



Silver City Food Co-op Garbanzo Gazette

it's
MAD!

Volume 23

❖ Your Monthly Newsletter ❖ September 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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Specials

Demolition Begins!

Co-op Volunteers Lend a Hand to Kick Off Demolition at 907 N. Pope St.

Before official deconstruction began at the future home of our Co-op, a handful of Co-op Members came together to volunteer their time to help reuse and recycle some of the materials in the building. Through this process we were able to salvage hundreds of pounds of everything from kitchen sinks to ceiling tiles. As some members may remember from tours of the building, 907 N. Pope was most recently used as an office building, comprising about 20-25 separate rooms and offices. That's a lot of removal to do. In our volunteer efforts, over the course of about three weeks we were able to bring down most of a couple of offices worth of materials. Juxtapose that with the swift action of the hired demolition crew's first full week of work. We probably did somewhere in the neighborhood of 2-3% of what they did. We were pretty satisfied with our take, and glad to be able to recycle some materials for projects at home! For more on the ongoing progress see page 2 for an update from Kevin.



YOU
ARE
WHAT
YOU
EAT

1857 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

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Monica Rude, Mary Ann Finn
Carolyn Smith, Kate Stansberger
Elise Stuart, Susan Van Auken

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Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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Waters Waters EveryWhere



by *Kevin Waters*
General Manager

The first phase of demolition at our new location commenced in August. The first phase was taking the original building down to the four walls. That phase is nearly complete. You can see by the pictures below it was turned into the worlds largest bathroom! Actually at this point, even the lonely toilet has been removed. The walls have been left with studs in place, and they will be used for the new dry wall/finishing in the new decor. There are still some concrete ramps and steps to be removed, but the next week we'll be removing the high ceiling panels and framing, and completely opening up the building to the original ceiling and joists. This will set the stage for our future open beam, exposed HVAC look in the upper reaches of the new store. Then comes the fun part, big machines bringing down the ol' tin barn. We expect a few more weeks of demolition, barring any delays. Standing in the open store space, it has been pretty inspirational, to now clearly visualize what the space will be, and imagining it bustling with customers and employees, and Co-op fun!



Dance on down
to the Co-op!



it's **MAD**
again!!!

September

Member Appreciation Days

10% OFF

One Trip to save 10%

25% Maximum Discount
(excludes mark-down items)

Become a member and save!

Change in Board Meeting Venue

As the SCFC Board is no longer able to meet at the Pope Street facility,
we cannot provide access to Board meetings by Zoom.

However, any member-owner is welcome to attend Board Meetings.

Future Board meetings will be held at Little Toad Creek Brewery in the back meeting room.

The next Board meeting will be held September 27 starting at 5:30 PM.

Please contact David at dburr@iu.edu if you wish to attend the Board Meeting
just so that we know how many people may be attending.

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

Honey, Balsamic & Rosemary Roasted Figs

This recipe tastes like a less sweet, chunkier version of fig jam, but also delivers savory depth, due to the rosemary and salt. Enjoy roasted figs over ice cream, toast or your favorite grilled dish. Also super yummy with brie cheese!

Ingredients:

2 pounds firm-ripe fresh figs (about 35 figs), halved lengthwise
3 tablespoons aged balsamic vinegar
2 tablespoons honey
½ teaspoon vanilla extract
1 teaspoon salt (or to taste)
1 sprigs rosemary
2 tablespoons unsalted butter, cubed
½ teaspoon lemon zest

Directions:

- Preheat oven to 425° F. Place figs, cut sides up, on a rimmed baking sheet. Drizzle evenly with balsamic vinegar, honey and vanilla. Sprinkle with salt. Add rosemary sprigs to baking sheet.
- Roast in preheated oven until figs soften slightly, about 10 minutes. Remove from oven. Flip figs using tongs. Sprinkle everything evenly with butter cubes.
- Return to oven and roast at 425° F, until butter is melted and balsamic vinegar is thick and syrupy, about 5 minutes. Discard rosemary sprigs. Sprinkle figs with lemon zest.

Note: You can line your pan with parchment paper, as the syrup is very sticky.



24 - Hour Refrigerator Pickles

These crisp, tasty pickles are ready to eat in just 24 hours. They will keep in the fridge for several months but will have the best texture if eaten within one month. The basic recipe is for cucumber pickles, but feel free to use a variety of other veggies. Carrots, green beans and cauliflower all work well here.

Ingredients:

1¼ cups water
1/3 cup apple cider vinegar or white wine vinegar
1½ tablespoons salt, kosher, or non-iodized salt
1 tablespoon honey
2 small cloves garlic, peeled
2 pounds pickling cucumbers, cut into spears or 1/4-inch thick rounds
2 sprigs dill, or 1 dill flower head, or 2 teaspoons dried dill leaves
½ teaspoon red chili pepper flakes

Method:

- Gather ingredients.
- Make a brine by combining the water, vinegar, salt and honey and bringing all to a boil.
- Pack two clean glass pint jars with the cucumbers (it's not necessary to sterilize the jars for this recipe). Add one clove of garlic, one sprig of dill, and a pinch of red pepper flakes to each jar as you pack the cucumbers (or other vegetables) in tightly.
- You don't want them to float when you add the brine.
- Pour the hot brine over the other ingredients. The veggies should be completely submerged in brine. Since these refrigerator pickles will not be canned, it is not necessary to leave head space between the surface of the food and the rims of the jars.
- Fasten lids and store in the refrigerator for at least 24 hours before eating.

Fig & Arugula Salad w/ Pecans, Basil & Goat Cheese

Ingredients:

¼ cup red onion, thinly sliced
½ cup toasted pecans
5 ounces baby arugula (about 6-7 cups)
6-8 figs, stems removed, quartered
10-15 basil leaves, torn into pieces
½ cup firm goat cheese, crumbled (use the kind in a log)

Dressing Ingredients:

3 tablespoons olive oil
2½ tablespoons balsamic vinegar
1-2 teaspoons maple syrup
½ teaspoon salt
½ teaspoon pepper
¼ teaspoon vanilla (optional)

Instructions:

- Toast pecans in a dry skillet over medium heat, stirring occasionally until fragrant and lightly toasted, about 5-6 minutes.
- Place arugula, pecans, onions, and torn basil leaves in a large bowl. (At this point, you could refrigerate until time to serve, placing figs and goat cheese over top of the greens).
- Drizzle the dressing ingredients into the salad bowl (or feel free to mix dressing in a small jar or bowl first) tossing the salad until all the leaves are lightly coated. Add the figs and goat cheese and lightly toss to incorporate.
- Taste, adjust vinegar and maple syrup to your liking, adding more, if you prefer.
- Serve immediately!
- **Note:** It helps to use very cold cheese because it's easier to crumble, so leave it in the fridge until the last possible moment. You can also place it in the freezer while you prep the salad.

Jake's September Produce Picks

What Is a Fig?



There's a reason that people have been eating figs since Neolithic times - they are delicious and nourishing and oh-so-easy to pop in your mouth! There is something a little odd about figs. In fact, despite being called a fruit, a fig is technically a syconium, a tiny group of inverted flowers growing inside a pod.

Each pod contains hundreds of flowers, and each flower produces a small seed, which is the actual fruit of the plant. An achene contains each seed. We see them more commonly on the outside of strawberries. Each fig consists of hundreds of achenes (the slightly crunchy bits), which means that every time you eat a fig, you are actually eating multiple fruits at one time. The flesh around the achene (the juicy, delicious part) is called "accessory fruit."

Figs are believed to have originated in Western Asia. Archaeological evidence traces fig consumption back to, at least, 5,000 B.C. Some scholars think that they were one of the first plants to be domesticated by humans. Throughout history, figs have been a symbol of peace, prosperity and fertility.

Figs are available during the summer and into early fall, depending on the variety. When choosing them, look for those that are plump but still give a little when touched. Figs don't ripen after being picked, so avoid those that are very firm. Fresh figs are delicate and do not last very long. Make sure to store them in the refrigerator and eat within a week of purchase. Figs are wonderful eaten as is, but they can also be roasted, grilled, and made into jam. They are good in both sweet and savory dishes and paired with a wide variety of foods.



Jake & Becky with rounds of Ile de France, the creamiest of French Bries.

Pickling Cucumbers

Cucumbers for pickling refer to those that are used, as you might surmise, for making pickles. This doesn't mean that they can't be eaten fresh, but their thinner skins, crunchy texture and smaller seeds make them ideal for pickling. They are also shorter, which means that they fit into a glass jar quite neatly, whole or in spears. Being drier than slicing cukes, they take on the flavors from pickling spices in a jar more easily. As previously mentioned, picklers, when harvested young, are fine and crunchy for fresh eating - in a salad or out of hand.

Slicing cucumbers are what most people slice up for a salad or dip into hummus. They come in many varieties, but the two most commonly found in grocery stores are American and English. You may be wondering if you can use regular cucumbers for pickles and the answer is "yes!"

While they may not possess the same ideal qualities as pickling cukes, such as thin skins and minimal seeds, with a little extra care they can be quite tasty. Just make sure that you choose those that are fresh and firm. This month, our Kitchen Meditations page is featuring a straightforward and flavorful recipe for "24-Hour Refrigerator Pickles."

Becky's September Dairy Pick

Ile de France Brie

Ile De France Brie was the first brie ever imported in the U.S., in 1936, aboard the Ile de France ocean liner, the first cruise ship equipped with a refrigeration system. Until the launch of the Ile de France liner, French cheese could not reach U.S. soil because of refrigeration issues. Two brothers, Alfred and Julius Schratte seized the opportunity to transport the French brie cheese on the Ile de France and organized the first shipment to New York. It was a truly historic date for French cheese!

Brie is a fruity, buttery cheese that originated in France in the region of Brie. It has a lush, soft interior enclosed in a bloomy, edible white rind. The earthy aroma intensifies deliciously with age. High in fat and calcium, it's also a good source of protein and vitamins A and B6. Brie is a great addition to a cheese board and is best enjoyed at room temperature, accompanied by fruit, nuts, baguette slices and crackers. It also bakes quite well, alone or wrapped in pastry and served with bread and fruit. Melt slices or chunks of brie in gratins, casseroles, sauces, grilled cheese sandwiches, or on pizzas and flatbreads.

Ile de France is a classic brie, fantastically smooth, creamy, and full-bodied. Looking for an authentic brie? Ile de France brie is known for its fine, tender body and fresh, nutty flavor. Indulge!

September 1 - September 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 July Service.

Jane Papin • Tracy Pittman
Tim Garner • Sue Ann Childers
Tasha Marshe • 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 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.

July Round Up \$1183.00

Mimbres Culture Heritage Site



Funds received from the Round Up program will be used to pay for educational materials for the students of all ages who visit our museum, including brochures and booklets of historical information, research copies, and hands-on materials for children. We will also use some of the money to help preserve Mimbres Valley family histories. It will help cover travel expenses for the families' senior members and production of family photos that are part of the project.

Round Up for October

Serving People In Need



SPIN is dedicated to helping those who are struggling with homelessness and serious mental illness. Our goal is to give back to our community and to help those in need whether it's assisting with housing applications, teaching life skills courses, providing peer support, assisting with social security applications or providing a hot meal every day of the week, we provide services that contribute to the betterment of our community.

Customer Change for Community Change!

Full Harvest Moon 2023

September's full moon, on the 29th of this month, is known to many as the Full Harvest Moon, as it is the full moon that is closest to the fall equinox. In the northern hemisphere, the Full Harvest Moon rises very soon after sunset providing plenty of bright light for farmers harvesting their summer crops. It is so well-known for its luminosity and brilliance that certain Native American tribes named it the Big Moon. The most widely-practiced tradition associated with the Full Harvest Moon is the Mid-Autumn Festival, celebrated by Chinese communities all around the world. It is also called the Mooncake Festival in China, when people gather to admire the moon's radiance while eating mooncakes and drinking tea.

The full moon has traditionally been celebrated for its magic, mystery and special energy. It represents a time to gather with community, release unwanted energies and honor what we have created since the new moon. To harness the beautiful power of the full moon, rituals and ceremonies can be used as a powerful tool to self-reflect and create necessary change in our lives.



Chinese Mooncake

Silver City Recycles

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

Recycling drop-off times for September
Two Saturdays, the 9th and the 30th, 10am - 12noon



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

Morning Meditation w/ Jeff Goin

Mondays & Fridays, 8:30 to 9:00 AM (beginning 9/8)
In-person or Live Stream
LotusCenterSC.org/Classes/




**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



FDA is Seeking Your Input on Reducing Sugar Consumption

by *Monica Rude*

The U.S. Food and Drug Administration is seeking public input on how to reduce sugar consumption. The White House Strategy on Hunger, Nutrition, and Health notes that the intake of added sugars for most Americans is higher than what is recommended by the Dietary Guidelines for Americans and calls for the FDA to host a virtual public meeting to discuss strategies for reducing added sugar consumption in the United States. The goal of the Strategy is to “end hunger in America and increase healthy eating and physical activity by 2030 so fewer Americans experience diet-related diseases”.

What are added sugars? The term added sugar does not include sugars that are found naturally in foods. It refers to sugars or other sweeteners that are added to foods and drinks when they are processed to enhance the color, flavor or texture of foods and drinks. They include anhydrous dextrose, brown rice syrup, brown sugar, cane juice, confectioner's powdered sugar, fructose, fruit nectar, glucose, honey, invert sugar, lactose, liquid fructose, malt syrup, maltose, molasses, nectars (e.g., peach, pear, agave nectar), pancake syrup, raw sugar, sucrose, sugar cane juice, trehalose, turbinado sugar and white granulated sugar.

Look for added sugars in sugar-sweetened beverages including tea and coffee, desserts and sweet snacks, cereal, baked goods, flavored milk and yogurt, non-dairy milk, frozen foods, baby food, fast foods, salad dressings, pasta sauce, protein bars, cured meats, condiments and candy. These processed foods make up more than half of the intake of all added sugars while contributing very little nutritional value.

Some naturally occurring sugars are found in healthful foods. For example:

- Dairy products contain a natural form of sugar called lactose, but they also provide protein, calcium and vitamin D.
- Fruits and vegetables may contain a variety of natural sugars, but they also provide dietary fiber, vitamins, minerals and antioxidants.
- Whole grains provide some naturally occurring sugars, as well as vitamins, minerals, dietary fiber and other nutrients.

One of the biggest health threats from added sugar is weight gain. Your body doesn't know the difference between natural sugar and added sugar. They both get processed the same way. The important difference is how fast the body digests them. Foods with natural sugar — fruits and vegetables — also contain soluble fiber, which means your body digests the accompanying sugars more slowly. In comparison, added sugar lacks fiber, so it's absorbed much faster, causing blood sugar levels to spike, leading to an insulin surge, which can increase hunger. The cheap and easy availability of HFCS (high fructose corn syrup) and sugar has increased average daily calorie intake, a key factor in

weight gain. Research suggests some people now consume over 500 calories per day from sugar, on average, 300% more than 50 years ago.

Drinking large amounts of artificially sweetened sodas is associated with earlier death, according to the Journal of the American Medical Association. Additionally, consuming too much sugar can increase chronic inflammation, high blood pressure and elevated triglycerides that can lead to heart disease. In healthy people, insulin increases in response to the consumption of carbohydrates, transporting them out of the bloodstream and into cells. However, regularly consuming excess fructose, as in HFCS, not fruits, can make the body resistant to insulin's effects, leading to insulin resistance, a condition that can result in type 2 diabetes. Fructose also promotes visceral fat accumulation which surrounds organs and is the most harmful type of body fat and difficult to lose.

The American Heart Association recommends limiting added sugars to no more than 6 percent of calories each day. For most American women, that's no more than 100 calories per day, 24 grams or about 6 teaspoons of sugar. For men, it's 150 calories per day, 36 grams or about 9 teaspoons. One 12-ounce can of regular soda contains 10 teaspoons of sugar, 40 grams or 160 calories – and zero nutrition.

Since 2021, added sugars must be declared on the Nutrition Facts label for most products. Despite this progress, intake of added sugars is still too high for most Americans.

Strategies for reducing sugar intake:

Pay attention to the ingredient list and look for added sugars in products, trying to avoid sugar within the first 3 to 5 ingredients, be aware of the various names for added sugars.

Check nutrition labels for total grams of added sugars. Once you know how much you're consuming, you can compare it with the American Heart Association's guidelines.

Reduce your intake of major sources of added sugars by limiting products that contain them. Reducing portions, consuming these items less often, and selecting options low in added sugars.

Another way to avoid added sugar is to switch it out for other sweeteners. Add whole or frozen fruit to cereal or oatmeal, tea, and yogurt. Also, try antioxidant-rich spices like ginger, cinnamon, nutmeg, vanilla extract or citrus.

Reduce consumption of sugary beverages; instead, choose water, unsweetened herbal tea, or infused water for hydration. Dilute juice with water to decrease the concentration of sugar.



When craving something sweet (like juice), drink a tall glass of water first and see if the craving passes. If it doesn't, try taking a small portion of something sweet and really take time tasting and savoring it.

Preparing meals at home allows you to have control over the ingredients and the amount of added sugar.

The Federal government is doing their part by developing a front-of-package (FOP) labeling system to quickly and easily communicate nutrition information which could also prompt industry to reformulate foods to be healthier.

The government plans to address the marketing of unhealthy foods and beverages. Companies spend nearly \$14 billion per year on marketing. More than 80% of this advertising promotes fast food, sugary drinks, candy, and unhealthy snacks that are high in sodium, added sugars, and/or saturated fat. This deceptive advertising is often directed at children and adolescents.

Manufacturers are looking for ways to reformulate their products to reduce the sugar content, while still providing products that meet consumer preferences. The use of sugars and sweeteners that provide fewer calories, that are not associated with dental cavities, and that result in a lower glycemic and insulin response than other sugars could be one way for industry to make products that help consumers meet dietary recommendations to limit added sugar intake.

High-intensity sweeteners are commonly used as sugar substitutes because they are many times sweeter than sugar but contribute only a few to no calories when added to foods. High-intensity sweeteners also generally will not raise blood sugar levels.

Six high-intensity sweeteners are FDA-approved as food additives in the United States: saccharin, aspartame, acesulfame potassium (Ace-K), sucralose, neotame, and advantame. Also approved are steviol glycosides obtained from the leaves of the stevia plant and extracts obtained from Swingle fruit, also known as Luo Han Guo or monk fruit. High-intensity sweeteners are widely used in foods and beverages marketed as "sugar-free" or "diet". These sweeteners are approved by FDA as "safe for the general population".

Other sugar substitutes that are not high-intensity sweeteners are sugar alcohols, including sorbitol, xylitol, lactitol, mannitol, erythritol, and maltitol. The sweetness of sugar alcohols varies from 25% to 100% as sweet as sugar. They are slightly lower in calories than sugar and do not promote tooth decay or cause a sudden increase in blood glucose. They are used primarily to sweeten sugar-free candies, cookies, and chewing gums. Sugar alcohols let you enjoy the sweetness of processed sugar with just half the calories.

Increasing the availability of healthier foods and nutrition information could improve eating patterns and improve health. The FDA virtual public meeting mentioned in the first paragraph is scheduled for November 6, 2023; Virtual Listening Sessions – November 7-8, 2023.

More meeting specifics, including information on how to register, will be made available in September 2023 at their website:

<https://www.fda.gov/food/workshops-meetings-webinars-food-and-dietary-supplements/virtual-public-meeting-and-listening-sessions-strategies-reduce-added-sugars-consumption-united>



Nonviolent Communication Training

The Co-op is proud to partner with the Lotus Center to offer a weekend of Nonviolent Communication (NVC) training.

Karen Starz, a certified NVC trainer, will be coming over from T or C to lead the training.

The dates of the training are:

Friday, November 3 - Early evening mixer/ice-breaker

Saturday, November 4 - A full day of training

Exact times, location, and information on cost and registration will be forthcoming in early October. Please consider joining us for this special peace training.



YOGA • MOVEMENT • MEDITATION

GRAB'N'GO

Holy Basil, Batman!

by Carolyn Smith



Doug preparing Sriracha & basil peanut butter tofu w/ ginger cucumber slaw

Most summers in the last two weeks of June I leave my home and garden for a family reunion. Here in Silver City, June is typically the hottest and driest month of the year, a terrible time to leave my garden. So I check and refurbish my irrigation systems and depend on the kindness of friends and neighbors to water my plant babies while I'm away.

Over the years and in part to limit the burden on my caretakers, my vegetable garden has shrunk to a

few tomatoes, summer and winter squash, and basil. I transplant my tomatoes before I leave, but wait to pop in the basil and squash starts when I return in early July. Both squash and basil require a lot of water to thrive, and it's much easier and economical to hand water potted plants and let the monsoon rains do the heavy lifting, right? Also transplanting squash later avoids the cycle of squash bugs. Win, win, win.

Basil, native to India and other tropical regions stretching from Central Africa to South East Asia, is now cultivated around the world. Basil can be grown as a short-lived perennial or biennial in warm tropical or Mediterranean climates but being sensitive to cold is generally grown as an annual in temperate zones. To extend the season, basil can be grown indoors in pots or greenhouse beds. This year I planted basil out in the garden and some in a big pot. With no monsoon, the basil in the pot is so much happier and lush than their sisters in the garden, and I can bring the pot inside when the weather turns cold.

Basil, genus *Ocimum*, belonging to the mint family *Lamiaceae* is used as a culinary and medicinal herb worldwide. The sweet basil, Genovese and Thai (*Ocimum basilicum*) are most widely used for cooking but there are many other varieties and species including lemon basil, spice basil, African blue basil, clove basil, camphor basil and Holy Basil.

Basil is delicious eaten fresh as a tapenade and in recipes. In a hot dish dish, it should be added last, as cooking quickly destroys the flavor. Fresh basil can be kept for a short time in plastic bags in the refrigerator, but



Yumm! Chicken farfalle pasta w/ fresh basil cream pesto & pine nuts

just like zucchini, keeping up with production can be a challenge and one can only eat so much pesto. Drying basil is one way to go. Another is freezing prepared pesto or simply chopping basil leaves and mixing in olive oil. One tablespoon of chopped basil per 1-2 tablespoons of olive oil spooned into ice cube trays, frozen for 2-3 hours or overnight and then placed in a freezer is an easy way to have the taste of "fresh" basil all year long.

When soaked in water, the seeds of several basil varieties become gelatinous, and are used in Asian drinks and desserts such as the Indian faluda or the Iranian sharbat-e-rihan. In Kashmir, the Ramadan fast is often broken with babre beole, a sharbat made with basil seeds.

Sweet basil contains plant compounds which bestow aroma and flavor and have antioxidant and anti-inflammatory properties. It also provides vitamin K, which helps to make various proteins that are needed for blood clotting and the building of bones.



Holy basil (*Ocimum sanctum* or *Ocimum tenuiflorum*), also known as Tulsi, is used in supplements and as an herbal tea and has been shown to boost your body's health in a variety of ways including helping people feel more social and less anxious, protecting against infection, lowering blood sugar and cholesterol, easing joint pain, and protecting your stomach.

Holy basil is a very important herb for Ayurvedic medicine, one of the world's oldest medical systems and still practiced in India and around the world. Now scientific research is confirming its beneficial effects. To quote MM Cohen in his abstract for *The Journal of Ayurveda and Integrative Medicine (J-AIM)*, "... There is mounting evidence that tulsi can address physical, chemical, metabolic and psychological stress through a unique combination of pharmacological actions. Tulsi has been found to protect organs and tissues against chemical stress from industrial pollutants and heavy metals, and physical stress from prolonged physical exertion, ischemia, physical restraint and exposure to cold and excessive noise. Tulsi has also been shown to counter metabolic stress through normalization of blood glucose, blood pressure and lipid levels, and psychological stress through positive effects on memory and cognitive function and through its anxiolytic and anti-depressant properties. Tulsi's broad-spectrum antimicrobial activity, which includes activity against a range of human and animal pathogens ..."

There are many rituals and beliefs associated with basil. The ancient Egyptians and ancient Greeks believed basil would open the gates of heaven for a person passing on and Jewish folklore suggests it adds strength while fasting. Tulsi is a Hindu symbol of love, eternal life, purification and protection. Basil is associated with the pagan love goddess, Erzulie, and is used in love spells. In Italy, where sweet basil is called "kiss me Nicholas," "bacianicola," it is thought to attract husbands to wives, and a pot of basil on a windowsill is meant to signal a lover.





Kool Kale

by Mary Ann Finn

Kale is a frequent visitor in my kitchen. I even have a dish towel that tells me to “go beyond the kale.” I am not really sure what that means, but I have fun using the towel and thinking about what it might mean.

Perhaps the summer heat is getting to my brain, but I even felt inspired to write a kale haiku for this article:

*Green, purple, curly,
kale, a garden superstar.
Massage that salad!*

Kale is available year round, at a reasonable price, in several different varieties. I understand from my neighbor, Ralph, that kale is easy to grow and has a long season, if you cover it in the heat. (And we all know about heat this year!)

Getting kale into your diet is relatively simple. Add to salads, smoothies or soups. You can turn kale into chips by drizzling with olive oil, sprinkling with salt and then baking in the oven until dry.

Healthline.com - lists some of the health benefits of kale:

- Highly nutritious - kale is a member of the cabbage family, it can be smooth or curly, green or purple. Adding kale to your diet is a way to boost your intake of key vitamins and minerals.
- Provides powerful antioxidants, including vitamin C - which slow the process of inflammation which can lead to many chronic conditions including cancer.
- May lower cholesterol levels - steamed kale is particularly effective here.
- Excellent source of vitamin K - critical for blood clotting. Yet a word of caution here: if you are taking an anti-clotting medication such as Warfarin, you may want to limit your kale intake.
- Contains anti-cancer compounds - kale contains substances that block the formation of cancer at the molecular level (studies done in test tubes and animals, but human evidence is mixed).
- Could support eye health - kale is high in lutein and zeaxanthin, two nutrients linked to a reduced risk of macular degeneration and cataracts.
- May promote weight loss - kale is low in calories and provides bulk to help you feel full.

The Weight-watchers website has info on some kale MYTHS:

- **MYTH:** The kale trend is total hype. The truth is that kale has many health benefits as listed above.
- **MYTH:** Eating kale every day is dangerous. There was a rumor circulating on the web that kale soaks up toxic levels of lead, arsenic and thallium as it grows. Though there are trace amounts of toxins in our soil, a study found that a typical adult could eat 153 pounds of kale a day and still be under the safe limits of lead exposure.

• **MYTH:** The best way to boost your kale intake is through juices. Though you certainly get some of the benefits of kale this way, you miss out on the fiber content that helps you feel full with fewer calories.

• **MYTH:** Raw kale is better for you than cooked. There seems to be some tradeoff here. Cooking kale decrease some of the kale’s antioxidants, flavonoids and minerals, but cooked kale is still very nutritious, retaining fiber, beta-carotene and protein. So the bottom line is that adding kale to your diet, in the way you prefer it, is the way to go.

Now on to the test kitchen!

There are many kale smoothie recipes on the internet and I decided to try to make one. I used kale, almond milk, chunks of cantaloupe and some honey. I blended the heck out of it, but the kale still seemed a bit chewy, so although the flavor was good, it was not a winner in my book. I may have used too much kale in it, or maybe I do not have the best blender....

Massaged Kale Salad is a favorite for me.

Main ingredients:

One bunch kale (the size will determine where you want to be in the ranges of the next 4 ingredients)

Juice of 1-2 lemons

1-3 TBSP of olive oil

1/4 to 1/2 tsp of salt

Couple grinds of black pepper

Optional ingredients:

Diced apple

Cooked quinoa

Chopped nuts

1. The kale is easy to prepare. Wash and dry. Hold the stem with one hand and pull the leaf off the stem with the other hand. I like to roll the leaves together and cut into small ribbons but you may cut it any way you like. Place the cut kale in a bowl.
2. Add the other main ingredients to the bowl with the kale and with your hand, mix and squeeze until the kale is softened, glistening and about 1/2 the size it was when you started.
3. This can be good as it is for a side salad but for more of a main course, feel free to add some of the optional ingredients listed above.

Kale is a natural in soup with some potatoes and sausage. This general recipe is approved by my test kitchen!

So, enjoy kale in different ways at different times of the year: cool in summer, hot in winter and healthy all year long.

Supplement Department



Fake News?

by *Kate Stansberger*
Supplement Buyer

A recent reference I saw online reminded me of some of the really very sketchy information that shows up on social media about health-related topics. The thing that had "gone viral" on TikTok was the recommendation to drink Borax (yes, the 20 Mule Team stuff) mixed with water or juice as a remedy for various ailments, such as arthritis.

Please, folks, be wary of this kind of information! If it sounds too good to be true, more than likely, it is. (Too good to be true, that is.) At best, these kinds of

suggestions can be a waste of time and money but, at worst, could actually be seriously harmful. There is good information to be found on the Internet, but one needs to have a healthy dose of skepticism. Make sure that you corroborate the information with several reputable sources before taking action based on what you read.

And, as always, especially if you have a medical condition and are under the care of a health care practitioner, check in with that person first.

Even what might ordinarily seem like a harmless substance could interact badly with a medication, or cause an allergic reaction, etc.

That said, here are some new products we've brought into the supplement department. This line of probiotics is backed by clinical studies, and manufactured by Solgar, a company with decades worth of good practices in their manufacturing and testing.



Thanks, Kate, for bringing another quality product into the store! Solgar Probiotics can be found on the mid-store endcap closest to the bulk section.



Solgar Advanced Probiotics

The right probiotic can do more than aid your digestive processes. Our Co-op is now carrying the full line of Solgar Advanced Probiotics, formulated to address immune health, sleep and more.

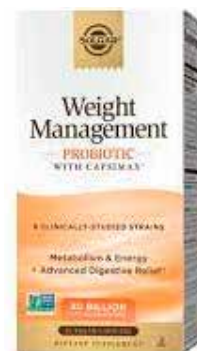
Women's Complete offers advanced digestive, stress, bone and vaginal support

Bowel Support is expressly for abdominal support and relieves occasional gas, bloating,

Weight Management helps to kick start the body's natural production of energy and metabolism, plus digestive relief.

When you're tired of counting sheep, **Advanced Sleep** support encourages restful sleep and recovery, as well as supporting digestive health.

Advanced Daily Support Probiotic offers digestive relief and immune system support.





Hello Sarah!

Sarah recently joined the Co-op staff as part of our super-duper front-end team. When asked to describe her position, she responded, "I typically work mainly as a cashier. If I'm not checking people out at the register, I'm stocking the shelves and trying to help people find items around the store." Anyone who has spent much time at all on the floor spends a lot of time helping customers and it can be a very rewarding part of our jobs.



Away from work, Sarah "does a lot of dog walking and playing single player video games. I really like the stories they tell and I like being a part of them. I've also been in theater and on tech crews for seven years. That's actually how I met a couple of my co-workers, Jake and Becky!"

Sarah's favorite product "right now, is going to have to be Ol' Gringo Hot Salsa. My dad used to always fry eggs and potatoes and, at the end, fry in the salsa. It's spicy and filling and very good!"

Ol' Gringo Chile Company is Hatch Chile country's original jarring facility. Nestled in Southern New Mexico's chile fields, they specialize in Hatch red and green chile sauces.

Ol' Gringo Green Chile Stew

Ingredients:

- 1 jar Ol' Gringo Green Chile Sauce (or another green chile sauce of your choice)
- 2-2½ pounds beef or pork, cubed
- 4 cups potatoes, cubed
- 2 cups water or broth
- ½ cup flour
- 2 tbs olive oil
- ½ tsp garlic powder
- 1 large onion, diced
- 1 tsp salt (or to taste)
- ¼ tsp black pepper (or to taste)

Directions:

- Place the meat and flour in a bag to coat.
- Heat the oil in a heavy skillet. Add the meat and brown. Transfer to a stew pot.
- Add remaining ingredients to the stew pot and simmer for 45-60 minutes. Stir occasionally. Add additional water or broth if too thick.

Eating for a Healthy Heart



When it comes to reasons for eating well, heart health sits near the top of the list. It all starts with food shopping, of course, by filling your cart with heart-healthy foods at your Co-op, you can help lower your risk of heart disease, including heart attack and stroke. Here's what to bring home.

Bring Home

- **"Good" fats** - These are polyunsaturated and monounsaturated fats, including omega-3s. You'll find them in canola oil, olive oil, soybean oil, walnuts, ground flaxseed, and flaxseed oil. Fatty fish like mackerel, anchovies, sardines, herring, salmon, and trout also have high omega-3 counts.
- **Smart protein sources** - Low-fat proteins like skim or low-fat dairy products, legumes (like beans, peas, peanuts), skinless poultry, and lean meats will limit the amount of cholesterol you consume with your protein.
- **High-fiber foods** - Foods that are high in soluble fiber can help lower your LDL ("bad" cholesterol). Beans and whole grains like brown rice, oats, and whole-grain breads and pastas are good examples, but try others too, such as barley, amaranth, millet, and quinoa.
- **Potassium picks** - High-potassium foods like avocados, bananas, tomato products, raisins, and potatoes can help maintain healthy blood pressure.

Pass Up or Limit

- **"Bad" fats** - Limit saturated fats, which are found in butter, fatty cuts of meat, whole-milk dairy products, and many sweets. And completely avoid trans fats, which are typically found in processed foods like packaged desserts, crackers, chips, and many stick margarines.
- **Sodium** - Some sodium is necessary, but too much can contribute to elevated blood pressure.
- **Sweets** - Fruit is a great way to help satisfy a sweet tooth while gaining nutritional benefits at the same time. When fruit doesn't do it, look for low fat, high fiber, "good" fat options to eat in moderation.
- **Liquor** - Too much alcohol can raise your blood pressure and damage your heart. No need to abstain completely, though; a glass of red wine now and then can help prevent the buildup of plaque that contributes to heart disease.

It's never too early—or too late—to show some love for your heart. Start with your next shopping trip and head home from the co-op with heart-healthy choices in tow.

by Co+op

The Sacred Bee: The British Isles

by Planet Bee Foundation



Honey harvesting from beehives has been practiced in the British Isles for thousands of years. In the times before the Roman conquest of Britain, various tribes, such as the Celts, believed mead to be the drink of the gods, much like the Greek and Roman tradition of “ambrosia”. In the pagan Celtic paradise, there were rivers of mead. After the Roman occupation of Britain, a great number of Roman traditions, including ideas on the significance of bees and honey, were incorporated into British culture.

A classical idea maintained by the British was the notion of “bee souls”. It was believed that the soul could leave the body in the form of a bee while a person was sleeping. In one story, two young men are travelling, and lay down to rest on the roadside. One falls asleep and the other sees a bee leave his mouth. Alarmed, he shakes the man awake, and as he is awakening the bee re-enters his mouth.

A related idea, that witches could turn into bees to work mischief, was referenced in several witch trials. One Scottish tale tells of a child who was poisoned. His grandmother and another woman were claimed to have committed the murder while wearing the guises of bees.

There are also many stories linking saints and bees, particularly in Ireland and Wales. This is likely because many priests, monks, and nuns kept bees. One story tells of a St. Modomnoc or Dominicus, a holy beekeeper whose bees were overly fond of him. He travelled to Ireland, and a swarm of bees followed him, gathering on the

prow of the ship. They followed him every time he left the monastery. These were supposedly the first bees in Ireland. Some of St. Modomnoc’s bees were taken by a monk named Molaga to his monastery, which was afterwards named “The Church of the Bees”.

In regards to death, bees have significance in British as well as classical folklore. In England, Wales, and Scotland, it was believed that one must inform bees of major life events, particularly of deaths. If the bees are not told of their owner’s death, they are thought to die or fly away. The hive was sometimes decorated with crepe and the bees given cake and wine during the funeral. Bees were also told of births and marriages.

Sources:

Baring-Gould, Sabine, Fisher, John. "The Lives of the British Saints". London: The Honourable Society of Cymmrodorian, 1908. Pp. 300.

Dalyell, John G. "The Darker Superstitions of Scotland, Illustrated from History and Practice". Edinburgh: Waugh and Innes, 1834. Pp. 564.

Ransome, Hilda M. "The Sacred Bee in Ancient Times and Folklore". London: George Allen & Unwin, 1937. Pp. 92-223.

Written by Ayla Fudala: Planet Bee Educator Emeritus and Guest Writer, February 17, 2023

Fiber Arts Holiday Sale

Murray Hotel Ballroom
200 West Broadway, Silver City, New Mexico



Saturday, October 7, 10am-7pm
Fiber Demonstrations & Reception, 4-7pm

Sunday, October 8, 10am-2pm

weaving, quilting, knitting, hand-dyed items, repurposed clothing & accessories, silk painting & more!

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to shop for the
holidays!*



www.fiberartscollective.org

JOIN IN!

JOIN IN! Shorten The Wait

by Susan Van Auken

Did you know that our co-op has had the same two cashier stations for more than twenty years now? Back then, at the turn of the century, our yearly sales were less than a million and now they are 4.4 million. Amazing! The store is still open from 9 a.m. to 7 p.m., just like then, although in 2013 it opened for six hours on Sunday. What all this means is that sometimes there can be quite a line of folks waiting to check out their groceries.

A month or so ago, I was checking out and paid for the groceries with my very own personal Silver City Food Co-op gift card. A quick scan of the card and *voila!* the transaction was complete. The cashier, Gini, took note of the speed, and said to me, "It surely would speed up the checkout if more people used a gift card."

The prepaid card scans directly through our co-op's cash-register system so there is no need to swipe a debit or credit card on the third-party machine. No additional questions to answer, either. I find it quite handy to add a couple hundred dollars to my card and to use it for all my smaller purchases. No cash to count, no card to swipe, no check to write. Quick and easy!

With Gini's encouragement, I talked to Mike Madigan, our operations manager, about writing this article, and also perhaps promoting the use of these personal prepaid gift cards. In addition to speeding up the checkout line, the use of these cards financially benefits our co-op and those customers who use them because there are no additional fees for the customer or co-op.

Want to try one? The gift cards are hanging in front of each cash register. Pick one up and charge it up at the register. Use a credit or debit card, a check, or even a C-note or two, should you walk around with a bankroll.



Yes, these are prepaid, and yes, you could lose them. But consider this: When was the last time you lost your driver's license or your credit card? I keep my personal prepaid card in a special place in my purse – a little pocket with a zipper – so it is always there, where it is easy to find and replace. A little hint: I don't hand the gift card to the cashier; I always scan it myself, so there's nothing to lose or forget. Out of the pocket, scan, and back into the pocket. Quick and easy!

JOIN IN! and Shorten the Wait for Others

Guess what! There are even more methods to become speedier.



Scan your membership card: Since the current cash-register system was installed in the early 2000s, all members have been given a member card with a barcode on the back. Those of us who were here then were trained by a friendly cashier to use them. Instead of asking for the name of the customer and looking it up, Tyrone would always say, "Please scan your membership card." So I always have my membership card ready to

scan at the beginning of each checkout transaction.

Quick and easy, and cashier friendly!

Prepare your check: Now, I do understand that only a small percentage of customers pay with a check. But for those who,

like me, still use checks sometimes, it can take up a LOT of everyone's time when paying with them. Since I hate to hold up the line, I long ago started preparing my check ahead of time, with everything but the amount, including the additional information the cashier needs, which is the state issuing the driver's license, the license number, and the expiration date. Then, at the end of the transaction, I fill out the amount and hand my driver's license and my check to the cashier. Quick and easy, and other customer friendly!

Doubtlessly, the number one thing that will help speed up the lines is moving to our new store, where we will have three regular checkout stations, two express checkout stations, and one mobile register. This will speed things up considerably!

**But until then, you can
JOIN IN and shorten the wait!**

All the little things

like watering the strawberries and currants,
because they are up and leafing,
or carrying the wicker basket,
full of wet clothes,
down the steps and out by the trees.
One could miss the way
the fingers squeeze together
the top of the clothespin to
attach the seam of the blue shirt
to the swaying clothesline.
One could miss the moment,
when the sprinkler is moved around,
that each small strawberry plant drinks in water,
up from its root tips.

One could miss these details of care,
one could look back over the day and say only
I washed the clothes,
I watered the garden.
One could miss all of these—
how the brown socks are
carefully laid out to dry.
I don't want to go on about it
but isn't it the small things,
the little acts of love,
that keep this
joyous, heartrending world
spinning on its axis?

by Elise Stuart





September

Members Only Specials

September 1 - September 30

20% OFF! listed prices



Ile de France
Brie
8 oz
reg \$8.19



Tate's Bake Shop
Mint Choc Chip
Cookies
7 oz
reg \$6.89



Hummingbird
Organic
Buckwheat Flour
reg \$4.49#



Rubicon
Chocolate Blackout
Vegan Cupcakes
10 oz
reg \$5.39



Soothing Touch
Bath Salts
32 oz
reg \$6.79



Zand
Elderberry Zinc
15 ct
reg \$3.99



gomarco
Oatmeal
Choc Chop Bars
4/2.3oz
reg \$12.49



Blue Diamond
Almond Breeze
Unsweetened
32 oz
reg. \$3.49



Soothing Touch
Massage Oil
8 oz
reg \$9.29



Garden of Eatin'
No Salt Blues
5.5 oz
reg \$4.49



Hummingbird
Himalayan Salt
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