



Silver City Food Co-op Garbanzo Gazette

Volume 23

❖ Your Monthly Newsletter ❖ April 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

Don't Spoil It!

by Trudy Balcom

Two hundred pounds per person per year. That's the average amount of food wasted by Americans. Rotting food in U.S. landfills produces emissions equivalent to the CO2 from 42 coal-fired power plants, according to a 2021 study by the Environmental Protection Agency. With every bit of food that is wasted, all of the water, fuel, and other resources used to grow, package and transport it are also wasted. The good news is, food waste is a big problem that each of us can play a role in solving, and help the planet while we do it.

Last month we started to explore ways each of us can tackle this problem at home, starting with the way we approach our refrigerators, and being more mindful about how much food we put in them. This month I will offer some tips about shopping, planning and storing your food to help you waste less food and enjoy more of it. The basic mantra is—buy only as much as you will use, use what you buy, and compost the rest.

Meal planning: Experts all say that making a plan about what meals you want to cook in the coming days will help you focus your grocery shopping experience and prevent you from buying more than you need. There are plenty of menu planning aids online if you are unfamiliar with thinking about meal planning; a good one is at savethefood.com, a food waste reduction website hosted by the Natural Resources Defense Council. Remember to factor into your meal plans how often you might pick up a to-go burrito or eat lunch out. Try to be realistic about how much you will actually cook. Even if you don't map out a detailed written plan before you shop, just having an idea of some items you want to eat for the week will help.

Shop at home first: Be sure to look through your refrigerator and pantry before shopping. That way you won't end up without the pasta you were sure you had for the spaghetti you planned, or end up with too much produce that you must somehow try to eat before it spoils.

After shopping, organize your fridge: Try organizing your fridge for maximum food freshness and reduced waste. Check the temperature setting on your refrigerator, it should be at 40 degrees for best storage. Rotate the items in the fridge to keep the oldest ones near the front, where they can be seen and used up. Place meat and dairy on the lower shelves where air is coldest. Wash and prep produce so that it is ready to use when you need it. I found that taking the time to wash my lettuce and pack it in zipper lock bags with a damp paper towel really helped me to eat more salads and use it up. Also, if you place items in the same location in the fridge, it can save time spent looking for them with the door open, wasting energy.

Advance meal prep: Most people have busy lives and don't always have the time or ambition to cook. Taking the time to prep at least some of your meals in advance will help you use up what you have. Try fixing a big meal you really love on the weekend and package up the leftovers to eat during the week, or put it in the freezer, marked with date and contents for later use. Make an egg salad to eat as sandwiches you take with you for lunch to use up eggs that are not so fresh anymore (boiled eggs that are 1-2 weeks old are easier to peel). If you find you have some leftovers you just can't face eating again this week, just put them in the freezer for another time and have something else.

Know the best storage options for different kinds of produce: Fresh fruits and vegetables are the most common food items that are wasted. Knowing the different ways that avocados and zucchini need to

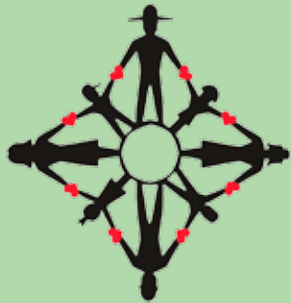


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1879 member/owners strong and counting . . .

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:

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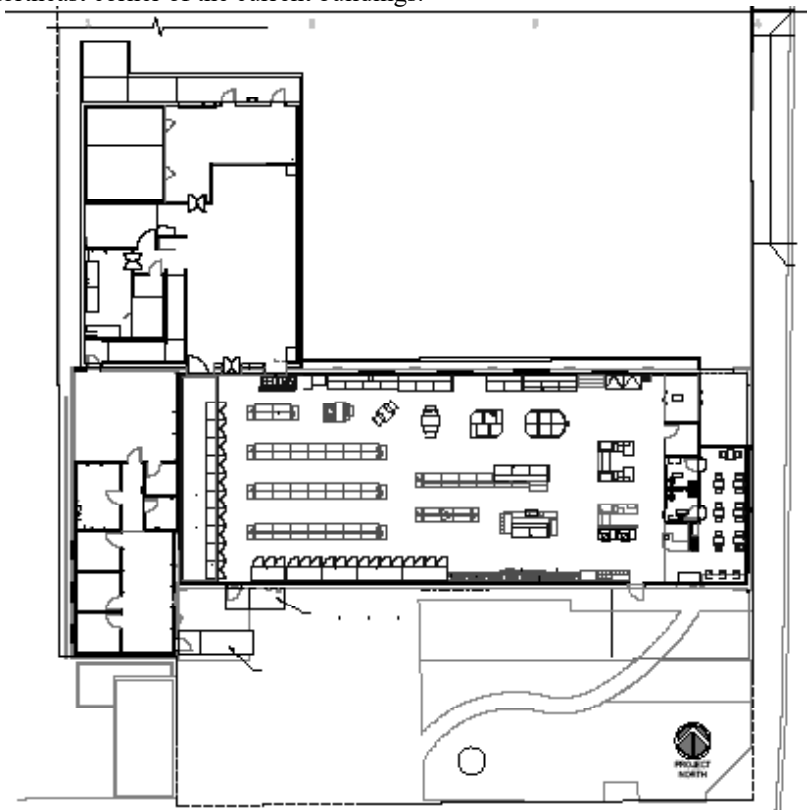
Not Watered Down



by Kevin Waters
General Manager

Last month, I hinted at a potential positive project update for this month's edition. We were anticipating a couple of important pieces of information relating to the cost and the funding of the project. We received one of them, and are still waiting on the other.

Based on the current cost environment, we had to re-evaluate the building design, and modify it with an eye toward "extreme value engineering". We asked the architect to take a different approach to the store design. One that would eliminate the entire south side addition, and contain those functions in a metal building addition to the northeast corner of the current buildings.



The good news is, that adjustment in approach will save us a tremendous amount of money. While there are some trade-offs in this design, we will move forward to a biddable design with this concept. The other positive is that to this point, we have not had to make any concessions on our sales floor space or contents. We have detailed estimates on what it will cost, and it is dramatically closer to our original budget, but not quite. That is the other piece of information we are anticipating. We have an expectation of some additional funds, to close the gap, and allow us to hopefully get moving on construction.

When, and how, I hope to share with you next month! In the meantime, to the left is a very, very basic drawing of the revised concept for the addition.



continued from page 1

be stored is important to make the most of them. For example, did you know that avocados should be stored on the counter until they are ripe and then moved to the refrigerator? That celery is best stored upright in a jar of water to preserve its crisp texture? Don't store your onions too close to your potatoes or they will make the potatoes start to sprout. Tips for the best ways to store different kinds of food including fruits and vegetables, dairy and eggs, beans and nuts is available at savethefood.com. And don't be afraid to use items that are showing signs of age. Unless it smells bad or is moldy, it's okay to trim away the bad parts on an aging bit of produce and use it.

Allow yourself to be creative: Sometimes in order to use up what you have you just have to stir

some creativity into your meals. Try spinach in a smoothie with a brown banana or two. Add some leftover garbanzo beans to mac and cheese. Slice the mold off that lovely cheese and eat the last of it with a salad. Make a peanut butter sandwich using leftover pancakes instead of bread. Cut up good quality stale bread into cubes and sauté in olive oil with herbs and butter to make a great salad topping.

Try to make using up your food a fun, creative challenge. It's one of the easiest ways to cut your carbon emissions, save water and gas all at the same time. And, you get that delicious feeling of being a part of the solution.

We Love Special Orders!

We are happy to offer you a service that is rare in this era of big-box stores and online shopping special ordering! Many of our customers take advantage of this, but *only Co-op members* receive a 10% discount when ordering by the case. It's a great reason to become a member today!

General Guidelines for Special Ordering

Special order forms are available at the cash registers or from any employee. Remember to write LEGIBLY on your form and submit separate forms for each product you order.

1. Date that you are turning in the special order form. If you need to specify that you need it by a specific date, please let us know.
2. Your Name (first and last) and phone number (including area code)
3. Item info:
 - Item description, which includes brand, name of product, size, flavor, etc.
 - Quantity desired
4. Check box(es) if you want to be called before order is placed.
5. Tell us if the store carries this item.
6. UPC (or scanning code) 12 digit #, if possible.

Ordering notes for specific departments:

Special Order Timeline

For most of the items in the store, the order deadline is Monday evenings by 7 pm. If you have any questions about deadlines or any other special order issues, please ask us when you submit your order.

Bulk

Bulk items are ordered in various weights, (except for bulk herbs and spices, which come in 1 lb bags) so always check first to see what poundage is required for ordering. A bulk amount of an item that is special-ordered gets the "Case discount" if you are a Co-op member.

For example, a 5 lb. bag of coffee or a 25 lb. bag of rice would qualify. Also, if you special order a 10 lb. amount of an item that we currently re-pack here at the Co-op, you would get the case discount.

HABA (Health & Beauty Aids) and Supplements

Most items in these departments can be ordered by the single item. To qualify for the case discount, however, you need to order 6 units of the same item. If at all possible, please provide us with as much info about the item as you can, especially brand name. It makes things quicker and easier for all.

Also, many of the products we carry, in these and other department, are ordered directly from the manufacturer and are subject to order minimums. As a result, these orders do not adhere to the ordering timelines for many of the store's other items, which are delivered once or twice weekly.

Produce

Order deadline: Thursday at 7 pm

Specify which day you want for pick-up: Tuesday, or Thursday (of the week following when you place your order).

Co-op members get a 10% discount on produce ordered by the case.

As a small business owned by our members, we can't absorb costs like a giant online entity.

We can special order items for you that we used to carry in the store or don't have the shelf space to bring in as a regular item.

Thanks again for your support of the Co-op.

If you have any questions about how to special order items or what types of items we can get, please let us know!

We appreciate your loyalty in continuing to shop at the Silver City Food Co-op.

Happy Ordering!

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
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Marguerite Bellringer
finance manager

Doug Smith
grocery buyer

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HABA buyer/POS

Mike Madigan
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Joy Kilpatrick
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Judy Kenneally
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Vynce Bourné
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Eva Ortega
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Isabella Mata
cashier/stocker

Gini Loch
cashier/stocker

Jalyn McClain
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Kelsi Cunniff
cashier/stocker

Natasha Kreider
cashier/stocker

Bella Drissell
cashier/stocker

Jaylene Chacon
cashier/stocker

Isaiah Muñoz
utility

Doug Walton
deli

Steve Buckley
utility

Bailey Young
utility



Kitchen Meditations

Spring

Roasted Spiced Rhubarb with Dates & Yogurt

It's breakfast! It's a snack! It's dessert!

Ingredients:

- ¼ cup unsalted, shelled pistachios, chopped
- ½ cup Medjool dates, chopped
- 2 teaspoons finely grated orange zest
- ½ teaspoon vanilla extract
- 2 tablespoons honey, divided
- 3 large rhubarb stalks (about ¾ lb.), cut into 2" pieces
- ¼ teaspoon ground cinnamon
- 1 1/3 cups plain Greek yogurt (full fat or nonfat)

Preparation:

- Bring dates, zest, vanilla, 1 tablespoon honey, and 1 cup water to a boil in a small saucepan. Reduce heat and simmer gently until dates are very soft and liquid is reduced by half, 8-10 minutes. Place rhubarb in a small baking dish and toss with cinnamon and date mixture. Roast, turning halfway through, until rhubarb is tender but not falling apart, 25-30 minutes.
- Whisk yogurt and remaining 1 tablespoon of honey in a small bowl. Serve spiced rhubarb and any juices with yogurt and pistachios.

Herb News

Earl Grey is one of the most recognized and favorite teas in the world. It's been hailed for its possible health benefits ranging from heart to digestive health. It also boasts an intriguing history that marks the intersection of the empires of the Far East and the West, but what truly makes Earl Grey unique is its blend of bergamot and black tea. Flavored teas consist of true tea leaves that are infused or blended with fruit, flowers, herbs or spices. To produce the distinct, nuanced flavor and character of Earl Grey, the rind of the bergamot orange is dried and added to black tea leaves and, in some cases, bergamot oil which is extracted from the rind of the fruit is also added to certain blends. Flavor-full and satisfying, it has a bright, refreshing, bold taste.

This classic tea is quintessentially English, but its origins stem from China. Chinese tea masters worked diligently for years to create new tea blends that would please the ruling class and entice western traders. They used everything from lychee fruits to jasmine and chamomile flowers to create new flavored Chinese teas. Bergamot flavored teas were simply another example of a long history of tea experimentation. Earl Grey is named after Earl Charles Grey of England who was Prime Minister from 1830 through 1834. Although he abolished slavery during his time in office, he is most remembered for his namesake tea! More recently, Earl Grey tea has made a number of appearances in popular culture. It is a favorite of Captain Picard in "Star Trek: The Next Generation," as well as Sir Leigh Teabing of "The Davinci Code." Earl Grey is beloved of many tea lovers. It combines the rich, malty flavors of black tea with the uplifting citrusy tang of herbal and floral teas. It's considered the best of both worlds when it comes to flavor and aroma. You can purchase it from our bulk herbs section near the back of the Food Co-op. As with all our bulk teas and herbs, it comes from Frontier Co-op and is organic and fair trade.

Fantastic Baked Oatmeal

This recipe is SO good as a great breakfast, but can be enjoyed at any time of day. Feel free to change out cow's milk for an alternative. Also, a variety of nuts and berries work well, too.

Ingredients:

- 2 cups rolled oats
- 1 cup walnuts, toasted and chopped
- 1 teaspoon baking powder
- 1 ½ teaspoons cinnamon
- ½ teaspoon fine-grain salt
- 2 cups milk
- 1/3 cup maple syrup
- 1 large egg
- 3 tablespoons unsalted butter, melted and cooled slightly
- 2 teaspoons vanilla extract
- 2 bananas, sliced into ½ inch pieces
- 1 ½ cups blueberries or a mix of berries

Directions:

- Preheat oven to 375 degrees. Butter the inside of a square 8 inch baking dish.
- In a bowl, combine the oats, half of the walnuts, the baking powder, cinnamon, and salt.
- In another bowl, whisk together the maple syrup, the milk, egg, half of the butter, and the vanilla.
- Spread a single layer of bananas across the bottom of the buttered baking dish. Sprinkle about two-thirds of the berries on top. Cover all that with the oat mixture and then drizzle the milk mixture over the oats. Scatter the remaining berries and walnuts over the top.
- Bake for 35 to 45 minutes, until the top is golden and the oats are set. Let cool for a few minutes. Drizzle with the remaining melted butter and serve.

Serving Suggestion:

Store the cooked, baked oats, tightly covered, in the fridge and warm individual squares in the microwave for a comforting, filling meal.

Simple Blueberry Sauce

Ingredients:

- 2 cups fresh or frozen blueberries (no need to thaw before, if frozen)
- ¼ cup water OR unsweetened apple or orange juice (juice will add a little more sweetness)
- 2 teaspoons arrowroot powder
- 1 tablespoon water

Instructions:

- Place the berries and ¼ cup water (or juice) in a small saucepan over medium heat. Cook for 5-10 minutes, until bubbling. Slightly smash some of the blueberries with the back of a fork.
- In a small bowl, stir together the arrowroot powder and 1 tablespoon of water. Remove the saucepan of berries from the heat. While stirring constantly, add the arrowroot mixture into the blueberry mixture. Let cool until no longer hot and serve.
- The sauce will thicken when chilled.
- Store in the fridge for a few days.

Jake's April Produce Picks

Rhubarb



Strawberry rhubarb pie is a favorite of many people this time of year. Rhubarb might be a seasonal spring delight, but what is it, exactly? Is it a fruit or a vegetable? It looks like celery, only red. Does it always need sweetening to be palatable? When reading about rhubarb, interesting facts begin to reveal themselves. Rhubarb is an ancient plant that can be traced back to China in 2700 B.C. when it was referenced in The Divine Farmer's Herb-Root Classic, a book of agriculture and medicinal plants. It is native to western China and Mongolia, but grows everywhere now, from Patagonia to Greenland. Used originally for medicinal purposes, the first known recipe for rhubarb was found in a cookbook entitled A New System of Domestic Cookery by Maria Eliza Rundell in 1807.

Rhubarb is harvested in the spring, from April to June. The stalks are famous for their vibrant red color, but can also be light pink or even green. Packed with minerals, vitamins and bioflavonoids, it is very high in fiber. Remember that only the stalks are edible. Never ever eat the leaves, as they are poisonous! Rhubarb is, indeed, a vegetable, but often cooked, sweetened and combined with fruit as a dessert. On its own it has a tart flavor, comparable to that of a sour green apple. Try it in quick breads, chutneys and with a variety of fruits. If you'd like to minimize sugar consumption sweeten rhubarb with honey or maple syrup. We don't normally think of it as an ingredient in savory dishes, but it can add zip to soups and stews. It's also a very nice compliment to meat, chicken and fish. So, rhubarb is a vegetable, not always red and doesn't always need to be sweetened to eat. Food facts are fun! Our produce department will be carrying it this spring so, perhaps you can engage in some creative rhubarb cookery. Let us know how it turns out!



Behind the scenes in the produce department: Eva processing celery

Surprising Facts About Blueberries

- Blueberries are ranked number one in antioxidant health benefits in a comparison with more than 40 fresh fruits and vegetables.
- The blueberry is one of the only foods that is truly naturally blue in color.
- The pigment (called anthocyanin) that gives blueberries their distinctive color is the same compound that provides its amazing health benefits.
- People have been eating blueberries for more than 13,000 years.
- Blueberries are native to North America.
- Blueberries were called "star fruits" by North American indigenous peoples because of the five-pointed star shape that is formed at the blossom end of the berry.
- The silver sheen (or "bloom") found on the skin of blueberries is a naturally occurring compound that helps protect the fruit. This is why you should only wash them right before eating.
- Consumption of blueberries has been associated with an array of health benefits.

Becky's April Dairy Pick

Honey Mama's Cherry Hazelnut Cocoa Truffle Bar



Everybody loves Honey Mama's Cherry Hazelnut Bars, including Gini!

Have you tried Honey Mama's? YUM! If you haven't, I hope you do. Their Cocoa Truffle Bars are exquisitely tasty and the ingredients are terrific. The basics in all flavors are raw organic honey, organic unrefined coconut oil, organic cocoa powder, Himalayan pink salt, and vanilla. Then, a distinctive variety of ingredients is added to create the dynamic flavors of Honey Mama's. These melt-in-your-mouth treats will easily satisfy your sweet tooth, but they are also free of refined sugar, soy, eggs, dairy, gluten and grains. Some think of them as a super food snack, even "enlightened." Hmm...well, we'll leave that up to you to decide!

This month, we are featuring mouth-watering Cherry Hazelnut truffles. Their "most beloved bar of all-time" (according to their website) is enhanced with chewy Bing cherries and flavorful, crunchy toasted hazelnuts, mingled with delicate flakes of salt. Like all Honey Mama's bars, it is a textural masterpiece; rich and buttery, but a little chewy with a cherry-ish tang. Keep in mind that Cherry Hazelnut is a limited edition flavor and available only while supplies last.

During their ten years of business, Honey Mama's has journeyed from a Portland, Oregon farmers market to national distribution. Since day one, these cocoa truffle bars have been made in-house in Portland. Honey Mama's proudly sources organic, non-GMO, direct trade ingredients from majority Oregon-based suppliers. Today, their headquarters provides employment to over 50 individuals in their community and distributes millions of truffle bars annually. Look for Honey Mama's in our free-standing produce refrigerator to the back and center of the Co-op. Also, remember to keep them in the fridge at home.

March 29 - April 25 • Members Receive 20 % OFF • In the middle cooler, top shelf

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their February Service.

Sue Ann Childers • Tim Garner • Jane Papin
Tasha Marsh • Tammy Pittman
Susan Van Auken • Mary Ann Finn
Monica Rude • Marghie Seymour



RAIN CHECK

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



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

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



Round Up Donation Program

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

Round Up for April

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.



February Round Up \$1365.00

High Desert Humane Society

Back in the 90s, a Pointer mix female dog was left tied to the fence at the Shelter. A staff member brought her in and when trying to remove her collar found that it was imbedded in her neck. She needed veterinary care to repair the gaping wound. The Daily Press did an article about her case and our generous community was so concerned; donations began rolling in to help with her care. Because she was such a sweet girl the staff named her Rosie, hence Rosie's Fund. In the years that followed, Rosie's Fund continued and the money is used to pay for veterinary care for injured adoptable dogs and cats that arrive at the Shelter. The wonderful Silver City Round Up donation will be a substantial addition to the Fund and it will continue to provide care to those in need.



Round Up for May

SW Word Fiesta

The *Southwest Word Fiesta* was created to celebrate the written and spoken word bringing together those who create with those who appreciate with special emphasis on fostering community involvement.



Customer Change for Community Change!

Silver City Recycles

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



Recycling drop-off times for April
Two Saturdays, the 8th and the 29th, 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

Spring Gardening Info from the Seed Library

Are you considering what you might want to plant in your garden this spring? By mid-May, the Seed Library locations should all have seeds available for warm weather planting. In addition to the three sisters (beans, corn and squash) we'll have a variety of seeds for flowers and herbs! If you haven't already started tomatoes, peppers, eggplant, okra and cucumbers indoors, it's not too late. Mid-May to early June can be a good time to direct plant these vegetables.

Stay tuned! Next month we'll have a spring planting chart to share in the Garbanzo Gazette.

If you have questions or would like to receive the "Radish Review," feel free to call Chris Jepson at 575-313-5817.



**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



Macronutrients – What Are They?

by Susan Van Auken

This definition of *food* from *Webster's* appeared in February's *Garbanzo Gazette* "Food Fable": "a material consisting essentially of protein, carbohydrate, and fat, used in the body of an organism to sustain growth, repair, and vital processes and to furnish energy." The meaning implies that these three macronutrients provide what is needed to sustain health; but we then might ask, will food products manipulated by refining and processing still sustain health?

A deeper look at each of these three components could help provide answers.

Protein

The twenty amino acids found in protein are the building blocks for the body and used in structures substances like bones, hemoglobin and enzymes. Most food contains some protein, and the body can produce most of the amino acids as well. However, nine of the amino acids must be gotten from food. A complete array of the essential amino acids can be obtained by consuming any legume with whole grains, nuts, or seeds, or by eating animal protein.

Many cultures have traditional dishes that combine plant foods to provide the protein needed – corn tortillas and pinto beans, rice and tofu, hummus (garbanzo beans and tahini), and peanut butter (a legume, not a nut) and bread.

While animal protein provides all the amino acids, it also often provides high amounts of saturated fat and cholesterol. Processed and cured meats often include a high amount of salt.

According to a Harvard study, it is uncommon for healthy adults in the U.S. and most other developed countries to have a protein deficiency, because there's an abundance of plant and animal foods full of protein. The study also notes that many in the U.S. are consuming more than enough protein, especially from animal-based foods.

Carbohydrate

The sugars and complex starches in carbohydrates produce the major source of fuel for the body. Both are converted to glucose, which enters the bloodstream. The sugars deliver quick energy, and the complex starches, which take longer to break down, provide sustained endurance. Carbohydrates also contain fiber, an essential material for optimal digestion.

Foods packed with carbohydrates include whole grains, legumes, fruits, and vegetables. Foods with few or no carbohydrates include meat, fish, eggs, cheese, and oils.

During the development of packaged food products, the food industry changed the nature of carbohydrates. Refined flour and sugar are created by stripping away some beneficial parts of the natural carbohydrates, which provide needed fiber and vitamins and minerals, leaving a nutrient-deficient, though shelf-stable, product.

Unfortunately the word *carbohydrate* does not distinguish between the nutrient-dense carbohydrates found in whole foods and the refined white flour and sugar found in breads, crackers, baked goods, soda, and many other common products. While the refined flour and sugar-rich



Susan and one of her home grown cabbages

carbohydrates of the North American diet produce calories for fuel, they do not provide all the nutrients and fiber necessary for optimum health. To make matters worse, the food industry often adds extra sugar to packaged goods.

"Carbs" may have a bad rap because the added sugars and refined flour deliver a lot of what used to be called empty calories, with little nutrition, except some protein which processing does not usually impact.

Fat

After the body breaks down into fatty acids the fat and oil you eat, these fatty acids enter the bloodstream where they play a role in the creation and functioning of all our cells. Fatty acids also help the body use the nutrients that are fat soluble, such as vitamins A, D, and E. Although the body can make most of the essential fatty acids from carbohydrates, two fatty acids must be obtained from food: Omega 3 and Omega 6.

The essential Omega 3 fatty acids are found mainly in salmon, flax seed, and walnuts, while Omega 6 fatty acids are quite plentiful, resulting in the common concern about consuming too much rather than not enough.

Many foods contain fats. The two main types of fats are saturated fats, which are solid at room temperature, and unsaturated fats, which are liquid at room temperature. The main sources of saturated fats are meat, butter, cheese, coconut oil, and palm oil; while vegetable oils, nuts, seeds, avocados, and fish contain unsaturated fats.

As with carbohydrates and protein, processed food has changed the fat we eat. Many baked goods provide a more traditionally desirable

product when baked with a fat that is solid at room temperature, like butter. Partially hydrogenated oils and trans fats, solid fats created out of liquid oils, were banned for use three years ago due to their health risks. Processed foods now contain palm oil, palm kernel oil, and coconut oil, vegetable oils that are very high in saturated fats, i.e., 50% to 85%. Although these semisolid oils make them suitable for use in processed foods, many consider them an unhealthy choice.

Additional Facts

The amount of protein, carbohydrate, and fat one needs per day depends on age, weight, and activity level. A small sedentary person with a desk job will need fewer calories and macronutrients than a larger person participating in physical activity all day, who must eat more calories and nutrients to fuel and nourish the body.

Even though the daily recommended amount of each macronutrient needed for health varies from source to source, most fall into the same ranges. **Protein:** The general recommendation is about 0.36 grams of protein per pound of body weight per day, or 50 grams for a 140 lb person. **Carbohydrate:** Guidelines suggest that 45% to 65% of one's daily calories comes from carbohydrates. This is not very specific, nor do most of the sources mention the difference between whole-food carbohydrates and white-flour products. **Fat:** For a diet of 2000 calories per day, about 60 grams of fat are suggested and that 10% or less of the fat be saturated fat. **Fiber:** Suggestions are in the range of 65 grams.

Each gram of protein and each gram of carbohydrate provides 4 calories. Each gram of fat provides 9 calories, more than twice that of each gram of protein and carbohydrate.

After the body's nutritional needs are met, all extra calories eaten, whether from protein, carbohydrate, or fat, are stored as fat.

In order to promote optimal health, a vegan, vegetarian, Paleo, macrobiotic, raw food, or standard American diet must provide sufficient nutrition from the three macronutrients, proteins, carbohydrates, and fats.

Author's Belief

Whole, natural foods nourish the body. In our co-op, you can find these foods in the bulk bins, produce section, herb section, and dairy coolers, in frozen and fresh meats, fish, and poultry, and in bottled oils and canned vegetables. Many of the produced and packaged foods, such as crackers, cereals, chips, sweet treats, and baked goods, contain refined flours and sugar and therefore might not sufficiently nourish the body according to the definition of *food*. Perhaps there would be fewer chronic illnesses in our country if we all actually got the macronutrients we need by eating real whole foods full of all the goodies nature has to offer.

References: National Institute of Health, Mayo Clinic, FDA, Harvard School of Public Health, and others. The information in this article is vastly simplified.

Quote from Eknath Easwaran, Spiritual Teacher, from his book *Words To Live By* (selection for February 23, pg 64) :
 "... but I had never asked what the purpose of food is. At Gandhi's prompting I started asking this kind of question and concluded to my great surprise that food is meant to nourish the body. . . The palate is an ideal starting point for getting some mastery over your senses. . . Just resolve to move away from foods that don't benefit your health and choose foods that do."



Macronutrients Comparison All amounts in grams

	Calories	Protein	Carbo- hydrate	Fiber	Total Fat	Saturated Fat
Potato - large	145	4	33	1.2	0.2	0
Apple - med	96	0.3	24	1.8	1	0
Broccoli - 1 cup	40	4.8	7	2	0.5	0
Beans						
Legumes - 1/2 cup, cooked	100	8	20	1	0.5	0
Tofu - 4 oz	72	7.8	2.4	trace	4.2	0
S.G. Brown Rice - 1 cup, cooked	180	3.8	38	3.5	1.2	0.3
Quinoa - 1 cup, cooked	222	8	39	5.5	3.5	0.4
Oats - 1 cup, cooked	140	4.8	23	4	2.6	0.4
Butter - 1 TBSP	102	0.1	0.1	0	11.5	6.3
Olive Oil - 1 TBSP	124	trace	trace	0	14	1.5
Sunflower Seeds - 1/4 cup	203	8.7	7.2	1.3	17.1	2
Almonds - 1/4 cup	90	6.6	9	1	19	1.5
Peanut Butter - 2 TBSP	172	8	6.4	0.6	16	3
Tuna - 3 oz	90	18	0	0	2	0
Lean Ground Beef - 4 oz	200	23	0	0	11.5	5.5
Chicken Thighs - 4 oz	100	16	0	0	8.5	2.4
Pink Salmon - 3 oz	90	8	0	0	2	0
Whole Milk Yogurt - 1 cup	140	7.8	10.6	0	7.4	4.7
Cheddar Cheese - 1 oz	112	7	0.36	0	9.4	6

Please note serving sizes.

All amounts are approximate.

GRAB'N'GO

Go to Greens

by Carolyn Smith

Green is the color of spring; the green shoots of crocuses pushing through the snow in northern climes, the flush of new grass transforming the golden hills of California to bright green, and the greening of deciduous trees as young leaves unfurl, are all signs of spring.

In the culinary world, the earliest spring crops are the leafy greens. Leafy greens also referred to as pot herbs, vegetable greens, or simply greens, are plant leaves eaten as a vegetable. Leaf vegetables eaten raw in a salad are our salad greens. Nearly one thousand species of plants with edible leaves have been identified. Most leaf vegetables are short-lived herbaceous plants, such as lettuce and spinach, but woody plants of various species also provide edible leaves.

Before the advent of the modern food distribution system and the ability to eat anything anytime, fresh greens were a veritable tonic after a winter diet of stored root and cole crops. When I lived in the countryside of Scotland, far from any grocery store, harvesting young green nettle tops was such a welcome treat. In Vermont, when snowy or muddy roads kept us at home, we treasured the first parsley shoots and fall planted spinach leaves emerging from their winter slumber. Here in Silver I have been lucky to have a fresh supply of local greenhouse greens and herbs throughout the year.

Leaf vegetables contain many important nutrients; as photosynthetic tissues, their vitamin K levels are particularly notable. Pheylloquinone, the main dietary form of this vitamin, is directly involved in photosynthesis. In our bodies, vitamin K plays a role in blood clotting, controlling the binding of calcium in bones and other tissues, and regulating blood calcium levels.

Leafy greens also provide vitamins A, C, and folate (B9), antioxidants such as beta carotene and lutein which contribute to good vision and may protect eyes from macular degeneration, the minerals potassium, calcium, magnesium, iron, and manganese, as well as insoluble dietary fiber.

Insoluble fiber, sometimes called roughage, does not dissolve in liquids, so it remains mostly unchanged as it moves through your digestive tract. Insoluble fiber stimulates the activity of your intestines, helping move partially digested food along the tract, keeping us regular and preventing constipation. According to the Harvard School of Public Health, consuming insoluble fiber can also help you avoid diverticular disease, an inflammatory disorder of the intestines affecting around one-third of adult Americans and lowering the risk in adults by as much as 40 percent.

Look for a wide variety of local and organic greens in the Silver City Food Co-op's beautiful produce department including arugula, beet greens, bok choy, collard greens, dandelion greens, kale, mustard greens, rapini (aka. broccoli raab), spinach, swiss chard, turnip greens and green herbs and as ingredients in the delicious Grab 'n' Go offerings at the front of the store.



Carolyn preparing to make the Deli's Kale Slaw

Kale Slaw with Poppyseed Vinaigrette

- 1-2 bunches of Dino Kale or Curly Green Kale, destemmed and thinly sliced
- 1/8 - 1/4 head green cabbage, thinly sliced
- Put Kale and Cabbage into a bowl and add Poppyseed Dressing; mix (massage) dressing into kale/cabbage
- Add 1/4 - 1/2 cup dried cranberries or dried cherries & 1/4 - 1/2 cup of raw pumpkin seeds and mix all

Poppyseed Dressing

- 1/4 - 1/2 red onion, very finely minced
- 1/4 - 1/2 cup honey
- 1/4 - 1/2 cup olive oil
- 1/8 - 1/4 cup of cider vinegar
- 1/8 - 1/4 cup of lemon juice

- Emulsify all ingredients with a whisk or an immersion blender



My Octopus Teacher!

Please join us on Tuesday, April 18 for a special screening of the heart-warming, Academy Award-winning film, *My Octopus Teacher*, at the Silco Theater.

What fun to experience this beautiful movie on the big screen!

Date: Tuesday, April 18

Time: Doors open at 6:30 PM; movie starts at 7:00

Where: Silco Theater, 311 N. Bullard Street, Silver City

Donations Accepted to Cover Expenses

Presented by the High Desert Humane Society and Lotus Center.

For more information, please write us at info@LotusCenterSC.org.



Ya Gotta Love Those Dandylions!



Dandelions are coming up and flowering gloriously with minimal winter precipitation. They are feeding insects, especially bees, that have hardly anything else to eat now. The flowers are fabulously bright yellow to cheer your day. What's not to like?

Many Americans consider them troublesome weeds, a threat to a perfect lawn, even an embarrassment if seen by their neighbors or discovered by their homeowners association. They become determined to get rid of them at any cost in money or labor. Special tools are used to dig out those perennial roots that reach down into the soil as much as three feet. And they spray. Lawns make up thirty million acres of the United States, and Americans use an estimated 80 million pounds of herbicides on them annually. The U.S. Fish and Wildlife Service reports that "homeowners use up to ten times more chemicals per acre on their lawns than farmers use on crops." Additionally, herbicides used on lawns to kill dandelions take a terrible toll on wildlife. More than seven million wild birds are estimated to die annually due to the use of lawn herbicides.

Dandelions have been used successfully for bioremediation of soil because they absorb zinc, copper, manganese, lead and cadmium from the soil without harm to themselves. This is why they laugh at folks who try to kill them with chemicals, which have little impact. In humans this weed provides detox of heavy metals and thus, prevents liver damage that might have occurred if they remained in the body. Traditional Chinese Medicine, Ayurveda and Western Botanical practices have long-used dandelion medicinally to manage conditions of the liver, kidney, GI tract, skin, eyes, ears, sinus, inflammation, infections and more. This herb eases and eliminates hangover and gastric acidity.

The flowers can be used to make beer and wine. Dandelion coffee is a delicious substitute for regular coffee and provides essential vitamins and minerals and helps rehabilitate the kidneys and liver that can be burdened with excessive, long term coffee consumption. To prepare: clean the roots, chop into small pieces, dry, then roast in the oven. Grind as coffee and prepare as you would coffee. Or combine them with other herbs, ie, roasted chicory root, carob powder, cacao nibs and chaga mushroom.

These spring beauties were introduced by European colonists for medicinal use, as sources of nutritious greens and for wine making. They are now found happily growing in every state of the US and every Canadian province. Those folks knew their plants. Their leaves and roots are rich in Vit A, B C, E and minerals iron, phosphorus, calcium, potassium. The leaves are bitter, a good digestive aid; if trying for the first time, mix them with other greens until your palate adjusts. Those growing in the shade will be less bitter than those from sunny locations. The roots and leaves are most bitter in the spring, useful as a diuretic and stimulant to the liver, spleen

and kidneys, as in spring tonic. Roasting the roots sweetens them by breaking down the inulin polysaccharides into fructose, a good source of fiber your gut microbes will have for dinner.

Always harvest from an area known to be clear of chemicals and road contaminants.

Harvest fresh dandelion leaves in the springtime to impart stronger actions to cool, detox and assist the liver. Dry the leaves, grind into green powder to use in recipes. The root is usually harvested in the fall when it fills with starchy reserves to get the plant through the winter. Prepare fresh or dried, for teas or tinctures internally and as washes or salves topically. Soaking chopped roots in brandy is quite tasty. Sprout the seeds or grow them into microgreens. Make this "darling of the lawn" into pesto, lemonade, chai, add to quiche or sauerkraut, even make into ice cream! Recipe below. More recipes and weed-formation in Katrina Blair's book, noted below.

More cities and homeowners associations have recognized the value of dandelions for feeding bees and beneficial insects and have backed off on requiring homeowners to keep their lawns manicured. Several cities and countries even have an annual dandelion festival to celebrate this valuable weed and promote organic land management practices. These places include Durango, Denver, Boulder, Napa Valley, Netherlands, Nova Scotia, Japan and many more.

Then...just when you thought you'd heard it all ...The first SUSTAINABLE sneaker has been created using materials made from nature, including dandelions!

... you can't make this stuff up...

Monica Rude lives in Gila where weeding is easy.

<http://www.turtlelakerefuge.org/>

Katrina Blair, *The Wild Wisdom of Weeds: 13 Essential Plants for Human Survival*; Chelsea Green Publ, White River Junction, Vt, 2014.



Dandelion Ice Cream

- 3 avocados
- 1 c fresh dandy greens
or 1 tbsp dried leaf
- 2 lemons juiced, 3 c water,
 - 1 c honey.

Blend all ingredients until very creamy. Place in metal bowl in freezer and stir every hour until it becomes ice cream!

by Monica Rude



Meet Bailey! Our Newest Staff Member



Our newest cashier, Bailey, is a quite comfortable working on the register and really enjoys our Co-op customers. When queried about her favorite activities away from work, her reply was “I really love to play with my dog, Rollerblade, play adventure video games, and watch anime! I’m also pretty in love with art in any medium, so getting my hands on art related topics always makes me incredibly happy.” She’s loved all things art for most of her life. In fact, as a younger person, she worked on many of the murals that you see on a lot of the buildings around Silver City.

Most people who know Bailey here at the Co-op would be surprised to know that she’s a musician! She plays a “ton of instruments. It’s always been a breeze to pick up one and play. My dad taught me guitar when I was younger and I play a lot of songs that he played for me himself, like “Wayfaring Stranger.”

Bailey’s favorite items at the Co-op are the Decomposition Books. “I play a lot of Dungeons and Dragons, so having a place to keep my notes organized is super helpful.” Decomposition Books are great and, now, you can purchase them at Silver City Food Co-op! Based in Brooklyn, New York, Decomposition has been providing sustainably-made notebook and paper options since 1949! With 100% post-consumer-waste recycled paper and soy-based inks, their notebooks, sketchbooks, and pocket diaries are an environment enthusiast’s dream come true! The paper is excellent and durable and the designs are SO much fun! Many people like to buy a different design for each project or course they are working on at the time. It’s a stylish and effective way to be organized.



Tapestry of Talent Fashion Show

Everyone is invited to attend the Southwest Women’s Fiber Arts Collective Tapestry of Talent Fashion Show. It will be held at the Silco Theater, Saturday, April 15, from 1:30 to 4:30.

This is the first fashion show the SWFAC has hosted since 2012. Our members have been busy working with different forms of fiber. There will be individual garments for sale as well as complete outfits and accessories. Some of the fashions in the show will include painted natural fiber outfits, handwoven scarves, shawls and tops, creatively redesigned, upcycled clothing including lace, linen and denim. There will also be colorful outfits sewn from pieced and appliqued fabrics. Pick up a cloth tote to carry your treasures home in! Many of the items will be for sale at the end of the show. We accept cash and credit cards.

SWFAC was founded in 2005 and is a grassroots, non-profit organization, encouraging cottage fiber industry in the Southwest.

The SWFAC mission statement is:

- Celebrate fiber art and realize its economic potential
- Nurture and empower both novice and skilled fiber artists
- Enrich the community by fostering opportunities to experience, earn, and learn.

Our outreach programs teach skills and appreciation for a wide variety of fiber arts to young people in the community. These give them an opportunity to discover and explore a new craft.

There will be a drawing for three gift baskets and tickets will be available before the show.

Doors open at 1:30 and show begins at 2:00. Previous shows were well attended by guests from near and far. Tickets are available online at:

www.fiberartscollective.org.

Be sure to arrive early for the best seats as it is open seating.

The Silco will provide refreshments. We are looking forward to this show. It’s an opportunity to see some local creativity and support the area fiber arts.



Frozen Department

NEWS

New Products!



Dave's Killer Bread Plain Awesome Bagels

The Story of Dave's Killer Bread began in 2005 at the Portland Farmer's Market when Dave Dahl and his nephew brought some fresh loaves to sell. For Dave, it was the beginning of a new life. Though he'd grown up in a family of bakers, his life had taken a different path, one that led to prison for a total of 15 years. During that time he had a life-changing moment when he realized that he wanted to do something different with his life. He was welcomed back to the small family bakery by his older brother. Dave worked tirelessly to bake bread that tasted unlike anything else on the market. Packed with seeds and grains and made with only the best organic and non-GMO ingredients, Dave's Killer Bread is still made that way today. You may have already enjoyed the Dave's Breads that we carry in the Co-op, but now we carry the Plain Awesome Organic Bagels; same quality and fantastic taste! Come on down, bagel lovers!

Evol Shredded Beef

Evol has a pretty substantial line of frozen burritos. Currently, we already carry their Egg & Green Chili Burrito and have, recently, added the Shredded Beef Burrito, comprised of tender beef, pinto beans, rice, cheddar, cheese, roasted corn, and an authentic tomato salsa, hand-rolled into a tasty flour tortilla. Evol Burritos are easy and delicious any time of day. They're made with fresh, quality meats, veggies, cheese and a unique blend of spices. This company cares about ingredients! Evol also boasts an impressive humanitarian and environmental record with a dedication to local businesses (Colorado), wind power, and more. We recommend heating these burritos in the oven or panini press, instead of a microwave, for best results.



Alec's Ice Cream

The freezer aisles of grocery stores everywhere have filled up with a myriad of ice creams from companies eager to shake things up. In this sweet, chaotic landscape, Alec's Ice Cream is a stand-out. It's organic, sustainable, and produced using regenerative farming practices; hence, a better tasting product and good for the environment! Alec's starts with local organic pasture-raised dairy and egg yolks, with cane sugar sourced from the Native Green Cane Project, one of the world's largest sustainable agriculture organizations. Of course, the proof is in the pudding, er, ice cream. You'll find four flavors in our dessert freezer. It's a unique taste lineup, but what really stands out is the richness and velvety creaminess you don't often find in other brands.



Frozen buyer Misha with another new product, Cripini Egg Wraps with Cauliflower

Cripini Egg Wraps

Introducing the first-of-its-kind ZERO net carb wrap. Cripini Egg Wraps with Cauliflower are pliable and taste great right out of the refrigerator. Use them with both savory and sweet foods. Cripini Wraps use all natural and clean ingredients, are gluten-free, dairy-free, sugar-free, cholesterol-free, keto-friendly and paleo-friendly, making them the perfect wrap alternative for many folks with dietary issues. They're a good source of protein, packed with six grams per two wraps. Enjoy them with any fillings or toppings of your choice, for breakfast, lunch and dinner.

Cripini
Egg Wraps
w/ Cauliflower
are 20% off for Members
March 29-April 25



Tour of the Gila Remembers Alex Olsen and Martyn Pearson

by Sue Barsom

The Martyn and Alex Tour of the Gila is set for April 26-30. Professional and amateur bicycle riders will take on the roads of Grant County in a five-day test of endurance and speed. The Silver City Food Co-op is proud to be a co-sponsor of the event.

This year's race is being held in memory of Martyn Pearson and Alex Olsen, owners of Gila Hike and Bike, who were killed in an automobile accident last fall. Martyn and Alex were beloved members of the community, and their deaths remain an enormous blow to many.

Tour of the Gila race director Jack Brennan, a close friend of Martyn and Alex, is especially gratified that the Tour is remembering the pair. "The default, this year, was that the race would be named for them," explained Brennan. "If we were going to do something to remember them, this would be it. We wanted to do everything we could to remember who they were and what they meant to us and to the community."

Martyn Pearson originally came to Silver City on a golf scholarship at Western New Mexico University. In making his way by bike to practices at the Scott Park Golf Links, he discovered how much fun mountain biking could be, and a cycling athlete was born. He put his passion for cycling to work for both Gila Hike and Bike and the community. After years of working at Gila Hike and Bike, he eventually became one of the shop's owners.

In addition to his daily interactions with cyclists and hikers in the shop, Martyn also served on the mayor's Trails and Open Space Advisory Committee, organized many trail maintenance work days - both in town and in the Gila National Forest - and was a coach for a local youth cycling team.

Jay Hemphill, former owner of Gila Hike and Bike, often joined Martyn on the trails. "Martyn saw the intrinsic value of our trail systems," Hemphill said. "When he wasn't busy being a dad and a businessman, you'd find him out working on trails or recreating on trails. Our trails were his biggest connection to this area."

Alex Olsen arrived in Silver City on a bicycle. She was here for a two-day layover during a cross-country bicycle trip, and her riding group stopped in at Gila Hike and Bike. She found herself connecting with Martyn and with the landscape of the Gila region, and in time fell in love with both. When she moved here, she brought with her an expertise in food studies, certificates in cheesemaking and in viticulture and viniculture, and experience working with a non-profit organization dedicated to providing pathways to culinary careers to underserved teens.

In Silver City, Alex taught culinary arts at the Aldo Leopold Charter School, volunteered with Healthy Kids Healthy Communities and The Commons, and coached the Silver City Swordfish swim team. Alicia Edwards, who worked

with Alex, had the opportunity to become very familiar with her many talents. "Alex was an invaluable and generous partner in my work with Healthy Kids Healthy Communities," said Edwards. "She helped me reach hundreds of kids through Nuevo Thursday programming, creative food tastings, bike clubs and bike rodeos. I miss her deeply."

Together, Martyn and Alex brought their varied talents to organizing bicycle races, with the Signal Peak Challenge and the Tommy Knocker 10 being most familiar to local riders. Their efforts provided hundreds of hours of fun and tons of delicious food.

This year, Alex's family in New York and Martyn's in England have become co-sponsors of the race, as a way of honoring their loved ones. Alex and Martyn's names are not only in the title of the race this year, but also found on the official race jerseys and t-shirts. The sponsorship funds given by the families ensure that the professional women riders will receive the same prize amounts as the professional men. Pay equity was particularly important to Alex, who served for many years on the board of the Patrina Foundation, whose core mission is to expand educational, professional, artistic and athletic opportunities for girls and women.

Mari Holden, Olympic silver medalist and former Tour of the Gila women's champion, was pleased to see this year's advances in equity, and noted that "Jack Brennan and the race organization have always done their best to treat both men and women fairly. Having equal prize money is a natural next step in this progression and is important to building equality in the sport."

To learn more about Martyn and Alex, the Tour of the Gila, and how to volunteer to help or order a commemorative jersey, go to www.tourofthegila.com.

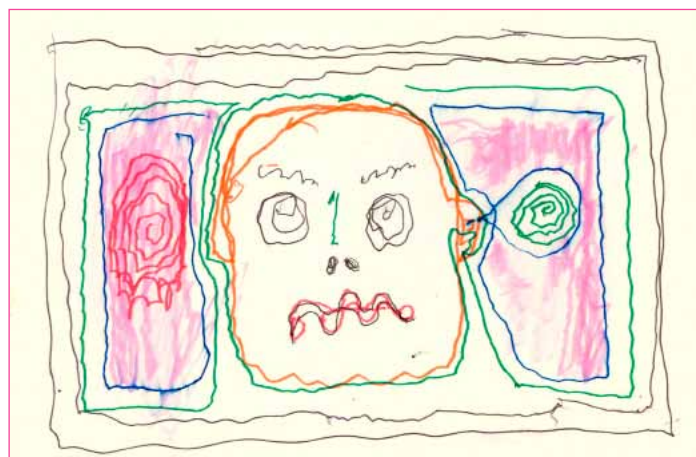


Photo by Jay Hemphill

Alex and Martyn
on Boston Hill

Rant for the Ides of March

a poem and a drawing by
Rick Stansberger



It's spring and I'm afraid
I'm going to do
something stupid. Thunder
rain and birds. Crows
follow me around for the
carnage of common sense
the glittering idiocies
I drop in the mud.
Hitler was born in the spring.
Edgar Allen Poe
is giggling from a curled-up
bud. Here come the Irish,
tornadoes and the Mongol hordes.
The Great Mother rises
from snowy sleep

and sensible creatures dive
for cover. Let me
slide down your dreams,
lay siege to your breasts,
drink from the well
which is God the Ironic.
It's spring, the mud-
luscious puddlewonderful
Jesus Christ and Mary
Magdalen whooping in a shopping
cart down the down-
slope side of Chaos
and I'm going to do
something stupid I just know it.



From Your Board . . .

Learn About Board at Meet-and-Greet Events

The Silver City Food Co-op, as a member-owned cooperative, depends on our members to provide leadership for effective board functioning by volunteering for committee or board service. We need member-owners who bring a desire to learn and a willingness to work together.

There are two primary ways to have a voice in your Co-op: joining a committee or running for the Board.

We are actively soliciting member-owners who wish to serve on one of our committees (Member Connect, Elections, Finance). This could be a way to determine whether you have an interest in running for a board position. Board members typically serve on two committees during their elected term.

As a board member, you can shape our future by providing long-range visioning, ensuring the protection of the co-op's assets, monitoring the general manager using policy governance, and ensuring that the purpose and mission of the Co-op are always considered in our decisions.

Interested in learning more about the Board? Then join us at one of two board meet-and-greet sessions planned for this year prior to our monthly board meetings. The first meet-and-greet is scheduled for April 26th. Just stop by at 5:30pm for an informal chat with board members, then stay for the board meeting starting afterwards if you choose. The second meet-and-greet is planned for July 26th.

Board meetings are open to all member-owners. Join in person the fourth Wednesday of the month at 907 N. Pope Street or by Zoom. (Request a Zoom link in advance to join.)

Co-op member-owners elect board directors once a year, with this year's election scheduled for October 9-22, 2023. Three positions are open this year for three-year terms. Committees meet on a varying schedule depending on business being addressed.

Candidate requirements:

Board directors must be at least 18 years of age and be a Silver City Food Co-op member-owner, in good standing, for at least 90 days prior to the end of the voting period. NOTE: Household members who are not the member-owner who signed the share certificate are ineligible.

Additional qualities that we are looking for in candidates include:

- Have or be willing to acquire regular email and internet access for communication purposes.
- Be able to attend monthly meetings and retreats.
- Be team-oriented and reliable co-op members with varying backgrounds who are ready to serve the Co-op.

- Have experience with business, cooperative models, prior board work, human relations, food industry, finance, real estate, technology, or state law.

Other suggestions offered to potential candidates for board director:

- Attend one or more of the board's meet-and-greet sessions.
- Attend at least 2-3 board meetings prior to the election.
- Talk with current or past directors.

Visit our website at Silver City Food Co-op (silvercityfoodcoop.coop) for more information on the board elections process.

Candidates will be asked to submit a candidate statement up to 350 words explaining their qualifications and interest in joining the board. Candidates will also go through an interview process with elections committee members. Candidate statements, Q and As and photos will be publicized prior to the election to assist members with their vote selection.

Submission deadline for candidate statements is August 15, 2023. Board directors will review and recommend candidates who meet the requirements to the membership. Candidates who submit statements after the deadline date, or who do not get board recommendation, may be a "write-in" candidate on the ballot with a petition of 5% of the current active membership. Deadline for write-in candidates is Sept. 10, 2023.

Board members are compensated with their choice of either a 20% discount on Co-op purchases or a monthly gift card of \$100, as well as compensation for some expenses incurred as a board member.

Additional questions? Reach out to our elections chair at elections@foodcoopboard.org.

Highlight box:

Interested in learning about the board?

- Attend a meet-and-greet sessions on April 26th and/or July 26th at 5:30pm.
- Join a board meeting on the fourth Wednesday of the month.
- Attend the General Membership Meeting in June.
- Serve on a board committee.

All meetings are held at 907 Pope Street. For more information on our board committee and charter, visit our website at Silver City Food Co-op (silvercityfoodcoop.coop).



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

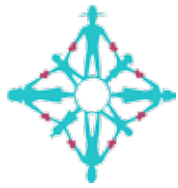
Paul Slattery

Board Term: 2022-2024

Tuan Tran

Board Term: 2020-2023

Our email address:
board.scfc@gmail.com



April

Members Only Specials March 29 - April 25

20% OFF! listed prices



Honey Mama's
Cherry Hazelnut
Truffle Bar
2.5 oz
reg \$6.69



Tierra Farm
Roasted/Salted Cashews
reg \$16.29#



earth science
facial scrub 4 oz
reg \$7.69



Crepini
Egg Wraps
w/ Cauliflower
12 wraps
reg \$5.99



earth science
complexion toner
8 oz
reg \$9.69



Enzymedica
Digest Gold
Smiles
30 count
reg \$19.19



UNFI
Nonpareil Whole Amonds
reg \$10.49#



Enzymedica
Digest Gold
21 count
reg \$17.99



earth science
Creamy Cleanser
8 oz
reg \$9.69



Just Coffee
Electric Monkey
Espresso
reg \$16.99#



Enzymedica
Digest Basic
30 count
reg \$9.99

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

