

Silver City Food Co-op Garbanzo Gazette

Volume 23

❖ Your Monthly Newsletter ❖ March 2023

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

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YOU
ARE
WHAT
YOU
EAT

Limiting Food Waste in Landfills

We've all experienced it: that sinking feeling you get when you open your refrigerator and find slimy cucumbers, broccoli crowns frosted with mold, a half-eaten piece of fruit gone south, or a jug of milk with that telltale smell and chunky texture. It's easy to toss these items in the trash and simply move on to your next grocery shopping trip. But did you know that when you toss food in the trash you are contributing to climate change?

In this country, food waste in landfills is the third largest source of methane emissions. Methane is a more potent greenhouse gas than carbon dioxide. In the U.S. as much as 30 to 40 percent of all of the food produced is thrown in the trash; an estimated 200 pounds per person per year. And then there is all of the water used to grow the food that is tossed, and the carbon emissions created by its production, transit and packaging. And all of this is occurring in tandem with a growing hunger problem in our country.

Fortunately, food waste is a problem for which individual actions can have a huge impact in implementing a solution. We can fix this, and make a meaningful reduction in greenhouse gas emissions.

Reducing food waste begins with changing individual behaviors. Like quitting smoking and learning to buckle our seatbelts—two major behavior changes we have accomplished in the last 50 years—we simply have to decide to make a change.

One way we can start is by changing the way we look at our refrigerator. How full does it really need to be? Refrigerators are more sophisticated than ever—they use less energy, are easier to keep clean and offer more effective storage for many food items and even dispense water and ice. But they are also a lot bigger than in the past.

Our refrigerators invite us to fill them to the brim. And most Americans do. A full refrigerator is a comforting

sign of abundance to many, but it also means that items are inevitably pushed out of sight to the back of those very deep shelves and drawers. As the statistics show, many are forgotten and end up in the trash.

In other nations where food waste is not a big problem, people often have much smaller refrigerators (a friend of mine once snickered at my smaller-than-average fridge). They shop more frequently, buying fresh food in quantities that they can eat within a few days. We are probably not going to ditch our big refrigerators, but we can change our habits.

We can each reduce our food waste by re-thinking our approach to our food and our refrigerators. If food waste is an issue in your house, try making a conscious decision to have less food in the refrigerator and be more careful to eat what you buy. A more mindful approach to our food that includes meal planning, shopping carefully, preparing, eating, storing (and composting what food waste you have) is a solution that each of us can work towards.

If that seems like too many steps, just decide that you are going to use almost everything in your fridge before you go shopping again. You can bring it down to the point where you can actually see all of those condiment bottles and jars, and start to get comfortable with that view. Then you can start working through your condiments!

There are many resources online to help you get started with reducing your food waste. The US Department of Agriculture, the Natural Resources Defense Council and even the Don't Waste Food SC from the state of South Carolina all offer ideas, tips, app recommendations and more to get you moving forward on your personal plan to reduce food waste. Next month we will look at some of these tips and dig into some ideas for your leftovers.

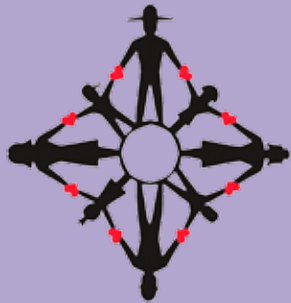
by *Trudy Balcom*



1865 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

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Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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Unfiltered Waters



by Kevin Waters
Manager

If anyone remembers Austin Powers.....Remember when Dr. Evil came back from decades in the deep freeze, and told his henchman that he would now hold the world for ransom for “One mееeeellion dollars?”. He got laughed out of his evil mastermind lair, because \$1 million wasn’t nearly what it used to be. It’s a little bit like that remodeling a 1940’s era commercial building in Silver City in 2022. When you put your pinky up to your chin and say, “We will renovate our building for 2 mееeeellion dollars”, the harsh reality is things changed fast from 2021 to 2022. We didn’t go into a cryogenic deep freeze, but we did go through a material and labor cost spike. At the moment, the Co-op is taking steps to be certain the project will move forward with the budget we can afford, and provide the store that the members want. We are confident that we will do that, it’s just taking a bit longer than anticipated. We should have detailed updates on that in next month’s GG.

Since we are going to spend a bit more time at our Bullard location, there are some areas that really needed a refresh, and are getting that now. These changes will

brighten the shopping experience, are inexpensive to do, and some will make their way over to the new store. A few fixtures purchased for the new store may even make their debut at Bullard street. We have replaced horribly aged shelf tag channels in dairy and deli cases, and put up some new displays for general merchandise, grocery, and bakery. The produce department has seen the artistic talents of employees create a vibrant new signage program. Throughout the store we are changing out the shelf tag holders in grocery, supplements, health and beauty, and bulk departments. Also in the bulk department, we will soon be moving and consolidating the bulk herbs, to be closer to the rest of the bulk foods. We hope the result will be a better use of our limited space, a better shopping experience, and will open up room that will be dedicated to a better variety of reusable bag and container options. Don’t let anyone tell you that we are reducing the variety of bulk herbs, we are not! We will not lose a single herb to this project. Not even Dr. Evil would do that!

Here's Steve,
sprucing
up our shelf
tag system.



Check out our
new produce
signage!
Here's Bella,
one of our staff, who
has contributed
to their creation.



Worn-out
signage strips



New black signage strips,
renewed and refreshed!

**HEY ! LISTEN UP!
IT'S STILL MAD!**



February/March
any 2 trips of your choice
to save 10%

\$ Become a member and save \$

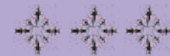
Rainchecks at SCFC

Is your favorite item out of stock?
No problem! The Silver City Food Co-op is
happy to offer you a raincheck,
good for one month after your shopping trip.
We'll even honor any sale prices
or other discounts you used on that day.
Lettuce make it up to you!
See any staff member for a rain check today!



Silver City Food Co-op Staff

Judith Kenney outreach/GG	Kevin Waters general manager
Kate Stansberger supplement buyer	Andrea Sandoval cashier/stocker
Jake Sipko produce manager	Eva Ortega produce
Carolyn Smith deli manager	Isabella Mata cashier/stocker
Carol Ann Young GG/office	Gini Loch cashier/stocker
Becky Carr dairy buyer	Jalyn McClain Human Resources
Misha Engel frozen buyer	Kelsi Cunniff cashier/stocker
Marguerite Bellringer finance manager	Natasha Kreider cashier/stocker
Doug Smith grocery buyer	Bella Drissell cashier/stocker
Tinisha Rodriguez HABA buyer/POS	Jaylene Chacon cashier/stocker
Mike Madigan operations manager	Isaiah Muñoz utility
Joy Kilpatrick frozen buyer/receiver	Doug Walton deli
Judy Kenneally deli	Steve Buckley utility
Vynce Bourné bulk buyer	Bailey Young utility



Kitchen Meditations

Spring

Roasted Asparagus & Mushrooms with Balsamic Vinegar

Ingredients:

- 20 spears of asparagus
- 1 pint crimini mushrooms
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon avocado oil
- 1 teaspoon balsamic vinegar (optional)

Instructions:

- Preheat oven to 425° F.
- Wash and trim the asparagus. Remove the woody ends.
- Gently clean mushrooms with a damp towel or cloth and then cut them into quarters.
- Place the asparagus and mushrooms onto a baking sheet.
- Season the veggies with salt, pepper and oil, making sure that it's well coated.
- Place into the preheated oven for 15 minutes.
- Remove from the oven, finish with a splash of balsamic vinegar.

Strawberries & Cream

Simple and so tasty, vanilla-infused cream makes this dessert the ultimate treat!

Ingredients:

- 2 cups of strawberries
- 2 teaspoons granulated sugar
- ¼ cup heavy cream, whipping cream, half & half, or vegan cream
- ½ teaspoon vanilla extract
- Optional garnish: chopped pistachios

Instructions:

- Cut off and discard the green tops of the strawberries. Cut any larger strawberries into halves or quarters.
- Add the strawberries to a bowl, sprinkle them with the sugar and gently toss to coat. Set aside for 5 minutes until the sugar dissolves.
- Stir the vanilla into the cream, then pour over the strawberries.
- You can eat them right away, but they taste even better if they sit in the fridge for half an hour or so for the strawberries to infuse the vanilla cream.
- Divide into bowls and serve.



Linguine w/ Red Walnuts & Swiss Chard

Serves 2

Ingredients:

- 1 cup red walnut halves (regular walnuts are also delicious)
- 10 ounces Swiss Chard
- 2 tablespoons walnut or olive oil
- 2 shallots, peeled and minced
- Salt and freshly ground black pepper
- 8 ounces dried linguine
- 4 ounces Port Salut cheese, coarsely grated

Instructions:

- Place walnuts in a single layer in a medium skillet. Toast over medium heat, stirring for 7 minutes. Set aside. Trim chard leaves, discarding tough stems. Coarsely chop leaves and set aside.
- Heat oil in a medium skillet over medium-low heat. Add shallots and garlic and cook, stirring occasionally, until shallots are soft, about 7 minutes. Add chard, season with salt and pepper and cook, stirring until chard has wilted, about 5 minutes.
- Meanwhile, cook pasta in a large pot of boiling salted water until al dente, about 10 minutes. Drain, reserving about ¼ cup of the cooking water. Add pasta and reserved cooking water to chard mixture. Stir in cheese and walnuts, adjust seasoning and serve.

Assam Tea



If you are a fan of black tea, with its brisk flavor and full body, Assam might just hit the spot. It takes its name from the Assam region of India and is popular as a breakfast tea, but is really perfect any time.

Assam is a classic black tea that is used to make traditional teas such as English Breakfast, Irish Breakfast and Earl Grey tea. Like all black teas, it's made from the leaves of the *Camellia sinensis* plant, but Assam tea comes from a variety of the plant grown in the Assam region of India in the far northeastern part of the country near Bangladesh, Myanmar and China. The flavor is most closely associated with Irish breakfast tea, which is usually made of 100% Assam. Other breakfast teas can consist of pure Assam or a blend of Assam with teas from China, Ceylon, Africa and Indonesia.

When brewed, Assam has a deep amber to ruby red color, depending on what time of year it is harvested. This takes place two to three times a year. The first harvest, or flush, is in the spring and yields a lighter, fresher, more floral flavor. The second flush is the most desirable harvest that takes place in the summer, between May and August. This flush produces the highly prized "tippy tea," so named for the golden tips of the leaves.

Assam is the quintessential black Indian tea, rich, robust and highly aromatic. Look for it in our bulk herbs section. All of our teas, herbs and spices, come from Frontier Co-op. Their Organic Fair Trade Assam tea leaves are Tippy Golden Flowery Orange Pekoe grade, with all the outstanding qualities necessary for an excellent brew.

Jake's March Produce Pick



Asparagus A Taste of Spring

Asparagus is an herbaceous perennial plant that is a member of the lily family. The parts of the plant that we eat, the slender points with their scaled tips, are actually the young shoots that have just popped out of the ground. If left to grow, asparagus becomes a giant, feathery, fern-like plant that dies back in the fall. Asparagus thrives in temperate climates, where the ground freezes. Come spring, warming temperatures prompt the spears to emerge from the ground. Growing this vegetable requires patience and space. Several square feet are needed per plant and it can take 3-4 years to produce edible spears, once the seeds are planted. This lengthy wait and short growing season account, in part, for its higher cost at the market.

Asparagus is an easily recognizable vegetable, with its long, pointy spears. Available seasonally, in the spring, it can be grilled, roasted or incorporated into a recipe, or simply steamed, bringing with it a green, fresh taste to the table. Generally, thicker spears are better for roasting, grilling, and stir-frying. The new, slender stalks that sprout first in the spring tend to be the most tender and are just right when steamed and served with a splash of lemon. The taste of asparagus varies with the season and variety. Some describe its flavor as earthy, similar to broccoli or an intensely flavored green bean. Actually, asparagus has a unique taste that must be experienced to be understood. White and purple varieties are usually milder than the green. Asparagus can be stored in the fridge but the sooner it is eaten, the better. It can, also, be blanched and then frozen. For best results eat it within a year.



Strawberries

The first garden strawberry was grown in Brittany, France in the late 1700s. Before that, people enjoyed wild strawberries and often cultivated them in their wild form. The strawberry was referenced in ancient Roman literature for its medicinal use and, later, the French began taking them from surrounding forests to their gardens in the 1300s. European monks used images of wild strawberries in their illuminated manuscripts.

Strawberries are one of the most popular fruits in the world. It has an early summer harvest, with an actual growing season that depends on variety and location. Growers in California and Florida can harvest strawberries for almost an entire year, while farmers in other parts of the world just a few short months.

Most of the time we simply eat strawberries washed and out of hand or in a fruit salad, but they can be prepared as jams and compotes and in a variety of desserts, including cakes and breads. The uses for strawberries are almost endless. Whole berries can be coated in chocolate and left to solidify for a decadent treat or dipped in chocolate fondue. Add them to smoothies or topped with whipped cream. They pair well with other fruits and are super yummy in a fresh warm-weather spinach salad. Smaller, redder strawberries sometimes tend to be sweeter and juicier. Since they do not ripen after being picked, avoid berries that are partly white, which means they are unripe. You can enjoy peak strawberries all year long by freezing some fruit for later on. Remove their little green caps, arrange in a single layer on a baking sheet and freeze until solid (about 6 hours). Then, transfer them to an airtight storage container, frozen, until ready to use. They'll keep for about 6 months.



Becky's March Dairy Pick Port Salut Cheese

Port Salut is a semisoft, velvety French cheese with a mellow sweet-and-savory flavor. Perhaps the first cheese made from cow's milk, it was originally made in 1816 by the Trappist monks of Notre Dame du Port du Salut in the Loire Valley of central France. Like many monastery cheeses, Port Salut was created for the monks' personal consumption and their guests. Eventually, they began selling it in the surrounding community and graciously sharing the recipe with abbeys, monasteries and convents throughout France. From there, it traveled to Hungary and various European countries and, later, to North America, picking up regional nuances as it journeyed across continents.

Port Salut's supple, smooth texture and tanginess is superb served with fruit and crackers and is a perfect addition to a cheese platter. Most people don't often think about cheese for breakfast, but this one is very good with a good rye bread and fresh fruit for the first meal of your day. It melts easily, making it a good choice for sauces or grilled cheese. Try it sliced on a baguette or shredded onto pizza.

March 1 - March 28 • Members Receive 20 % OFF • In the front dairy cooler

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their January Service.

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



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 March

Friends of the SC Public Library

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



January Round Up \$1050.00

New Mexico Wild

Funds 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.



Round Up for April

El Refugio, Inc.

El Refugio, Inc. empowers all persons affected by domestic and sexual violence by providing advocacy, education and services in a safe and supportive environment.



Customer Change for Community Change!

Silver City Recycles

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



Recycling drop-off times for March

Two Saturdays, the 11th and the 25th, 10am - 12noon

\$5 Suggested Donation

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

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

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

For more information:

<https://silvercityrecycles.org/>

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

Our Food Co-op Loves Local



Gary Jenks, happy winner of the \$50 gift card

Silver City MainStreet Project hosted one of their ongoing Love Local events on February 11th, with offers of special discounts, products and drawings. It's a great opportunity for folks to visit Silver City's unique downtown area and show their support for our many small businesses. This particular Love Local event was especially enticing as it converged on the same day with the 2023 Chocolate Fantasia celebration, also sponsored by Silver City MainStreet, making for a lot of delicious fun.

The Silver City Food Co-op held a drawing for a \$50 gift card in honor of Love Local. Everyone was welcome to participate.



HATHA YOGA
W/ NATALIE

MONDAYS @ 5:30 PM

LOTUSCENTERSC.ORG



**DOUBLE UP
FOOD BUCKS™**

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



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

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

Produce Compost Guidelines

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

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

Calling for Guest Writers!

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

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

Members, if interested please email
judith@silvercityfoodcoop.coop

Three hours earns a 15% Volunteer Discount



The Joy of Guinea Pigs

March is Adopt a Rescued Guinea Pig Month



Guinea pigs are not from Guinea, nor are they from New Guinea, nor are they pigs. They are rodents that, actually, hail from South America, descendants of a species called *Cavia cutleri*, a native to the areas around the Andes mountain range. According to *The Guinea Pig Handbook* by veterinarian Dr. Sharon Vanderlip, the Incas domesticated guinea pigs over 3,000 years ago as pets and as a food source. Toward the end of the 16th century, Spanish, Dutch, and English traders introduced the guinea pig to Europe, where they became especially popular among British aristocrats as an exotic pet. From 1200 to 1500 CE, until the Spanish colonization of South America, the Peruvians, particularly the Incas, bred increasingly exotic varieties of guinea pigs. Many of these had fur and coloring very similar to the varieties we know today.

The name “guinea pig” can be traced back to their original price in 16th century England, where they could be bought for one guinea each. But why “pig?” Some people believe it’s because they resemble small pigs, which seems to be borne out by the names guinea pigs are given in other languages. In Portuguese, for example, they are called “Porchitas da India” (“little pigs from India”) and in Latin they are called *C. porcellus*, Latin for small pig. Their German name, “Meerschweinchen” (“little sea pig”) may also be due to the pig-like squeaks they make. The use of “meer” refers to the animal as coming from overseas. It’s all a bit obscure!

Guinea pigs or cavy (*Cavia porcellus*), as they are also known, are vegetarians and keep a daytime schedule. Some are long-haired and some short-haired. Some are even hairless! They are social and rarely bite, even when stressed. Guinea pigs live an average of 6 to 8 years, weigh 2 to 3 pounds, and come in a variety of colors. Guinea pigs need a lot more room to run around than most people provide for them. But even if you have a good-sized cage, your cavy will love some time to roam about freely, in the house or a safe, supervised outdoor space. A custom enclosure can be created using small fencing or pens for them to frolic without harm.

When it comes to feeding, vitamin C is the key ingredient in a guinea pig diet. Like humans, they cannot make their own supply of vitamin C to meet their daily needs, so it must be supplied for them. Guinea pig-safe C supplements

and special guinea pig pellet food are fortified to help meet this nutritional requirement. Also, these little guys need a large amount of roughage, such as timothy hay. Please, please stay away from sugary treats and seeds because they can cause gastrointestinal issues.

It’s important to learn how to groom your guinea pig. Don’t worry, you won’t have to brush his or her teeth, but you do need to pay close attention to them. Guinea pigs’ teeth grow continuously throughout their lives and can become overgrown due to a variety of reasons. This may not happen, but it’s good to be aware. Can you bathe them? How do you trim their nails? Although they are clean animals and, while they do groom themselves, they also enjoy being brushed, especially the long-haired varieties. As you might expect, there is an abundance of information online to answer these questions and more. Grooming is the perfect opportunity to snuggle your cavy and they LOVE that!

Because they are such social creatures, guinea pigs are happiest with others guineas around. They enjoy playing and interacting with each other. If you just have one, it’s even more essential that you spend time with her or him. Socializing and playtime are important parts of a guinea pig’s life and neglect could lead to stress or depression.

Guinea pigs are absurdly cute and make really good pets. It’s easy to become captivated by their considerable charms. But, sadly, many people who adopt one come to find that the commitment of pet ownership is not what they expected. After all, just because they are small, doesn’t mean that they don’t need a lot of conscientious care. Sometimes, due to a variety of unfortunate circumstances, they are abandoned, turned out or improperly cared for. Pet ownership, whether it’s a cat, bird, iguana, or guinea pig, requires a commitment to love and nurture your animal friend for life. Whether you decide to adopt a rescued guinea pig or purchase one as a youngster, it’s a wonderful opportunity to create a rewarding relationship. They thrive and are the most joyful of pets when their rather simple needs are met, which includes plenty of loving kindness. We can all appreciate that!



Nature Is Full of Surprises

Pushing the Winter-Spring Envelope with Backyard Food in Grant County
You Can Eat Your Mistakes!

by Jim Cain ©



Kale, lettuce and spinach in a raised metal bed, growing all winter in Grant County, are preparing to “spring up” soon in warmer temperatures and longer days.

Nature is full of surprises, which make our lives an adventure, every day. I have always loved the idea of “pushing the envelope” in gardening and seeing what Nature will teach us. I have grown organic tropical water chestnuts, peanuts, Manzano peppers, sesame, flax, and beautiful kumquats, where they are not known to grow. The kumquats and peppers had ripening fruit on them indoors in December, with snow outside. I had volunteer spinach underneath snow that I didn’t even know was there till I scraped off the snow.

After you have been struggling to grow some fresh food during the coldest parts of winter, which can be done and I do every year (though few gardeners seem to know about the methods), the winter solstice comes, in December, and brings us slightly longer days with each passing day. Those beautiful, life-giving photons! They just now got to your arm and your winter greens, 8 minutes and 20 seconds from leaving the sun! How blessed we are!

What gardener would not like to have food plants that could start early or stay late? Please work on it, amateur backyard gardeners, since all 22 major food crops for humans on this planet came from amateurs! It may literally come down to YOU, out of all the billions of humans who have ever lived, to notice that one mutation in your backyard and keep the seed. When you have dinner tonight, be sure to say a little prayer and thank all the amateurs who were paying attention ... and made your dinner possible!

Season-Extending by protecting plants from marginal temperature conditions is not a recent idea. The French had glass cloches a hundred years ago, to protect small plants from frost. For those into physics, the best specific heat we can get is, of course, water. The key problem with water is that it will freeze. Dark rocks can be used to absorb and hold heat. Unfortunately, rocks in general have about the same specific heat as dirt and are at about one-fifth the energy level of water.

I have used glass jars, window glass, row cover, plastic milk jugs with two rocks inside and a hole cut in the bottom for the plant to stick up through, and polyethylene film as temporary plant covers. The orange growers in Florida spray water itself on freezing nights, to take advantage of what is called “the heat of fusion” when water freezes. “The amount of heat generated when water freezes is 1200 BTUs/gallon or 80 calories/gram of water frozen. As

long as enough water is continuously applied to a plant, the heat generated when water freezes can keep the plant at or near 32°F (0°C).”

I covered a small corner of the garden with a scrap of polyethylene film one winter. With large rocks underneath and on top to help hold it down against wind and conserve some heat, it seemed to work very well, in that all the plants underneath survived into spring and began making seed and new growth. The upshot was that I had one single large broccoli plant that was over three years old and still producing out of the same main stem and root system! That is one doggone hardy plant, and, a thing that a commercial monoculture farmer would not likely ever see. I got new seed from it several times. If I had not seen this with my own eyes, it would have been hard to believe, because the lowest winter temperatures in each year were “hard” freezes, into the single digits Fahrenheit, and the polyethylene cover had been filled with snow.

For basic food security, we need more kinds of food plants, more heirloom varieties, and more varieties with different growing characteristics. A corporate monoculture food supply is risky and dangerous, even in terms of national security. We can always use open-pollinated varieties, even of existing crops, that will tolerate more cold (or heat), or grow larger fruits on them, or grow faster during a shorter growing season, or that are happy with less water, or have natural pest resistance, or grow as a bush-type instead of a vine-type. At least gardening is one of the few hobbies in which you can eat your mistakes! Happy spring planting for everyone!

Dear Reader,

Do you have a special garden plant that your grandmother gave you the seed for long ago or, perhaps, an heirloom vegetable with unusual color, shape or size? If you do, please contact:

Jim at jcain21@hotmail.com or carol@silvercityfoodcoop.coop. Thanks!

This article includes excerpts from
*All My Secrets of Organic and Container Gardening (So Far),
or, Bucket Mania Meets Solar Cooking!*
by Jim Cain • Available at Amazon

GRAB'N'GO

Rooting for You!!



by Carolyn Smith

Root vegetables, simply defined as edible plants that grow underground, are fresh whole foods that are rich in fiber, minerals, vitamins and antioxidants. They serve as staple foods in many countries and play an important role in cuisines around the world. Different colors signal different nutrients, vitamins, and minerals, but in general, root vegetables are good sources of potassium, folate, complex carbohydrates, fiber, vitamins A, B, and C and manganese, and are low in calories, cholesterol, and fat. Adding a serving or two of root vegetables to your daily diet can be incredibly beneficial.

Many root vegetables have a long shelf life, which makes them ideal for preserving over the winter months. Root cellars were common in many homes before the advent of refrigeration and modern year-round food distribution systems.

Technically they're not all roots; botanists distinguish true roots: taproots and tuberous roots from non-roots: bulbs, corms, rhizomes, and tuberous stems, but the term "root vegetable" is applied to underground plant parts eaten by humans as food. In nature, these bulbs, roots, and tubers serve as storage organs, absorbing water and nutrients and storing energy in the form of carbohydrates to feed the rest of the plant in colder months. Those nutrients make them dietary powerhouses for us.

Taproots include beets, carrots, parsnips, celeriac, radish, kohlrabi, turnip and burdock and examples of tuberous roots are sweet potatoes and yucca. Fennel, onions and garlic are bulbs, celery root and water chestnuts are corms, ginger and turmeric are rhizomes, and potatoes and yams are tuberous stems.

Most root vegetables are also starches — a kind of carbohydrate that the body breaks down into glucose for energy. If you eat more carbohydrates than your body needs, it will store them as fat and eating too many carbs in one sitting can spike your blood sugar. Just like grain based and other starchy foods, it's important to regulate the portions one eats during the day. A fist sized serving is an easy way to visualize a good amount.



And the beet goes on!

Carolyn making the Deli's famous Balsamic beets

Types of Root Vegetables

Beets are one of the most nutritious root vegetables available, packing a good amount of fiber, folates, and B vitamins as well as the minerals iron, manganese, and potassium into each serving. They're also high in nitrates, beneficial plant compounds that can help dilate your blood vessels, potentially lowering blood pressure and improving heart health. Studies also show that eating beets may improve exercise performance and increase blood flow to your brain.

Carrots are brimming with the vitamin K and the important antioxidant beta-carotene. Inside the body, beta carotene is turned into vitamin A. In addition to helping your eyes, vitamin A supports a healthy immune system.

Fennel, known for its licorice-like flavor is a flowering plant species closely related to carrots. Fennel packs fiber, vitamin C, potassium and manganese and is often consumed as an herbal tea or tincture to help relieve stomach discomfort and treat insomnia.

Garlic boasts a good amount of several important nutrients, including manganese, vitamin B6 and vitamin C and contains high levels of antioxidants like allicin and selenium, which help fight free radicals in the body, protecting against various diseases.

Ginger is rich in antioxidants and can help reduce nausea and decrease pain and inflammation.

Horseradish is a versatile herb with a sharp flavor and offers benefits such as reduced inflammation, enhanced liver function, and improved digestion.

Onions are high in fiber, vitamin C and antioxidants and contain nutrients named flavonoids, which help promote overall health by protecting against certain types of cancer and reducing the risk of heart disease.

Parsnips have a dense, sweet flavor and are rich in nutrients like vitamin C and fiber.

Potatoes are rich in fiber, vitamin C, vitamin B6, potassium and manganese. Potatoes, cooked and cooled, are also high in resistant starch, a type of starch that passes undigested through your digestive tract and helps feed your beneficial gut bacteria. A medium baked russet potato, including its skin has more than twice the potassium of a medium-sized banana.

Radishes are rich in nutrients, including vitamins A, B, and C, as well as minerals like calcium and iron and are a good source of fiber that promotes healthy digestion.

Sweet potatoes have essential vitamins and minerals, including potassium, vitamin C, and manganese and are a good source of several antioxidants — including beta-carotene and anthocyanins. One sweet potato is enough to meet your daily requirement of vitamin A.

Turnips are a great source of C, A, and B vitamins, calcium, iron, manganese, potassium, copper and fiber. The flavor of turnips is slightly sweet and earthy, with an underlying peppery bite.

Turmeric belongs to the same plant family as ginger and cardamom. Eaten raw or cooked, it has an earthy and spicy flavor with hints of pepper and ginger. Turmeric contains a compound called curcumin, which has been shown to prevent blood clot formation, lower cholesterol levels and reduce inflammation. Research in humans also suggests that curcumin may alleviate joint pain, stabilize blood sugar levels and decrease symptoms of depression. To reap its benefits, be sure to pair turmeric with black pepper, as the latter contains a compound that can significantly boost the absorption of curcumin in your gut.



*A Deli Delight!
Judy's Scalloped Potatoes*

Love Your Liver! Eat Burdock!

by *Monica Rude*

The liver is the master detoxifier, cleansing the body of environmental toxins and metabolic wastes. A major organ of digestion, it processes everything eaten before distribution to the rest of the body. The liver also plays a huge role in hormonal balance for both women and men, even as early as the teenage years. Imbalances may arise because hormones are not properly broken down by the liver and sent as waste products to the kidneys for excretion. These imbalances often respond to a diet that supports the healthy function of the liver.

Enter: burdock root! This lowly weed, considered a nuisance in many places where it grows wild (not the hot desert), can be of great benefit for the liver, kidneys and lymphatic function. It can be incorporated into the diet as food or tea, or used medicinally in the form of a tincture, salve, or other topical preparations. It may be combined with other liver-enhancing herbs, ie, dandelion, yellow dock, wild yam, milk thistle, or red clover. It improves digestion, is a prebiotic which feeds gut microbes, converting dietary fiber to short-chain-fatty-acids, which have many health benefits, including lowering cholesterol and LDL. It is a diuretic for fluid retention and hypertension. When used regularly, it can restore and replenish energy and decrease sweet cravings. It improves mental clarity and gives a boost when feeling run-down from cold or flu or covid. It has a long history of use for skin conditions, especially eczema and psoriasis, teenage acne, it strengthens hair and nail growth, remedies dandruff, hair loss. It cools "hot" conditions, ie, fever, heat stroke, sunburn, poison ivy, itchy rash. As a tea, it relieves joint problems, often caused by the buildup of toxins. It is antibacterial against pathogenic bacteria (like staphylococcus), antiviral against HIV, promotes free radical scavenging. It is known to increase excretion of uric acid from the kidneys, relieving the pain of gout.

Find this amazing vegetable fresh at the Silver City Food Co-op produce section during winter months;

look for long brown roots about ½ inch diameter. Store it tightly wrapped in the fridge for several weeks, or chop and dry for tea. To make tea, simmer 1 teaspoon dried burdock in a cup of water for 10 minutes.



Eating it: Burdock root has a pleasant flavor, similar to artichoke or asparagus; slightly sweet, savory, earthy. Use like carrots in soup, stir fry or any dish. Grate, lightly steam and sprinkle with toasted sesame seed oil. Bake it along with other sweet winter veggies, as in the recipe that follows.

Roasted Smoky Winter Veggies with Pomegranate

- Winter squash or pumpkin, seeds removed, cut into wedges (no need to peel, just cut off damaged areas)
- 1 cup total: Any combination of sliced fresh burdock root, carrots, parsnips, Jerusalem artichokes, etc.
- Large red onion, cut into wedges
- 1/4 cup olive oil
- 2 TBSP pomegranate molasses (easy to make your own by simmering one quart pomegranate juice reduced to 6 oz)
- 2 TBSP smoked paprika
- Salt to taste

Mix all together in a large bowl, spread on a cookie sheet. Roast at 400 degrees for 30 minutes or until tender. Top with fresh pomegranate seeds to serve.

Monica Rude grows herbs for the Desert Woman Botanicals product line and plans to grow burdock next season. Stay tuned for a report on how this goes.



Little Labels, Big Impact

In January 2022 the Non-GMO project began celebrating change for good with their Little Labels, Big Impact campaign. . By looking for Non-GMO Project Verified, Fairtrade America, and the Marine Stewardship Council labels on groceries, you can be certain that you are supporting practices that are better for people and the planet. Through their rigorous standards, these third-party certifications are driving critical environmental and social change in our food systems.



Fairtrade America works to create more equitable and sustainable trade in collaboration with nearly two million farmers and workers by inspiring businesses to implement ethical production practices and assisting shoppers in making informed purchasing decisions. Fairtrade America is the U.S. chapter of Fairtrade International, the original and global leader in fair trade certification, with over three decades of experience working to make trade fair in more than 100 countries across the globe.

The **Non-GMO Project** is a nonprofit organization committed to building and preserving the non-GMO food supply for everyone. It offers North America's most trusted certification for GMO (genetically modified organism) avoidance. When you see their butterfly label on a product, you have more information to help you decide for yourself whether or not to consume GMOs.

The Non-GMO Project was founded by two grocery stores, The Natural Grocery Company in Berkeley, California and The Big Carrot Natural Food Market in Toronto, Ontario. Both stores had spent the preceding years helping customers learn about GMOs in the food supply, and in 2007 they combined their efforts into the Non-GMO Project.



The **Marine Stewardship Council** is a global, science-based, nonprofit organization helping to protect the ocean and safeguard seafood supplies for the future. For over 25 years, the MSC has been working with scientists, fisheries, seafood companies, industry experts, retailers, conservation groups, and other nonprofits to improve the way our oceans are fished. The MSC label makes it easy for everyone to identify and choose sustainable, wild-caught seafood from a certified source.

Seed Cleaning Field Day

The Silver City Food Co-op donation for snacks at the Seed Cleaning Field Day was so appreciated! We offered snacks donated by the Co-op that included trail mix, crackers, cheese and dried fruit. The yummy treats were all gobbled up before our delicious meal catered by Howard from Corner Kitchen.

The Field Day was amazing! We had 40 attendees and more than that of different kinds of seeds that the attendees brought and donated! We had locally harvested seeds, from amaranth to zinnia, and many, many in between! The participants practiced different methods of winnowing and cleaning seeds using screen, fans and our new seed cleaner donated from Cruces Creative, the sponsor of the event.

The Seed Library volunteers will continue cleaning and packaging the seeds to be distributed to the 7 satellite locations: Silver City, Bayard and Gila Libraries, Single Socks Thrift Store, Bear Creek Herb Store, Mimbres Culture Heritage Site and Silver City Farmers' Market. The main library is located at The Commons at 501 E 13th St. For more information, or to get on the Southwest New Mexico Seed Library mailing list, please send an email to swnmseeds@gmail.com

*Thank You,
Chris Jepson, Seed Librarian*



Janna Mintz and Natalia Mease happily cleaning seeds.



Four smiling participants at the Seed Cleaning Field Day

Bulk Department

NEWS

Beans, Peas, and Lentils, OH MY!



And “Oh My” is right! These legumes are among the most versatile and nutritious foods available. They’re typically high in potassium, fiber, folate and iron, while being low in fats. From adzuki beans and black-eyed peas to French lentils and pinto beans, legumes should be a welcomed partner to your pantry. Take the dive into the world of legumes to capitalize on the magnificence of nutrition that they have to offer us.

The Silver City Food Co-op is fortunate to not only have a vast array of legumes to try out but, also, a high-quality, family-owned distributor in *Hummingbird Wholesale* to supply them.

For the month of March they are teaming up with us, once again, to bring you all great deals on our most popular legumes throughout the bulk department.

An assortment will be available for 15% off!

- Pinto Beans
- Black Beans
- Garbanzo Beans
- Kidney Beans
- Great Northern Beans
- Split Peas
- French Lentils
- Green Lentils

Still have a M.A.D. left to use? Time it right and this 15% off deal turns into 25% when you get your legumes during that shopping trip!

(Please keep in mind that any legume special orders will not be eligible for an additional 10% off of the 25% that happens at the register).

May Sale on Dried Fruit!

Love dried fruits the way as much as you love legumes? If so, you’ll be excited to learn that we are warming up with the return of Spring and bringing another round of deals with Hummingbird on a bunch of dried fruits in the bulk department.

I look forward to seeing your faces. Stay classy, Silver City.

Vynce Bourné



Lots of Red Lentils, OH MY!

Much Ado About Mulch



If there is one technique that will make your gardening easier this summer, it is proper mulching. Whether it's mulching the vegetable garden, around fruit trees, amongst berry bushes, or in the herb garden, the right mulch will reduce weed growth, conserve soil moisture, make the garden look beautiful, and increase yields. The question is which mulch to use for each plant. Here's my rundown of various mulches and how to use them in your edible landscape to make it more beautiful and productive.

Vegetable Garden Mulches

A mix of organic mulches is the best way to go in annual vegetable and flower gardens. Which mulch you use depends on where you live and what you're growing. Cool-season crops, such as broccoli, lettuce, greens, cabbage, peas, and pansies, do best with mulch that keeps the soil cool and moist. A 2- to 4-inch-thick layer of straw, pine straw, untreated grass clippings, or shredded dried leaves is best. Avoid using hay if possible, since it can be loaded with weed seeds. The added benefit of organic mulch is that it will break down during the growing season, improving the soil structure and fertility.

Mulches for Fruit Trees and Berries

Mulching fruit trees and berry-producing shrubs is similar to mulching any woody landscape plant. Mulch not only reduces weed growth and conserves soil moisture, but also provides a barrier so that lawn mowers and string trimmers won't scar the plant trunk.

First, remove the sod out to the drip line of the tree, shrub, or hedgerow of berry bushes. Add a 2- to 4-inch-thick layer of organic mulch around the plant.

Good mulches include shredded bark, bark chips and nuggets, and pine straw. Check local nurseries and garden centers for regional organic mulches that are sustainably harvested or made from by-products of agricultural operations in your area. Some examples of unusual regional mulches include cottonseed, buckwheat, sawdust, corncobs, grape pomace, pine

straw, and pecan, walnut, and rice hulls. Check that the crops weren't sprayed with harmful pesticides or herbicides.

There has been concern in the past about the decomposing carbon-rich mulches causing a nitrogen deficiency in the soil, but research has shown that it isn't a problem on healthy soils. The bark decomposes so slowly that the soil microorganisms can digest it without using up the nitrogen in the soil meant for your plants.

If you add fresh mulch every year, remove the old mulch (if it hasn't completely decomposed) before adding new mulch. If mulch is allowed to build up, it can create a mulch "volcano" that smothers roots and causes crown rot, eventually killing the plant. Always keep mulches a few inches away from the trunks of trees and shrubs.

It's cheapest to buy mulch in bulk, but that may not be practical. For small yards, bagged mulch is fine. Consider the site and how it is used when choosing the type of mulch. Large bark nuggets are difficult to walk on and are best used along foundations and in garden beds rather than on paths. When mulching flood-prone areas and steep slopes, avoid large bark nuggets since they tend to float or wash away; instead, use shredded mulch or small bark chips.

Mulching Herb and Flower Gardens

Apply a light layer of organic mulch around herbs and soft-stemmed annual and perennial plants. A 1- to 2-inch-thick layer is sufficient. Consider exotic mulches in the herb garden for an unusual effect. Cocoa bean hulls, a by-product of the chocolate-making industry, give off an alluring chocolate aroma when used as mulch. This material is best for areas out of the wind (it blows away easily), that don't flood (it will wash away), and where dogs won't be tempted to eat it (chocolate is toxic to canines). The smell won't last all summer, but it makes a great conversation piece and a way to get the culinary juices flowing.

by the National Gardening Association
www.garden.org



From Your Board . . .

Understanding Board Activities

Have you ever wanted to get a better understanding of board activities without committing too much time or energy? Or are you just curious what your board team members are doing to guide the Co-op forward? If you just want to dip your toe in the water to see the inner workings of the board, we invite you to join one of our monthly board meetings, held the fourth Wednesday of each month, at our new Pope Street location. Or, if your interests are more specific, all member-owners can participate on an ad-hoc or ongoing basis in one of our four committees. Note that committee participation may be limited in discussions regarding personnel and other sensitive matters.

An overview of each committee is listed below. For more detailed descriptions, visit our board page on the website at www.silvercityfoodcoop.coop/board.

Board and Manager Evaluation Committee (BME):

Chair – Shanti Ceane (meets as needed)

The committee focus is to develop, implement, and analyze evaluation tools for annual board and general manager evaluation and to facilitate a discussion about the results that identifies areas for improvement.

Duties and Responsibilities for Board Evaluation

- Set the calendar for each step of the board evaluation process.
- Be responsible for ensuring that the board completes the evaluation process.
- Revise C and D policies as deemed necessary.
- Serve as ad hoc committee for Bylaws or Articles of Incorporation Amendments.

Duties and Responsibilities for General Manager Evaluation

- Set the calendar for each step of the evaluation process.
- Develop or revise the evaluation process and tools.
- Complete a reporting table of B reports which includes the B policy, the date of the report, and any comments the board made at the time of the reporting.
 - Review GM Evaluation and committee recommendations for contract renewal with the full board in an executive session.
- Write a formal evaluation of the GM with a summary of the results, and present findings and contract decision to the GM.
- Maintain confidentiality in handling all information involved in the evaluation.

Finance Committee (FN):

Chair – Jane Spinti (meets quarterly)

The finance committee provides guidance and recommendations to the full board concerning fiscal decisions.

- Discuss co-op finances to better understand current and future financial challenges.
- Review requests for return of equity investments forwarded by operations and

recommend to the board what actions to take.

- Oversee the board budget.
- Based on the audited or reviewed prior year-end financials, recommend to the board the application of net savings for the prior year.
- Recommend to the board the share price for the upcoming fiscal year.
- Review the existing agreement with the board's accounting firm and help facilitate the periodic review or audit process.

Member Connect Committee (MC):

Chair – Kristina Kenegos (meets as needed)

The purpose of this committee is to be a conduit for information from member-owners and assist communications from the board to member-owners.

- Plan the annual General Members Meeting (GMM)
- Organize and implement a successful Round-Up program.
- Solicit suggestions and participation from member-owners and provide a means for the expression of member-owners' views on Co-op issues.
- Support and plan education and forums for action on member-owner and Co-op issues.
- Explore and review avenues for communication with member-owners on a regular basis.

Elections Committee (EC):

Chair – Sandy Lang (meets as needed)

The committee is charged with assisting the Board with its duty to oversee elections and nominations processes to cultivate effective board leadership, including officer succession.

- Set minimum candidate requirements with board approval (SCFC Bylaws 4.4.) Ensuring candidate eligibility. Ensure candidates agree to and receive adequate training in order to perform their duties effectively.
- Oversee election procedures and marketing efforts, including election work carried out by the Co-op staff.
- In a year-round effort that aims beyond the upcoming election, the committee will develop a pool of qualified candidates and work on recruitment for the board.
- Present eligible candidates to the board for appointment in the event of a board vacancy.

We would love to have your participation to ensure our board continues to represent our member-owners' interests as accurately as possible. Reach out to individual board members or via email at board.scfc@gmail.com if you want more details about joining the board or participating in a committee. Volunteer opportunities also available.



David Burr
President



Shanti Ceane
Vice President



Sandy Lang
Secretary



Jane Spinti
Treasurer



Leo Andrade



Kristina Kenegos



Paul Slattery



Tuan Tran

Board Meeting Schedule

The SCFC Board of Directors meets the fourth Wednesday of each month at 907 N. Pope St. Please email the Board for more information.

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

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

Board of Directors

David Burr President

Board Term: 2021-2023

Shanti Ceane Vice Pres.

Board Term: 2018-2024

Sandy Lang Secretary

Board Term: 2022-2024

Jane Spinti Treasurer

Board Term: 2023-2025

Leo Andrade

Board Term: 2022-2023

Kristina Kenegos

Board Term: 2023-2025

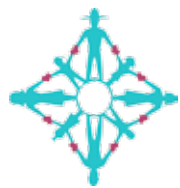
Paul Slattery

Board Term: 2022-2024

Tuan Tran

Board Term: 2020-2023

Our email address:
board.scfc@gmail.com



March

Members Only Specials

March 1 - March 28

20% OFF! listed prices



Katz
GF Glazed Donuts
11.3 oz
reg \$6.19



Seaweed Bath Co.
Bodywash
Assorted, .12 oz
reg \$10.99



Bretagna Nut Co.
Chandler Walnuts
reg \$11.99#



Pamela's
Wherever Bars
Assorted
5 - 1.41 oz
reg \$5.39



Herbal Medicine
Deep Sleep
60 Softgels
reg \$33.99



Port Salut
Soft Cheese
5.3 oz
reg \$6.59



Bertagna Nut Co.
Red Walnuts
reg \$16.99#



NaturalCare
Tree Pollen
1 Fl Oz
reg \$13.99



Mi-Del
Lemon Snaps
10 oz
reg \$5.39



American Health
Super Papaya
180 Tablets
reg \$13.99

Continuing

20% OFF! Members Only Special

African Baskets

- Various
- sizes •
- shapes •
- prices •



Co-op Deals

flyers
available

on our website

www.silvercityfoodcoop.coop

and at the front of the store

