



Silver City Food Co-op Garbanzo Gazette

Volume 23

✦ Your Monthly Newsletter ✦ August 2023

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE!

• highlights •

- Page 2 - 907 Pope update!
- Page 4 & 5 - Produce & Dairy Picks
- Page 6 & 7 - Co-op Community
- Page 8 - Nat'l Dog Month
- Page 9 - Farming In Space
- Page 11 - Cucurbits Are A Comin'
- Page 12 - HABA Dept. News
- Page 14 - Preserving Herbs
- Page 15 - Board Page



**YOU
ARE
WHAT
YOU
EAT**

Manifesto: The Mad Farmer Liberation Front



by Wendell Berry

Love the quick profit, the annual raise, vacation with pay. Want more of everything ready-made. Be afraid to know your neighbors and to die. And you will have a window in your head. Not even your future will be a mystery any more. Your mind will be punched in a card and shut away in a little drawer. When they want you to buy something they will call you. When they want you to die for profit they will let you know. So, friends, every day do something that won't compute. Love the Lord. Love the world. Work for nothing. Take all that you have and be poor. Love someone who does not deserve it. Denounce the government and embrace the flag. Hope to live in that free republic for which it stands. Give your approval to all you cannot understand. Praise ignorance, for what man has not encountered he has not destroyed.

Ask the questions that have no answers. Invest in the millennium. Plant sequoias. Say that your main crop is the forest that you did not plant, that you will not live to harvest. Say that the leaves are harvested when they have rotted into the mold. Call that profit. Prophesy such returns. Put your faith in the two inches of humus that will build under the trees every thousand years. Listen to carrion — put your ear close, and hear the faint chattering of the songs that are to come. Expect the end of the world. Laugh. Laughter is immeasurable. Be joyful though you have considered all the facts. So long as women do not go cheap for power, please women more than men. Ask yourself: Will this satisfy a woman satisfied to bear a child? Will this disturb the sleep

of a woman near to giving birth? Go with your love to the fields. Lie easy in the shade. Rest your head in her lap. Swear allegiance to what is highest your thoughts. As soon as the generals and the politicians can predict the motions of your mind, lose it. Leave it as a sign to mark the false trail, the way you didn't go. Be like the fox who makes more tracks than necessary, some in the wrong direction. Practice resurrection.

Manifesto: The Mad Farmer Liberation Front from The Country of Marriage, Harcourt Brace Jovanovich, Inc. 1973. Also published by Counterpoint Press in The Selected Poems of Wendell Berry, 1999; The Mad Farmer Poems, 2008; New Collected Poems, 2012.

Board Election Information

Candidate Deadline Nearing

If you are interested in applying for a board position, the deadline is quickly approaching!

Candidate submissions (up to 350 words) are due no later than Aug. 15th for terms starting January 2024. Four board positions are up for election during this year's election, scheduled for Oct. 9-22, 2023.

Let your voice be heard!

Send your submission to board.scfc@gmail.com.

Understanding Board Commitments on page 15

1885 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, Charlie Nardozi

Rick Stansberger, Vynce Bourné

Staff Writer: Judith Kenney

Layout & Design: Carol Ann Young

Proofreader: Mike Madigan

Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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Not Watered Down



by Kevin Waters
General Manager

By the time of reading this, you should be seeing tangible signs of construction activity at the Pope Street building. A fence, a screen, trucks and heavy equipment. Demolition of the interior of the main building and the removal of the metal barn structure may be visibly underway.

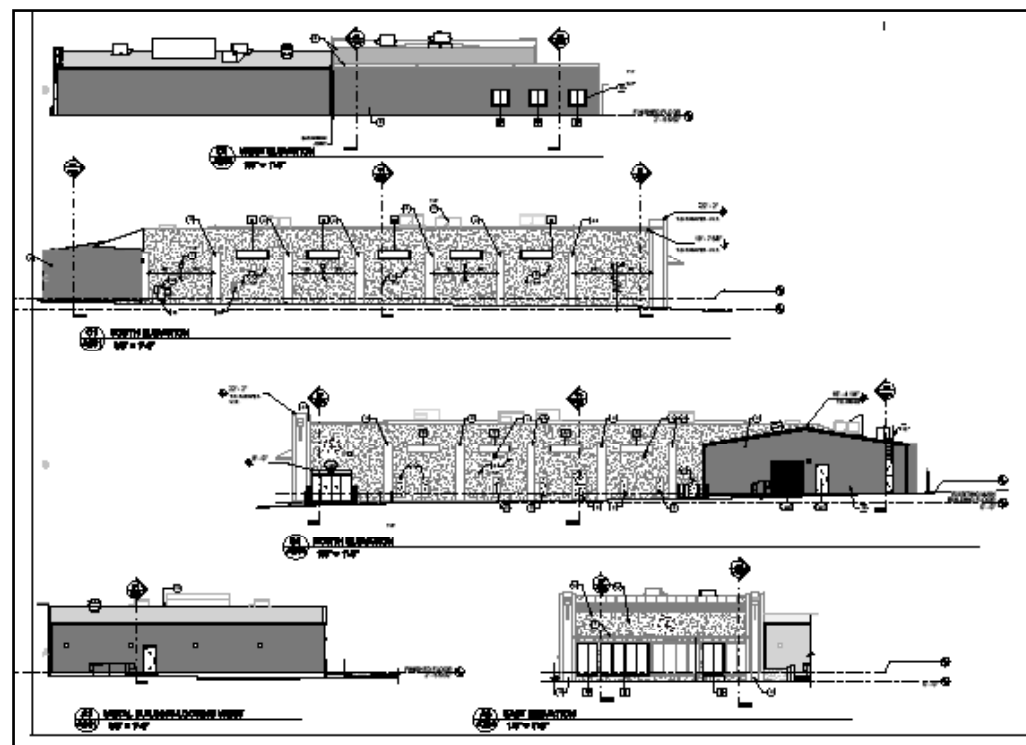
This roller coaster of twists and turns, pitfalls, challenges, and delays of the project have been well documented. The turning point of construction start has been predicted multiple times, only for it to be delayed. We have cleared a significant hurdle now, and there is no turning back.

Our securing of additional funding from New Mexico Finance Authority is the catalyst for this action. It was critical to know that we could finish the project before we could start. To knowingly spend through our initial loan funds and have an incomplete project was a risk too high for the board and myself. The possibility of the additional funding came at a very interesting time. Essentially, this green light to begin came at the point where we were required to be nearly complete with spending the original funds. This created a severe pinch point, to now take our re-worked, more affordable design to a fully engineered state in a matter of weeks. All at the same time as jumping through the multiple hoops of closing the prospective loan, which was also tied

to impending project deadlines being met. It was actually a catch-22.

Recognizing the intensity of this schedule, this last month has been a blur of a series of targets getting knocked down. The construction activity we see is the result of a massive amount of work passing through that pinch point. It's not all downhill from here, but I think the roller coaster has been through the massive stomach churning drop, and now all that's left is some loop de loops. We got this.

Below is a "draft" exterior rendering of the updated design on the front of the store. One of the tradeoffs we've had is the removal of the outdoor deck area. That said, we are keeping our parklet fully intact, and customers will be able to enjoy this area with their food and drink from the Co-op. We do have in our budget the capability for some picnic tables! We will also be opening up the original building storefront, uncovering all the windows across the entire front. This will allow more natural light into the building, especially in the indoor seating area. Our new plans have some nifty flood mitigation technology, that saves a fortune in not raising 5,000 feet of floor, and will no longer require the outdoor ramping to enter the store. Next month we will share our 100% complete drawings that will convey the whole picture.



You Hoo!!

MAD coming soon!



10% OFF Month of September

One trip • Choose your day

Board Election Information

Candidate Deadline Nearing

Understanding Board Commitments page 15

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

Misha Engel
frozen buyer

Marguerite Bellringer
finance manager

Doug Smith
grocery buyer

Tinisha Rodriguez
HABA buyer/POS

Mike Madigan
operations manager

Joy Kilpatrick
receiver

Judy Kenneally
deli

Vynce Bourné
bulk buyer

Kevin Waters
general manager

Andrea Sandoval
cashier/stocker

Eva Ortega
produce

Gini Loch
cashier/stocker

Jalyn McClain
Human Resources

Kelsi Cunniff
cashier/stocker

Jaylene Chacon
cashier/stocker

Isaiah Muñoz
utility

Doug Walton
deli

Steve Buckley
utility

Bailey Young
utility

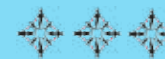
Jordan Cristy
utility

Anjelica Anaya
utility

Sarah Lynn
utility

Daniela Salas
utility

Arissa Chavez
deli



Kitchen Meditations

Summer

Late Summer Plum Cake

Gently spiced, enjoy as a brunch cake or for dessert, topped with vanilla ice cream or whipped cream.

Ingredients:

1½ cups all-purpose flour, spooned into measuring cup and leveled off
1½ teaspoons baking powder
1 teaspoon cinnamon
¼ teaspoon nutmeg
1/8 teaspoon cardamom
½ teaspoon salt
8 tablespoons (1/2 cup) unsalted butter, softened, plus more for greasing the pan
1 cup plus 2 tablespoons sugar, divided
1 large egg
1 teaspoon vanilla extract
½ cup milk
1 pound plums, pitted and quartered

Instructions:

- Preheat oven to 350°F and set an oven rack in the middle position. Grease a 9" pan (you can use a springform, regular 9" cake pan, or pie pan).
- In a large bowl, whisk together the flour, baking powder, cinnamon, nutmeg, cardamom and salt.
- In a mixing bowl, cream the butter (with a mixer or by hand) and 1 cup of the sugar until pale and fluffy, about 3 minutes. Add the egg and vanilla and beat on low speed until well combined. • Gradually add the flour mixture, alternating with the milk, and beat on low speed until smooth. The batter will be quite thick.
- Transfer the batter to the prepared pan and smooth the top with a spatula. Arrange the plums on top, skin side up, in a circular pattern so that they mostly cover the batter. Sprinkle the remaining 2 tablespoons of sugar over the plums.
- Bake for 60 to 70 minutes, until golden on top and set in the center.
- When cake is hot out of the oven, let cool and then remove from the pan. If you're using a pie pan, no need to remove. Slice and serve with ice cream or whipped cream, if desired.



Freezer Pesto

Add this luscious pesto to dishes when your garden full of basil is just a memory. This recipe omits parmesan cheese, but you can add it freshly grated later on, as a topping.

Ingredients:

3 cups fresh basil leaves, packed firmly
2 cloves garlic, peeled and smashed
½ cup pine nuts (cashews or walnuts make fine substitutes)
½ cup extra virgin olive oil
Sea salt to taste

In a food processor, pulse the basil, garlic and pine nuts until finely chopped. Add the olive oil and process until nearly smooth. Taste and adjust salt to your liking. Distribute rounded tablespoons of pesto into the wells of an ice cube tray. Freeze until firm, then transfer cubes to an air-tight freezer storage container until ready to use.

Plum Salad w/ Arugula & Blue Cheese

Both savory and sweet, healthy and delicious!

Ingredients:

4 cups of baby arugula
4 ripe plums, sliced
One half of a cucumber, any variety, sliced
1/3 cup walnuts
1/3 cup blue cheese, crumbled

Salad Dressing:

¼ cup extra virgin olive oil
2 tablespoons balsamic vinegar
1 tablespoon lemon juice
1 teaspoon garlic powder
1 teaspoon honey
Salt and pepper, to taste



Instructions:

- Wash plums and cucumber. Slice and remove pit from plums and cut each plum into 6 slices. Slice cucumber into half-moons. Set aside.
- In a large salad bowl, add arugula, sliced plums, cucumbers, walnuts and crumbled blue cheese.
- In a small jar with a lid, add all dressing ingredients. Shake well to combine.
- Pour dressing over salad and toss well, adjusting seasonings to taste. Enjoy immediately!

Watermelon, Cucumber & Corn Salsa

This refreshing summer salsa combines cooling watermelon and cucumber with the kick from jalapeño. The heat from jalapeños can vary widely. For those who like the heat, use a whole one. Serve with tortilla chips on the side or atop a summer taco recipe.

Ingredients:

2½ cups finely diced watermelon
¾ cup finely diced cucumber
1 ear corn, kernels removed
5 tablespoons finely chopped red onion
1 small jalapeño pepper, finely chopped
3 tablespoons chopped cilantro
3 tablespoons fresh lime juice
½ teaspoon kosher salt

Directions:

Stir watermelon, cucumber, corn kernels, onion, jalapeño to taste, cilantro, lime juice and salt together in a medium bowl. Serve immediately or cover and refrigerate for up to one day.

Jake's August Produce Picks

We're Plum Crazy... About Plums!

Plums are in the family Rosaceae (the rose family). Prunes are dried plums.

Like cherries, apricots and peaches, plums are "stone fruit" because they contain a hard pit on the inside. Another word for this type of fruit is "drupe."

**Why did the elephant paint his toenails purple?
So she could hide in a plum tree!**

Plums originated in China about 4,000 years ago.

The species *Prunus salicina* (Japanese plum) was born in China, but was domesticated in Japan 400 years ago.

**When should you take a plum to dinner?
When you can't find a date!**

Plums are also native to North America. There is evidence that some American wild plum orchards were not, in fact, wild. Several varieties of yellow and red plums were likely cultivated by indigenous peoples living in present day New England and Canada. Also, the historian George Catlin, while traveling through the Choctaw lands of southern Oklahoma during the 1840s, wrote, "our progress was oftentimes completely arrested by hundreds of acres of small plum trees." These acres of trees were most likely the result of cultivation by the Choctaw people and not by the random spread of wild plants.

**How do you take care of a plum tree?
Prune it!**

During the Gold Rush of 1848-1855, people hoping to get rich quick brought European plums with them to the West Coast.

**What's purple and fixes sinks?
A plumber!**

Pluots are a fruit developed in the 20th century. A pluot is a cross between a plum and an apricot (about 75% plum and 25% apricot heritage).

Plums are a good source of Vitamin C which helps heal cuts and bruises and keeps our gums and teeth healthy.

Fresh and dried plums also contain Vitamin A, which is good for our eyes and skin.

**Why did the worm leave the plum?
Because Noah said to travel in pairs.**



Corn

Many SCFC customers look forward to the arrival of corn (organic, of course) in our produce department with happy anticipation. As summer's bounty continues to roll in, corn is the top pick for lots of folks! Aside from being extremely tasty, it is a plant with an interesting story. The history of modern day corn begins about 10,000 years ago.

Ancient farmers in southern Mexico took the first steps in growing corn by selecting which kernels to plant. Corn comes from a wild grass plant called teosinte, which still grows in Mexico today. Native Americans carried it up the Mississippi River and from there it spread far and wide. In fact, it grows on every continent except Antarctica!

Corn is a beautiful plant with a singular structure. Here is a list of terms with definitions that describe its unique conformation.

Tassel: It is at the top of the plant and attracts bees and other pollinators.

Ear: Corn ears cover the silk, husk, kernels and cob of the corn plant.

Cob: The core of the ear on which the kernels grow.

Silk: The silk on the ear grows out of the top of the cornhusk and may be green, yellow or brown, depending on the corn variety.

Husk: This is made up of the green leaves surrounding the ears. The husk protects the kernels of the corn.

Leaves: The leaves of a corn plant are arranged alternately up the stalk.

Stalk: The main body of the plant, the stalk can grow several feet high and is quite sturdy.

Root: Holds the corn crop in place in the ground.



Becky's August Dairy Pick

NM Ferments Kombucha

Kombucha is an ancient beverage that has evolved with humans around the globe for thousands of years as a home tonic. Its commercialization in the early 2000s has accelerated to become one of the fastest growing health drinks on the market today. Kombucha flavors vary from extremely sour to sweet, non-alcoholic to alcoholic, and simple to complex.

NM Ferments Kombucha is a dryer, non-alcoholic, smooth and effervescent fermented green tea that is botanically spiked. They use organic and locally sourced ingredients, if and when possible. It is not pasteurized, nor does it contain preservatives that would compromise its living probiotic culture. NM Ferments Kombucha is produced in a variety of flavors that vary seasonally. Right now, our Co-op carries this revitalizing tonic in four flavors; Apricot Mint, Prickly Pear, Watermelon Peach and Hibiscus Lavender.

August 1 - August 31 • Members Receive 20 % OFF • In the front cooler

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their June Service.

Jane Papin • Tim Garner • Sue Childers
 Tammy Pittman • Elise Stuart • Susan Golightly
 Tasha Marshe • Bob Stockdale • Eric Leahy
 Donna Gianoulis • Jody Andrews • Ben Kieler
 Deb James • Jim Jacobs



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 August

Aldo Leopold School Visual Arts Program



The funds will be used to provide the tools for students to create art in which in return leads to a healthier mental state and important emotional development. These future purchased art products will promote a healthier community by supporting our youth.

June Round Up \$1020.00

Quetzacoatal Temple



We will use the funds to buy seeds, plants, fertilizers and water for the medicinal plants we'll be growing as well as renting a greenhouse for the tropical medicinal plants.

Thanks to everyone for participating in the SCRC Round Up!

Round Up for September

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.

Customer Change for Community Change!

Silver City Recycles

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



Recycling drop-off times for August
Two Saturdays, the 12th and the 26th, 10am - 12noon
\$5 Suggested Donation

Recycling Tips:

- #1: Wait times are less after 11am
- #2: Sort your recycling in cardboard boxes and we can empty them faster than bags and recycle them.
- #3: Be considerate to our neighbors, don't block driveways, and allow room for local traffic to pass.

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

Seed Library Info

Greetings...hope you are staying cool this summer!
Please consider volunteering at these upcoming events and email Rick at ricklassnewmexico@gmail.com if you are able to help with a Seed Library table::

- Mimbres Farmers' Market-
every Saturday beginning July 15 through Sept 30, 10-12
- Harvest Fest, a bit early to know your schedule, but it will be Oct 7

Many thanks!
Growing together
Chris Jepson
Seed Librarian



Gentle Tai Chi for Beginners Seniors & Children



Mondays, 11:00 AM to Noon
211 W. Broadway
lotuscentersc.org/Events/



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



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

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

Produce Compost Guidelines

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

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

Calling for Guest Writers!

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

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

Members, if interested please email
judith@silvercityfoodcoop.coop

Three hours earns a 15% Volunteer Discount



August is National Dog Month

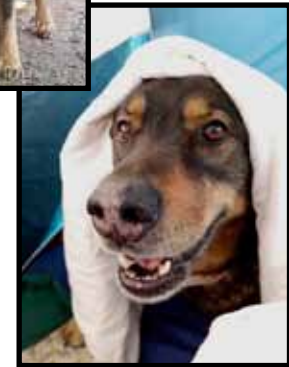
August is a time to celebrate our furry canine friends and recognize the important role that they play in our lives. Dogs have been companions to humans for thousands of years. There is archaeological evidence that they were the first animals domesticated by humans, more than 30,000 years ago! Now, more than half of households in the United States have at least one dog. It's a natural affinity!

Whether you're a proud parent of a dog or still waiting for the day that you can share your life with just the right one, here are a few things that you can do to show your love for them during their special month; Volunteer at an animal shelter, donate to a charity for dogs, make some homemade doggy treats, take your canine to the groomer for a spa day (some dogs love this), take more walks together, and definitely more hugs!

In honor of National Dog Month, the Garbanzo Gazette decided to "go to the dogs" and share photos of our very own Co-op employee pups. Enjoy!



Kevin's Koda



Vynce's Cairo



Andrea's Cinnamon & Snowflake



Carol's Willie



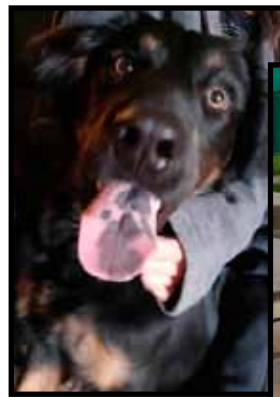
Tinisha's Marley



Jordan's Rio



Kelsi's Ranger



Anjelica's



Oso & Sparky

Eva's Persephone & Lobo



Becky's Fritz, Millie & Penny



Doug's Sweet Pea

Farming in Space: Is It Too Far Out?

by Monica Rude

Even as you read this, there are companies researching how to grow food in space. Outer space. Space travelers will have to eat. Will they be limited to eating algae, grubs, lab-grown chicken and beef and 3-D printed food? It's not like Sysco delivers there. Or Domino's. OK Pizza Hut does! See note below. "Interest in space-based food production is growing as the concept of space settlement gains traction," says Jack Gregg in a recent article in *adAstra*, the magazine of the National Space Society, dedicated to the creation of a space farming civilization.

• • • • •
• Eating in space: Great improvements have been made in the food available to long-duration crew members since early space flights and over the 23 years that ISS has been permanently occupied. Early missions featured beef and liver paste and applesauce from an aluminum tube, freeze-dried and prepackaged foods, and gradually improved especially by the addition of tortillas (bread does not work in space capsules due to spoilage and those pesky crumbs).
• • • • •

• One company pioneering alternative growing methods is Freight Farms of Boston. They have put "farms" in cargo containers, with 320-square feet of soilless, hydroponic growing space, able to produce 300 to 500 varieties of crops in a closed-loop system equivalent to about two acres of traditional farmland. They use a software program "Farmhand" that automatically optimizes all the main growing variables - air, light, water - and creates the perfect environment no matter where the farms are in the world, no matter what's happening outside the container. This could be out in space.

Providing not only fresh fruits and veggies but also clean energy, fish, biopolymers, medicines, vaccines and cellular agriculture, companies like Freight Farms will be developing systems for space travelers to get their food locally - out there on that space station or asteroid or the moon or another planet. There are already dozens of pre-orders from food suppliers, cosmetics companies, and pharma firms whose supply chains are under increasing pressure here on Earth due to climate challenges.

• • • • •
• NASA has built a restaurant on the moon. The food is great but the place doesn't have any atmosphere... *Funny Times June 2022*
• • • • •

To test how food could be grown in space, The Vegetable Production System was first installed on the International Space Station (ISS) in 2014. Studies of plant behavior under conditions in space including zero gravity, provide clues to growing crops and actual food now for space crews. One such food crop is microgreens which have four to ten times the nutritional density of a mature plant. Fruits and veggies are especially desirable since on long missions components such as vitamin C can degrade in the packaged diet.

Chickpeas have already been through testing trials in space in an experiment named "Space Hummus". Chickpeas are being used due to the nutrient-and protein-dense nature of the legume as a leading

factor to explore its potential for growth in space. Additionally, the idea of growing meat in space for long-term missions is no longer a concept relegated to our favorite episodes of Star Trek but rather a real viability gaining steam and traction. Cell-cultured meat will become an integral aspect of long-duration missions to Mars and potential Moon outposts.

What is cell-cultured meat? The main starting inputs for cultured meat are stem cells, which are typically harvested from a live animal using minimally invasive techniques. Cells are developed into muscle and fat cells in growth medium, which takes place in progressively larger bioreactors until they reach optimal cell density. Then cells are separated from growth medium using centrifuges. Finally, cells are then processed or combined with additives (e.g., for texture) depending on the desired product.

https://www.usitc.gov/publications/332/executive_briefings/ebot_pugliese_whats_the_cell_cultured_meat_hows_it_made_implications_for_regulation_and_trade.pdf

NASA is challenging teams from all over the world to submit cutting-edge ideas that could sustain long-duration space missions and improve the environmental impact of food production on Earth, increasing access to sustainable food. "The entire purpose of space exploration is actually to help us live in a more sustainable way on this planet," a spokes person said.

Follow the Money: Asteroids can make us rich and provide homes for trillions of people and there are vast numbers of asteroids in near-Earth orbits. The potential mineral wealth of these asteroids is so great that huge profits could be made once we can start mining them for materials to be sold to markets on Earth. Like space solar power, this is one of the potential revenue sources for the large startup costs for the first space settlements.

As climate change progresses, weather patterns will become more unpredictable and erratic, placing crops around the world in danger. Food grown in space might be imported to Earth after agriculture is no longer feasible on our sickly, overpopulated planet. I guess this would put an end to the current idea of "locally grown"...

Monica Rude became spacey while writing this article.

• • • • •
• The first pizza aboard the ISS arrived via a resupply vehicle in May 2001 in a commercial agreement between the Russian Space Agency and Pizza Hut. A crew member filmed himself eating it in a commercial for Pizza Hut.
• • • • •

GRAB'N'GO

Cucurbits Are A Comin'

by Carolyn Smith

The large plant family Cucurbitaceae, with more than 800 species known worldwide, ranks high in the plant kingdom for the number of species used as human food. Cucurbits have also been used in traditional medicine for ages. Studies have clearly indicated that cucurbit vegetables have antioxidant, antidiabetic, anti-inflammatory, and purgative properties and can be used as a potential treatment for stomach and intestinal disorders, as well as low urinary tract disease.

Most domesticated Cucurbita are native to the Andes and Mesoamerica, dating back to 8,000 years ago, about the same time as the domestication of maize and beans. There is also a variety of gourd which belongs to the same family but is native to Africa, harvested for its edible young fruits as well as utensils and vessels. Most of the plants in this family are annual vines with a few non-vining "bush" cultivars like zucchini, but some are woody lianas, thorny shrubs, or trees.

The most common cucurbits consumed in the United States include summer and winter squash, pumpkin, cucumber, and melons. While younger and smaller zucchini, crookneck summer squash and cucumbers are more tender and have the tastiest flesh, winter squash and melons gain their flavor over a long season and are harvested when fully mature. The thick protective skins of mature winter squash also allow it to be stored for long periods of time. I frequently buy 40 pounds of Frisco Farm's delicious butternut squash in the fall, and one year I enjoyed the last of their squash in early July!

The fruits of the genus Cucurbita are good sources of nutrients including Vitamin A (Just one cup of butternut squash or pumpkin supplies 59% of your daily Vitamin A requirement!) Vitamin C, Vitamin B6, riboflavin, Vitamin K (one 11 ounce cucumber provides 62% of your daily Vitamin K requirement!), magnesium, potassium, and manganese. Cucumbers are 96% water and melons are 90% water. Consumption of these cucurbits can help keep us both sated and hydrated in our dry southwestern home.

Eaten fresh or cooked as a vegetable, cucurbits are ingredients in cuisines around the world; recipes abound. We use cucurbits in many of the Co-op's Grab 'n' Go offerings: cucumbers in salads, dips and sandwiches, zucchini in lasagna and ratatouille, butternut

squash in soups, pumpkin seeds in our kale slaw and much more. Of course you can also find a wide variety of cucurbits in the Co-op produce department including the delicious organic melons that keep us happy and refreshed all summer.

Don't forget to eat the seeds! Commonly discarded, the edible seeds are nutrient-dense, with pumpkin, winter melon and watermelon seeds topping the list. Rich in protein, polyunsaturated fatty acids, minerals (magnesium, phosphorous, copper and potassium, iron, zinc, manganese), and anti-oxidants (beta-carotene, Vitamin E), the seed flesh is nutty in taste and can be eaten raw, or roasted, made into seed oil or ground into flour or meal.

The large beautiful yellow or orange flowers are also edible. They can be batter fried as fritters, stuffed with mild cheese such as mozzarella, goat, or ricotta, or seafood such as crab or shrimp, used in salads, cooked in soups, or used as a filling for quesadillas. There are both female and male flowers on Cucurbita plants. The female flowers produce the fruit and the male flowers the pollen. Male squash blossoms are hairier and have a thin base where they attach to the stem. Females have a thick bulge where they grow from the plant; this is the ovary and future fruit. To maximize your harvest, choose the male blooms. Harvest them in the morning while they are still in bud; fully formed blooms tend to be hairier and more difficult to handle in the kitchen. Gently squeezing the base of the blossom will help you detect the bulb of a female or the flat end of a male flower. Don't overharvest the male blooms; they are still needed to pollinate the female flowers for fruit production and they also provide food for both native bees and honey bees.

Tis the season: get ready!

Cucurbits are a comin'!



Falafel Platter with Cucumbers



Tzatziki Creamy Cucumber Greek Yogurt Dip

3 cups (plus) grated English cucumbers (use food processor and place grated cucumbers in a towel and squeeze out excessive juice)

1- 32 ounce Greek yogurt or 1- 32 ounce Nancy's Whole milk yogurt, drained

¼ cup olive oil or to taste

¼ cup chopped fresh spearmint leaves or 1 tsp dried spearmint (parsley and/or dill can be added or substituted)

1-2 cloves garlic minced

¼ cup lemon juice or to taste

1.5 tsp salt or to taste



Saturday Farmers' Market has relocated

due to the construction of the
Silver City Food Co-op

Find us every Saturday at:
1120 N. Main Street
between 11th and 12 th Streets
right next to Gough Park

Parking will be available on site
in the lot by Gough Park on Pope St. and 12th
Find updates at:
silvercityfarmersmarket.info

Native Plant Sale

Saturday, August 12th

10:00 a.m. to 2:00 p.m.

Gough Park parking lot at 12th and Pope in Silver City

Native plants are beautiful, hardy, need less water
and provide habitat for wildlife.



Meet and buy directly
from native plant growers:

- Gila Watershed Partnership, Safford
- Honey Hawk Homestead, Mimbres
- Lone Mountain Natives, Silver City
- Spadefoot Nursery, Cochise County
- Whiskey Creek Zócalo, Arenas Valley

Sales with cash or checks only

Sponsored by:



<https://gilanps.org>

HABA Department

NEWS

Three New, One Tried & True In Bodycare

Desert Essence, Cruelty-free Skin, Body & Hair Care

Our Co-op is now carrying Desert Essence vegan, gluten-free hand and body lotions in four varieties: Coconut, Island Mango, Italian Lemon, and Sweet Almond. Desert Essence sources organic ingredients wherever possible, supporting sustainable farming practices, purchasing wind power credits and continually finding ways to reduce their carbon footprint.

Supporting plant and animal biodiversity, soil productivity and the livelihood of the local communities around the world is top priority for this company. Desert Essence is "Leaping Bunny Certified," which means that there is no animal testing, whatsoever, in the formulation of any of their products, and they require all of their ingredient suppliers to abide by the same principle.



Kuumba Made Lotion

Many of our customers are familiar with Kuumba Made fragrance oils, which we've carried for years in an array of full-bodied blends. In a base of jojoba and safflowers oils, just a drop or two goes a long way.

Now you'll be able to enjoy Kuumba's light, hydrating body lotion that soothes with calendula oil, providing support for irritated skin. It will leave you feeling soft, supple and delicately fragrant.

We have four scents to choose from. Persian Garden is grounding, light and clean, with a hint of mystery. It is popular with both women and men. Frankincense & Myrrh is spicy, deep and delicately sweet, with woody undertones evocative of traveling the camel caravans or sailing the River Nile. Woody, rich and spicy, Amber & Sandalwood is earthy, deeply sensual and inviting. Lastly, Tunisian Patchouli is rich and well-balanced, warming the heart and grounding the senses.



*Our HABA buyer Tinisha
stocking out
Kuumba Made Lotion*

Humble Deodorant Eco-friendly Container

Humble is an aluminum-free, botanically-based deodorant brand that features a range of unique and delicious fragrances. The Co-op has been carrying Humble for several years in a traditional plastic dispenser, but now you have the choice to purchase the same fantastic deodorant in new eco-friendly, paperboard packaging. Scent options are Bergamot & Ginger and Moroccan Rose.

Humble is based and manufactured in Taos, NM where they make their fantastic deodorant, as well as lip balm and bar soap. From ingredients to packaging, internal operations to community outreach, the team is always striving to improve their business. Since 2022 their headquarters, production and fulfillment facilities have been powered by solar energy. Humble only tests their products on staff, friends and family...never on animals!



Badger Balm for Hardworking Hands

Badger Balm has been in the business of organic body care since 1995. Always family owned and operated, they're on a journey to create a healthier world and to cultivate good through actions and advocacy.

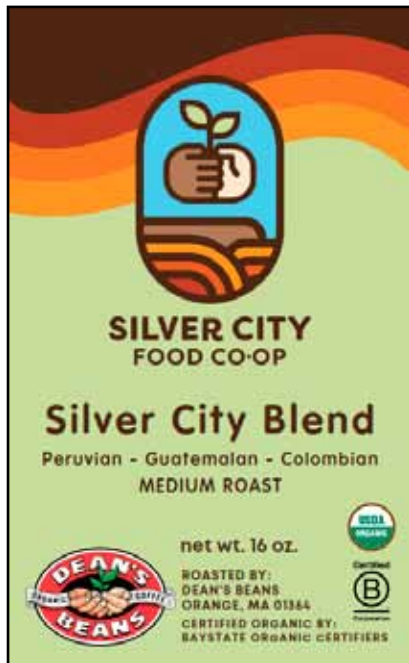
Badger's iconic original product was their Healing Balm, now renamed Badger Balm for Hardworking Hands. It truly is a workhorse in your body care regimen, powerful enough to tackle the toughest problem areas, yet gentle on sensitive skin. Packed with antioxidant-rich ingredients, such as beeswax and extra virgin olive oil, Badger will moisturize and protect your rough, chapped hands. And...it's not just for hands! Rub this ultra-rich, concentrated balm into your skin wherever needed, including arms and legs. So handy as part of your summer medicine kit for those seasonal skin irritations.



SCFC Exclusive from Dean's Beans!



by Vynce Borné



As many of our members and customers know, The Silver City Food Coop has been a supporter of Dean's Beans for well over a decade, and for good reason!

The money we spend buying coffee from Dean's Beans is partially allocated to various organizations. For example, the "Taking Flight" Migratory Bird Program, the Forgotten Children Literacy Project, "Restoring the Sacred" Reforestation Project, as well as Clean Water Initiatives. These programs reach across many borders and benefit so many people.

We truly love what they do and what they offer. High quality, fair trade, and organic beans through and through.

Let's welcome in the **Silver City Blend**. It is a blend of Peruvian, Guatemalan, and Colombian beans. All "medium" roasts. Each roast comes together to make up a small community of flavors that make anyone feel at home, much like Silver City itself.

We are also introducing a **Mimbrenño Mix**. The Mimbrenño Mix is simple but powerful, using both a Medium Mexico bean and Medium Ethiopian bean to create a harmony of sweetness and subtle fruits. I consider this roast to be what most of our taste buds want us to bring home.

Monsoon Magic is the next in our lineup and is a mixture of dark and medium roasts. An ode to the dark clouds that bring rain to our summer afternoons before subsiding to the sun again. It is made up of both Colombian and Guatemalan medium roasts as well as dark roasts from Mexico and Papua New Guinea. Although the smell before a monsoon is nearly impossible to compete with, the aroma for this blend scored a solid 8.25 out of 10, and is sure to leave an impression!

Lastly, we have the **Black Hawk Blend**. This is my favorite at the moment and if you didn't know, I like my coffee as black as a moonless sky. I believe that the only way to get the true flavor of coffee is to drink it without adding creams or sugars. This Black Hawk Blend might appeal to anyone that feels similarly. This blend comes in strong with three different dark roasts. Dark Italian for the feel, Dark Ethiopian for the flavor, and Dark Papua New Guinea for the aroma and aftertaste.

These blends were carefully picked by Co-op staff and aim to bring delicious flavor notes to your morning or afternoon brew. I truly look forward to hearing about whether you enjoyed them and which is your favorite. Please email me at bulk@silvercityfoodcoop.coop with your thoughts on this lineup, and by the end of the year we will use both the feedback of our community and our sales reports to announce the overall favorite!

Every bag, and every bean, purchased from Dean's Beans translates to a better/kinder world.

With that said, we are extremely proud and excited to step up our level of support for this company by introducing our own lineup of custom Dean's Beans coffees!

We've decided to partner up with Dean's Beans to create custom coffee blends made specifically for our sweet little town of Silver City. Available only at the Silver City Food Coop.

One of a kind packaging and roast combinations await you starting August 2023!

Happy sipping,
Vynce Bourné

Members Only • The Month of August 20% OFF Listed Prices



Tierra Farm
Hazelnut
Bulk Coffee
reg \$13.39#

Tierra Farm
Blond Blend
Bulk Coffee
reg \$13.39#

Tierra Farm
Nicaraguan
Bulk Coffee
reg \$13.39#

Afterlife On Earth

*a poem & a drawing
by Richard Allan Stansberger*

I am turning into words.
We all do- we slim down

to a name and two dates
on a stone above bones.

Will I walk the brainways
of the living as more than that?

"Hold fast to the pattern
of sound words," St. Paul said.

That's the frame over which
I stretch my skin, hoping to fly.





Preserving Herbs

by *Charlie Nardozi*
for *National Gardening Association*

Culinary herbs are a key ingredient in many foods. I love being able to walk out my door and snip some herb leaves for cooking at dinnertime. But with fall rapidly approaching, it's not too hard to imagine a time when there won't be fresh herbs waiting for me outside my door. The best way to save the taste of herbs from your garden is to preserve them now for winter. It's one of the easier and more satisfying gardening tasks. While some herbal plants, such as parsley, will survive many months indoors in pots if brought in before a frost, most herbs are better frozen or dried for use in the months ahead. Dried and frozen herbs are easy to store and take up less room than a fresh herb plant. In fact, 10 pounds of fresh herbs equals about 1 pound of dried herbs. You can also process your herbs by making pesto or herb vinegars, to preserve their flavors.

Here are some tips on the best ways to preserve your herbs:

Harvesting Herbs

Harvest herbs for preserving in the morning when the essential oils are at their peak. Clip stems before flowers form for the best flavor.

Herbs are best harvested before flower buds form and in the morning before the sun has evaporated the essential oils in the leaves. This late in the year many herb plants may have started to flower. To create higher quality leaves for storing, snip the flower buds to encourage new side shoots to grow. A few weeks later these leafy side shoots will be good candidates for harvesting and preserving. When harvesting branches of herbs, snip just above a leaf to encourage more growth during the waning days of fall. Always select stems that have little damage from disease and insects.

Quick Drying Herbs

Herbs for drying can be grouped into two categories; quick drying herbs and slow drying herbs. Quick drying herbs include lavender, marjoram, mint, oregano, rosemary, and sage. These herbs are best bundled together in bunches of 10 to 12 stems, tied with rubber bands and hung upside down in an airy, cool room out of direct sunlight to keep the essential oils in the leaves from volatilizing. The bundles of herbs will dry in about 1 to 2 weeks, depending on the weather. Humid weather slows the drying process. Once dry, strip the leaves off the stems and store. Dried herbs are best stored in a dark place and used within three months of storage for best flavor.

Slow Drying Herbs

These herbs don't dry well in bunches and are best if separated from their stalks and dried on screens. Herbs such as basil, dill

leaves, lovage, parsley, and thyme fall into this category. Remove the leaves, cut them into small pieces, and lay them on screens for air drying or place on a cookie sheet to dry in the oven or a dehydrator. Set the oven or dehydrator to a low temperature (below 150°F), and stir often until the leaves are dry. Store in glass jars.

Freezing Herbs

Herbs with high water content, such as basil, lovage, mint, lemon balm, and tarragon can also be frozen. Freezing preserves herbs in a bright green state and makes them available for adding to soups and stews in winter. Wash herb stems and remove the leaves. Pat the leaves dry and place on a cookie sheet or tray, separating them so they don't freeze together in a solid mass. Cover and place in the freezer until frozen. Store in an airtight container or freezer bags for up to one year.

Freezing Herbs In Ice Cube Trays

Another handy way to freeze herbs is in ice cube trays. This is a great way to preserve combinations of herbs you use in special soups and stews in winter. Stuff three or four individual leaves or chopped herbs in an ice cube tray and fill with broth or water. Freeze, then remove the blocks and store in freezer bags.

Pestos and Vinegars

I love eating pesto in summer and preserving pesto for winter, too. I use the ice cube tray method making batches of pesto (check out our Freezer Pesto recipe), filling the trays, and storing the cubes in freezer bags. Don't feel limited to basil pesto either. The word pesto, in Italian, means to pound or crush, so try out different leaf combinations like spinach and parsley, arugula and parsley or kale and sun-dried tomatoes. Vinegars are a great way to preserve herbs such as basil, oregano, thyme, and rosemary. Use three to four sprigs of herbs per one cup of vinegar. Experiment with white vinegar, cider vinegar and wine vinegar, using different herbal combinations and amounts.

Collecting Herb Seeds

Some herb plants are best preserved by collecting the seeds. Dill, fennel, and coriander are some of the most popular herbs whose seeds are used in cooking. To collect herb seeds, let the plants flower and form seed heads. When the seed head begins to yellow and dry, but before the seeds start dropping, harvest the head and cover it with a brown paper bag, securing the bottom with an elastic band. Hang it upside down indoors. Wait a week or so to let the herb seeds mature and dry. Periodically shake the bag to dislodge the seeds into the bag. Store seeds in a glass jar in a dark location. Use within six months for best flavor.



From Your Board . . .

Understanding Board Commitments

Board elections are coming soon, and there's still time to submit a candidate statement expressing your interest in joining. If you've been thinking about joining the co-op board, and are uncertain of the responsibilities it entails, following is an idea of what to expect:

- Board members participate in monthly meetings, held the fourth Wednesday of each month at 5:30pm, to conduct business, such as committee updates and announcements, monitoring financials and status reports, addressing old and new business, and hearing comments and announcements from members. Meetings last from 1-2 ½ hours depending on the agenda.
- Committee meetings occur as needed depending on decisions to be made. Board members get to select the two committees they wish to join, choosing from the following committees: Board and Management Evaluation (BME), Member Connect (MC), Election (EC) and Finance (FC). Member-owners are encouraged to participate. Commitments vary from one meeting a quarter to a handful of meetings prior to an event or task.

- The board coordinates the annual General Membership Meeting (GMM), bringing together member-owners with our board as we review co-op business and accomplishments from the past year.
- To ensure an effective and collaborative board, we participate in a retreat to work on communication, team building, training and strategic planning, among other topics. This year's retreat was held June 23-24 at the Bear Mountain Lodge.
- Our current board is also actively involved in decisions regarding our co-op's upcoming relocation to Pope Street, an exciting time for us all! Time commitment for this and other special projects varies depending on tasks at hand.

Interested in becoming a member?

Send your candidate statement (up to 350 words) to board.scfc@gmail.com by August 15th. For more information, visit our board pages on the website.



Board members at June retreat at Bear Mountain Lodge

Board Meeting Schedule

The SCFC Board of Directors meets the fourth Wednesday of each month at 907 N. Pope St. Please email the Board for more information. Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among

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

Board of Directors

David Burr *President*
Board Term: 2021-2023

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



David Burr
President



Shanti Ceane
Vice President



Sandy Lang
Secretary



Jane Spinti
Treasurer



Leo Andrade



Kristina Kenegos



Paul Slattery



Tuan Tran



August

Members Only Specials

August 1 - August 31

20% OFF! listed prices



New Mexico Ferments
Kombucha
All Flavors, 12 oz
reg \$4.79 ea



Himalaya
Kids' Toothpaste
4 oz
reg \$3.49



Rubicon
Vegan Cupcakes
10 oz
reg \$5.39



Hoplark
Hop Water
w/ Sabro Hops
6/12 oz
reg \$8.59



ALK 8.8
Water
1.5 liters
reg \$3.29



Xlear
Nasal Spray
1.5 oz
reg \$14.99



Tierra Farm
Hazelnut
Bulk Coffee
reg \$13.39#



OraMedix
Kids'
Flossing Toothbrush
reg \$3.99 ea



Tierra Farm
Blond Blend
Bulk Coffee
reg \$13.39#



Hoplark
Citrabomb Hop Tea
6/16oz
reg \$17.29



bioAllers
Tree Pollen
1 oz
reg \$13.99



Tierra Farm
Nicaraguan
Bulk Coffee
reg \$13.39#



Himalaya
Hello
Alert Mind
60 ct
reg \$25.99

Continuing

20% OFF! **Members Only Special**

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



Co-op Deals

flyers
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www.silvercityfoodcoop.coop
and at the front of the store

