

Silver City Food Co-op Garbanzo Gazette

Volume 22

❖ Your Monthly Newsletter ❖ December 2022

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE! • highlights •

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**YOU
ARE
WHAT
YOU
EAT**

Congratulations to Our 2023 Round Up Recipients

January New Mexico Wild

The New Mexico Wilderness Alliance is dedicated to the protection, restoration and continued enjoyment of New Mexico's wildlands and wilderness areas. Founded in 1997, we achieve our mission through administrative protection, federal wilderness designation, and ongoing stewardship. Silver City and the Gila Region at large are among the most beautiful and precious parts of New Mexico, vulnerable to exploitation and deserving of stewardship and protection. The funds we receive from the Round Up program will be used to support New Mexico Wild's work in the Gila region to protect public lands and achieve Wild & Scenic River designation for the Gila River. We perform volunteer stewardship activities throughout the Gila National Forest and support community events like Continental Divide Trail Days and the Gila River Festival.



February

High Desert Humane Society



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

March

Friends of the Silver City Public Library

The Friends of the Library (FOL) is committed to furthering the cultural and education programs of The Public Library

of Silver City and the promotion of literacy throughout our community. The work of FOL provides opportunities for all to engage in the joy of life-long learning. The funds received will help provide the resources for programming, equipment, and special events throughout the year, including the Summer Reading Program, children's programming, teen and adult programming, programming publicity and supplies.



April El Refugio Inc.

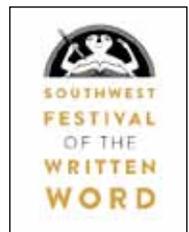
El Refugio empowers all persons affected by domestic and sexual violence by providing advocacy, education and services in a safe and supportive environment. The goal of most victims that we serve is to live a healthy, balanced life, physically, mentally and spiritually. At El Refugio, Inc. the women and men are given alternatives to nutritional foods so that their overall health is improved. These funds will help us purchase some foods, vitamins and other alternatives.



May

Southwest Word Fiesta

SWWF was created to celebrate the written and spoken word, bringing writers together with those who appreciate, with special emphasis on fostering community involvement. We are inviting authors of various genre to participate in our events, including those who promote conservation and climate change action. Funds will be used in publicity efforts to make the public aware of our mission and to highlight various subjects regarding our community efforts in enhancing our local food sources.

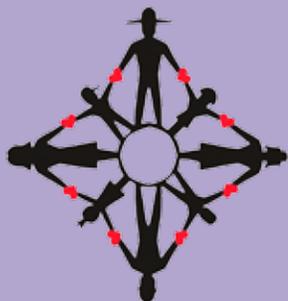


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1866 member/owners strong and counting . . .

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:

Susan Van Auken, Trudy Balcom
Elise Stuart, Carolyn Smith

Staff Writer: Judith Kenney

Layout & Design: Carol Ann Young

Proofreaders: Mike Madigan, Gini Loch

Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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Round Up 2023 continued from page 1

June

Quetzalcoatl Temple

It is our mission to provide education and to gift people in the community with the medicinal plants of Ayurveda and the culture of the Maya. Through education on natural healing with herbs that we provide, we promote the health and well-being of the people in Grant County. As we grow these plants organically and teach others to do so, we also foster the health of animals and the physical environment of our community. We will use the funds to buy seeds, plants, fertilizers and water for the medicinal plants we'll be growing, as well as renting a greenhouse for the tropical medicinal plants.



July

Imogen F. Wilson Education Foundation Mimbres Culture Heritage Site

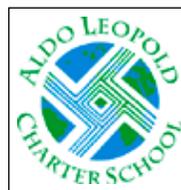
Our mission is to protect and preserve the prehistoric and historic features of the Mimbres Culture Heritage Site, providing visitors with educational opportunities to increase their understanding of the history of land use in the Mimbres Valley. We invite visitors to experience the Three Sisters Garden, the walking trail, the 1880's doctor's office and museum, and the Mimbres River area. Round Up funds will be used for educational materials for students of any age visiting the museum and for preserving some of the Mimbres Valley family histories, including travel money to the senior members of a family and making copies of family photos.



August

Aldo Leopold Public Charter School Visual Arts Program

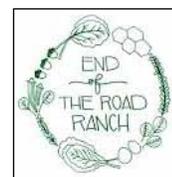
The Aldo Leopold Charter School Visual Arts Program seeks to provide a safe and positive space for all students to create and grow creatively. This investment into the program will be used to purchase the tools and materials needed for students to create their artwork. We seek to serve our community by championing our local youth artists and their creative expansion.



September

End of the Road Ranch

Our goal is to provide sanctuary to those equines (horses) in need, whether temporarily or permanently and to educate the community regarding proper equine care. This helps people become aware of how to better interact with equines in terms of not using force and brutality. These funds will be used to pay for feed, farrier services and veterinary care.



October

Supporting People In Need

SPIN is dedicated to helping those who are struggling with homelessness and serious mental illness. Our goal is to give back to our community and to help those in need, whether it's assisting with housing applications, teaching life skills courses, providing peer support, assisting with social security applications or providing a hot meal every day of the week. 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.



November

The Bike Works

The Bike Works is a community-supported nonprofit that promotes creative, active and healthy lifestyles, self-reliance and sustainability in southwest New Mexico. Our organization is all about cooperation and health. Youth work together in the shop on projects and on the streets to keep each other safe. We serve a culturally diverse client base and aim to give positive opportunities for youth who would otherwise not have the option. Funds generated through the Round Up program will be used to promote and build our Earn-A-Bike program.



December

Silver City Museum Society

The Silver City Museum Society supports, through fundraising and other activities, the Silver City Museum. The money raised through the Round Up program 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 necessary equipment, future exhibit planning, set-up and promotion that will assist the museum in its mission to collect, preserve, research and interpret area history.



Round Up Thank You

Thank you to everyone who applied for our 2023 Round Up program!

There were tough decisions to be made, because every one of your organizations are more than deserving to be on next year's list.

Those who have not been a recipient before or for whom it had been several years were chosen first.

Please remember to apply again next October. We welcome all of you!

From all of us here at the Silver City Food Co-op

We wish you all
a safe,
healthful,
and bright holiday season.

May your new year be
filled with light,
love, and blessings!



Garbanzo Gazette Guidelines for Article Submissions

1. All articles support our Mission and Values.
2. Articles are not intended to criticize other submissions. These will not be published.
3. Articles can discuss governmental issues that have the potential of impacting our food system, but not intended as support for any political party.
4. The Garbanzo Gazette is not intended as a letter to the editor or personal opinion piece, but as an education tool.
5. Letters may be edited for length and clarity.
6. All submissions must be written with respect for all readers.
7. The editors of the Garbanzo Gazette reserve the right to refuse publication.

We offer a 15% off per-shopping-trip voucher
for articles published in the newsletter.

Silver City Food Co-op Staff

Judith Kenney
outreach/GG

Kate Stansberger
supplement buyer

Jake Sipko
produce manager

Carolyn Smith
deli manager

Carol Ann Young
GG/office

Becky Carr
dairy buyer

Marguerite Bellringer
finance manager

Doug Smith
grocery buyer

Tinisha Rodriguez
HABA buyer/POS

Mike Madigan
operations manager

Marchelle Smith
deli

Joy Kilpatrick
frozen buyer/receiver

Judy Kenneally
deli

Vynce Bourné
bulk buyer

Kevin Waters
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Andrea Sandoval
cashier/stocker

Eva Ortega
produce

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cashier/stocker

Gini Loch
cashier/stocker

Jalyn McClain
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cashier/stocker

Natasha Kreider
cashier/stocker

Bella Drissell
cashier/stocker

Victoria Compton
POS

Jaylene Chacon
cashier/stocker

Isaiah Muñoz
utility

Doug Walton
deli





Kitchen Meditations



Winter

Roasted Golden Beets

Ingredients:

2 pounds golden beets (about 8 or 9 small beets), cleaned, peeled, and cut into chunks or wedges, about 1½ inches each. You can substitute red beets, if necessary or preferred.

2½ tablespoons of avocado or olive oil, divided

½ teaspoon salt

½ teaspoon pepper

1 tablespoon minced fresh thyme

or 1 teaspoon dried thyme

1 tablespoon minced fresh sage or 1 teaspoon dried sage

A sprinkling of parsley

Instructions:

- Preheat oven to 425°F.
- Place beet wedges in a bowl with 2 tablespoons of avocado or olive oil, salt, pepper, thyme and sage, tossing to combine.
- Grease a large sheet pan with the remaining ½ tablespoon of oil. Place the mixture on a sheet pan and spread out into a single layer.
- Roast the beets for 15 minutes, then remove the pan from oven and turn the pieces over. Place back in the oven and continue to roast the beets for another 15-20 minutes or until tender.
- Transfer to a serving dish. Garnish, if desired, with chopped parsley.



Tarragon Tea Cakes

Ingredients:

2 cups raw pumpkin seeds, plus extra for garnish

2 cups all-purpose flour

1 cup softened butter*

½ cup sugar

Zest of one lemon

1 Tbsp water

½ Tbsp tarragon

*If butter is unsalted, add two pinches of salt

Directions:

- Preheat oven to 325°F.
- Combine all ingredients except flour in food processor until pumpkin seeds are well chopped, stopping to stir as needed.
- Once the mix is ready, place in a large mixing bowl and fold in flour with a spatula. It should come together fairly quickly.
- Cover two cookie sheets with parchment paper and shape the dough into generous 1" balls.
- Press one pumpkin seed into the top of each cookie.
- Bake for 20 minutes or until bottom begins to brown and surface of cookie looks dry.
- Cool completely and store in an airtight container.



Simple Pumpkin Soup

Warm, Comforting, Perfectly Spiced

Ingredients:

2 sugar pumpkins

1 tablespoons olive oil (or sub water if you're oil-free)

2 medium shallots, diced

3 cloves garlic, minced

2 cups vegetable broth

1 cup canned light coconut milk

2 tablespoons maple syrup

¼ tsp each sea salt, black pepper, cinnamon, nutmeg

Instructions:

- Preheat oven to 350°F and line a baking sheet with parchment paper.
- Using a sharp knife, cut off the tops of the sugar pumpkins and then halve them. Use a sharp spoon to scrape out all of the seeds and strings.
- Brush the flesh with oil and place face down on the baking sheet. Bake for 45-50 minutes or until a fork easily pierces the skin. Remove from the oven, let cool for 10 minutes, then peel away skin and set pumpkin aside.
- To a large saucepan over medium heat add olive oil, shallot and garlic. Cook for 2-3 minutes, or until slightly browned and translucent. Turn down heat.
- Add remaining ingredients, including the pumpkin, and bring to a simmer.
- Transfer soup mixture to a blender (be sure to cover before blending) or use an immersion blender to purée the soup. Pour mixture back into pot.
- Continue cooking over medium heat-low heat for 5-10 minutes and taste to adjust seasonings as needed.

Healthy Hot Chocolate

When you make your own hot chocolate, you can customize the flavors exactly to your liking. Want a darker chocolate drink? Add more cocoa or use less sweetener. Want it to be completely sugar-free? Use an alternative sweetener. Almond milk has a neutral flavor that blends seamlessly with the rich cocoa powder, but if you want a creamier, nut-free drink, try using coconut milk instead. If a spicy hot chocolate appeals to you, add a bit of cinnamon or chile powder for a little kick.

This recipe calls for just four ingredients and is dairy-free and naturally sweetened. It's the perfect treat on a cold day and ready in minutes!

Ingredients:

1 cup almond or other alternative milk (or dairy milk, if preferred)

1 tablespoon raw cacao powder

1 tablespoon pure maple syrup

¼ teaspoon vanilla extract

Pinch of sea salt (optional)

Instructions:

- Combine all the ingredients in a saucepan over medium-high heat, using a whisk to break up any clumps. Keep stirring until smooth and piping hot.
- Pour into a mug and serve.
- Finish with a big dollop of dairy-free whipped cream, shaved chocolate, and any other toppings you desire.

Substitution notes: Feel free to use any type of milk, dairy whipped cream, or sweetener you like.



Jake's December Produce Picks



Sugar Pumpkins

Sugar pumpkin is a term used to describe various cultivars of winter squash known for their sweet flavor and firm, smooth, dense flesh which makes them ideal for pumpkin pies, cookies and breads. Sugar pumpkins can be roasted, baked, sautéed, steamed and simmered.



They range from softball or cantaloupe-sized, smaller than the standard field pumpkin that is commonly used for carving jack-o-lanterns. Their flesh is dry and fine-grained, making it well-suited for baking and eating, in general. The most common use for sugar pumpkins is, as you might suspect, pumpkin pie and all pumpkin-y baked goods. They also roast quite well, which brings out additional sweetness. Add them to casseroles, pasta and risotto dishes, stews and soups, curries and sauces...and pizza topping! They pair nicely with pecans, cinnamon, nutmeg, brown sugar, molasses, and maple syrup, and can be served with ground meats, poultry, sausage, grains, and other squash. Sugar pumpkins are so versatile!

To roast a sugar pumpkin, preheat your oven to 350 F. Halve the pumpkin, scoop out the seeds and roast it, cut side down, on a baking sheet for about an hour. When it's done, the flesh will be tender enough to pierce with a fork. To microwave it, halve and remove the seeds, then cook face down in the microwave, for 15 minutes (or until tender) on high power.

Beets of a Different Color

Despite what the produce aisle at the supermarket might lead you to believe, not all beets are red. They actually come in a range of colors, from red and gold, to stunning candy cane striped Chiogga and even white beets. Nutrient-rich veggies with a slightly sweet and earthy flavor, they can be boiled, steamed or roasted in the oven, slow cooker, Instant Pot, or on the stovetop. Like all root vegetables, it's fine, even preferable, for beets to have a bit of dirt from the field still clinging to them. Shake off any excess and wrap them up in a bag so the dirt doesn't get all over your fridge, but don't wash them until time to cook them up.

Red beets store beautifully. They lose a bit of tenderness as they are stored but also gain sweetness along the way. They are, most often, roasted, which is also a great way to make them easy to peel, or in borscht, a refreshing chilled soup. Golden beets are a bit less sweet than red, but also have a more mellow, less earthy flavor all around. They add a bright, zesty yellow color when served roasted or in salads. They're also great in a pan of mixed roasted vegetables, since they don't stain everything pink the way red beets do.



Becky's December Dairy Pick

Califia Farms Dairy Free Heavy Whip

Heavy Whip is a plant-based substitute for heavy cream, and whips up just like the real thing! But it's not just for whipped topping, as it can be perfectly incorporated into all types of recipes. Unflavored and unsweetened, Califia Heavy Whip can be used exactly like dairy whipping cream, from soups, salad dressings, mac & cheese and other pasta dishes, to creamy dessert creations. And don't forget about vegan mashed potatoes! Think of this as an essential ingredient of your plant-based comfort foods. Out-of-this-world delicious!

Califia Farms is a stand-out in the growing field of plant-based milks and fruit juices. Their alternative milks are all creamy and really yummy, and produced without sacrificing the environment. Its current manufacturing plant in Bakersfield, California is powered entirely on renewable energy. They work as much as possible with local providers, promoting a more sustainable supply chain and deepening relationships with farmers and suppliers.

November 30- December 27 • Members Receive 20 % OFF • In the front dairy cooler

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their November service.



Give a gift card to a friend!

Give the gift of health, nourishment and taste.

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

Future Forge

The Future Forge will provide scholarships for folks in need who would like to be members of this up and coming makers' space.



October Round Up
\$1147.00

Silver City Sexual Assault Support Services

Silver Regional SASS is incredibly grateful to receive Round Up money from our dedicated local food co-op. Silver Regional SASS is a non-profit rape crisis center that provides services in Grant, Hidalgo, and Luna County. Our services include but are not limited to: advocacy, court/ legal advocacy, education and community outreach, forensic interviewing, counseling, and Sexual Assault Nurse Exams. All SASS services are 100% free to survivors and their families. These generous donations will go towards both preventing violence in our communities and supporting survivors of sexual violence. These funds will be used to directly assist survivors including meeting immediate needs such as safety, shelter, food, and replacing items taken in for evidence (clothes, sheets, etc), and monetary needs such as gas and rental/ housing assistance. Thank you to all who were able to contribute to our cause and supporting survivors in our community.



Round Up for January

New Mexico Wild

Funds will be used to support New Mexico Wild's work to protect public lands in the Gila region and to achieve Wild & Scenic River designation for the Gila River. We perform volunteer stewardship activities throughout the Gila National Forest and support community events like Continental Divide Trail Days and the Gila River Festival.



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 10th and the 31st, 10am - 12noon

From Chris Lemme: Silver City Recycles Board of Directors has decided to keep our current hours of operation (10am-12pm) throughout the year. Therefore, there will be no change in operation times after daylight savings time in the fall.

Plastic must still be (relatively) clean and separated from other material, but all plastic types can be collected together. Only numbers 1, 2, and 5 will be accepted.

For more information:
<https://silvercityrecycles.org/>
silvercitynmrecycles@gmail.com or: www.t2t.green

Notes from the Rad-ish Review

All **Seed Library** satellite locations will be in different states of seed supply for December as we are taking inventory of seeds. Apologies for the inconvenience. We do continue to receive seeds harvested by community growers and hikers at all seed locations! We will repackage and label all seeds donated! If you have questions about seed availability at a specific Seed Library location feel free to call or text Chris Jepson at 575-313-5817. If, during December, your favorite Seed Library does not have seeds available, you are still able to find seeds in the Seed Library refrigerator at The Commons. Seeds will be available at all sites again in January for early spring planting!

Margaret Hadderman's Seed Collection tote bags are available at Bear Creek Herbs. Suggested donation \$5-10

Interested in joining garden volunteers?

Send an email to volunteercoordinator@thecommonsgrantcounty.org. The Commons' mission is to address food insecurity in our communities. To find out more and receive the newsletter go to <https://thecommonsgrantcounty.org/>

Chris Jepson, Seed Librarian, invites anyone who would like to receive the Rad-ish Review to email her at csjepson61@gmail.com



**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!***

RAIN CHECK

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



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

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?



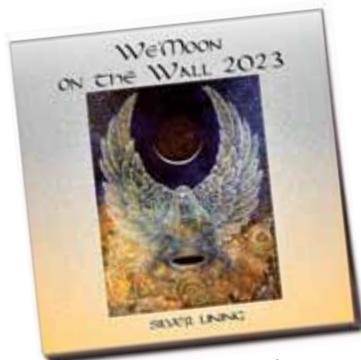
We would love your help writing articles
for the Garbanzo Gazette!

Members, if interested please email
judith@silvercityfoodcoop.coop

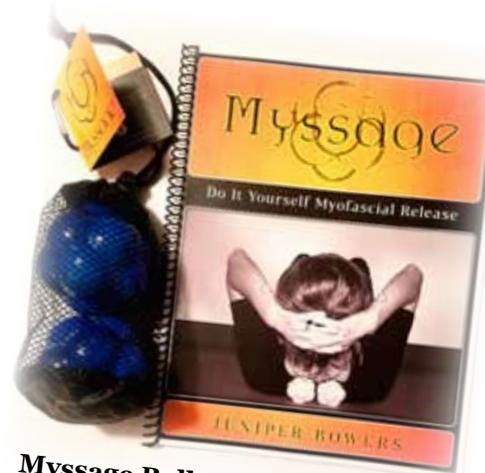
Three hours earns a 15% Volunteer Discount



Wrap it up!



We'Moon Calendars
We'Moon is a lunar calendar, a handbook in natural rhythms, and a collaboration of international women's cultures.



Myssage Balls and Book
Created by Juniper Bowers, of Silver City, the Myssage Method is a simple and effective method for pain relief. It's a combination of Thai Yoga Massage, Rossiter, and other self-healing philosophies.

Native Scents Smudge Sticks

Native Scents Smudges are made of all natural wild white desert sage. Use them to bless and purify your home or loved ones.



Goodlight Candles
Plant-based, clean burning, eco-conscious, and affordable, Goodlight supports environmental stewardship, wildlife preservation and responsible palm oil production.



Maggie's Snuggle Socks

Comfy organic merino wool with thick cushion throughout. Very soft and not itchy at all!



Herbal Revolution Restore + Relax Tea

Plant medicine and sustainable, organic farming is the heart of their business. Enjoy this calming herbal brew, a loose leaf tea blend made with lemon balm, tulsi, and hibiscus, making it both delicious and beautiful.



Terra Jewelry

Terra offers sustainable alternatives in the fashion and gift industry by using renewable and sustainable materials that help protect the Amazon rainforest, while creating opportunities for indigenous cultures in South America.

African Market Baskets

Proceeds from the sale of these beautiful and durable baskets help to provide healthcare, education and support to over 5,000 African weaver and their families.



Members receive 20% OFF

Gift Ideas from the Co-op



Comita Manuka Honey
Comita offers the purest Manuka honey, sourced from the remote hills of New Zealand. Manuka's key natural compounds have been shown to possess antibacterial and antimicrobial properties.



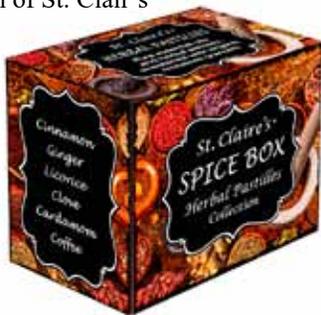
Thirteen Moons Calendar
Created by a longtime professional astrologer who dreamed of the perfect calendar and finally just had to publish it herself.

Sunbeam Candles
Hand-crafted, candles made of the highest quality made with beeswax and soy wax. All ingredients are sourced in the U.S.

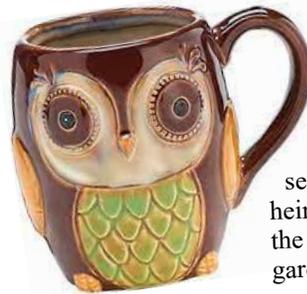


St. Clair's Herbal Pastilles

When you buy a tin of St. Clair's Organics pastilles you support The EthnoMedicine Preservation Project®, created by master herbalist Debra St. Clair to preserve the medicinal plant knowledge of indigenous cultures.



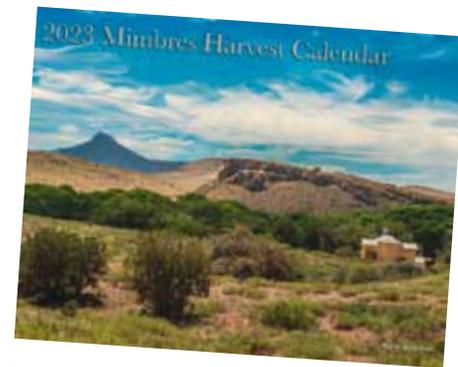
Down to Earth Tea/Coffee Press and Owl Mugs



These charming owl mugs come from Down to Earth, established in 1977 as a small company in Eugene, Oregon. Today, it continues to offer a wide-ranging selection of natural, functional and heirloom-quality items that enhance the well-being of our customers, their gardens and the planet.



Blue Lotus Chai
Enjoy this Traditional Masala Chai born of a love for ancient India. Created to satisfy the tastes of the most ardent chai lover. Tasting is believing!



2023 Mimbres Calendar
When you purchase one of these calendars, you're supporting the Mimbres Valley Health Action League, an organization dedicated to improving the health, well-being, and quality of life for the people of the Mimbres Region.

Kei and Molly Towels

Located in Albuquerque, Kei and Molly Textiles is committed to minimizing their impact on the environment by using only water-based, eco-friendly inks, and filtering waste water to keep pigments out of our water system. Their product line is all made with 100% natural fibers.



by Carolyn Smith

Red Fruits

- Watermelon
- Strawberries
- Cherries
- Raspberries
- Apples
- Blood Oranges
- Cranberries
- Lingonberries
- Nectarines
- Red Currants
- Red Pears
- Plums
- Pomegranate
- Red Grapes
- Elderberries
- Mulberries

Eating a rainbow diet, a variety of red, orange, yellow, green and purple/blue colored foods can increase our fiber intake, provide essential antioxidants to prevent damage to our cells, and help nourish the communities of microbes in the gut which aid in digestion, control blood sugar levels, and may even affect brain health by producing brain chemicals like serotonin.

Plants had to develop their own strategies to survive environmental stresses and predation and to attract other species to spread their seeds. Part of that response created polyphenols, antioxidant compounds that prevent damage to cells.

How does this work? Damage at a cellular level in humans and plants can happen during metabolism, the chemical processes of extraction, break down, and energy consumption that keep living beings alive. When a substance is metabolized, it can release a lone electron. But electrons like company, and when electrons are unpaired (aka free radicals), they bounce around looking for a friend, causing oxidative stress by damaging the cells in their path. The polyphenols neutralize free radicals either by providing the extra electron needed to make the pair, or by breaking down the free radical.

Neutralizing or eliminating free radicals protects our bodies against chronic diseases such as cancers, cardiovascular diseases, cerebrovascular diseases and diabetes, ageing and neurodegenerative diseases.

When we eat plants we benefit from their survival strategies. The color and flavor of fruits and vegetables are partly attributed to the kind of polyphenols they contain, so we should strive to fill our plates with a rainbow of fruits and vegetables. Eating a wide variety is a great way to get all of the healthy nutrients our bodies need to thrive.

Red fruits and vegetables, ranging from the deep purple of plums and eggplants to the bright red of strawberries and raspberries, are very rich in antioxidants, vitamins and minerals which help prevent cancer, fight chronic illnesses, strengthen the immune system, protect against heart diseases and improve brain function.

Red vegetables and fruit get their hue and nutrition boost from lycopene and anthocyanin. Lycopene is an antioxidant that has been shown to reduce heart disease risk, protect the eyes, fight infections, and protect against damage from tobacco smoke. Anthocyanins are believed to protect the liver, improve eyesight, and reduce blood pressure and inflammation.



Marchelle happily chopping red bell peppers!



Roasted tomatoes!

Red Vegetables

- | | | |
|----------------|--------------------|------------------------------|
| • Tomatoes | • Red Cabbage | • Eggplant |
| • Red Peppers | • Red Radish | • Red Seaweeds: Dulse, |
| • Red Chiles | • Red Leaf Lettuce | Nori, Irish Moss (the source |
| • Red Onions | • Rhubarb | of carrageenan) and Ogonori |
| • Beets | • Raddichio | (the source of agar-agar) |
| • Red Potatoes | • Red Chard | |

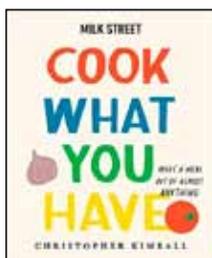
For Reading and Eating: Some New Cookbooks to Consider

by Trudy Balcom

The fall season is when publishers release their new cookbook titles. And since I love reading and eating, I like to check some of them out. Okay, there are a million recipes online, and cookbooks can seem expensive. But for the price of an average restaurant meal you can have a book to enjoy and recipes to try for years to come. There were quite a few Vegan and vegetarian cookbooks among this fall's crop, and I have included some below. Here are three titles you might enjoy getting for yourself or for someone on your holiday gift list. Disclaimer: I have not actually purchased any of these books, but these titles have certainly grabbed my attention.

***Cook What You Have Cookbook: Make a Meal out of Almost Anything* (by Christopher Kimball, 352 pages, \$35, Milk Street Books).**

You have to appreciate the practical, hands-on manner that Christopher Kimball brings to all of his cookbooks. Think you have nothing on hand to make supper tonight? Not so. For his latest, the Milk Street TV show host researched the most common pantry items people have in their kitchens and built simple, weeknight dishes from those items. As someone who lives in a rural area and cannot always run to the store, I love that. Inside are 6 or 8 ingredient recipes for staples like canned beans, canned tomatoes, pasta and frozen veggies, meat recipes, even desserts. Most of the 225 recipes take 30 minutes to cook using flavors and inspiration from around the world.



***Vegan Fast Food : Copycat Burgers, Tacos, Fried Chicken, Pizza, Milkshakes and More!* (by Brian Watson, 176 pages, Harvard Common Press, 2022).**

Okay, this is not your ordinary, virtuous Vegan cookbook. No doubt some people who have adopted a Vegan lifestyle must occasionally crave a juicy burger or buffalo wings. Vegan, author and YouTube celebrity Brian Watson has made it his mission to recreate those guilty fast food pleasures with common Vegan ingredients and methods for the home kitchen. The book includes recipes for major fast-food favorites using meat analogs to create crave-able, grill-ready burgers, and what he likes to call fried “chick’n.” The book also includes recipes for finger foods, drinks and sweets. The design of the book is playful, with a table of contents that looks like a drive-thru window menu, and lots of juicy, crispy, gooey photos.



***The Mexican Vegetarian: 400 Authentic Everyday Recipes for the Home Cook* (by Margarita Carrizo Arronte, 416 pages \$54.95 Phaeadon Press).**

From the other end of the spectrum is a book just released in October that is not about fast food. Author Margarita Carrizo Arronte is a well-respected authority on Mexican cooking, and with 400 recipes to choose from, it sure seems that you could find some winners in this book. Arronte has had a 35-year career as a chef and restaurateur in Mexico City, Los Cabos and even Japan. She is also a food activist who is a member of Slow Food International and was chef to the 2010 United Nation’s Climate Change Summit in Cancun and has cooked for presidents and dignitaries. The recipes take advantage of the many vegetarian traditions that are a part of Mexico’s cuisine. I would like to try her peanut mole’.



Enchanted Peak

by Elise Stuart

Arriving in New Mexico
for the first time,
I look up to see a tall peak,
just where I want to be.

What I don’t know
is how many hills and valleys
lie between me
and my mountain top.

When I reach the peak,
my feet touch earth.
My arms reach upward
toward the pale glow of sunset
and I watch the full moon rising.

The sun, moon and I
connect for a moment,
a singular triangle.
And then suddenly
pale gold’s gone, and it is dark.

Alone at the top,
I can’t see my way down.
Stumble on rocky ground.
Finally—
hear the sound of water.

I follow the creek.
Lights of small houses appear.
Knock on a door,
we speak two separate languages,
but we understand each other.

“Estás perdido?”
I nod.
“Vamos a ayudarle.”
“Thank you.”
They drive me to hippie’s adobe home.

From the highlight of communing
with sun, moon and earth
right down to the depth of being
alone and lost,

The land of New Mexico
reveals my inner life and
teaches me to trust her,
bringing me home
in her own way.



Staff Picks

Welcome to Our Newest Staff Members

Meet Victoria!



Victoria is our POS (point of sale) associate. She balances all invoices that come through, works on inventory and creates the Co-op Deals and member sales. She also makes sure that all pricing is up to date. Away from her job, she's a painter and loves hiking with her boyfriend and two rambunctious Australian Shepherds. Victoria is a research historian with special interests in WWI, WWII, ancient history and theology. Here's the surprise fact...she doesn't have a belly button! Victoria's current favorite product is the Himalaya Neem & Turmeric face wash. "It is a great product for redness, inflammation, pore reduction, cystic acne, acne scarring, super oily skin, and more!" To supplement this face wash, she recommends neem oil on stubborn blemishes.

Himalaya offers a full line of clinically studied herbal formulations, certified USDA organic single herbs, and a full line of body care products. It is a perfect integration of the principles of traditional medicine with modern science. From its modest beginnings in India, the Himalaya legacy spans over 90 years. Passionately inspired by traditional Indian herbs, Mr. Manal began his company by purchasing a hand-operated tablet compressing machine, turning out one pill at a time. Mr. Manal's son and grandson have lead the company, successively, since its inception in 1934.



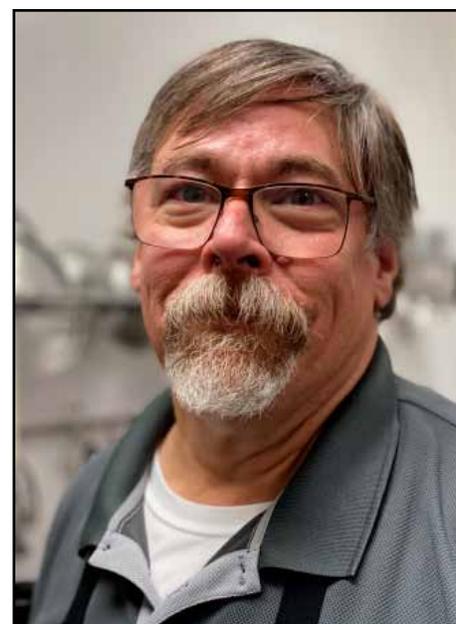
Meet Doug!

Doug joined our deli department three months ago, jumping in with both feet right off the bat. When not making delicious food with the rest of the deli team, he enjoys backpacking, cycling and photography. He's also writing a book. Many of his friends and acquaintances here in the desert would be surprised to find out that he's an accomplished "blue water sailor, having logged nearly 30,000 miles on a variety of sailing craft, much of that single-handed."

Doug's current favorite food here at the Co-op is the Grab 'n' Go Tuna Salad. In his words, "It is prepared using a quality unsalted, additive-free, sustainably caught wild tuna. To this tasty fish we add some fresh organic vegetables, including celery, red bell pepper and onion. We bind this all together with vegenaïse, a zesty stone ground organic mustard, and our house seasoning blend which has people coming back again and again for a refreshing salad that is light, and oh-so-satisfying. We not only prepare the salad itself, but also offer it as a sandwich on wholesome sprouted wheat bread with more crisp, tasty veggies. I really enjoy this product and am sure once you try it that it will be on your must-have list as well."



*Judy making the
Grab 'n' Go Tuna Salad*



Grocery Department

NEWS

*All you need is love,
but a little chocolate now
and then doesn't hurt.*

Charles Schultz



Celebrate Chocolate!



*Our indefatigable
grocery buyer, Doug*

Kakosi Organic Cacao Powder

Makes delicious hot and cold beverages. It is naturally rich in antioxidants, iron, magnesium and fiber. Kakosi products are always sustainably and ethically produced.



Kakosi Organic 2-Minute Mousse Mix

Just three ingredients! You may not believe that this instant-type mix can be SO good!

Alter Eco Organic Velvet Truffle

Outside, deep, smooth Ecuadorian chocolate. Inside, nourishing coconut oil meets milk and cacao for a lush, creamy center.



Rise Organic Chocolate Oat Milk

Delectable organic chocolate milk made from oats - creamy and not too sweet. Delicious in coffee, smoothies and on breakfast cereal.



*Food co-ops are on a mission
to make sure everyone
has access to healthy, delicious food.*

Field Day's natural, certified organic and made-in-the-U.S.A. products are already affordably priced with Co+op Basics, our everyday low price program. But we want to pass on even bigger savings, so we're ending the year with some amazing Buy One, Get One FREE deals!

**Offer good:
December 14, 2022 - January 3, 2023**

**Buy One, Get One
FREE**
on select Field Day products!



Shop your community-owned food co-op and **save big!** **coop deals.**

A Short Epic Chronicle of the First Bees

The first bees buzzed our planet around 130 million years ago. In that ancient era, known as the Cretaceous geologic period, land masses were covered in verdant forests of tree ferns, cycads, huge horsetails and pines and cedars. This was the apex of the dominion of the dinosaurs. Vast herds of herbivores, such as *Iguanodon* grazed amongst the trees, tank-like *Gastonia*s razed the undergrowth and packs of fierce carnivores pursued their prey. The air swarmed with primitive insects, including huge dragonflies and early butterflies. It's hard to imagine that with all this aboriginal abundance, there would have been no flowers in sight, not even the most miniscule blossom to draw the eye and, no matter how you might strain your ears, the singular hum of bees was absent.

One hundred and thirty five million years ago almost all plants, patient beings that they are, simply relied on the wind to scatter their spores or pollen, hopefully to land on a receptive partner, with most of it falling to the ground or blowing far, far away. Oh, but things were about to change! Pollen is very nutritious and some winged insects began to feed upon it exclusively. Flying from plant to plant to eat, they accidentally carried pollen to receptive partners, becoming the first pollinators. This reciprocal relationship between plants and insects began to change the appearance of the earth. In the beginning, flowers were unimpressive shades of brown and green and very small. Now, clueing into the necessity of calling attention to themselves, plants began to grow showy, bright flowers to attract insects for survival's sake. Early water lilies and magnolias were the first to evolve petals, resplendently white against forest green. Our first pollinators may have been beetles, but plants now began to compete with each other for the attention of insects with bright colors, patterns and distinctive shapes, and they spread everywhere. Some began producing sweet nectar as an additional attractant. As opportunities for pollinators grew they began to specialize. Butterflies and some flies developed tubular mouthparts used to suck up nectar. The most successful group to emerge were bees, masters of pollen and nectar gathering to this day.

The first bees evolved from wasps, specifically those from the family Sphecidae that stock a nest with dead insects to feed their young. At some point, a species of sphecid wasp began to add pollen to her nest provisions



and over time, when they began to feed their babies exclusively on protein-rich pollen, the first bees arrived. Time to celebrate!

Exactly how long ago this happened is hard to say because insects rarely form fossils. Sometimes they become trapped in tree resin which fossilizes to amber, preserving them in a jewel-like nugget of eternity. The oldest known bee in amber is about 80 million years old, one of a stingless variety, similar to some that live today in South America. It's a pretty good guess that the earliest bees were winging the air long before this. Studies of the similarity of the DNA in wasps and bees suggest that the first bees appeared about 130 million years ago, very shortly after primeval flowers evolved in the Cretaceous.

The earliest bees were solitary species, as are the majority of present-day bee species. Each female builds her own nest, usually in a small hole in the ground, tree or in a wall. By 80 million years ago, some had evolved a social lifestyle. Then, kaboom! Most scientists agree that a meteor struck the earth where the Yucatan Peninsula now lies, causing tidal waves and volcanic eruptions which choked the air with dust, blocking out the sunlight. Temperatures fell below freezing for months or years. Almost all large forms of life then died out very swiftly, the dinosaurs among them. Thankfully, members of many smaller groups of organisms survived against all odds and the main insect groups – bees, ants, grasshoppers, beetles, and more, appeared to have recovered nicely, although it is certain that myriad other insect species became extinct. Happily, flowering plants also survived, probably as dormant seeds. The trajectory of life had changed!

Buckwheat, Millet, Quinoa, Oats, Brown Rice Have You Tried These Amazing Whole Grains?

by Susan Van Auken

Our bulk bins stock a full selection of whole grains, all of them unique, and each originated in a different part of the world. Even today each grain provides a staple ingredient of the diet for one or more cultures.

Wheat, corn, rye, and barley are most commonly ground into flour and used for bread, bagels, pastries, cookies, chips, cereals, and more. Unfortunately many of these products are not made with the whole grain flour. Read the label if you want to know for sure. (Please know the term “wheat flour” on labels means white wheat flour not whole grain flour.)

The grains I am featuring in this article are ones more often cooked whole rather than ground. They have become more available and familiar to many of us during the past thirty years, with brown rice being the most well-known. Whole grains are a large part of my diet. I love them, eat them every day, and create many delightful dishes out of these versatile foods. I thought I would share my passion by including a few details about each of these whole grains. Perhaps you will be encouraged to try a new one.

Buckwheat

Buckwheat has a short growing season so it thrived in the cool climates of Siberia and China. It is high in iron and calcium and the nutrient rutin. Many people know buckwheat as pancakes, where the grain has been ground into flour. In some countries the raw buckwheat is cooked whole after it is toasted, releasing a nutty aroma. At this point it is called kasha, and when cooked is tastier than the cooked raw buckwheat. (Do not confuse kasha with products under the brand name Kashi). You might have heard of kasha knishes which are an Eastern European pastry with a kasha and onion filling. Kasha works well as a breakfast cereal with raisins and nuts or in savory dishes especially with onions and cabbage.



Millet

Many people in the United States would recognize millet as one of the main seeds in wild bird feed, and not even think that it is also people food. Yet the small, round, yellow millet seeds are a staple food in northern Africa and parts of India. Legend says that millet has spiritual power, which some people think has to do with its high level of silica. Millet, a naturally dry grain, can be cooked to a wonderful pilaf texture. If packed into a bread pan when hot, it will solidify as it cools and can then be sliced for refrying. When whizzed in the blender with extra water, raisins and sunflower seeds before cooking, millet turns into a wonderful creamy breakfast cereal.



Oats

Oats originated in the cool damp climates of northern Europe and are now grown in many other northern countries such as Canada. The grain is easily distinguished when it is growing because the seed head hangs downward in a graceful arc. Oats are the softest of the grains and the highest in fat content; these two facts together account for the creaminess we appreciate in a bowl of hot oatmeal. Oats are also very digestible, making it a good food for the elderly and convalescents. The three forms of oats - whole oats (called oat groats), steel cut oats, and rolled oats - all provide the same creamy oat consistency when cooked for a breakfast cereal but the cooking times vary. We all know rolled oats are often used in cookies and desserts. But not many people know that whole and steel cut oats also lend themselves to savory dishes, such as a marinade or sauté.



Quinoa

Originally grown in the high plains of the Andes, quinoa (pronounced keen-wa) has quickly become a favorite whole grain in America. Quinoa is considered a good source of vegetable protein because its ideal balance of amino acids forms a complete protein. The co-op carries several varieties of quinoa: white, red, and a rainbow mix. Quinoa, a slightly bitter grain, is made even more bitter by the saponin coating often found on the grains. This bitter coating protects the grain during its growth from birds and insects. The cleaning of this grain and the removal of the saponins has greatly improved over the years so what we buy is not bitter.



Quinoa cooks quickly, so it is truly a fast food which may be the reason for its popularity. It is also very pleasant tasting and is suitable for all different cooking methods and for both sweet and savory.

Rice

Originating in China, Southeast Asia and India, rice is now one of the most produced foods in the world. Rice likes warm, moist conditions for optimum growing. It is also the grain with the highest water content. Many cultures eat rice, and there are thousands of varieties, although often the rice eaten is the processed or polished white rice. (If you remember from the article last month, rice, loses many of its nutrients when it's processed and the bran and germ are removed.) Brown rice is high in B vitamins.



Rice is plain and mild tasting which makes it easy to digest and ideal for all types of dishes including sweet, savory, creamy, marinades, and stir-fry. Because it is so universal, it is used with all flavors as well as ethnic cuisines. The co-op carries several varieties of whole brown rice each with its own character. Long grain rice is a little drier than short grain when cooked, and of course, basmati has a wonderful aroma.

Other whole grains

Not mentioned in this article but wonderful whole grains to try are amaranth, teff, and wild rice. The co-op carries all three in packages, not in bulk.

Sources: *Amazing Grains* by Joanne Saltzman wholegrainscouncil.org



December

Members Only Specials November 30 - December 27

20% OFF! listed prices



Soothing Touch
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Soothing Touch
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Bulk Almonds
reg \$10.49#



Hemp Fusion
CBD Gummies
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reg \$9.99



Califia
Heavywhip Substitute
16.9 oz
reg \$5.99



Soothing Touch
Lavender Massage Oil
4 oz
reg \$5.09



Hummingbird
Bulk Organic
Halawi Dates
reg \$10.99#



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reg \$4.39#



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