Silver City Food Co-op

Garbanzo Gazette

Volume 22 | *Your* Monthly Newsletter | November 2022

Co-op Hours:

Mon. - Sat.
9 am - 7 pm
Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE!

• highlights •

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Members Elect Candidates and Approve Bylaws Amendments

Kristina Kenegos

Thanks to all the Co-op members who participated in our election this year. If it felt like our election process came earlier this year, you're right! We moved our schedule up two months – from December to October – to avoid the busy holiday season and give our new Board members a little more time to get oriented to their new roles.

A total of 390 active members voted for our nominated candidates and Bylaw amendments this year, nearly 21% of the current membership.

Congratulations to new Board members Kristina Kenegos and Jane Spinti. Both were elected to three-year terms expiring in 2025. We will be seating the new board members at the January 25, 2023, board meeting where outgoing directors will finish the business of 2022 and vacate their positions.

Jane Spinti

In addition, two amendments to the Bylaws were passed by Co-op voters. Changes to Vacancies, and to Term and Removal of Officers, were approved by more than 91% and 99%, respectively, of votes cast.

We want to thank outgoing directors Gwen Lacy and Julianna Flynn for their leadership and commitment on the Board, especially welcomed as we transition to our new building. They will be missed!

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend."

Melody Beattie

1859 member/owners strong and counting . . .

Silver City Food Co-op

established 1974

www.silvercityfoodcoop.coop
575.388.2343

Store Hours

Mon-Sat 9am-7pm
Sunday 11am-5pm

Vision Statement

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

Seven Cooperative Principles

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

Kevin Waters

General Manager

The Garbanzo Gazette

Editor: Mike Madigan

Guest Writers:
Monica Rude, Carolyn Smith
Rick Stansberger

Staff Writer: Judith Kenney

Layout & Design: Carol Ann Young

Prooofreaders: Mike Madigan, Gini Loch

Submissions are welcomed!
Submit letters, articles, or items of interest to:
judith@silvercityfoodcoop.coop
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Unfiltered Waters

The Pope Street store expansion and renovation project has been impacted dramatically by some of the changing financial and economic conditions affecting commercial construction recently. During our design completion, the pricing structure for a project like ours has been under intense financial pressure. As a result, our plan to continue partnering with general contractor White Sands through construction has now been put on hold.

The Co-op is in in a healthy position financially. That being said, we have a hard cap on how much we can spend on our new store project. The numbers need to make sense, and we will continue to evaluate different options to make sure we are utilizing Co-op funds in the most prudent manner. At this point we will now submit our completed plans for a competitive bidding process. What does this mean for our project? Initially, it will create another delay in the process, as we have already experienced in this unprecedented environment for commercial construction projects. Finishing the store some time in 2023 remains the goal. As strange as it sounds, the current environment is challenging even that timeline. There may also be some level of store design change, as we scour the cost/benefit of various design components.

While this is a setback, we have a plan to ensure the project moves forward appropriately. The biggest impact to our member owners is that the perpetual delay process goes on. Conversations with construction experts, project managers and other general managers have revealed that this is happening everywhere around the country. When I speak with general managers about construction project timelines, they literally burst out laughing. So we are not alone in our situation.

We will keep membership apprised of any significant changes, and share timeline details when they are clearer.

Let's Talk Turkey!

Mary's Certified Organic Turkey

First come, first serve.

No reservations taken for turkeys.

$5.39 lb

- **Small: 8-12 lbs**
- **Medium: 12-16 lbs**
- **Large: 16-20 lbs**
- **X-Large: 20 + lbs**

Turkey sales begin Friday, November 11th.
(no discounts apply)

Its MAD!

Nov/Dec

Member Appreciation Days

any 2 trips of your choice to save 10%

Silver City Food Co-op Staff

Judith Kenney
outreach/GG
Kate Stansberger
supplement buyer
Jake Sipko
produce manager
Carolyn Smith
deli manager
Carol Ann Young
GG/office
Becky Carr
dairy buyer
Marguerite Bellringer
finance manager
Doug Smith
grocery buyer
Tinisha Rodriguez
HABA buyer/POS
Mike Madigan
operations manager
Marchelle Smith
deli
Joy Kilpatrick
frozen buyer/receiver
Judy Kenneally
deli
Vynce Bourné
bulk buyer
Kevin Waters
general manager

Andrea Sandoval
cashier/stocker
Eva Ortega
produce
Isabella Mata
cashier/stocker
Roxanne Gutierrez
cashier/stocker
Gini Loch
cashier/stocker
Jalyn McClain
Human Resources
Kelsi Cunniff
cashier/stocker
Natasha Kreider
cashier/stocker
Bella Drissell
cashier/stocker
Victoria Compton
POS
Jaylene Charon
cashier/stocker
Isaiah Muñoz
utility
Doug Walton
deli
Arlene Wayne
POS coordinator

Kitchen Meditations

Avocado Cups w/ Pomegranate Salsa Verde

For this recipe, chopping pomegranate seeds breaks them up and releases their vivid color into the dressing.

Ingredients:

¼ cup chopped cilantro
¼ cup chopped mint
3 tablespoons olive oil
2 tablespoons coarsely chopped pomegranate seeds
1 tablespoon fresh lemon juice
1 tablespoon lemon zest
Salt, to taste
4 ripe avocados, halved and pitted.

Preparation:

Mix cilantro, mint, oil, pomegranate seeds, lemon juice, and lemon zest in a small bowl. Season dressing with salt, if desired. Spoon over and into avocados.

Roasted Delicata Squash

Ingredients:

2 medium delicata squash, washed and dried
2 tablespoons butter, melted*
Salt and pepper, to taste

Directions:

• adjust oven rack to lowest position and preheat oven to 425°F

• Trim both ends of each delicata squash. Stand squash up on the larger cut end and, using a chef's knife, slice it lengthwise, through the center of the squash, creating two even halves. Scrape out the seeds and any fibrous flesh.

• Place all four halves cut-side down on a cutting board and cut each crossways into 1-inch thick slices. Transfer to a large bowl. Add butter, salt, and pepper, and toss to evenly coat slices.

• Transfer the squash slices to a rimmed baking sheet, arranging them with an even amount of space between each one. Roast until golden brown on the bottom, about 12 minutes. Flip each slice and continue to roast until golden on that bottom, as well. Remove from oven and serve.

**You can also use olive or coconut oils or ghee for a slightly different result, but the same yumminess.*

Herbal Reveries

Genmaicha: A Taste of Ancient Japan

According to Chinese legend, tea was born in 2727 BCE, when the Emperor Shen Nong was purifying water in the shelter of a wild tea tree when several leaves blew into the pot. The resulting brew, of superb fragrance, color and taste, made the emperor rejoice. It soon became a daily drink in the lives of the Chinese people. Centuries later, Buddhist monks visiting from Japan around 805 CE, brought tea leaves and seeds back to their home country where the infusion soon became a favored drink at court. Although green tea was first introduced to Japan from China, it has since been refined and perfected to become one of the enduring symbols of Japanese culture.

In the early days of the Samurai, green tea was a luxury in Japan. It was a common practice for peasants to stretch their precious tea supply by adding toasted brown rice, which was abundantly available, to the leaves. The combination of fresh, herbal sencha, Japan's spring-harvested steamed green tea and nutty toasted rice, was so popular that it has become a traditional style of tea known as genmaicha, "brown rice tea," and sometimes referred to as "the people's tea."

In modern times, the mild, full-bodied, nutty and grassy flavor of genmaicha has won over the entire population of Japan and many folks around the world enjoy it, too. Aside from its flavor, this satisfying tea contains a range of antioxidants as well as ascorbic acid, both of which can support a healthy immune system. Regular consumption of genmaicha has been shown to assist physical relaxation due to its theanine content. Because it contains minimal caffeine, this delightful tea can be enjoyed in the evening without interfering with a good night's sleep.

Pasta w/ Boursin Cheese & Veggies

This simple, lovely dish incorporates Boursin Garlic and Fine Herbs to great advantage.

Ingredients:

½ lb. spaghetti
2 tablespoons butter or olive oil
A generous amount of freshly ground black pepper, to taste.
1 cup fresh or frozen peas
1 box Boursin Garlic and Fine Herbs
¼ cup chopped green onion chives
½ cup chopped flat leaf parsley
½ cup grated parmesan cheese
Optional: for increased flavor, add a handful of chopped sundried or cherry tomatoes

Instructions:

• Boil pasta until cooked al denté

• While pasta is cooking, melt butter or olive oil over medium heat in a large skillet.

• When oil is hot, add the black pepper and peas. Cook until pepper is fragrant, 1-2 minutes. Turn off the heat.

• Now is the time to add your tomatoes, if desired.

• Add Boursin cheese and ½ cup of pasta water. Whisk until smooth and saucy.

• Add the chives, parsley and parmesan. Mix until well combined.

• Add the cooked pasta and toss to combine. Adjust for salt, if needed

• Serve warm and enjoy!

Jake's October Produce Picks

Delicata Squash

Also known as peanut squash, Bohemian squash, or sweet potato squash, delicata squash is part of the Cucurbita pepo family. This group of squash includes varieties of summer squash, such as zucchini and yellow summer squash, as well as acorn and spaghetti squash, which are recognized as winter squash. Delicata is categorized as winter squash since it has a hard flesh and is harvested late in the season. What makes it similar to types of summer squash is its thin skin, which makes for easier preparation than many other winter squash. Its colorful, striped skin gives cooked delicata an appealing appearance, compared with many monochrome squashes, such as butternut, which is uniformly beige. It is similar to butternut, with a sweet, buttery flavor, but can also be compared to a sweet potato with a deep, rich essence.

Delicata squash was introduced in the late 1800s, but fell out of favor during the Great Depression because of its susceptibility to disease, as well as low yield and short shelf life. At the end of the 20th century, a disease-resistant squash made its way into the market, and delicata has regained popularity since.

Because of its edible skin and uniform shape, these oblong beauties require little preparation. One way to cook it is to cut the squash in half crossways, scoop out the seeds from each cavity, and then slice into rings. Place on a baking sheet, drizzle with oil and sprinkle with salt, and roast or bake. Alternately, you can simply slice the squash lengthwise, remove the seeds and slice into half-rounds. Delicata's uniform shape and medium size lends itself quite well to being stuffed. Slice in half (into little "boats") and fill with your choice of a mixture of veggies, meats, grains and nuts; then bake. Because the skin is edible, it's easily cubed and added to casseroles and stews.

Pomegranate

The lovely pomegranate, a garnet-hued orb, filled with a multitude of tangy, edible seeds, is native to a region in modern-day Iran. Grown since ancient times throughout the Middle East and Northern India, this alluring fruit has a special place in the belief systems of that area of the world. It is featured in the Greek myth of Persephone, and some biblical scholars have said that the forbidden fruit of the Garden of Eden was actually a pomegranate, not an apple. The wise King Solomon had a graceful pomegranate design carved into the columns of his holy temple. Hindu women, hoping to become pregnant, were encouraged to consume it in all its forms to ensure success and a healthy baby. We now know that women who are pregnant, or seeking to become so, will benefit greatly from the ample amounts of folic acid and Vitamin C that pomegranates provide.

They are, indeed, a nutritional powerhouse. In addition to the aforementioned nutrients, pomegranates are rich in fiber, Vitamin K and potassium and have a valuable anti-inflammatory effect on the body.

Eat pomegranates in any number of dishes. Serve the seeds raw on salads, in sandwiches and cooked with any meal you choose. Enjoy a cup of the juice and reap the benefits! It contains higher levels of anti-oxidants than most other fruit juices, green tea and red wine. Please remember, though, that the juice has a highly concentrated sugar content and is best consumed in moderation.

Becky's October Dairy Pick

Boursin Garlic & Herbs Cheese

Creamy, salty, and herbaceous, Boursin Garlic and Herbs cow's milk cheese may just become your new "splurge" item. Boursin is the inspiration of Frenchman Francois Boursin, a cheese maker who developed it as fast-casual snack with universal appeal. The texture is creamy and light, with a cloud-like consistency. Oddly, it's airy and dense at the same time…in a good way! Redolent of garlic, chives and parsley, it's exotic, yet level, and extravagantly delicious when spread on Pita bread and topped with arugula, a curious, bitter green that compliments it perfectly.

Boursin Garlic and Herbs is truly yummy added to salads, pasta, with bread or crackers, or with raw vegetables like carrots, celery and bell peppers. Also, it melts well as a sauce for pasta and chicken. Think of it as a versatile ingredient in any dish. A dry white wine or fruity red such as Beaujolais with Boursin are the perfect pairings for this luxurious cheese.

November 2- November 29 • 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 September service.

Jane Papin • Sue Ann Childers • Tim Garner
Tammy Pittman • Louise Hummingbird
Tasha Marshe • Susan Van Auken

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

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 November

The Commons

The Commons: Center For Food Security and Sustainability will support the "Rooted" youth programs that help build gardening skills, entrepreneurship, and foster creative responses to pressing community needs.

September Round Up $1112.00

Silver City Recycles

Silver City Recycles will use the money raised from the Co-op Round Up for our continuing efforts to recycle plastics, glass, cardboard, and aluminum cans collected in our community. Unfortunately, any money collected for these materials does not pay for the cost of processing and hauling them to Albuquerque where we have relationships with recycling brokers who guarantee these materials will find their way into the recycling market and get turned into new products.

In addition, we will use the funds to continue to get the word out through our website and printed materials to educate people in our community about the benefits of reducing consumption, reusing materials when possible, and recycling as much else as we can.

Thank you for letting us be part of the Co-op Round Up.

Round Up for December

Future Forge

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

Customer Change for Community Change!

Silver City Recycles

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

Recycling drop-off times for November
Two Saturdays, the 12th and the 26th, 10am - 12noon

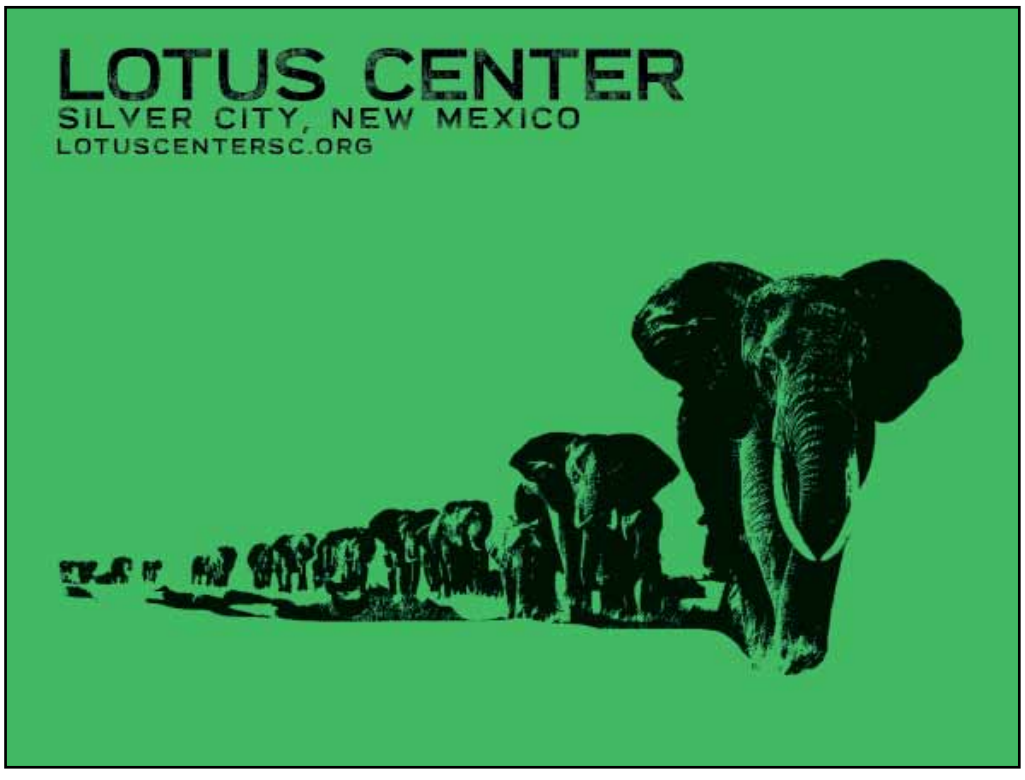
From Chris Lemme: Silver City Recycles Board of Directors has decided to keep our current hours of operation (10am-12pm) throughout the year. Therefore, there will be no change in operation times after daylight savings time in the fall.

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

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

Blues for Polio:
A Showcase for Local Musicians

This event is being presented by the Rotary Club of Silver City. Join the fun at WNMU's Light Hall Theater on Saturday, November 5 at 7pm for a blues-y evening, featuring seven local musicians. General Admission is $15. If you're extra inspired to contribute, there will be a "Reception with the Artists" before the concert from 5:30 – 7pm, a catered event with beer, wine and appetizers on the Light Hall Patio for $75. This includes general admission for one. All proceeds go to Rotary's world-wide polio eradication project.



DOUBLE UP FOOD BUCKS™
½ OFF
Local Produce everyday with your EBT card

Renew your membership and reap the rewards!

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

RAIN CHECK

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

Calling for Guest Writers!

Do you love your Co-op?
Do you want to help get the word out about the issues facing the Co-op?
We would love your help writing articles for the Garbanzo Gazette!
Members, if interested please email
judith@silvercityfoodcoop.coop
Three hours earns a 15% Volunteer Discount

grat·i·tude

grăt´ ĭ - tyōōd´ . noun

the quality of being thankful; readiness to show appreciation for and to return kindness to someone.

As the year circles back into the season of quiet and deep stillness, we have an opportunity to reflect on life and the enjoyments and challenges that have made their way to us over the last year. It's time to get cozy, drink warm beverages and be with friends and family. The holidays are coming, a wondrous time for many people. Even if you do not celebrate the holidays, there is much to be thankful for. Two years ago, in our November issue, we asked staff to share what they appreciate most about their lives. It worked out so well that we decided to revisit the idea for a cheerful and uplifting read.

We, at the Silver City Food Co-op are exceedingly appreciative of you, our valued members and customers, for your consistent support through the past few years of craziness and transitions. May the coming season find you very well and in touch with all that fall has to offer.

The Co-op Staff

Doug W. I'm grateful for life itself. A serious illness nearly robbed me of that. I see each day as a blessing.

Joy
I am grateful for my Co-op family - new frinds, old friends, smiling faces and a friendly hello - and Doug's bread . . . super awesome . . .smile.

Jaylen
I am grateful for so many great new beginnings! This year has already brought me an amazing new job and relationship. Next is a new house and a new baby! I can't help but feel so incredibly blessed and grateful for the exiting new chapters coming my way!

Victoria
I am thankful for family and modern medicine.

Andrea
My family and friends and how they are an amazing support system.

Tinisha
I'm grateful for my family and friends.

Becky
I am grateful for my wonderful family, dear friends, delightful pets, and delicious cheese and chocolate.

Natasha
I'm grateful for where I'm at in life and the love and support system I have from friends, family, and my boyfriend. My favorite dish my mother would make was called "German stuffing." Nothing fancy, except rather than adding sage for seasoning, exchange it for 2+ teaspoons of allspice to taste plus lots of butter!

Healthy Holiday Recipes

On the hunt for something a little different to enjoy as part of a celebratory meal? Four of our staff members have offered to each share a favorite recipe of the season. Whether you're a real foodie or prefer a simpler approach to food preparation, these offerings will tempt all who gather at your festive table.

All ingredients called for can be found at the Co-op.

Cranberry Apple Oat Crisp

My mother uses this simple dish a variety of ways: as a compliment to turkey and dressing, as a dessert served with a scoop of ice cream, more decadently as a topping for cheesecake, and even for breakfast atop a steaming bowl of oatmeal & cream.

Serves 10-12 (half the recipe for a smaller crowd)

Ingredients:

6 cups peeled, cored, chopped apples (a tart variety works best)
4 cups fresh cranberries (or frozen)
2 cups granulated sugar
6 tbsp all purpose flour (or a gluten-free alternative)

Topping:

3 cups rolled oats
1 cup flour
1 cup light brown sugar (packed)
1/2 cup chopped pecans
1 cup melted butter

Doug W.

Instructions:

• Combine the fruit, flour and sugar. Pour into a 9x13 deep Pyrex baking dish. It is helpful to grease the dish.

• In a bowl, mix the topping ingredients until they are a crumbly consistency.

• Distribute this mixture over the top of the fruit. Bake at 350°F until fruit is tender & the oat topping is lightly toasted (about 50-60 minutes).

• This recipe is delightful as is; but you can play around with it by adding a tsp of vanilla, a dash of citrus zest, or a little nutmeg, allspice or cinnamon.

Pear Salad with Blue Cheese & Walnuts

The pairing of balsamic vinegar with pears makes the flavors pop.

Marchelle

Ingredients:

3 ripe but firm pears quartered and cored
2 1/2 tsp sugar
Salt and pepper
2 tsp plus 2 Tbsp olive oil
4 Tbsp balsamic
1 small shallot minced
Medium head green leaf or romaine lettuce, torn into 1 inch pieces
About 4 cups arugula
4 oz blue cheese
3/4 cup toasted walnuts or pecans

Directions:

• Toss pears, 2 tsp sugar, 1/4 tsp salt, 1/8 tsp pepper. Heat 2 tsp oil in skillet over medium high heat. Add pears and cook about 2-4 minutes till golden brown. Turn off heat and add 2 Tbsp balsamic.

• Let pears cool then cut into 1/2 inch pieces.

• Whisk 2 Tbsp oil, 2 Tbsp balsamic, 1/2 tsp sugar, shallot in large bowl. Season with salt and pepper. Add lettuce, arugula and cooled pears. Top with blue cheese and nuts. Serve immediately. Serves 4

Doug
Grateful to call Silver City my home for the last 20 years, the creativity, the collaboration, the community. Everytime I leave, I remember how lucky I am to get to call this place home

Kate
I'm so grateful for my husband of 40 years, and for my co-workers at the Co-op. Both Rick and my co-workers help keep me from being a total introvert!

Judith
I'm grateful for Mother Nature. When we spend time in the natural world it becomes apparent that we are her children, too.

Kelsi
I am grateful for my good health, to be part of such a great community, and for my supportive family and friends, both new and old!

Bella
the moments that you don't expect
that leave you happier than you thought was possible
the ones that come & are gone
before you know it

Vynce
I am grateful for colors and self-expression. Although I gravitate towards black clothing, my daughters have shown me that through colors we can express ourselves without words. My closet is slowly being taken over by trickling colors and now when I open it in the morning I am reminded that I am the only me around and that makes me feel special. Only seven billion people on earth but only one Vynce.

Jaylene
I am grateful for my family, my friends and all of the wonderful people here I have met at the Co-op. It's great to have so many kind and loving people in my life.

Roxanne
I am thankful for all the meaningful friendships I have made here at the Co-op. Having a special bond with someone is important to me and working at the Co-op has brought me that. I am also thankful for getting into the nursing program and learning so much about patient care.

Gini
So much! It's hard to pick just one thing. Clean water, organic healthy produce grown by our local farmers, and a friendly helpful community - that's a good start.

Isabella
I'm most grateful for my family. They're very supportive and mean very much to me. I don't get to see them very often, so I really treasure the holidays, for when I do.

Carolyn
I am grateful for my body and its ability to heal and for this community that is so supportive in times of need.

Carol
I'm thankful for the abundance of rain this year and the beautiful skies, both sunny and cloudy. And after two years+ of masking, I am very grateful to see the smiling faces of my Co-op family and friends!

Eva
I'm grateful for having someone in my life I connect so well with, anything can be said and done. I'm grateful for having the best puppy babies and all their unconditional love. I'm also grateful for the full support of my friends I've had for over 15 years, no questions asked, they are always there for me.

Jake
I am very thankful for this amazing thing called life and the wonderful people and pets that are a part of that! Also this beautiful place we live isn't too bad either . . .

Maple Pecan Pie

Inspired by my time living in Vermont and New Orleans.

Carolyn

Ingredients:

½ cup butter
¾ cup brown sugar
4 eggs 1 tsp vanilla
1 cup chopped pecans + pecan halves for topping
½ cup of maple syrup
Pinch of salt
1 pie crust

Directions:

• Cream butter with brown sugar.
• Beat in eggs one at a time.
• Add salt, maple syrup, vanilla and chopped pecans. Pour pecan mixture into an 8" pie shell and decorate with pecan halves.
• Bake at 350 for 1 hour.

Easy Pumpkin Pie

My favorite Thanksgiving desert recipe would be for a Gluten Free Mi-Del Ginger Snap Pumpkin Pie! We now carry the already premade Mi-Del Gluten Free Ginger Snap Pie Crust. All you have to do is either make your pumpkin pie filling from scratch or an already premade pie filling to pour into this delicious pie crust.

Tinisha

Ingredients:

1 15 oz. can pumpkin
¾ tsp. ground cinnamon
½ tsp. ground nutmeg
¼ ground ginger
¼ tsp. ground cloves
½ tsp. salt
¾ cup sugar
1 12 oz. can evaporated milk
2 eggs, slightly beaten
1 9" Midel Pumpkin Pie Shell

Directions:

• Mix pumpkin, sugar, and spices together. Add remaining ingredients.
• Mix slowly until thoroughly mixed. Pour into pie shell.
• Bake at 425° for 15 minutes, then reduce temperature to 350° for an additional 35-40 minutes. • Thoroughly cool pie before serving. Serves 6-8.

GRAB'N'GO

Nuts to You

by Carolyn Smith

What may seem like nuts to you may really be drupes or legumes. It all depends on your point of view. The botanical definition of a nut is a dry, one-seeded fruit encased in a hardened ovary wall. Fused to their shells, they don't naturally break open upon reaching maturity. The seeds are released when the shell wall decays or is digested by an animal. Examples of these "true" nuts include acorns, chestnuts, and hazelnuts.

Most tree nuts are classified as drupes, from the Greek dryppa, meaning "tree-ripened". Drupes are fruit that are fleshy on the outside and contain a shell covering a seed on the inside. Some examples of drupes are peaches, plums, and cherries—but walnuts, almonds, and pecans are drupes too. We just eat the seed inside the shell instead of the fruit that surrounds them.

The culinary definition of a nut is much broader - any edible seed surrounded by a hard shell. This definition includes all tree nuts, pine nuts (botanically a seed), coconuts (botanically a drupe, grown on a woody perennial monocotyledon, not a "true" tree), and even peanuts which are actually legumes grown in the ground. In all cases, the hard shell protects and preserves the nut from going rancid. If you buy them shelled, it's best to store them in an airtight container in the fridge or freezer.

All nuts are seeds, but not all seeds are nuts. Seeds and nuts contain all the nutrients to nourish a brand new plant, providing good fats and protein as well as a variety of vitamins and minerals, making them a valuable food source for people as well.

Yes, nuts are known for being high in fat and calories, but monounsaturated fats make up the majority of the fats in nuts. These "good fats" can help decrease cholesterol, manage blood sugar, and supply other nutrients. Nuts really come into their own when the weather gets cold and the body seeks out extra calories to stay warm. It's not surprising that nuts are included in so many fall and winter holiday recipes, both sweet and savory.

Here are some interesting facts about some of the nuts we love:

Almonds have the 2nd highest protein content at 18.59 % and the most calcium of all the culinary nuts. The almond skin is full of heart protecting compounds called flavonoids.

Brazil nuts are the only globally distributed nut crop produced almost entirely from wild trees. The nuts are about 14 percent protein, contain the 2nd largest percentage of fat with 66.85%, and are a good source of selenium needed to produce the active thyroid hormone. Selenium is also good for your immune system and helps wounds heal.

Cashews are lower in oil than most nuts with only 45% but contain 17.18 % of protein and are a good source of iron and zinc.

Chestnuts have the highest water content, the lowest fat content, and the highest carbohydrate (starch) content of any nut crop.

Coconut palms are native to Southeast Asia and the islands between the Indian and Pacific oceans, but are now considered the most naturally widespread fruit "tree" on the planet. Coconuts are rich in manganese and copper and generally a valuable source of food and shelter worldwide. In Sanskrit, the coconut palm is called "the tree which provides all the necessities of life."

Hazelnut kernels are high in Vitamin E, averaging 14 mg per 3.5 ounces and are a good source of folate, which helps reduce the level of homocysteine, an amino acid associated with heart problems and Parkinson's disease. Hazelnuts have anti-inflammatory properties being rich in monounsaturated fatty acids, 2nd highest among nuts, as well as vitamins, minerals, and phenolic compounds.

Pecans are native to North America, but they are not native to either Georgia or New Mexico, the two largest producers of pecans worldwide. Pecans have the highest fat content with 71.15% and are a good source for vitamin B-3.

Pistachios are members of the same family as the cashew nut, mango and poison ivy. Pistachios have the highest protein percentage of all the tree nuts at 19.27%. Pistachios have 25 percent of the daily value for Vitamin B6, 15 percent of the daily value for thiamine and phosphorus and ten percent of the daily value for magnesium. They contain reasonable levels of lutein and zeaxanthin, two antioxidants that play an important role in protecting the eye.

Walnuts are rich in Vitamin B-6, omega-3 fatty acids and contain higher amounts of antioxidants than most other foods all contributing to their anti-inflammatory properties.

Aut Mable's Fruitcake

by Monica Rude

"There is only one fruitcake in the entire world, and people keep passing it around." – Johnny Carson

Many folks think they don't like fruitcake; maybe because commercial fruitcakes are filled with artificially flavored and colored, tasteless dried fruit nuggets, dry and way too sweet. Or maybe they just haven't had my Aunt Mable's fruitcake. She used to make it at Thanksgiving time and allow it to "marinate" in brandy until Christmas when it was devoured.

Historically, fruitcake was used by ancient Egyptians to sustain pharaohs during the afterlife and by Roman soldiers who found it was packed with calories and lasted long enough to fortify a soldier through an epic and exhausting campaign. Thus was born the original energy bar. During the Crusades English soldiers found that by baking it slowly, the cake would harden and stay edible for the 6 months-long march to the Holy Lands. During the 1600's in Europe cheap sugar from the Colonies was added to preserved fruit and in more modern times – lots of high fructose corn syrup.

Today, seven million pounds of this historic cake are produced each year. December is National Fruitcake Month; December 27 is National Fruitcake Day. Get ready! Make yours NOW so it's ready by then.

An annual Fruitcake Toss Day started January 3, 1996 in Manitou Springs, Colorado, for those who hate fruitcake and like to play with their food…. if there is any left…

****

Monica Rude plans to make fruitcake and keep it all for herself. Sorry...

Recipe for Aunt Mable's Fruitcake (Revised)

Mix in saucepan. Bring to a simmer over medium heat, stirring often:
Dried organic fruit of your choice 6-8 cups chopped: such as Turkish apricots, dates, figs, raisins, mangoes, cranberries, jujubes, etc.
Water ½ cup, brandy or rum or whiskey ½ cup

Remove from heat; stir in:
Minced orange and lemon peel 2 tsp each (use carrot peeler to remove zest, then mince finely)
Minced fresh ginger 1 tbsp
Molasses 1 tsp
Baking soda ¾ tsp
Chia seed 1 tsp
Let stand until fruit absorbs liquid, stirring often, about 1 hour.

Preheat oven to 325 degrees F. Butter 10-inch springform pan (or other), line with parchment paper.

Sift into medium bowl:
2 cups flour
Salt ½ tsp

Beat in a large bowl until blended:
5 large eggs
Brown sugar ½ cup, packed
Room temperature butter 1 cup plus 2 tbsp (2 ¼ sticks)

Stir in:
Walnuts 1 cup chopped
Fruit mixture

Transfer batter to baking pan; cover with parchment paper and tin foil.
Bake for 2 hours; reduce oven temp to 275 degrees F. Continue to bake covered about 30 minutes more, until tester comes out clean but slightly moist.

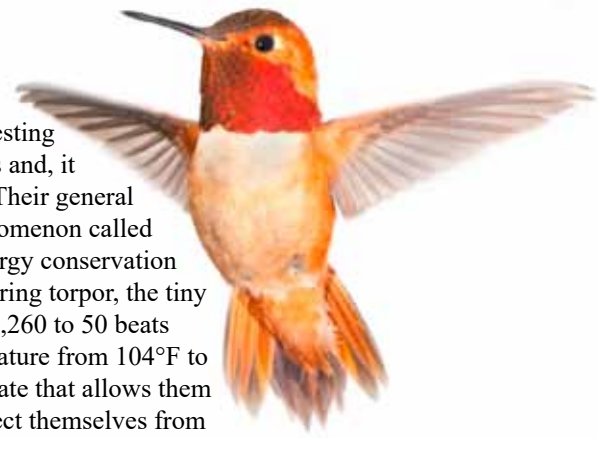
Alternatively, use small pans: 5 ¾ x 3 ¼ x 2". Bake covered 1 hour.

Remove cover. Pierce top all over with skewer. Drizzle 6 Tbsp rum/brandy over top of cake. Cool completely in pan. Remove and wrap in parchment paper and foil. May be stored in a cool place for several weeks. Drizzle with more spirits every few days until devoured; it will soak in and keep the cake moist. This is referred to as "feeding" the cake.

These cakes are traditionally given as gifts which are the butt of many jokes. But take a tip from me: Don't plan to give these away. Eat them all yourself!

Adapted from Aunt Mable & Mrs. McKinnon

Hummingbirds in Winter



We usually think of hummingbirds as our warm weather neighbors during late spring, summer and early fall. They migrate to warmer climes in the winter, right? Most of them do, but fewer are nowadays. Why? Human activity has contributed to two sources of steady food supplies in cold winters. First, backyard hummingbird feeders are often supplied by people all year long, allowing many hummingbird species to stay in colder regions. Second, climate change has altered ecosystems, allowing flowering plants to blossom through winter, and insects to breed all year. Even so, it can get pretty cold in some places, but hummers have evolved an interesting way of coping with lower temps and, it turns out, they're fairly robust. Their general hardiness is attributed to a phenomenon called "torpor." Torpor is a nightly energy conservation mode similar to hibernation. During torpor, the tiny bird's heartbeat can drop from 1,260 to 50 beats per minute, and its body temperature from 104°F to 65°F. This causes a sleep-like state that allows them to conserve their energy to protect themselves from the cold.

November is Senior Pet Month ♥ Open Your Heart!

While kittens and puppies are adorable, older pets are just as loving and loyal, maybe even more so. Plus, a senior pet arrives in your home with some significant advantages. Grown-up pets don't require the constant attention and monitoring that the babies do and the majority are house trained. Since senior pets are fully-grown, you know right off the bat important details about your prospective new family member. They are usually more socialized, have experience in a home, and training of some level. Also, personality and grooming requirements are immediately obvious, making it easier to choose the perfect pet for your family.

Sadly, senior pets are frequently the last to be adopted from animal shelters which puts them at risk for euthanasia. When you welcome an older animal into your home, you are saving a precious life. Having been through hard times, they often seem very appreciative of the offering of love, joy and protection that they've found in a new household. To help an older animal friend in such a way can be very fulfilling, even if it's just for a short time.

♥ If you need more convincing to adopt an older pet, read on!

♥ Older animals are more than open to learning new ways of doing things.

♥ Older dogs and cats are like mind readers because they've long been tuned in to their previous owners.

♥ They slip easily into a comfortable home and a comforting routine.

♥ Older pets will reward your considerate care with love and devotion.

♥ Older dogs (and many cats) enjoy daily walks, just as they always have or, maybe for the first time ever!

♥ When you share this gift with a senior pet, it gives you both time; time to love them as fully and deeply as they, most assuredly and unconditionally, will love you.

Silver City Food Co-op + Silver City Farmers' Market = More Local Food

by Carolyn Smith

The Silver City Food Co-op has a long history of supporting the Silver City Farmers' Market.

When I first moved to Silver City twenty years ago, the farmers' market was located on 6th St. in the parking spaces right next to the Co-op. With no public facilities downtown at the time, the Co-op offered the use of its bathroom to both market vendors and customers and let folks fill up their water bottles with filtered water from the kitchen. The Co-op also donated prizes for market events.

A few years later, I was working as the Co-op's community outreach coordinator and Manager Doug Zilm encouraged me to run for a position on the first farmers' market board, set up to insure the future of the farmers' market which was struggling at the time. I was elected as one of two community members along with 3 market vendors. For six years I served on the SCFM board, as part of my job for the Co-op. I attended NM farmers' market conferences and helped organize and run special events including the Salsa Fiesta, the Local Harvest Pie Festival, the Squash Derby, Farm2Chef, the Mud Pie Contest and the Home and Garden Expo, a fundraiser and community wide event that featured gardening workshops, the Annual Co-op Seed Share, children's activities, and vendor booths for local home and garden businesses and growers.

The Silver City Farmers' Market was the first organization to be chosen for the Co-op Community Partners program which gave farmers' market volunteers a one day 15% co-op volunteer discount for each three hours of service and helped create a stable volunteer base for the market manager.

Currently, the Silver City Food Co-op donates its parking lot on Pope Street for the year round site of the Saturday Silver City Farmers' Market and the use of the Quonset hut for its bathroom, electricity and onsite storage of farmers' market equipment and supplies. Also each week, the Co-op donates free NM roasted coffee and creamers in support of Music at the Market, organized and run by Gila/Mimbres Community Radio/KURU 89.1 FM in collaboration with the Silver City Farmers' Market. Co-op Manager Kevin Waters even opened up the chain link fence for easy access to the neighboring pocket park so folks could hang out in the cool shade under the trees to listen to live local music and visit with friends, helping to make the Silver City Farmers' Market the place to be on Saturday mornings. The Silver City Food Co-op loves local and encourages everyone to support the farmers and vendors at the Silver City Farmers' Market!

Bea McKinney enjoying the Farmers' Market

Bulk Department

Flying in from Hummingbird!

Hey friends, it's been a while since we've last spoken about any of our awesome bulk products. I realized this recently and, rather than shedding a tear, I decided to cook up a little sum'thin for you fine readers. After discussing available space in the Garbanzo Gazette with our wonderful Gazette team members Judith and Carol, we found some room to share a few fun and exciting things. Check out these great trail mixes!

You, too, can bliss out on this trinity of Trail Mixes - Hazel Munch, Dark Chocolate Trail Blend, and Northwest Trail Mix

This month I want to bring attention to some of our newest items here at the Co-op the first being an overwhelming favorite. It is called ***Hazel Munch*** and comes fresh from glorious Hummingbird Wholesale, a distributor that we have learned to trust when it comes to really top-notch quality ingredients. Hazel Munch uses organic milk chocolate made in California by Guittard. Guittard works directly with small scale growers and is licensed by FairTradeUSA and a member of the World Cocoa Foundation, a non-profit organization providing sustainability training for cacao growers, as well as literacy and leadership training for children of cacao-growing families.

The second of three items I wanted to bring your attention to is called ***Dark Chocolate Tropical Blend***. Personally, this one is my favorite. It is a classic blend of island sweet, salty, crunchy, spicy, and creamy. It consists of Organic Roasted & Salted Cashews, Organic Crystallized Ginger, Organic Pineapple, and Organic Italian 70% Dark Chocolate. It never fails to give my taste buds a quick little trip to Maui and back.

Lastly, coming in at number three, we have one that leans towards the healthy side of life. This delicious mix is called ***Northwest Trail Mix***. It is brought to us by Higher Power, a small family business located in Ashland, Oregon and focuses on premium organic products that are hand-crafted in small batches. The raw nuts and seeds are soaked, drained, rinsed in the crystal clear waters of Ashland, and then dried slowly in food dehydrators over the course of 3 to 5 days. This brings out the natural nutty flavor and maximizes the nutritional value. Also known as "sprouting," this soaking process increases the vitamin C, vitamin B, and carotene content compared to an un-sprouted seed or nut. Sprouting also neutralizes phytic acid which inhibits our bodies from absorbing calcium, magnesium, iron, copper, zinc, and other nutrients.

After trying all three I would rank them as Tropical being my #1, Hazel Munch #2, then Northwest at #3. You know what they say though, "to each their own" so I'm curious as to what your top to bottom favorites are. Come on in and let me know!

Vynce Bourné
Bulk Buyer

Autumn Is a Season of Reflection °Wisdom from Chinese Medicine°

by Judith Kenney

After the heat and vibrancy of summer, it's time to turn inward toward stillness and quiet. Admittedly, it can be hard to let go of that more expansive time of year, moving from the light to darkness, but turning in is not a matter of collapsing, exhausted, into rest. By taking advantage of Autumn's vital refining opportunity, we experience deep quietude and reap Winter's full restorative benefits.

A richer, heartier, more nourishing and warming diet will give you the chance to extract and store up precious fuel for the colder months. Use longer and more intense cooking methods (roasting, stewing, pressure-cooking) to concentrate the energy of foods, while favoring denser ingredients like fish, good-quality meat, beans, seeds and nuts. It's often best to avoid raw food and ice-cold food and drinks.

Vegetables, of course, should play a central role in your diet throughout the year. Let each season's local produce guide you on the best choices for that period. In the autumn, increase your consumption of root vegetables and tubers, downward-growing densely packed storehouses of essential nutrients. Turnips, rutabagas, radishes, daikon, onions, parsnips and carrots will all nourish Autumn's energy within you, drawing your vital Qi downwards and inwards ready for winter's nurturing storage.

You can still include plenty of lightly cooked green vegetables,

with nutrient-bombs like kale, arugula, watercress, turnip/mustard greens and broccoli, particularly bountiful at this time. Their touch of uplifting 'yang' energy will help to clear and prevent any stagnation through the cold 'yin' seasons.

Enjoy the naturally sweet and comforting qualities of autumnal foods like winter squashes and chestnuts. But, this is only true of the moderate natural sweetness of vegetables and some fruits, and not of the excessive sweetness of sugar which, instead, has a damaging effect on the body. Autumn fruits like apples, pears and blackberries are among the most healthful of fruits. Pears have a specific healing affinity for the lungs which, according to Chinese medicine, are vulnerable to imbalance at this time of year.

Spiced Pumpkin and Cauliflower Soup

Warming soups are a welcome and healthy addition to your autumnal diet, especially if made with seasonal vegetables. Pumpkin and cauliflower fit this criteria, while the addition of pungent spices sharpens the taste, helping to clear any stagnation in the body.

Ingredients:

1 Pumpkin or Butternut Squash, peeled and chopped
1 Cauliflower, chopped
1 Onion, chopped
2 tsp Cumin seeds, freshly ground
2 tsp Coriander seeds, crushed
3-4 cloves Garlic, chopped
Ginger, fresh, a small chunk, finely chopped (optional)
Fresh parsley and/or coriander, roughly chopped
Vegetable stock
Olive oil
Salt

Method:

Use a little oil to fry the onions and garlic till soft and fragrant, then add cumin, coriander seeds and ginger (if using) and cook for another minute. Stir in the pumpkin and cauliflower, cover and cook over a low heat for 5 minutes.

Add the vegetable stock just to cover the vegetables and simmer for 20-30 minutes or until they are soft. Remove from the heat, add the parsley and/or coriander and allow to cool a little.

Blend the soup to very smooth and velvety (add more hot stock if needed). Season with salt and heat through. Serve hot, sprinkled with a little more parsley or coriander.

Soups often taste even more delicious the day after they are made, so be sure to make plenty.

ORLANDO

sprayed his name on the
ply
wood
door

& like there's never
enough
room

to say what we
came
here
fo
r

a poem and a drawing by Rick Stansberger

From Your Board . . .

Ensuring Financial Stability through the B Policies

With the expansion of the Silver City Food Cooperative (SCFC) into new space that will be four times larger than the current Co-op facility, some employees and member-owners of the SCFC felt it would be helpful to review Board policies related to the financial health of the Co-op. In general, the B policies allow the Board to oversee the General Manager (GM) to prevent "any practice, activity, decision or organizational circumstance that is unlawful, imprudent or in violation of commonly accepted business and professional ethics and practices," or that violates Cooperative principles. These policies serve as the Job Description for the GM and are used by the Board to evaluate the GM's effectiveness. It is important to note that the Board provides oversight to assure that the GM complies with the provisions of all policies that govern the Co-op. The Board does not interfere in operational or personnel decisions, which are the responsibility of the GM, unless there are issues that violate Co-op policies.

There are two B policies that directly relate to the financial health and well-being of the SCFC. The B1 policy, Financial Condition and Activities, allows the Board to oversee the GM's use of funds to assure that it will not "cause or allow the Cooperative to be unprepared for future opportunities," prevents the development of financial jeopardy, and monitors operational financial indicators so that they are not significantly less than the average for other Co-ops (monitored through comparison with data from the National Co+Op Grocers). The B2 policy addresses Planning and Financial Budgeting. It assures that the GM provides both annual and multi-year budgets and plans that provide goals for accomplishments but avoids fiscal jeopardy.

Through the B1 policy, the Board reviews the Co-op's sales growth and net income and assures liquidity is adequate to meet any needs for cash. To achieve this, each month the Board reviews actual expenditures compared to the budget and to expenditures in the previous year, as well as the Income Statement and Cash Balance Sheet. Any expenditure or contracts/leases that exceed $5000 cannot be made unilaterally by the GM but require specific Board approval. The Finance Committee and Board review the Co-op's solvency (through evaluation of the debt-to-equity ratio), with the goal to prevent default on any financial obligations or late payment of contracts, payroll, loans, tax obligations or other financial responsibilities. All financial record keeping follows guidelines of Generally Accepted Accounting Procedures (GAAP).

The B2 policy allows the Board to review the GM's plans and budgets to prevent incurring unacceptable risk. The Board reviews projection of revenues and expenses, owner investment and return, separation of capital and operational items, cash flow and planning assumptions to assure that they are credible projections. It also assures that the GM is utilizing best practices in business systems and operations. Finally, the Board itself has a separate budget proposed each year by the Finance Committee and approved by the Board. This covers Board member training in various aspects of board activities, expenses of Board meetings and an annual retreat, and costs associated with the annual General Membership Meeting.

The B1 policy requirements are reviewed quarterly by the Finance Committee (which currently also includes one Co-op member-owner) and by the Board. The B2 policy requirements are reviewed annually by Finance and the Board. Finances also are monitored quarterly by the Co-op's accountant (a local firm) and annually by a separate CPA firm that reviews and/or audits all accounts.

The purpose of this monitoring is to safeguard the investments that member-owners have made in the SCFC and to assure financial stability as well as best business practices that prevent financial or legal jeopardy for the Co-op and its member-owners. If there are any questions about these policies, or their use and implementation, any member may feel free to contact the Treasurer at ***david@foodcoopboard.org.***

Board Meeting Schedule

The SCFC Board of Directors meets the fourth Wednesday of each month at 907 N. Pope St. in the Quonset hut. 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

Shanti Ceane/President
Board Term: 2018-2024

Tuan Tran/Secretary
Board Term: 2020-2023

David Burr/Treasurer
Board Term: 2021-2023

Julianna Flynn/Member
Board Term: 2018-2022

Sandy Lang/Member
Board Term: 2022-2024

Leo Andrade/Member
Board Term: 2022-2023

Gwen Lacy/Vice Pres.
Board Term: 2019-2022

Paul Slattery/Member
Board Term: 2022-2024

Our email address:
board.scfc@gmail.com

Shanti Ceane
President

Julianna Flynn
Member

David Burr
Treasurer

Tuan Tran
Secretary

Paul Slattery
Member

Sandy Lang
Member

Gwen Lacy
Vice President

Leo Andrade
Member

November

Members Only Specials

November 2 - November 29

20% OFF! listed prices

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5.2 oz
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Riot Energy
Energy Drink
16 oz
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5 oz
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Alaffia
Coconut Oil
11 oz
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Zand Immunity
Elderberry Zinc
15 lozenges
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