how they are brewed. After picking, the processing of sencha starts with a quick steam of the fresh tea leaves, preventing oxidization and locking in the green color and taste. The leaves are then rolled, shaped, and dried.

Sencha teas are also grown in China, South Korea, and other countries, though they differ greatly from their Japanese counterparts, given the differences in tea plants and processing techniques used. These teas are frequently used for blending and have a more toasted, nutty flavor than the grassy Japanese sencha.

It is a whole leaf tea that can be enjoyed hot or cold, but it is usually consumed warm at all hours of the day. With moderate to low levels of caffeine, it can provide a nice boost without keeping you up at night. Its vibrant golden-green color and fresh flavor, also make a revitalizing iced tea.

To make a cup of sencha, use a ratio of 1 teaspoon tea to 1 cup pure, fresh water (not distilled). Japanese sencha teas prefer a lower brewing temperature of around 170 F. If not using a thermometer, use the water when it has just barely started to simmer. Sencha also requires a short brewing time. Some varieties of sencha are best with a 15-30 second steep, while others can handle up to 2 minutes. We get our bulk sencha tea from Frontier Co-op. Their instructions call for 3-4 minutes of steeping, so feel free to adjust to your preferences. Infusing too long or at too high a temperature can give it a bitter flavor, overshadowing its bright qualities. When brewed properly, sencha is not highly acidic. Keep in mind that a long brew time, or water that is too hot, can give the tea an astringent taste.

# Jake's April Produce Pick

## Strawberries



Strawberries, with their fruity-floral scent and sweet taste, have appealed to people around the world for thousands of years. Originally from the forests of Europe and North America where strawberries grew wild (and still do), they found their way to the tables of the Romans who considered them a true culinary treat. They also consumed them as a treatment for a wide variety of physical and mental ailments, including melancholy, fevers, attacks of gout, and diseases of the liver and spleen, to name a few.

By the 16th and 17th centuries, ample documentation has been found about strawberries, as botanical and decorative illustrations, herbal medicine references, and even carvings in cathedral stonework. By the mid-1500s, demand for strawberries was growing, as evidenced by early written instructions of how they can be cultivated. At the same time, across the Atlantic Ocean explorers landing in North America found that the native peoples were enjoying their own varieties of local strawberries.

Strawberries are part of the rose family. The typically red fruit has an early summer harvest, with a growing season dependent upon variety and location. Growers in some regions, like California and Florida, harvest



*It's 15% off select produce!  
Jake's pick of two items every week, Tuesday through Monday.*

them almost the entire year, while in other parts of the world the fruit is only ripe for picking for a few short months.

Like other berries, this vibrant fruit is rich in vitamins, minerals, fiber, and compounds with antioxidant and anti-inflammatory properties. Many folks think that strawberries are best eaten fresh, either out of hand or as part of a mixed fruit salad, topping a tart or cake, or in a savory salad. They can also be cooked into jams and compotes or baked into cakes and bread. Other possibilities include strawberries dipped in chocolate fondue, added to smoothies and milkshakes, or simply served with whipped cream. Truly, the options seem endless!

# Becky's April Dairy Pick

## Gopi Paneer



*Ever tried fresh Gopi Paneer cheese?  
It's a true comfort food  
and one of Jaylene's favorites.*

Paneer is a fresh cheese made by heating and, then, curdling milk using an acid ingredient, such as vinegar or lemon juice. It's mild in flavor with a soft, spongy, squeaky texture. This texture helps the paneer to absorb the flavors of sauces and marinades. Since paneer is made using heat and acid, instead of rennet, it changes the way the milk proteins are bound together. It doesn't melt when cooked, but holds its shape, allowing it to be simmered, fried or grilled without liquifying. Keep in mind, though, that if you heat it too long, paneer can turn rubbery.

This firm, pale cheese is a high protein food that is often substituted for meat in many vegetarian dishes of Indian cuisine. Commonly prepared in curries and with vegetables, paneer can also be deep fried, marinated, barbecued or used in a sweet dessert. You can even shred the cheese and use it in recipes for stuffed bell peppers, zucchini and winter squash. Paneer is comfort food at its finest! Try cutting the cheese into cubes, then seasoning and pan-frying them until toasty and golden. Pieces of paneer can also be cooked into the smooth, creamy, curried spinach gravy known as Palak Paneer, a flavorsome, classic dish from Northern India. Mmmm!

*April 1 - April 30 • Members Receive 20 % OFF • In the front cooler*

# CO-OP Community



## Thank You Co-op Volunteers!

*Many thanks to these member volunteers for their February service.*

Tim Garner • Sue Ann Childers  
Tasha Marshe • Tammy Pittman  
Trudy Balcom • Janna Mintz



## 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 April

## Silver City Community Theatre



Silver City Community Theatre is committed to promoting community-based performing arts opportunities for residents of Southwest New Mexico in all aspects of theatre. We seek to bring theater goers from across the desert southwest and the rest of the United States, thereby helping to build a healthy, diverse economy in Grant County. Round Up funds will be used to pay actors, designers and costumers in the production of plays.

### Round Up for February \$1012.00

## Gila Mimbres Community Radio



Round Up funds for Gila Mimbres Community Radio are being used to cover essential operating expenses. This includes utilities, staff compensation for our half-time manager, payroll taxes, supplies, small equipment items and equipment and building maintenance. These expenditures are vital to keep our fully independent grassroots radio station bringing to the community current information on local issues and a wide range of other programs, plus real-time information and updates on emergency situations that arise from time to time.

### Round Up for May

## Gila Regional Beginning Years



**GILA REGIONAL**  
*Beginning Years*

The funds remain local as they are used to purchase food for the cooking demonstrations Brenna provides for families. Whatever additional funds are left are used to purchase gift certificates from the Co-op for families to purchase food to prepare the meal from the demonstration. This reinforces the cycle of community support by giving back what was given to us in any way we can.

**Customer Change for Community Change!**



# Silver City Recycles

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



## Recycling drop-off times for April

Two Saturdays, the 12th and the 26th, 10am - 12noon

### Why we recycle. Our priorities include:

- Diverting waste from landfills.
- Innovating through the reuse and repurposing of waste materials
- Educating the public about ways to reduce consumer waste and fostering more sustainable and responsible waste management practices in general
- Promoting networking between different recycling-based businesses
- Researching resource conservation
- Increasing the demand for recycled products
- Incubating new recycling-based businesses

### For more information:

<https://silvercityrecycles.org/>

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

## Continental Divide Trail Days 2025

April 18 - 20, three full days



Save the date! As a celebration of the landscape and communities that surround the Continental Divide National Scenic Trail, Trail Days returns for its 10th year anniversary in Silver City, NM! The three-day event includes speakers, activities, and a festival. It's an event for trail enthusiasts far and wide and for those who love the land. Please join us.

*All are welcome!*

To get all the details, go to the Continental Divide Trail Coalition website:

[cdtcoalition.org/trail-days/](http://cdtcoalition.org/trail-days/)



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!*



**DOUBLE UP  
FOOD BUCKS™**

**½ OFF**

**Local Produce**

**everyday**

**with your EBT card**

## 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





# Too Much Stuff

by Monica Rude

The first Earth Day in 1970 achieved a rare political alignment, enlisting support from Republicans and Democrats, rich and poor, urban dwellers and farmers, business and labor leaders. Groups that had been fighting individually against oil spills, polluting factories and power plants, raw sewage, toxic dumps, pesticides, freeways, the loss of wilderness and the extinction of wildlife united on Earth Day around these shared common values. By the end of 1970, much had been accomplished. The United States Environmental Protection Agency had been created and the passage of other first-of-their-kind environmental laws, including the National Environmental Education Act, the Occupational Safety and Health Act, and the Clean Air Act. Two years later congress passed the Clean Water Act. The Endangered Species Act of 1973 is the primary law in the United States for protecting and conserving imperiled species. In spite of these legislative accomplishments and the multitude of successes in protecting the environment over the past 55 years, the Ecological Society of America claims human society is in a "global overshoot", consuming 30% more material than is sustainable from the world's resources. At present, 85 countries are exceeding their domestic "bio-capacities", and compensate for their lack of local material by depleting the stocks of other countries, which have a material surplus due to their lower consumption.

While significant portions of the global population struggle to meet basic needs, the resource-intensive lifestyles of affluent societies — characterized by car dependency, frequent air travel, high meat consumption, and a limitless appetite for consumer goods like clothing and technological devices — are key drivers of unsustainable practices.

**Earth Overshoot Day** as calculated by Global Footprint Network, is the calculated date on which humanity's resource consumption for the year exceeds Earth's capacity to regenerate those resources if everyone on earth lived at the same level of consumption as residents of the US. For the rest of the year, society operates in ecological overshoot by drawing down resources and accumulating carbon dioxide in the atmosphere.

**March 13 WAS the US Overshoot Day for 2025.** We have already surpassed the resources that can be renewed this year. In 2023 and 2024 it was in July and August, a drastic change.

How did we get here??? *It didn't just happen.*

In 1899 there developed a *Theory of the Leisure Class* that acknowledged a fundamental split in society between those who work and those who exploit the work of others. As societies evolve, the latter comes to constitute a *leisure class* that engages in *conspicuous consumption*. Mass production was seen as a way to universalize the trappings of leisure, resulting in workers endlessly pursuing status symbols, as consumers generally seek to emulate those who are above them in the social hierarchy, thus deflecting their attention from society's increasingly unequal distribution of wealth and from their own political impotence.

During the 1930s, the US-based National Association of Manufacturers enlisted a team of advertisers, marketers, and psychologists to formulate

a strategy to counter government efforts to plan and manage the economy after the Depression. They proposed a massive, ongoing ad campaign to equate consumerism with *The American Way*. Progress would henceforth be framed entirely in economic terms. Media (newspapers, magazines, radio, tv, the internet and social media) was developed as a way to accelerate and affect people's desire to buy products and were reminded at every opportunity of their duty to contribute to the economy by purchasing factory-made products, as directed by increasingly sophisticated and ubiquitous advertising.

By the 1950s, consumerism was thoroughly interwoven in the fabric of American society. Economist Victor Lebow wrote in a retail journal, "Our enormously productive economy demands that we make consumption our way of life, that we convert the buying and use of goods into rituals, that we seek our spiritual satisfaction and our ego satisfaction in consumption. We need things consumed, burned up, worn out, replaced and discarded at an ever-increasing rate." Though consumerism began as a project organized by corporate America, government at all levels swiftly lent its support. When citizens spent more on consumer goods, sales tax and income tax revenues tended to swell.

**Promoting the American Dream** became paramount as focus shifted to consumer-driven luxury consumption, fueled by middle-class purchases of new products. The department store was born, later shopping malls and now online shopping. Comfort and convenience are among the #1 American values. For the first time in history products have become available in outstanding quantities, at outstandingly low prices, therefore available to virtually everyone in the industrialized West.

In addition to being talked into desiring more products, consumers had to be enabled to purchase more of them than they could immediately pay for, hence the widespread deployment of various forms of consumer credit. With credit, households *could consume now and pay later*. Consumers took on more debt, the financial industry mushroomed, and manufacturers sold more products. In 1959, Diners Club, American Express, and BankAmericard (now Visa), were the first credit card providers to offer plastic credit cards to customers. Credit has transformed the global payment system, providing more than 183 million Americans with more convenience and *security* than ever before.

Advertisers created the perception of a *commodity self*. By owning a product from a certain brand, one's ownership becomes a vehicle of presenting an identity that is associated with the attitude of the brand. The invention of the commodity self is a driving force of consumerist societies, preying upon the deep human need to build a sense of self.

Another driver of consumption is planned obsolescence, the practice of designing products with restricted lifespans to ensure customers will buy more. This includes designing products to deteriorate quickly, to be impossible to repair, to use inferior materials, force the purchase of a replacement. The short life expectancy of smartphones, making replacement parts either unavailable or so expensive that they make the product uneconomic to repair, therefore, diminishing the quality of



products, is common. Another approach, obsolescence of desirability, capitalizes on customer perception by changing the styling of products so trendsetting buyers will purchase the latest styles, especially clothing and electronics. These tactics contribute to a culture of wastefulness by perpetuating a *buy new and buy often* mentality and bolstering private profit at the expense of consumer interests and environmental sustainability.

So there are some serious problems with consumerism. Some claim it warps human values; a shift away from values of community, spirituality and toward competition, materialism and disconnection. Critics of consumerism have argued that relationships with a product or brand name are dysfunctional substitutes for healthy human relationships and that consumer choice is as close as we get to genuine democracy.

A more crucial problem with consumerism has to do with resource limits. Earth's resources are being used up. The consumer economy also produces an unending variety of wastes, of which water, air, and soil can absorb only so much before planetary life-support systems begin unraveling.

If buying ever more stuff is bad for the environment, then it's up to each of us to rein in our consumptive habits. Buy nothing! Reuse! Recycle! Share!

Yet, consumerism is not just an individual proclivity, but a complex, interdependent system with financial and governmental as well as commercial components. Consider what would happen if everyone were to suddenly embrace voluntary simplicity. Commerce would contract, jobs would vanish, pension funds would lose value, and tax revenues and government services would shrivel. Without sweeping structural changes to government and the economy, the result would be a deep, long-lasting economic depression. This is not to say that personal efforts toward voluntary simplicity have no benefit—they do, for the individual and her circle of associates.

Here in Grant County we are fortunate to find many folks who are not obsessed with the latest fashions and proving their self-worth via material possessions. Indeed, anyone who NEEDS to shop and be entertained obviously doesn't live here! We are fortunate to boast of several thrift shops, flea markets, farmers market, yard sales, clothing swaps, barter fairs, food pantries and yard sales, as a way to transfer usable goods to those who need them. Several non-profit organizations operate to benefit those in need, those who benefit least from our consumer-oriented culture.

Consumerism as a system cannot continue indefinitely. The natural constraints to consumerism, fossil fuel limits, environmental sink limits (leading to climate change, ocean acidification, and other pollution dilemmas), and debt limits are clear. Consumerism is doomed. But since consumerism now effectively *is* the economy (70 percent of US GDP comes from consumer spending), when it goes down the economy goes too. The system of consumerism can only be altered or replaced through systemic action. Yet that is hampered by the fact that consumerism has become self-reinforcing, nearly everybody wants an economy with more jobs and higher returns on investments.

It is not too soon to wonder what comes after consumerism. Policy makers will surely strive to provide a *sufficiency* economy. But how do we get from a consumerist economy to a sufficiency economy?

#### *It won't just happen.*

The Global Footprint Network, the Power of Possibility platform highlights many ways we can improve our resource security in five key areas: healthy planet, cities, energy, food and population. Check it out. It could save Earth and us!



## April Wind Walk

A strong gale blew  
April's Pink Moon  
Across an ocean star sky  
Now it sits on high desert land  
Sphere in the palm of my hand  
While windblown grass  
Draws designs of curving lines  
On a crystal canvas of dry creek sand  
Those perfect arcs, keep crossing my mind  
Rising, then falling, like the life of a man

A tall Ponderosa  
Fell across the arroyo last night  
Killing oaks and crushing piñon pines  
Rotted roots and beetled wood  
Were too weak to contend  
With pressure from, this relentless wind  
Fallen tree trunk, full of round drilled holes  
Highrise homes are gone  
Woodpeckers have flown  
The wind has blown  
A hole clear through the horizon  
Where ravens and hawks used to land  
On branches with no needles  
I watched them from my window  
They would watch me back  
Wonder what they were thinking  
Was it the real me they were seeing  
I had these pressing questions  
All about flying and freedom  
Now the ones that could teach me  
Have moved on— while I'm earthbound  
And freedom keeps on flying  
Farther down the road

Powerful gusts make the junipers dance  
Yellow pollen, clouds the blue sky  
I walk head down, sand in my eyes  
Following deer tracks leading up the hill  
A four-legged pack followed— did he know  
I find a furry crumpled carcass  
Skull with eyeless holes  
A few white rib bones exposed  
Tufts of hair drift away on the breeze  
Coyote scat on rock around the body  
I heard their yipping calls, about a week ago  
Another life has been blown away  
What once stood tall has fallen  
This western wind can be so loud  
We never see it coming



*by Randy Harkins*

# Floral Allies: Enhancing Vegetable Gardens Through Companion Planting



by Janna Mintz

One of the common requests in my gardening classes is how to use companion planting. In this article I share the permaculture principle of stacking functions by adding flowers and flowering herbs to the vegetable garden. Integrating these plants into the garden creates a diverse, thriving ecosystem with improved productivity and health.

## The Benefits of Floral Companions

Incorporating flowers into your garden serves multiple functions, enhancing both ecological balance and personal enjoyment:

- 1. Pest Management:** Certain flowers can deter harmful insects or attract beneficial ones. Marigolds repel nematodes, while nasturtiums act as a trap crop for aphids.
- 2. Attraction of Pollinators:** Flowers like zinnias and calendula attract bees and butterflies, critical for pollination. Runner bean flowers draw hummingbirds, adding vibrancy and aiding pollination. Let some basil go to flower to attract honeybees. Cilantro's scent repels pests and its flowers attract beneficial predatory insects.
- 3. Improving Soil Health:** Buckwheat acts as green manure and pollinator attractant. It enriches the soil and can be cut before it makes seeds to add organic matter to the soil. Sweet alyssum and herbs like thyme create living mulch, retaining moisture and protecting the soil.
- 4. Biodiversity Boost:** A variety of flowers supports a range of insects and wildlife, fostering ecosystem health. This diverse plant presence enhances soil biodiversity, augmenting microbial activity essential for nutrient cycling and plant health.
- 5. Aesthetic and Emotional Benefits:** Fresh cut flowers from your garden brighten up your home, offering beauty and joy throughout the blooming season.

## Edible and Medicinal Qualities of Garden Flowers

In addition to their beauty and ecological benefits, many garden flowers offer edible and medicinal qualities, adding another layer of value to your gardening efforts.

### 1. Calendula (*Calendula officinalis*):

**Edibility:** Known for its bright, tangy petals, calendula can be used to add color and a mild peppery flavor to salads, soups, and rice dishes. Petals can be added to teas.

**Medicinal Use:** Calendula is renowned for its skin-soothing properties. It is often used in salves and oils to aid in healing minor cuts, burns, and irritation.

### 2. Nasturtiums (*Tropaeolum majus*):

**Edibility:** The bright flowers and leaves have a peppery taste, making them great for salads and garnishes.

Nasturtium seeds can be pickled as a caper substitute.

**Medicinal Use:** These plants have antimicrobial properties and have been historically used to boost the immune system and treat ailments like sore throats and respiratory infections.

### 3. Sweet Alyssum (*Lobularia maritima*):

**Edibility:** While primarily used as ground cover, the small, sweet-scented flowers can be sparingly added to culinary dishes for fragrance.

### 4. Zinnias (*Zinnia elegans*):

**Edibility:** Although primarily ornamental, zinnia petals can be used as a colorful garnish for plates and salads.

### 5. Basil (*Ocimum basilicum*):

**Edibility:** The flowers and leaves of basil are edible. There are many fragrant varieties to choose from such as lemon basil, Thai basil, and cinnamon basil.

**Medicinal Use:** Beyond culinary uses, basil is known for its antioxidant properties and can aid in digestion and inflammation. Use fresh plants and flowers in infusions.

Incorporating flowers and flowering herbs into your vegetable garden creates beauty and enriches it with layers of functionality. By embracing the permaculture principle of stacking functions, your garden becomes a thriving ecosystem where each plant plays a vital role in supporting the health and productivity of the whole. From attracting beneficial insects and pollinators to offering edible and medicinal benefits and increasing soil biodiversity, these floral allies add depth and resilience to your garden.

As you plan your garden, consider the many contributions these plants offer, transforming your space into a sanctuary of both utility and delight. Whether you're a seasoned gardener or a curious novice, the journey of integrating flowers into your garden promises ongoing rewards for your baskets, dishes, and well-being. Happy planting!

To learn more about upcoming classes, gardening, and the Seed-to-Seed Tomato Project contact Janna at:

[janna@wildrocketgardens.com](mailto:janna@wildrocketgardens.com) or (575) 342-1189.



*Calendula officinalis*



*Tropaeolum majus*



*Lobularia maritima*



*Zinnia elegans*



*Ocimum basilicum*

# Food We Eat • The Cycle of Life, the Cycle of Seasons

by Susan Van Auken

Last month Carolyn Smith was sorting through a stack of old papers when she brightened and handed me an article, saying, “You might like this one.”

The article, *Stalking the Vegetannual* by Barbara Kingsolver, is about the common knowledge people had a hundred or more years ago when we lived close to the earth and obtained our food from the land, knowledge that we have lost because we now find the food we eat at the grocery store. As a gardener, cook, and locavore, I knew I had to use this beautiful article, which appeared in *Orion* magazine almost two decades ago, as the basis for this short piece. I include a link to it below because she has such a way with words and it is a delightful read.



Humans, like all animals have to eat, and for most of the time humans have lived on earth, feeding themselves was a local endeavor. All people knew which were edible plants and which were not. They knew when the first plants appeared after the cold frosts ended, how and where the plants liked to grow, which part of the plant was best to eat, and what foods could be stored for later consumption when food was not readily available.

People eating directly from the earth knew basic concepts regarding the life cycles of plants and were well aware of the cycle of seasons in their region. They knew that the *luscious greens* come in spring shortly after a plant begins its life; that food such as squash, tomatoes, and beans are ready to eat in the summer; that you have to wait awhile for the first cool of autumn to eat many of the fruits grown on trees, the grains, and some of the tubers and roots from the ground; and that most vegetables and fruits such as apples, tomatoes, squash, and green beans are just not available in the cool of early spring.

A vast majority of the plants we eat are flowering plants, called angiosperms. These are also the main foods that provide nourishment for the animals we eat. Although some angiosperms live many years, most have a cycle of life with an annual pattern, consisting of sprouting, growth, reproduction, and death. These plants depend upon the seasonal cycles of temperature and sun to thrive and mature.

A vastly simplified explanation might go like this: Seeds from an earlier year lie dormant in the ground until, at the right time (depending on the heat and moisture), they germinate, sending up new shoots and beginning this season's growth cycle. *Green growth* comes next and in some plants is the part we eat, such as kale, lettuce, lamb's quarters, cilantro, and mustard greens. *Flowering* happens when the plant reaches a level of maturity. Most flowers have both male and female parts, and for the new seed and fruit to be created, pollen has to connect with the ovary for fertilization to happen. Broccoli, cauliflower, and nasturtiums are flowers we eat. *Fruit and seeds* go together, and with some plants the

fruits we want to eat (with seeds inside) are obvious; while with others we mostly notice the seed. Some fruits we eat when they are small and their seeds immature, such as summer squash, cucumbers, and green beans. Others, such as winter squash, tomatoes, melons, and apples, we eat when the seeds are mature. *Underground roots and tubers*, such as beets and potatoes are harvested after the plant has reached full maturity and is ready to die for the season. Some plants, like carrots and beets, are biennial, meaning the plant dies back and then produces the seeds the second season.

If you eat local food, from a home garden or local farmer, you know that not all the vegetables you might want to buy are available when you desire them. Each plant has its own time to grow and give us food. And some very popular fruits, such as bananas, do not grow anywhere near our home.

During the past hundred years vast numbers of people left rural life, along with their gardens, their fruit trees, and the hills where they hunted for game. Thus the necessity arose to “shop” for food at grocery stores. As grocery stores became supermarkets, as more people moved to cities, and as shipment of “fresh” produce around the globe in refrigerated containers became the norm, the produce sections grew in size too. Now the produce available, especially in wealthier cities, features fruit and vegetables from across the earth, in all latitudes. These fruits, flowers, greens, and roots are all marketed together in one spectacularly beautiful display, giving a feeling of great abundance. However, the awareness of the stages of the plant's cycle of life, the cycle of seasons, and the region in which it grows is essentially lost.

A shopper can make a quick stop and buy collards, red peppers, potatoes, bananas, and a pineapple. It's easy to do, but this artificial abundance comes at a great cost. Shipping fresh produce a couple of thousand miles entails packaging, refrigeration, and transportation that can add up to 50 to 100 calories spent per calorie of food, which is not very efficient. Is it important to you to know where your food was grown, in what country, in what latitude? Do you care?

People seem to like the idea of eating locally grown food. Do you? Do you want to eat local all year round? Do you want to lower the carbon footprint of your food? Do you want to engage with nature in your backyard? Would you like to become more in touch with the cycle of life and seasons? Having a full vegetable garden, harvesting fruit from local trees, canning and drying food, and keeping chickens are all still possible. Hard work for sure, but quite yummy, healthy, and rewarding.

A while back I wrote a very informative brochure, *Yes! I Want to Eat Locally Grown Food*. If this interests you, you can find it on the Co-op website under *Our Food>Local Food and Suppliers>Local Spotlight*. Scroll down to the bottom of the page.

Barbara Kingsolver's thoughtful and thoroughly enjoyable essay can be found at:

<https://orionmagazine.org/article/stalking-the-vegetannual/>



# GRAB'N'GO

## RICE: The World's Staple • Your Delight

*by Doug Walton*

RICE is one of the earliest food plants to be cultivated by man. It is difficult to identify the exact time and place in history, though it is believed to date to at least 5000 BC. It is also likely that early cultures developed rice farming methods in several different regions of the world, independently of each other. Archaeologists excavating in India discovered rice which could be dated to 4530BC. However, the first recorded mention originates from China in 2800 BC. The Chinese emperor, Shen Nung, realized the importance of rice to his people and honored the valuable food crop with annual ceremonies during the planting season.

Modern day celebrations of the rice planting and harvest occur annually in parts of Asia, to include China, Vietnam, Thailand, and Japan. Although historians cannot definitively identify China, India or Thailand as being the home of the rice plant (indeed it may have been native to all), there are a couple of varieties that certainly originated in Asia. Other varieties of rice are traced to early cultivation in India, coastal West Africa, Mesopotamia, and the Nile drainage of Egypt.

The historical record is more complete in how rice was introduced to Europe and the Americas, however. For that we can credit the traveler, be it the explorer, soldier, merchant, pilgrim, and, most notably, the slave; who took with them the seeds of the crops that grew in their home or foreign lands.

Not all seeds could be transplanted successfully, however. Great Britain, for example has never been able to cultivate rice due to its unsuitable climate. The rice plant requires immense quantities of water in its early days, followed by a long and uninterrupted season of hot dry weather. For this reason, farmers must find ways both to flood the fields and drain the water from them at crucial periods. Consequently, rice fields must be flat, whereas other cereal crops can grow on undulating ground. Regions of coastal West Africa, zones of the American southeast, and certain parts of Europe, such as Italy and Spain, have the correct climate and access to water, thereby enabling successful rice cultivation.

Many historians believe that rice travelled to America in 1694 in a British ship returning from Madagascar. Blown off course, the ship found the safe harbor of Charleston, South Carolina, where colonists helped the crew repair their vessel. To show his gratitude, the ship's captain, James Thurber,

presented Henry Woodward with a quantity of rice seed. Early colonial agriculturalists had the seeds for their new crop, but found they lacked an understanding for its cultivation. The solution to this problem was found in the importation of slave labor from rice-growing regions of west coastal Africa. Though the physical work was of great value to the new American rice industry; it was the immense agricultural knowledge and experience of these slaves that not only enabled the survival of the industry, but that of the settlers themselves.

Some of the rice seed varieties were transported to America by the slaves themselves. Other seed stock is credited to President Thomas Jefferson, who broke an Italian law by smuggling rice seed out of Italy during a diplomatic mission in the late 18th Century. The rice industry, once firmly established in coastal South Carolina and Georgia then expanded to the southern states surrounding the Mississippi basin. Rice remains a key crop in parts of Louisiana and Arkansas to this day.

Rice is a member of the grass family Poaceae. This family, which contains more than 10,000 species, includes plants like bamboo, millet, barley, and sugar cane. The vast majority of cultivated rice globally is the species *Oryza sativa*. This edible cereal grain is consumed by well over half of the world's population. Nearly all of East and Southeast Asia is wholly dependent on rice as a staple food. Unlike many other cereal grains, which have non-food uses in addition to being fed not only to humans but also to many farmed animal species; 95% of all cultivated rice is consumed by people. An interruption in global rice production and availability could easily cause mass starvation and the collapse of humanity in numerous regions of the world.



The cultivated rice plant is an annual grass and grows to about 4 feet in height. The leaves are long and flattened and are attached to hollow stems. The fibrous root system is often broad and spreading. The panicle, or inflorescence (flower cluster), is made up of spikelets bearing flowers that produce the fruit, or grain. Varieties differ greatly in the length, shape, and weight of the panicle and the overall productivity of a given plant.

The edible grain consists of several parts: **The Hull** is a fibrous indigestible shell of the rice kernel. It must be removed to make the rice edible by humans. It makes

*Our bulk foods and grocery departments  
have a great variety of rice choices*

up about 20% of the weight of the paddy rice, and contains large amounts of fiber and silica.

**The Bran** is the outermost edible layer of the rice kernel. It is typically brown or tan, and may be black, purple, or red. It comprises about 8% of the weight of a paddy rice kernel. This part is removed during the milling process to produce white rice; it remains for brown rice. It contains oils, vitamins, minerals, antioxidants, and protein. Brown rice typically has a relatively short shelf life (less than 6 months) as these oils and proteins can denature and become rancid. With the bran removed, dry white rice can be stored for years without spoilage.

The Endosperm is the large, white interior of the kernel, which is what remains of the milled brown product when yielding white rice. It contains starch, protein, vitamins, and minerals; but to a lesser degree than the non-milled grains. It makes up about 70% of the total weight of the paddy rice kernels.

**The Germ** (embryo) accounts for about 2% of the total paddy rice weight and will sprout into a new plant if permitted to germinate. It is typically removed during processing and is evidenced by the little dimple on one end of a grain of milled rice. The germ remains in Sprouted Rice products, as there are nutrients such as oils, antioxidants, and vitamins found in the

embryo. These rices are not as shelf stable as some of those compounds break down readily over time.

**The Awn** is a stiff bristle-like structure at the end of the grain, which is removed during the milling process.

The Silver City Food Co-Op offers a wide variety of rice options, as each have their characteristic flavors and textures. We use many different types of rice in the dishes we prepare in the Grab n' Go Deli. Most are available in either our grocery or bulk foods departments. Rice is also characterized by size- short-, medium-, and long-grain varieties are all used by the Deli and available in the store.

Our upcoming May Garbazo Gazette will feature the different types of rice that we carry at the Co-op and how to prepare them.



*Doug Smith preparing our ever popular awesome chicken salad with wild rice blend.*



*Tobin, Paolo and Carolyn, volunteers at Gila/Mimbres Radio happily receive a Round Up check from Kevin Waters, our general manager.*



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COMMUNITY RADIO**

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Gila/Mimbres Community Radio is community funded radio, broadcasting live from 519 North Bullard Street in downtown Silver City, New Mexico. The station features music and talk from local, regional, national and international perspectives. Tune in to enjoy incredible music and great programs, completely free of commercials!

## Gila Resources Information Project (GRIP) Gila Earth Day 2025 - Mark Your Calendar!



This Earth Day, we're doing things differently. In 2025, help us reimagine how we celebrate our planet, focusing on deeper impact and collective action.

The Continental Divide Trail Coalition will be hosting CDT Trail Days in Gough Park on Saturday, April 19 from 10 am - 3 pm (see page 7 of the Garbanzo).

In addition, GRIP will be organizing separate Earth Day stewardship activities to protect biodiversity, safeguard our watersheds, and empower our community.

**Join us this year for these new and exciting activities:**

- **Earth Day Community Cleanup with Pick It UP-Toss No Mas** on Saturday, April 19 from 9 am - Noon at the Gila Community Foundation parking lot. More information at [silvercitytossnomas.org](http://silvercitytossnomas.org)

- **Earth Day Tree Planting** In Johnny Banks Park in Silver City with the Southwest New Mexico Community Forestry Network on Saturday, April 12 from 10 am - 12 pm. Music, refreshments, kids' games, and a tree seedling giveaway. More info at [swnmforestry.org](http://swnmforestry.org)

- **City Nature Challenge** - Silver City with the Silver City Watershed Keepers and partners. Inventory our local flora and fauna as part of this international bioblitz scheduled for April 25 - 28 and help us better understand biodiversity in our own backyard. Register at [silvercitywatershedkeepers.org](http://silvercitywatershedkeepers.org)

- Mark your calendars for Earth Day and stay tuned online at [gilaresources.info](http://gilaresources.info) or on [Facebook@GilaEarthDay](https://www.facebook.com/GilaEarthDay) for more details.

*Thank you for all you do for our Mother Earth!*



# Staff PICKS

## Asterin and Austin Share Their Faves!



Asterin is a cashier at our Co-op, but also stocks and helps out in the bulk department when needed.

When she's not at work, her favorite things to do include reading and, also, watching movies with her family (especially her grandma). When she can she loves spending her extra time at Birdwell's Vintage Vibes with her "bestie."

When asked to share something about herself that not many people know, Asterin said, "I hope to adopt and foster kids, while also opening my own animal shelter."

Asterin's favorite product, right now, at the Silver City Food Co-op is the TCHO Toffee Time bar. Her favorite way to have this treat is on her break and to share with her grandma. Lucky grandma and granddaughter!

TCHO is a unique company that partners with cacao producers and research institutions worldwide to create a better cacao bean. Partnering, improved infrastructure, training and transparency are the bottom line for TCHO.

It's interesting to note that chocolate is one of the most diversely and densely flavored foods in the world, surpassing even coffee and wine. There are more flavors in the chocolate world than in your favorite wine shop! Hmmm, a wine shop in Silver City? Just a few of those flavors include fudgy, nutty, earthy, fruity, citrusy, and floral. TCHO Toffee Time is a creamy plant-based oat milk chocolate mixed with bits of vegan toffee and flakes of sea salt. Caramel-y and perfectly salty.



Another one of our wonderful front end team, Austin says, "I work in utility! I am usually behind the cash register, though when I'm on backup, you can find me around the store stocking, facing shelves, and generally helping out with things."

When asked about his interests outside of work, "In my spare time I enjoy writing and playing music, going to the gym, playing games on my computer with my friends, riding my motorcycle, and hanging out with my cats! I'm not much of a social bird, so I tend to stay in and enjoy my private time."

Austin also has a unique interest that most folks would find fascinating. He actually does narration and podcast work on the side, "mostly narrating short horror stories for a podcast called, "Tales to Terrify." He finds it "very enjoyable....and spooky!"

Blood oranges from our produce department are his favorite pick for April and he's not alone. These vibrant beauties are the citrus of choice for many of our shoppers. "Super juicy and very tasty," says Austin.

You may ask, "What is a blood orange?" It is a citrus fruit that looks a lot like a regular orange from the outside but has deep red-colored fruit and juice. The red color is the result of anthocyanin, which develops when blood oranges ripen during warm days, tempered with cooler nights. They tend to be easier to peel than other oranges, often have fewer seeds, and possess a sweeter taste. Their season is typically from December through April, so take advantage of their availability while you can. Look for blood oranges that feel heavy for their size. Choose those with darker, redder skins for a flesh that is more likely to match their dramatic name.







# From Your Board . . .

## Mark Your Calendar: The Co-op Picnic and General Membership Meeting will be June 8th

Every June the Co-op hosts our annual picnic and General Membership Meeting. This year the event will take place at Gough Park from 12-4 on Sunday, June 8th.

Last year we celebrated the Co-op's 50th anniversary with guest speakers sharing anecdotes from the opening days and years of the Co-op. It was a time to honor those who have been a hub in the co-op's beginnings. This year we will celebrate the evolution of the Co-op as it transforms into a whole new space for us all to enjoy. Old friends, new friends and a magnificent array of food all await those finding their way to this event. Pasta will be featured as a theme in our main dish, with all the dietary options considered. Drinks will be provided. Along with a financial update from General Manager Kevin Waters, raffle prizes, gift card giveaways and -no doubt - surprises will be featured. We will also review our plans for the future, and how we anticipate evolving to the next level of service for our members and community.

Music will be provided by Michelle Parlee and friends. We hope you can join us. Please remember to bring a favorite appetizer or dessert to share and let's keep this event as "green" as possible by providing our own plates and silverware if we can. If possible, label your food to accommodate those with special dietary needs.



*2024 - The big bash for our  
50th Anniversary*



*The 2024 General Membership Meeting  
A good time for everyone!*

### 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: 2021-2026

**Tuan Tran Vice Pres.**  
Board Term: 2020-2026

**Sandy Lang Secretary**  
Board Term: 2025-2027

**Gwen Lacy, Treasurer**  
Board Term: 2025-2027

**Leo Andrade**  
Board Term: 2022-2026

**Kristina Kenegos**  
Board Term: 2022-2025

**Paul Slattery**  
Board Term 2025-2027

**Cinde Thomas-Jimenez**  
Board Term: 2025

*Our email address:*  
**board.scfc@gmail.com**



*David Burr  
President*



*Tuan Tran  
Vice President*



*Sandy Lang  
Secretary*



*Gwen Lacy  
Treasurer*



*Leo Andrade*



*Kristina Kenegos*



*Paul Slattery*



*Cinde  
Thomas-Jimenez*



# April

## Members Only Specials

### April 1 - April 30

### 20% OFF! listed prices



**Gopi**  
Paneer  
8 oz  
reg. \$6.19



**Gopal's**  
Vegan Jerky Sticks  
All Varieties  
1.8 oz  
reg \$2.99



**Hummingbird**  
Hazel Munch  
reg \$22.39#



**Shikai**  
CBD Salve  
1.7 oz  
reg \$20.99



**Amy's**  
Margherita Pizza  
13 oz  
reg \$11.99



**SuperiorSource**  
Methylcobalamin  
B-12, 1000mcg  
60 dissolve tabs  
reg \$15.39



**Cypress Grove**  
Lemon & Honey  
Goat Cheese  
4 oz  
reg. \$7.59



**Amy's**  
Spinach Pizza  
14 oz  
reg \$11.99



**Cypress Grove**  
Goat Milk Cheese  
4 oz  
reg \$7.59



**Kuumba Made**  
CBD Roll On  
10 ml  
reg \$10.79



**SuperiorSource**  
B-12, B-6, Methylfolate  
60 dissolve tabs  
reg \$31.29



**Pure Bliss**  
Organic Hemp Flax  
Gluten Free Granola  
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## Co-op Deals

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on our website

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and at the front of the store

