



# Silver City Food Co-op Garbanzo Gazette

it's  
MAD!

Volume 23

❖ Your Monthly Newsletter ❖ November 2023

## Co-op Hours:

Mon. - Sat.  
9 am - 7 pm

Sunday  
11 am - 5 pm

575•388•2343  
520 N. Bullard St.

## LOOK INSIDE!

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YOU  
ARE  
WHAT  
YOU  
EAT

## Construction Begins!

### *Going with the Flow . . .*

Can it be? Is it possible after a year of progress/obstacle, movement/setback, route/re-route, plan a/plan b, the Silver City Food Co-op's new store project is now hitting a groove? What else can you call it when your demolition team ends their work on October 14th, and the construction team moves in directly after? On the same day as the solar eclipse? I call that being in the universal energy flow. Ok, I just made that last part up, but that timing was pretty cool. At the moment, we are in the zone, batting .1000, riding the wave, whatever you want to call it. Let's hope this keeps up through the duration of the project. If it does, we can all expect to be working and shopping at the new space before July! That seems like some way off, but that time will fly by like a chocolate bar on BOGO!



*The pictures show the work beginning on the interior of the main building. Trenches being dug for water and sewer lines.*

1896 member/owners strong and counting . . .

# Silver City Food Co-op

established 1974



[www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)

575.388.2343

## Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

## Vision Statement

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

## Seven Cooperative Principles

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

## Kevin Waters

General Manager

## The Garbanzo Gazette

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Submissions are welcomed!

Submit letters, articles, or items of interest to:

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# November is Adopt a Senior Pet Month

We all love puppies and kittens. Young animals tend to be adopted from shelters and rescue groups quickly, while older cats and dogs take longer. According to the American Society for the Prevention of Cruelty to Animals, seniors have an adoption rate of 25 percent, while the young ones have a 60 percent adoption rate. This means that many great dogs, cats and other less common pets, are passed over, simply because they are older. That's a loss not only for them, but also for potential adopters.

Senior cats and dogs tend to be different in a number of ways. For one, they are calmer, more relaxed and sleep more. Older pets are still playful, but generally spend less time playing than their younger counterparts, who seem to spend every waking moment romping about. The older guys are more interested in (maybe even grateful for) life's little pleasures, such as a good scratch behind the ears, a favorite spot in the car, a snooze in a sunny window, and time together doing anything – or nothing at all. On the other hand, they may require patience as they move more slowly and some have medical issues that need attention.

When you adopt an older animal you don't need to wonder how their personality will develop. They already know who they are! It may take a few days, weeks, or months for them to settle in, but that's true for a pet of any age. Adopting one of an older age can be a life-changing experience for you and that pet. Not only are they easier to handle, but they are at least as loyal as the younger ones.

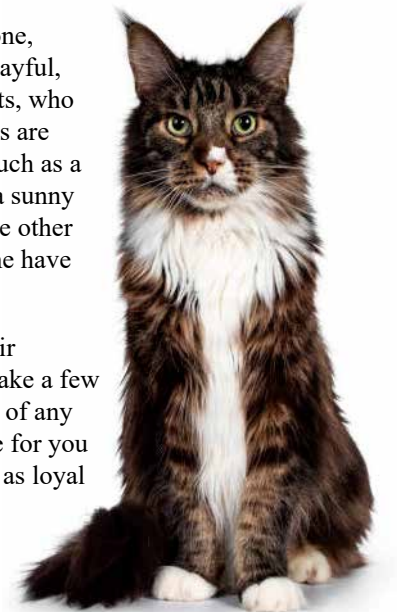
One misconception older animals suffer from is that they are in shelters because of their destructive or bad behavior. This is SO far from the truth. There are a number of reasons why a pet might end up in a shelter. Many of these individuals were once someone's faithful companion. Changing home circumstances, financial restrictions, death, or relocation can have adverse effects on a pet's life. It is important to remember how much they have to offer and that they are, the vast majority of the time, extremely adaptable. An older pet can easily fit into your lifestyle and adjust quite well to a new, loving home. And don't forget, the love goes both ways!

## How to Celebrate National Adopt a Senior Pet Month

**Adopt a senior pet.** If you are thinking about adding a four-legged (or two-legged) friend to your family, perhaps you can open your home and your heart to an older dog, cat, bird or guinea pig in need. Visit the nearest shelter to adopt a senior pet and help save a life.

**Encourage a senior pet adoption.** Share with people how important it is. If anyone amongst your family and friends is planning to adopt a pet, encourage them to adopt an older animal who is in desperate need of a cozy home.

**Volunteer at a shelter.** Financial restrictions, long working hours, or unfavorable living spaces can postpone our dreams of having an animal companion in our home. Thankfully, there is more than one way to show your love for animals. You can truly make a positive impact by volunteering at a local pet shelter to help out any way necessary.



*Animals of all types end up in shelters for a variety of reasons and they all need safe, loving homes.*

**Oink Oink**  
**It's**  
**MAD again!**

**10%**  
**OFF**



**Excluding markdowns  
 & turkeys**

**• Two Trips •**  
**• Your Choice •**  
**during**  
**the months**  
**of November & December**

- **Gratitude** turns what little you have into abundance.
- **Gratitude** is so much more than saying thank you.
- **Gratitude** changes your perspective of your world.
- **Gratitude** is an emotion similar to appreciation.
- **Gratitude** is both a state and a trait.



One can experience gratitude for someone or something at a certain moment in time and, also, feel the same way more long-term as a character trait. First comes the acknowledgment of goodness in one's life. We affirm that, all in all, life is good. Second, gratitude is recognizing that sources of this goodness often lie outside the self. We can be grateful to our creator, other people, animals, and the world. We recognize the goodness that comes to us and who to thank for it. These two steps help us to recognize everything that enriches our lives.

The American Psychological Association, more specifically, defines it as a sense of happiness and thankfulness in response to a fortunate happenstance or tangible gift.

As a trait, an individual practices gratitude as part of their daily life and it is considered a character strength. It is important to remember that gratitude can be developed with awareness and practice.

Source: *Positive Psychology*, "What is Gratitude and Why Is It So Important?"  
<https://positivepsychology.com/gratitude-appreciation/>



- |   |   |
|---|---|
| <i>Judith Kenney</i><br>outreach/GG             | <i>Andrea Sandoval</i><br>cashier/stocker |
| <i>Kate Stansberger</i><br>supplement buyer     | <i>Eva Ortega</i><br>produce              |
| <i>Jake Sipko</i><br>produce manager            | <i>Gini Loch</i><br>cashier/stocker       |
| <i>Carolyn Smith</i><br>deli manager            | <i>Jalyn McClain</i><br>Human Resources   |
| <i>Carol Ann Young</i><br>GG/office             | <i>Kelsi Cunniff</i><br>cashier/stocker   |
| <i>Becky Carr</i><br>dairy buyer                | <i>Jaylene Chacon</i><br>cashier/stocker  |
| <i>Misha Engel</i><br>frozen buyer              | <i>Isaiah Muñoz</i><br>utility            |
| <i>Marguerite Bellringer</i><br>finance manager | <i>Doug Walton</i><br>deli                |
| <i>Doug Smith</i><br>grocery buyer              | <i>Steve Buckley</i><br>utility           |
| <i>Tinisha Rodriguez</i><br>HABA buyer/POS      | <i>Bailey Young</i><br>utility            |
| <i>Mike Madigan</i><br>operations manager       | <i>Anjelica Anaya</i><br>utility          |
| <i>Joy Kilpatrick</i><br>receiver               | <i>Sarah Lynn</i><br>utility              |
| <i>Judy Kenneally</i><br>deli                   | <i>Daniela Salas</i><br>utility           |
| <i>Vynce Bourné</i><br>bulk buyer               | <i>Arissa Chavez</i><br>deli              |
| <i>Kevin Waters</i><br>general manager          | <i>Beth Jabs</i><br>utility               |





# Kitchen Meditations

## Fall

### Crispy Manchego Potatoes Seriously Addicting!

#### Ingredients:

- 2 ¼ lbs russet potatoes
- 6 cloves garlic, thinly sliced
- 2 cups shredded Manchego cheese
- 3 tablespoons extra virgin olive oil
- Handful dried rosemary
- Pinch sea salt
- Dash black pepper

#### Instructions:

- Preheat oven to 425°F
- Heat a frying pan to medium heat and add olive oil.
- Add garlic and mix for a brief minute. Remove from heat, pour the garlic and olive oil into a sieve with a bowl underneath, and reserve the liquid.
- Wash and pat dry the potatoes, then cut each one into ¼" thick rounds.
- Line a baking pan with parchment paper and add the slices of potato, in a single layer.
- Brush the reserved garlic infused olive oil all over the potatoes. Season with salt and pepper.
- Place in oven. After 30-35 minutes, when the potatoes are fully cooked through and crispy, remove from the oven and let them rest for a couple of minutes.
- Place 1/3 of the potatoes in an oven-proof pan/casserole dish, all in a single layer and top off with 1/3 of the shredded manchego cheese, some slices of the sautéed garlic and a pinch of dried rosemary. Continue layering in this order until fully assembled.
- Return the pan to the oven for 5 minutes or until the cheese is melted. Remove and serve at once. Enjoy!

### Roasted Persimmons w/ Greek Yogurt & Pistachios

#### Ingredients:

- 1 ripe persimmon, cut into wedges
- 1 teaspoon extra virgin olive oil
- 1 cup plain Greek yogurt
- 1 tablespoon chopped pistachios
- 2 tablespoons granola
- 1 tablespoon chia seed
- 1 tablespoon honey
- Sea salt for sprinkling, optional



#### Instructions:

- Preheat oven to 375°F. Line a baking sheet with parchment paper.
- In a small bowl, toss persimmons gently with oil. Spread persimmons on baking sheet. Roast for about 30 minutes or until they are tender and not mushy.
- Let cool before using.
- Place yogurt in bowl. Top with roasted persimmons, pistachios, granola, and chia seeds. Drizzle with honey and sprinkle with sea salt, if desired.

### Chia History



Chia seeds were originally grown in Mexico where they have been highly valued medicinally and nutritionally for ages.

Chia was one of the five staple crops of ancient Mexico, ranking just below corn and beans in its level of importance in the diet.

The word “chia” means “strength” in the Mayan language. Aztec warriors ate chia seeds to give them energy and endurance. Chia grew wild and was a prized harvest used as currency to pay taxes and religious alms and to settle debts with conquering tribes.

### A Persimmon Short Course

Most commercially available persimmons are broadly distinguished by two different shapes and names. Knowing which type you have is key to understanding when a persimmon is ripe. One is inedibly astringent when firm, while one is sweet.

#### Fuyu

Squat, tomato-shaped fruits with flattened bottoms are collectively referred to as Fuyu persimmons. If a persimmon can rest comfortably on its bottom, it is a Fuyu. When ripe, they are a bright orange color. A few days on the kitchen counter should bring them to a vibrant color, if they aren't already. But is a Fuyu firm or soft when ripe? Remember this: Fuyu, flat, firm. You can bite into and slice a firm Fuyu, just like an apple. They are delicious firm and remain delicious once they become soft. Fuyus are good to eat sliced into salads and onto crostini, dried as chips, braised with pork, or simply peeled for a sumptuous dessert.



#### Hachiya

The other widely available persimmon is Hachiya, which are elongated with pointy bottoms. Stood up on its end a Hachiya would topple over. If you bite into a firm Hachiya, you'll find it horribly tannic. They are sweet only when squishy-soft and they taste wonderful! They make a very good baking ingredient, but the best way to eat a soft, ripe Hachiya is to freeze it for a few hours (or overnight) until solid. Remove the fruit 15-20 minutes before you plan to eat it. As the outside of persimmon thaws slightly, a glittering coat of frost forms on the skin. Cut its top off and you'll have instant persimmon sorbet! It is the easiest dinner party dessert ever, and so dramatic in its simplicity.



Don't be one of those people who tests fruit for ripeness by squeezing it. This certainly ruins Hachiyas for others, including the seller. Choose those without blemishes and keep them at room temperature until they are deeply orange and soft, which can take a week or so.

# Jake's November Produce Picks

## What Are Persimmons?

In many parts of the world, nothing heralds the harvest season quite like a luscious persimmon, a fruit prized for its jammy texture and honeyed flavor.

While the word “persimmon” actually comes from the Algonquin word “pessamin,” the fruit is believed to have originated in China, where it was first cultivated over 2,000 years ago. They arrived in Japan in the 7th century and Korea in the 14th. Today, these three countries are the world’s top producers of persimmons. It wasn’t until the 1800s that Southern Europe, California and Brazil were blessed with the sweet presence of this seductive fruit. There is also the American persimmon, *Diospyros virginiana*, native to the central and eastern U.S. A true American persimmon has a stunning flavor that is rich, deep, and complex. They ripen around Thanksgiving! In particularly cold years, the trees are known to hold their fruit deep into the winter.

You’d never guess, but persimmons, like tomatoes, are technically berries. They are something of an oddball in nature, actually. Unlike other berries, they resist the spring harvest, preferring to bloom in their own time, from cool September through



wintery January. Then there’s the subtly elusive flavor profile. Once ripened, their sweetness has been alternatively described as a combination of an apple and pear, a plum and apricot, or even pumpkin with notes of honey. The ancient Greeks, in typically dramatic fashion, designated persimmons the “fruit of the gods.”

Persimmons come in hundreds of varieties, but the two most popular are Hachiya and Fuyu. The rounder Hachiya cannot be eaten when first picked. But once ripened, they become exceedingly sweet. Their pudding-like flesh is delicious raw, made into jams, or incorporated into baked goods. Fuyus, which are slightly oblong, are sweet and crisp as soon as they are picked and can be enjoyed like an apple, as a bright addition to a mixed salad, or to highlight a sophisticated cheese board.

# Becky's November Dairy Pick

## Don Juan Manchego Cheese



*Becky's newest cheese pick is extremely good!*

Manchego cheese is the most popular sheep’s milk cheese in Spain. Rooted in the central plateau region, known as La Mancha, Manchego is produced from the milk of the Manchega sheep and is identifiable by its distinctive inedible herringbone rind and sweet flavor.

Cheese making has been a part of the Spanish culinary tradition for thousands of years, specifically La Mancha. Archeology shows us that inhabitants of La Mancha were making cheese in the Bronze Age, long before Spain existed as a country.

There are theories as to why Manchego has become the poster-child of Spanish cheese. Many folks attribute its fame to Miguel Cervantes’ multiple references to Manchego in his book, *Don Quixote*. Both of the main characters of the book, Don Quixote and Sancho Panza were large consumers of the cheese. As one of the most published books of all time, it has surely had an impact on our perceptions of Spanish food.

Manchego has a firm, compact consistency and buttery texture. Its distinctive flavor is well-developed but not too strong and improves with age. Tiny pores lace the interior, adding to its flaky, granular quality over time. The rind is an essential part of Manchego and one of the main characteristics that distinguishes it from other cheese types. Coloring of the rind ranges from light tan to dark brown, with a basket weave pattern and, as mentioned previously, not edible. Don Juan Manchego cheese is made with unpasteurized raw sheep’s milk, without fillers and is great eaten on its own or as part of a cheese board. It pairs deliciously with fruits such as figs and plums and fruit chutneys. Try it with savory flavors such as olives, sundried tomatoes, and crusty bread. And, please don’t neglect Manchego in grilled cheese or grated over baked pasta, instead of parmesan. We love it in quesadillas, too!

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

# CO-OP Community



## Thank You Co-op Volunteers!

Many thanks to these member volunteers for their September Service.

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



## 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 November

### The Bike Works

Cooperation and health, as the central mission of The Bike Works, is in perfect alignment with that of the Silver City Food Co-op, specifically the physical and emotional well-being of area youth. Young people work together in the shop on projects and on the streets to keep each other safe. We serve a culturally diverse client base and aim to give positive opportunities for youth who would, otherwise, not have the option.



September  
Round Up  
\$1283.00

### End of the Road Ranch

End of the Ranch Road is dedicated to helping the community to keep their equines when challenges are presented to them that are within our ability to assist. These funds will also be used for feed, farrier and veterinary care.



### Round Up for December

### Silver City Museum Society



The funds from Round Up will go toward providing resources for museum staff to utilize when preserving regional history both in the field and at the museum itself. This includes hardware such as field recording equipment and cataloging software. Additionally, funding will go toward future exhibit planning, set-up, and promotion that will assist the museum in its mission to collect, preserve, and interpret area history.

**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 11th and the 25th, 10am - 12noon

To reduce congestion, please approach the drop-off location from Texas Street via Broadway.

Bring a healthy dose of patience, too! Our volunteers are unloading as quickly as possible, but wait times vary. Bring a book, music, podcast or a good friend to keep you company!

For more information:  
<https://silvercityrecycles.org/>  
[silvercitynmrecycles@gmail.com](mailto:silvercitynmrecycles@gmail.com) or: [www.t2t.green](http://www.t2t.green)

## Open Studio: Inspiration, Encouragement, Conversation!



Drop in between noon and 3pm on Thursday, November 9th and work on your art or craft project in the company of other creative people. Are you an out of town visitor? Basic art supplies are available in-house for your use! This ongoing activity, sponsored by the **Grant County Art Guild**, is a great opportunity to share time and ideas with other fun, interesting people and to express your unique perspective.

Open Studio takes place on the second and fourth Thursdays of each month, from 12-3pm, unless otherwise indicated. This month, there will be just one on the 9th, due to the Thanksgiving holiday on the 23rd. Join us at 200 W. Market Street.

**SOUND BATH WITH SLUM**

2ND SATURDAY OF EVERY MONTH  
7:00 TO 8:30 PM

A Sound Bath is a deeply-immersive, full-body listening experience that intentionally uses sound to invite gentle yet powerful therapeutic and restorative processes to nurture your body and mind.

www.LotusCenterSC.org



**DOUBLE UP  
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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](mailto:judith@silvercityfoodcoop.coop)

Three hours earns a 15% Volunteer Discount



# Managing Diabetes

by Mary Ann Finn

When I worked as a diabetes educator, I realized that many people were scared and sometimes immobilized when they received a diagnosis of diabetes. The information they were provided to help manage their condition could be overwhelming. So, I would like to start this article on a note of hope and offer some simplified ideas on how to manage diabetes.

Diabetes can be controlled, sometimes “reversed” and even prevented. Some of the risk factors for Type 2 diabetes are beyond your control such as genetics: having a close relative with Type 2 diabetes and/or being Hispanic, African American or American Indian, being over 45 years of age or having had diabetes during a pregnancy. Risk factors that are more within your control: being overweight, being physically inactive and being a smoker.

Diabetes is a malfunction in your system where blood sugar levels get too high. This can happen normally in the short term when you eat a meal high in carbohydrates. The body then self regulates by producing insulin to lower the blood sugar level. Diabetes is diagnosed when the body is no longer able to self regulate and blood sugar levels stay high longer than they should.

If you have diabetes, you are not alone and many resources are available. According to the Centers for Disease Control, more than 37 million people in the US have diabetes. One in 5 do not know they have diabetes. Type 2 is most common, accounting for 90-95% of all cases. In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has aged and become more overweight or obese.

Less common forms of diabetes include Type 1, which is thought to be caused by an immune reaction (the body attacks itself by mistake) and gestational diabetes (diabetes while pregnant) which can happen when one is overweight, over 25 years of age, has given birth to a baby of over nine pounds, has a family history of diabetes or a genetic predisposition as mentioned above for Type 2 diabetes.

If you know that you are at risk, you can get into prevention mode. There are many simple steps that you can take to stack the odds in your favor. If you have diabetes, these same steps may prevent the complications of diabetes and keep your treatment plan less complicated. Though those with Type 1 often need insulin by injection to manage their diabetes, those with other forms of diabetes begin their treatment with meal planning and

increased physical activity (just a small weight loss can reap big rewards). Treatment may eventually progress to medication by mouth or even insulin by injection, but that can be delayed for a long time or maybe even forever.

Let me start with some of my top hints. Being on a meal plan does not mean that you have to go hungry. Try drinking some water before the meal, enjoy no calorie drinks with your meal such as water, unsweetened iced tea or fizzy water, slow down your eating and chew more (we can often overeat because we eat too fast and do not realize that we are overfull), stop eating before you are full, use a smaller plate (your eye sees a smaller plate as full and your brain may register satisfaction more easily), do not put the serving plates on the table where you are eating where you can refill your plate without thinking it through and keep the TV off and focus on your food/ appreciate it. There is a learning curve for all of this so be patient and kind to yourself.

In terms of food, nothing is completely off limits. According to the American Diabetes Assn. there are some superstar foods: see the next page. And then, there are some components of foods that are best to avoid such as high fructose corn syrup, partially hydrogenated fats and foods with very high salt content. Options are usually available or you can alter the amount of your portion or only have that item very occasionally.

A meal can take some planning: see the plate method illustration for the basics. If you are craving one particular food, build your meal around it. For example, if you are thinking of an Italian meal but really craving the garlic bread part, you can have a protein such as chicken or fish, a good sized salad or other green veggie and really enjoy a good portion of the garlic bread. If the special dessert is the part you are most craving, limit the carbs in the meal like the above example and enjoy your dessert. There are other tools to help a person with diabetes plan meals such as label reading and carbohydrate counting. Specialized cook books as well as books explaining these skills are available at the library. Restaurant meals can be their own challenge, as portions are sometimes very large, but sharing a meal or taking part of it home can help there.

The other part of diabetes management involves increasing physical activity. If you are able to walk, that can be the easiest way to get a bit more activity into your life. Walk a few minutes after a meal or do the one mile walking loop on Bullard St. where you can do as little or as much as you like and stay in the shade or the sun depending on the time of year. If walking is an issue, but you can still move your legs, then lift your legs up and down like you are marching while in your chair or make



circles with your ankles. If your legs are a problem, you can lift weights such as soup cans with your hands or use a “resistance” band (it is like a giant rubber band) to pull your arms apart. Videos are available online and books at the library can provide more specific instruction. Just remember that starting small and increasing the amount of time or the number of times a day something is done is a good way to go. Finding an activity buddy can be a good way to make it fun and give you a good reason to stay committed to your plan.

Stress comes with the territory in this life. Along with everything else, diabetes can be a cause of stress. Stress can even cause blood sugar to rise. There are many resources to manage stress, once again online and at the library. A simple way to start is to sit quietly with your eyes closed and do a bit of slow, deep breathing. Accessing resources can help you feel more in control and less stressed. Kitchen Creation classes are available through

the Cooperative Extension Service: 575-538-1559. The NM Dept of Health offers online diabetes classes: [www.pathstohealthnm.org](http://www.pathstohealthnm.org). If you need help to quit smoking: [www.quitnownm.com](http://www.quitnownm.com). If you need health insurance: [bewellnm.com](http://bewellnm.com) or 1-833-862-3935. Hidalgo Medical Services offers dental services on a sliding scale: 575-388-1511. And our Silver City Food Coop offers a large selection of the superstar foods (see below).

The reason that diabetes and high blood sugar are a problem is that over the long haul, uncontrolled blood sugar levels can cause problems with the heart, eyes, kidneys, circulation, nerve function, feet and teeth.

This article does not cover everything that you need to know if you have diabetes, but it can help get you on the right track. Remember an ounce of prevention is worth a pound of cure.

## Signs and Symptoms of Diabetes

(per the CDC)

(If you have any of the following diabetes symptoms, you should see your medical provider about being tested)

- Urinate (pee) a lot, often at night
- Are very thirsty
- Are very hungry
- Have blurry vision
- Have numb or tingling hands or feet
- Feel very tired
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual



## The Plate Method (from the CDC)

It's easy to eat more food than you need without realizing it. The plate method is a simple, visual way to make sure you get enough nonstarchy vegetables and lean protein while limiting the amount of higher-carb foods you eat that have the highest impact on your blood sugar.

Start with a 9 - inch dinner plate (about the length of a business envelope):

- Fill half with nonstarchy vegetables, such as salad, green beans, broccoli, cauliflower, cabbage, and carrots.
- Fill one quarter with a lean protein, such as chicken, turkey, beans, tofu or eggs.
- Fill one quarter with carb foods. Foods that are higher in carbs include grains, starchy vegetables (such as potatoes and peas), rice, pasta, beans, fruit, and yogurt. A cup of milk also counts as a carb food.

Then choose water or a low-calorie drink such as unsweetened iced tea to go with your meal.

## Cinnamon Drink for Type 2 Diabetes

Results from a clinical study published in the Diabetes Care Journal in 2003 suggest that cassia cinnamon (cinnamon bark) improves blood glucose cholesterol levels in people with type 2 diabetes, and may reduce associated risk factors and cardiovascular disease. While there are multiple ways to add cinnamon to your daily diet, experts suggest infusing it with water for an easy, comforting drink. Here's a recipe for you to try out. Please remember to check with your health care provider ahead of time.

Use 1 cinnamon stick per 1 cup of water. Simmer the two ingredients together for about 15 minutes. Strain out the cinnamon and serve warm. It's good on its own, but you might also enjoy it with a squeeze of lemon and a drizzle of honey.

## Mexican Meat Loaf (from Healthy Calendar, Diabetic Cooking by Rondinelli & Bucko)

Makes 6 servings  
 1 pound lean ground beef  
 1 cup canned black beans, rinsed and drained  
 1 cup salsa, divided  
 ½ cup frozen corn  
 1 egg  
 ½ cup bread crumbs  
 Cooking spray

- Preheat oven to 400 degrees.
- In a medium bowl, add all ingredients except cooking spray, using ¾ cup salsa, and mix well. Coat a 5 x 9-inch loaf pan with cooking spray. Spread mixture evenly in a loaf pan.
- Bake for 50-60 minutes.
- Remove from oven and let sit for 15 minutes.
- Top with 1/4 cup salsa.

## Superstar Foods

(American Diabetes Association)

- Beans
- Leafy green vegetables
- Citrus fruit
- Berries
- Tomatoes
- Fish high in Omega-3 fatty acids (example: salmon or tuna)
- Nuts
- Whole grains
- Milk and yogurt

Mary Ann Finn is a retired registered nurse and certified diabetes educator. Over time she came to educate by developing simpler or more personally appropriate tools and using laughter and positive energy to empower others to work towards goals and improve health.

by Carolyn Smith

Humans first learned to consume the milk from other mammals as early as 9000–7000 BCE following the Neolithic Revolution, the development of agriculture and the domestication of animals, and cheese making may have begun as early as 8000 BCE with the domestication of sheep. The oldest archeological evidence of cheese, strainers coated with milk-fat molecules found in Poland, dates cheese back to 5500 BCE. Animal skins and inflated internal organs have long been used as storage vessels for a range of foods and legend tells of an Arab trader discovering cheese when milk stored in the inflated stomach of an animal turned into curds and whey when exposed to the rennet found in the stomach lining.

Cheese spread from Western Asia (aka the Middle East) to Europe and the Indian subcontinent and was later introduced to other areas around the world, including the Americas, through trade and colonization. Many of today's familiar cheeses were first recorded in the late Middle Ages or after; Cheddar around 1500, Parmesan in 1597, Gouda in 1697, and Camembert in 1791 show post-Middle Ages dates.

In 2019, the top cheese producers in the world were the European Union with 9.83 tons (42.19%) and the United States with 6.16 tons (26.44%). France, Iceland, Finland, Denmark and Germany were the highest consumers of cheese in 2014, averaging 55 lb. per person per year. How much cheese do you eat per year?

According to the Harvard T. H. Chan School of Public Health, “One ounce of hard cheese, or a wedge about the size of your thumb, contains about 120 calories, 8 grams (g) of protein, 6 g saturated fat, and 180 milligrams (mg) of calcium. A half-cup of soft cheese like 4% full-fat cottage cheese has about 120 calories, 14 g protein, 3 g saturated fat, and 80 mg of calcium.”

I love cheese and usually have several varieties in my fridge. My favorites right now are Fromage D’Affinois, Ile de France Brie, and Manchego and the local Tucumcari Asiago and Feta in brine. A cheese and cracker plate is my go to for potlucks, especially French Club gatherings, if I don’t have the time to cook. It’s always a big hit and I can proudly say I bought them at the Co-op. The Silver City Food Co-op offers a wide variety of European and American produced cheeses: local, organic, raw or pasteurized, aged or young, flavored with herbs or spices, smoked or brined, made from cow, goat or sheep milk. Choosing which ones to buy can be so hard; a good problem to have.

Each month the Garbanzo Gazette features one cheese with information about their production and flavor profiles. Don’t be shy to ask one of our staff for a recommendation, and keep a lookout for special sales as a great opportunity to try a new cheese. You will find our large selection of cheeses in two places at the Co-op: the cooler up front next to the Grab 'n' Go cooler and in the Dairy Cooler at the back of the store.

Cultured or fermented dairy products like yogurt and cheese contain the least amount of lactose because the culturing process pre-digests much of the lactose. As whey is removed from milk during cheese making, much of the lactose is removed along with it. Hard, aged cheeses are among the lowest lactose dairy foods. These include cheddar, parmesan, Swiss and other "block" cheeses. For those who are more lactose intolerant, goat and sheep milk cheeses contain less lactose than cow’s milk cheese.

We use many different cheeses in Grab 'n' Go prepared foods, including smoked gouda, green chile and sharp white cheddar, Monterey Jack, parmesan, mozzarella, provolone, cream cheese, and feta. Most are locally produced including the Tucumcari feta in brine. If you haven’t tried this creamy and delectable feta, you are missing out.

Vegan or dairy-free cheese, a plant-based alternative to traditional dairy cheese has come a long way. The flavors, texture and ability to melt have really improved. Made from plant-based ingredients, such as nuts and seeds, vegetables, and sometimes coconut oil, it comes shredded, in slices, or block and can be used as a substitute for dairy cheeses in most recipes. Vegan cheese melts best at high temperatures over 400 degrees, but covering your casserole dish with foil traps steam which helps to melt it at the average baking temperature of 350 degrees. We use dairy-free cheese in our vegan versions of enchiladas, lasagna and vegan pesto pastas.

### SCFC Pesto

(yields 2 plus cups)

- 2 cups basil-washed, destemmed and packed
- 2 Tbsp. sunflower seeds, soaked in water for 15-20 minutes
- 2 cloves garlic, coarsely chopped
- ¼ cup olive oil
- 1 tsp. salt

Blend all in food processor



*The Deli Crew  
L to R: Doug, Carolyn,  
Judy and Arissa*

*Say cheese!!*



# News from the Seed Library

by Chris Jepson

The Southwest New Mexico Seed Library of the National Center for Frontier Communities (SWNMSL of NCFC) and Cruces Creatives sponsored a Seed Cleaning Field Day on October 7 at the Church of Harmony. As usual it was a busy weekend in Grant County, so we were pleased that over 20 participants attended to learn from seed sages and share growing experiences in the southwest in our ever changing climate. Janna Mintz and Pat DiSimio pulled together an informative educational program that included, along with themselves, Le Mar Gearhart, Greg Schoen, George Farmer, John Rahart and Caroline Metzler. Each presenter spoke of their particular seedy expertise. Participants then participated in hands-on stations cleaning donated seeds which will be incorporated into the Seed Libraries' stock throughout our communities. We appreciated the Food Co-op's donation of snacks for the day. Howard Richardson, of Corner Kitchen, provided a dinner meal for the participants.

The SWNMSL's mission is to nurture a community of growers and seed stewards who

- harvest and exchange seeds
- protect the sovereignty and diversity of our local food system
- increase our community's ability to feed itself.

The Silver City Food Cooperative strives to provide healthy food and products while supporting local and organic growers/vendors in a responsible and sustainable manner. Our accessible Seed Libraries provide free seeds throughout our communities (we have 11 library locations) so more people have access to the means to grow food to nourish themselves and to share what they've grown through the Co-op. Additionally, the Seed Library has become an exchange of locally adapted seeds (over 70% of our seeds are locally harvested and donated) which translates to a more sustainable local food supply. Last year we distributed over 6000 seed packages and over 20 varieties of Gila Native seeds!!!

The Seed Library is run by volunteers with administrative support from the NCFC. Our funding has come from small donations made at some of the Seed Library locations, small grants and from Give Grandly donations for the past three years. We use funding to buy seed cleaning, storing and packaging supplies, as well as some seeds to ensure we have non-donated seed varieties available.. We have plans to continue providing educational opportunities for the community to increase confidence and success in growing food and pollinator plants. Funding is also used to pay for educational and promotional materials, and to develop and present the information.

You can get involved by donating seeds or helping with weekly packaging of seeds. Contact Chris Jepson, volunteer SWNMSL Program Manager for input, donations or to get involved. [swnmseeds@gmail.com](mailto:swnmseeds@gmail.com)



*Margaret Hadderman & Molly Swan cleaning locally grown lavender seeds*

## Three Poems by Randy Harkins

### Kumquat May

On a desolate drive  
At a crossroads  
To nowhere  
I stopped at a diner  
Called Kumquat May  
It was June  
They didn't bring  
A menu, water  
Or what I ordered  
But they brought  
Something better

A lesson in patience  
A dose of understanding  
Of how I hold others  
To my standards  
I'm stopped in my tracks  
Do I ever relax  
Or is this knot here to stay  
Why can't I just say  
Kumquat May

### By a Thread

Before my eyes  
A small brown spider  
Dangles in the breeze  
On a single silk thread  
No web—no ties  
Just one line  
On that one line  
He flies  
Fate to sky  
I never again  
Will be that free  
Material web  
Been spun around me

And I'm holding tight  
To all that binds  
Holding tight  
To these few lines  
While freedom flies  
Beyond my eyes

### Oxygen

To graze  
Clear and burn  
Let petrol engines run  
Trap the heat of the sun  
What we've done  
Can't be undone  
So please protect  
All the rooted ones  
Leaf and needle to the sun  
The ones who can't run  
From the hot times to come  
The ones-whose fingers  
entwine

The hard beating heart  
Of our earth  
And return a soft stillness  
A cool shade and a warm shelter  
I don't know how come  
The ones we think dumb  
Are wiser than we  
So like a tree  
I lift my limbs to the light  
I will my heart to follow  
Then I breathe in  
The exhaled breath  
Of my taller brothers

# Frozen Department

# NEWS



## It's Turkey Time!

This holiday season, Silver City Food Co-op will have two brands of turkey available, Mary's Certified Organic and Ferndale Market Turkeys. Both will be offered in small, medium, and large sizes. If a whole turkey is just too much food for your Thanksgiving celebration, we will also carry Mary's Organic Turkey Breasts. For the non-turkey eaters amongst you, the Co-op also has Quorn and Tofurky meatless roasts. If the turkey vibe is not for you, Garrett Valley Sliced Hams may be a good choice. All of these products can be found in our wonderful frozen department.

### Ferndale Market Turkeys

Minnesota-based Ferndale Market, a third generation turkey farm started by Fern and Dale Peterson in 1939, raises all-natural, free-range turkeys. Each turkey grows at a natural pace, without the use of antibiotics or artificial growth promotants. They enjoy access to fresh air and a natural diet of grains and seeds, with a custom-blended mix of vitamins and minerals. Throughout the summer months, the turkeys live completely on pasture and are rotated to new grass each week. This allows them constant access to clean air and fresh grass, and exceeds the space requirements for organic turkeys. Ferndale takes pride in creating an environment that supports turkey health without medications.



Ferndale is committed to raising turkeys with respect throughout their life cycle. They work closely with their processor to ensure their birds are always handled calmly and humanely.

### Mary's Turkeys

Mary's Free-Range Organic Turkeys are an additional step up the ladder in humane farming practices, with freedom to move about and a premium diet of organic ingredients. Certified organic feeds must be certified by the USDA and everything that goes in them must be certified as well. Mary's organic turkeys are fed a gluten-free diet that never contains antibiotics, animal by-products, added hormones, or preservatives.



## Gluten Free and Dairy Free Choices!

### Wholly Gluten Free Pie Crusts



These pie crusts are gluten free, allergy friendly, vegan, Kosher, and are tasty for everyone, including those who have no restrictions, while satisfying multiple dietary needs. Ready-made Wholly Gluten Free pie crust shells taste great with a flaky texture, and are versatile to boot! Gluten

free crusts aren't always easy to make from scratch, but Wholly takes the guesswork out of your holiday pie prep. They are also good as a base for your favorite savory dishes.

### So Delicious Coco Whip Coconut Whipped Topping



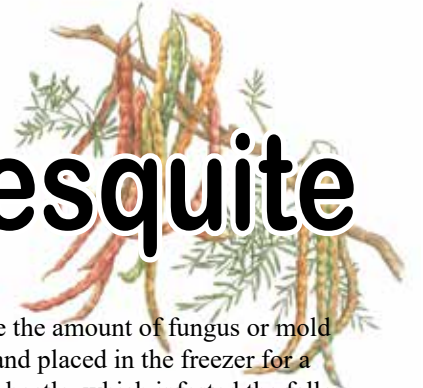
Delicious and slightly coconut-y, in a good way, some discerning folks consider this non-dairy indulgence to be better than whipped cream! Keep it in the freezer and scoop out when the urge strikes or place it in the fridge for a softer topping. It will get a lot of use with a variety of

desserts and fruits. For a simple snack or dessert (or dare we say breakfast?) fluff a couple of spoonfuls over a bowl of sliced bananas for a heavenly treat!



*Sarah . . . yin/yang doubly delicious!*

# Celebrate Fall with the Desert Bounty of Mesquite



by *Monica Rude*

Got your mesquite pods harvested and dried? Bring them to the Autumn Abundance Celebration on Sunday November 12, 10 am to 2 pm at the Commons. There the pods will be run through a hammermill into flour, which can be used in baked goods and other foods. They can be ground into meal in a home blender but the very hard, high-protein seeds will not be ground; a hammermill produces a more nutritious flour.

Honey mesquite (*Prosopis glandulosa*) is the one that grows in Grant County in washes, grasslands and overgrazed areas. It's a large deciduous shrub with spring flowers of yellow catkins dangling down that in late summer develop into fleshy pods several inches long. The tree sports straight stout spines that make harvest painful and treacherous. But worth it! The mature pods are harvested in late summer – early fall when they easily come off the branch with a gentle tug. If you have to pull hard, they're not ready yet! They don't all ripen at the same time, requiring repeated visits to the patch. Ripe pods range in color from yellowish tan to reddish or purplish (not green), and are dry and brittle. Avoid moldy pods or any on the ground which may be contaminated with the deadly and invisible fungus (*Aspergillus flavus*) which forms the chemical aflatoxin B1, a known carcinogen. When you harvest from the ground there is greater risk of the pods having come into contact with fecal matter, herbicides, pollutants, fungus

from the soil, or irrigation water that may increase the amount of fungus or mold on the pods. The pods are dried and then bagged and placed in the freezer for a few days to kill larva and eggs of the tiny bruchid beetle, which infested the fallen bean when it was green and tender. The holes were made by the mature beetle getting out of the bean. Alternatively, the pods can be baked to kill the larva.

There is a long history of people of the southwest using the pods for food and medicine, the wood for fuel, weapons, structures, furniture, and grilling meat. The pods of mesquite beans are very sweet and the sweetness comes from fructose which doesn't require insulin to be metabolized. Some research suggests that mesquite meal, with a low glycemic index of 25, helps regulate blood sugar. Mesquite pods contain about 25% fiber. Mesquite meal is gluten free. Five gallons of whole pods turn into one gallon (or five pounds) of mesquite flour.

Come to the mesquite milling whether you have pods to mill or not. You can learn all about harvesting and using mesquite, get recipes, eat mesquite pancakes with all the "fixings", share a potluck of locally grown or wildcrafted foods, bring surplus produce or seeds to share. Meet the Mesquitos. Help us celebrate this nutritious free food.

*Monica Rude lives in Gila amongst the mesquite.*

## Mesquite Waffles

### **Ingredients:**

- 1 cup whole wheat flour
- ¾ cup mesquite flour
- 3 tsp baking powder
- ½ tsp salt
- 2 eggs, separated; the whites beaten until stiff
- 1 ¼ cup milk, whatever kind
- ½ cup oil (or less if you oil the waffle iron)

### **Directions:**

Sift together dry ingredients in large bowl. In a small bowl, combine egg yolks, milk and oil. Stir the wet mixture into the dry ingredients. Fold in beaten egg whites, leaving some fluffs.

Do not overmix. Pour batter into hot waffle iron (use the highest setting on your waffle iron to avoid sticking).

- \* The batter will be thick
- \* Use ½ cup batter per waffle (adjust according to size of waffle iron)
- \* Makes about 8 waffles

### **Adapted from this recommended cookbook:**

*Eat Mesquite and More: A Cookbook for Sonoran Desert Foods and Living. Revised Second Edition.*

Available from:

[www.desertharvesters.org](http://www.desertharvesters.org)

## 7th Annual Autumn Abundance Celebration

### Mesquite Milling

\$4/gallon to mill your mesquite pods into flour

CONTACT: Asher • 575.574.7119 • [agelbart@gmail.com](mailto:agelbart@gmail.com)

### Wild and Local Foods Potluck Brunch

Mesquite pancakes and coffee provided

Bring a wild foods or local dish to share

Bring garden seeds and surplus produce to exchange!

### Mesquite 101

Learn some of the essentials

of harvesting, processing, and preparing

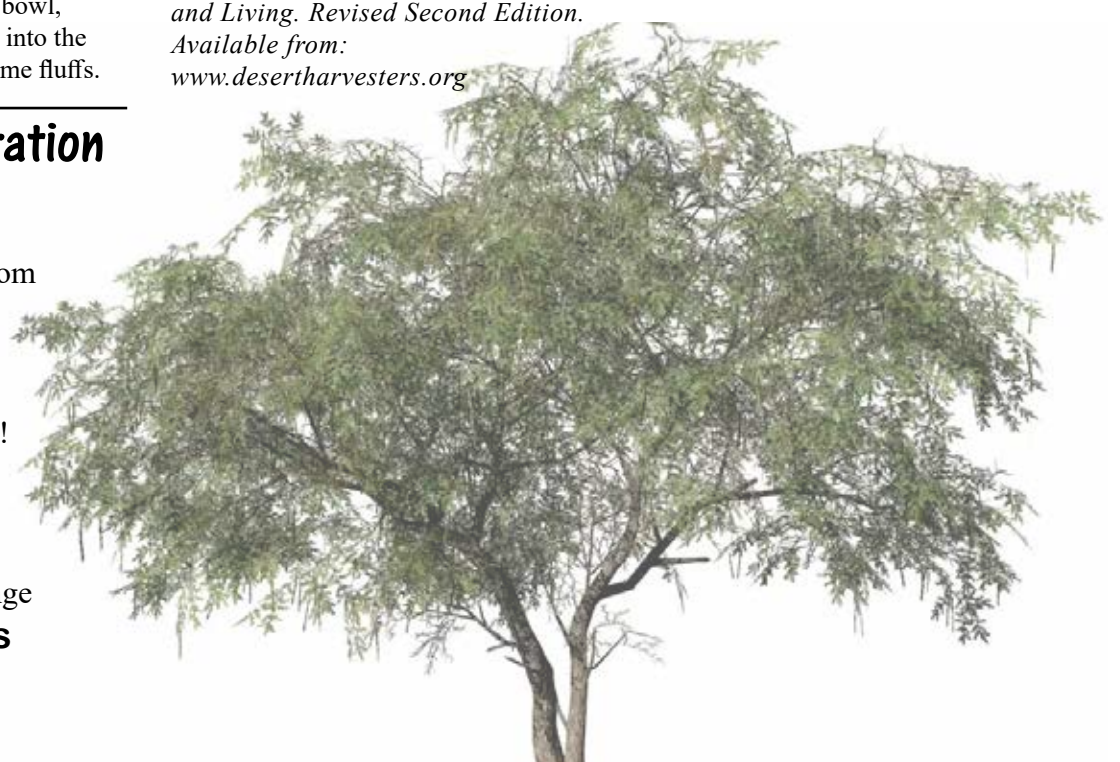
During milling sessions - informal information exchange

### Sunday November 12 at the Commons

501 East 13th Street, Silver City

10 am to 2 pm

Sponsored by the Mesquitos and the Commons



# Staff Picks

## Deli Delish!



**Another yummy Deli item in the making!**

Very interesting people work in our Grab 'n' Go Deli and Arissa, one of our newest employees, is no exception. Welcome Arissa! Her main job in the Deli right now is sandwich making. In case you haven't noticed, she's doing a great job. Those sandwiches are a fresh, tasty and substantial meal! Arissa enjoys her co-workers in the kitchen and the welcoming environment where, "you can be yourself, just have fun and work at your own pace. I'm just so glad I got a job at the Co-op, because I have never loved a job more than I do now. My co-workers have helped me so much, just by simply listening to what I've got to say, all while I'm making sandwiches."

One of her favorite ways to spend time away from work is to be with family, for big or little dinners and time outside together. "We love to camp and just enjoy nature. We ride horses, too, riding side-by-side on the trails, and enjoy going out to the lakes to just relax and fish. My whole family is big on being together. I wouldn't have it any other way!"

When asked to share something unusual about herself, Arissa said, "Many people don't know that I own animals: horses, cows, chickens and goats and, of course, my weiner dog and my pit bull. I love how they all get along. I enjoy feeding my animals and getting to bond with them. I love going to spend the day with them, riding my horses and walking my dogs."

Arissa's favorite products at the Co-op "have to be the delicious Deli foods my co-workers make. They have very interesting flavors that I have never tried. I've eaten deli foods that I wasn't sure I would like, but once I tasted them, I did! I love how our Deli offers food ready to go and eat, warmed up or cold."



## Welcome Aboard!

Cashiers at the Co-op, along with everyone else who works here, are masters at multi-tasking. Aside from assisting customers at the register, they stock shelves, and help shoppers with a multitude of situations and questions that present themselves every day.

Daniela, one of our newest cashiers, has slipped into the job nicely and looks forward to being able to work in other areas of the store, especially the produce department. Away from work, she says, "I'm usually caught working on art projects or



filling every page of a sketchbook. I like working digital. I also try to study coding and test printing in between classes. I also like walking around the WNMU campus and downtown, sometimes hiking with a friend." Even though Daniela considers herself to be "very introverted," she "likes karaoke and dancing. I don't sing well and usually only Spanish, but it's fun!"

When choosing her favorite foods, Daniela finds herself grabbing avocados, milk, cheese, and beans, because she finds them to be of an outstanding quality. That's all good food! For a little kickstart she likes to indulge in a Sambazon Amazon Energy drink. Every one of their flavors is made with certified Fair Trade Acai and organic energy sources: yerba mate, green tea, and guaraná. Sambazon is an alternative to coffee-containing beverages and, also, dairy-free and gluten-free. Enjoy for a refreshingly light pick-me-up.





# From Your Board . . .



*David Burr  
President*



*Shanti Ceane  
Vice President*



*Sandy Lang  
Secretary*



*Jane Spinti  
Treasurer*



*Leo Andrade*



*Kristina Kenegos*



*Paul Slattery*



*Tuan Tran*

## Message from the Board on Ends Policies

If you've been a member of the Silver City Food Co-op for a while, or are new to the community, it's not hard to get caught up in the excitement of the move of the current Co-op to a spacious, more accessible, location. As we pour energy and time into the physical construction of the new Co-op, it's also a great time to start thinking about our future beyond the transition to the Pope Street address.

As a board, our primary responsibilities are to use policy governance to ensure our current business remains viable and reflective of our community values, as well as identify the direction our Co-op is headed through the development and implementation of Ends policies.

But what are Ends policies exactly? Ends policies are important because they set the stage for the future, so we stay on track - stating what we are trying to accomplish, for whom, and at what cost. Why are we here? What should be different because we exist? Who is our community?

Ends are aspirational but not unreachable, and progress towards the Ends should be measurable. They determine the journey's destination without planning the route, which is defined by the subsequent development of the strategic plan. Ends reflect shareholder values and are formulated by the Co-op's Board of Directors with member/owner input to guide the management team and shape the future of the business.

During our 2023 retreat, the Board spent time discussing the future and talking about how to modify our Ends to make them more relevant for our current situation. An Ends committee, made up of board members and management, was formed to refine our initial thoughts to make them more meaningful and clearer. And now that we have our preliminary Ends drafted, it's important that we expand our outreach to include the entire co-op family and community.

We have focused our Ends on six high-level categories: healthy food, finances, culture, education, workplace and environment.

Following are our draft Ends:

Silver City Food Co-op exists so that our community has:

- Access to healthy, high-quality – especially local and organic – food
- Financial sustainability, while returning value to members and community
- A welcoming culture that values diversity, equity, inclusiveness and respect in all that we do
- Informed, engaged and empowered shoppers
- A workplace that promotes excellent customer service and fosters opportunities for participation and growth
- A regenerative business that has a net positive environmental impact

We are asking for your feedback about these goals. Do our Ends meet your expectations? Are there any outcomes not represented in the list of Ends above? You can reach out to the Board in a few ways to provide input on this draft of our Ends policy:

- Via email to the Concern Coordinator at [board.scfc@gmail.com](mailto:board.scfc@gmail.com)
- Via the suggestion box at the Co-op
- Directly through a board member
- By joining a board meeting during the member comment phase

Success for the Co-op equals achieving these outcomes. We look forward to your feedback as we strive to set our vision for the future.

*David Burr  
on behalf of the Co-op Board*



Curious about Ends?  
For more information  
about how to develop  
Ends policies, visit  
[Columinate.coop](http://Columinate.coop) and  
search on "writing ends."

### Board Meeting Schedule

The SCFC Board of Directors meets the fourth Wednesday of each month at Little Toad Creek Brewery in the back meeting room at 5:30. Please email the Board if you plan to attend.

Ten minutes is set aside at the beginning of every board meeting for member comments. The time

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

### Board of Directors

**David Burr President**  
Board Term: 2021-2023

**Jane Spinti Treasurer**  
Board Term: 2023-2025

**Paul Slattery**  
Board Term: 2022-2024

**Shanti Ceane Vice Pres.**  
Board Term: 2018-2024

**Leo Andrade**  
Board Term: 2022-2023

**Tuan Tran**  
Board Term: 2020-2023

**Sandy Lang Secretary**  
Board Term: 2022-2024

**Kristina Kenegos**  
Board Term: 2023-2025

**Our email address:**  
[board.scfc@gmail.com](mailto:board.scfc@gmail.com)



# November

## Members Only Specials

### November 1 - November 30

### 20% OFF! listed prices



**Bertagna**  
Chandler Walnuts  
reg \$11.99#



**Muddy Bites**  
Waffle Cone Snacks  
Assorted  
2.33 oz  
reg \$5.19



**NaturesPlus**  
Animal Parade C  
90 ct  
reg \$15.99



**Attitude**  
nourishing shampoo  
16 oz  
reg \$10.29



**Tierra Farm**  
Chocolate Dollops  
reg \$12.09#



**NaturesPlus**  
Gummies  
Vitamin C  
75 ct  
reg \$12.99



**Don Juan**  
Queso Manchego  
5.3 oz  
reg \$7.99#



**Attitude**  
nourishing conditioner  
8 oz  
reg \$10.29



**Simply Oganic**  
Turkey Rub  
2.43 oz  
reg \$7.99



**Pure Bliss**  
Carrot Cake Granola  
reg. \$17.59#



**Attitude**  
hair detangler  
Vanilla & Pear  
8 oz  
reg \$9.49



**Garden of Life**  
Kids  
D3 Gummies  
60 ct  
reg \$14.99

### Continuing

**20% OFF!**  
**Members Only Special**

**African Baskets**  
Various  
• sizes •  
• shapes •  
• prices •



### Co-op Deals

flyers  
available  
on our website

[www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)  
and at the front of the store

