



Silver City Food Co-op Garbanzo Gazette

it's
MAD!

Volume 25

✧ Our Monthly Newsletter ✧ March 2025

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

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YOU
ARE
WHAT
YOU
EAT



2025 International Year of Cooperatives • Cooperatives Build a Better World •

by Carolyn Smith

The United Nations has declared 2025 as the International Year of Cooperatives. The slogan "Cooperatives Build a Better World," highlights "cooperatives' immense contributions towards a more just and equitable world." A cooperative, co-op for short, is "a business, owned and democratically controlled by the members who use its services to meet their common economic, social, and cultural needs." Cooperatives are people-centered businesses that operate for the benefits of its members and help drive positive social and environmental change. For example, new wave food co-ops founded in the early 70s were primary drivers behind the Organic food movement and now Organic food can be found in almost all grocery stores.

Cooperative businesses are created to meet the needs of its members by providing goods and services of greater value, not found locally. In 1974, the Silver City Food Co-op was born as a buying club to bring healthy whole foods from Tucson to our community.

Co-ops allow people to take control of their economic future because their economic benefits stay local, as profits are either reinvested in the enterprise or returned to its members, not to distant shareholders. Some examples include consumer co-ops, e.g., food stores, bookstores, and hardware stores, rural utility co-ops, credit unions, housing co-ops, agricultural co-ops and worker co-ops.

The success of co-ops is dependent upon several factors—response to the needs of members and customers, efficiency, good management and good employees, but cooperatives provide more than return on investment; they are based on a set of human values that meet a variety of members' needs. Sharing a common belief and value system can create a sense of belonging that helps sustain a cooperative during difficult times.

Co-ops are based upon the values of democratic control, equality among members, trust, sharing for mutual benefit,

pride in ownership, involvement by members, self-help and independence and all are guided by seven basic principles:

1. *Open and Voluntary Membership* 2. *Democratic Member Control* 3. *Member Economic Participation* 4. *Autonomy and Independence* 5. *Education, Training and Information* 6. *Cooperation among Cooperatives* and 7. *Concern for the Community*. For an explanation of how we, the co-op and member-owners, use these principles, see the October 2021 *Garbanzo Gazette* (page 8) on our website: silvercityfoodcoop.coop/archives.

Cooperatives are a reminder that it is possible to pursue both economic viability and social responsibility. Purchasing products from food co-ops supports much more than individual stores; it supports a cleaner environment, underserved neighborhoods, food pantries, small farms and businesses, other cooperatives, local non-profits, folks who need home or curb-side deliveries, and ongoing education for the communities they serve.

The Silver City Food Co-op is a member-owned business that values service to our community and has chosen to remain in the Downtown Silver City district to support and be a part of a community of small locally owned businesses. The health of Silver City depends on the health of these businesses. Local purchasing creates a cycle of income that stays in the community by keeping capital and jobs here and making the area more attractive for other businesses and investors. A vibrant and thriving downtown also attracts visitors who may return over and over, infusing our community with outside dollars.

The Silver City Food Co-op also serves this community by its support of and participation in community programs and events, facilitating the Co-op Round Up program for our members to support local non-profits and community organizations, buying and selling the products of local farmers and producers, and with outreach and education through the *Garbanzo Gazette* and community forums.

continued on page 10

1909 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:

Carolyn Smith, Janna Mintz

Doug Walton

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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



How Soon is Now?



One of my favorite songs, one of my favorite bands, the Smiths. And, an appropriate question for our current situation. We have been saying "opening soon" about our new location for some time now. In December, we hinted pretty hard about opening like, real soon?"

What happened? Well here is a picture of our new backroom fan. This puppy is 10 feet in diameter. A substance hit the big fan. I will let you guess what that substance was.

We really wanted to believe the most rosy of scenarios presented, about the ability of the contractors to pull a rabbit out of their hat. Well, I think they heard rabid, instead of rabbit, and they pulled out a rabid cat that slashed our face. In the form of a significant scope of work change in refrigeration/electrical, and a major sub-contractor delay. Ouch.

With the benefit of hindsight, we can say our project was never a 1 year project. This was overly ambitious considering the complexity. Throw in a four month delay in the delivery of the metal building, and actually, you end up just about where we are.

The good news is, while we don't have our new store open yet, the Co-op continues to thrive, and the continued delays are just that. Delays. We have been able to mitigate financial impacts, and they are manageable. Our project is about 25% lower per square foot costs than multiple recent Co-op projects in the southwest.

In an interview recently, I proposed that in an alternate timeline in the multiverse, the new Co-op store is actually open. We're just not in that timeline. Maybe in that timeline, Morrissey didn't get weird, and the Smiths are on tour right now. Stop me if you've heard this one before, but we really are close to completion. Soon.



Slope of existing asphalt not correct for handicap parking, even though it was previously..... handicap parking? Anyway, decision was taken to replace with concrete. We do things by the book, even if it means another delay!



We may have to charge admission, to the only store in New Mexico with an automated floodgate. (Which of course was delayed.....)

More photos on page 13!



Member Appreciation Days

It's MAD!

Feb/March

*any 2 trips of your choice
to save 10%*

Placing a Special Order

We are happy to offer you, our members, a service that is very rare in this day and age of big-box and on-line stores...special ordering! Many of our members take advantage of this and when ordering by the case, as a Co-op member, you receive a discount!

It takes about a week for your special orders to be ready for pick up. Mondays are the deadline for turning in your special order slips, if you want them for the following week. This excludes the Supplement, Health & Beauty (bodycare), and Bulk departments, since the ordering and truck deliveries for these sections will vary. Please *speak with or email the buyers* of these departments to get info on their special ordering process.

Tinisha for Bodycare: HABA@silvercityfoodcoop.coop

Sarah for Bulk: BULK@silvercityfoodcoop.coop

Kate for Supplements: KATE@silvercityfoodcoop.coop

General Guidelines for Special Ordering:

Please write LEGIBLY when filling out your special order request form.

Included on the form should be:

- The date that you are turning in the form.
- Please specify if you need your item/s by a certain date.
- Your name (first and last) and phone number with area code.
- Item info: brand, name of product, size, flavor, and quantity.
- Check boxes, if you want to be called before the order is placed.
- Tell us if the store carries this product.
- UPC (scanning code) 12 digit #, if possible.

Special Order Forms are available at the register, or ask any Staff person.
Give the completed form to a cashier.



Judith Kenney outreach/GG	Doug Walton deli manager
Kate Stansberger supplement buyer	Sarah Lynn bulk buyer
Jake Sipko produce manager	Arissa Chavez deli
Carol Ann Young GG/office	Donna O'Donovan utility
Becky Carr dairy buyer	Rechelle Gutierrez utility
Marguerite Bellringer finance manager	Sandra Rivera grocery buyer
Doug Smith deli	Mikayla Portillo utility
Tinisha Featheringill HABA buyer/POS	Katherine Henderson utility
Mike Madigan operations manager	Kaelah Sandoval utility
Joy Kilpatrick receiver	Calvin Erickson supervisor
Judy Kenneally deli	Jo Anna Arroyo POS
Kevin Waters general manager	Jordan Altamirano utility
Andrea Sandoval produce	Sonny Sudak maintenance
Eva Ortega produce	Asterin Webb utility
Gini Loch pm supervisor	Austin Stern utility
Jalyn McClain human resources	Terry Williams deli
Jaylene Chacon utility	Paul Aragon deli asst. magager
Isaiah Muñoz utility	Andrea Hutcheson finance



Kitchen Meditations

Spring

Italian Guacamole

Fresh avocados incorporate nicely with classic Italian flavors like tomato, basil, oregano and garlic for a delicious change of pace. It's delicious as a dip, a spread for avocado toast, or even on pizza.

Ingredients:

- ½ cup basil leaves, loosely packed, plus extra for garnish
- ½ teaspoon chopped fresh oregano (or ¼ teaspoon dried)
- ½ teaspoon crushed red pepper flakes
- 3 Roma tomatoes, diced
- 1 clove garlic, minced
- 1 teaspoon balsamic vinegar
- 4 ripe avocados, peeled, seeded and coarsely mashed
- ½ teaspoon sea salt, or to taste

Instructions:

- Chop the basil leaves, then combine with the oregano, pepper flakes, tomatoes, garlic, oil and vinegar
- Gently fold the herb and tomato mixture into the avocados.
- Add sea salt to taste and garnish with the extra herbs.
- Variations: Top with sliced pepperoncini or roasted peppers.
- Serve with grilled focaccia bread and/or Italian pickled vegetables.

Avocado Facts



- Avocados are a fruit, not a vegetable. More specifically, they are classed as a single-seeded berry.
- Avocados contain four grams of protein, making them the fruit with the highest protein content!
- An avocado has more protein than a banana.
- Avocados are an Aztec symbol of love and fertility, and they also grow in pairs on the tree.
- Avocados mature on the tree, but only ripen once picked. You can swap them in baking recipes for butter. Their creamy texture and healthy fat content make for a surprisingly easy baking substitution.
- The leaves, fruit, seeds and skin of avocados can be poisonous to many animals. Don't feed them to your pets!
- The oil of the avocado can be a real boon for your skin. It moisturizes and nourishes and can relieve inflammation from psoriasis and eczema. Try it for easing the symptoms of a sunburn.

Avocado Banana Bread

Ingredients:

- 1½ cups whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon salt
- 1 avocado (about ⅓ cup of the flesh scooped out for the recipe)
- 2 ripe bananas
- 2 tablespoons coconut oil
- 2 teaspoons vanilla extract
- ¼ cup maple syrup
- 1 large egg
- 3 tablespoons plain Greek yogurt
- ¼ cup chocolate chips or chopped nuts (optional)

Instructions:

- Preheat oven to 350 degrees F.
- In a medium bowl combine: flour, cinnamon, baking soda, and salt. Set aside.
- In a food processor add: avocado, banana, coconut oil, vanilla extract, maple syrup, egg, and Greek yogurt. Lightly pulse until combined.*Note: If you do not have a food processor, you can smash the banana and avocado well by hand (with a fork) and mix with the rest of the ingredients in this step.
- Pour into the dry mixture and stir until combined. Add chocolate chips or nuts and stir in gently.
- Pour the banana bread mixture into a baking loaf pan that is greased or lined with parchment paper. You can top with additional chocolate chips, nuts, or banana slices.
- Bake for 50-55 minutes or until a toothpick comes out clean. Remove from oven and allow to cool for 10 minutes before enjoying.

Banana Smoothie



- 1 cup sliced ripe bananas, frozen is best
- ¼ cup Greek yogurt, plain or vanilla (for vegan, substitute a non-dairy yogurt)
- ¼ cup milk; dairy, almond, oat, etc.
- ¼ teaspoon vanilla extract

Place all ingredients in a blender. Blend until smooth, adding more milk, if needed, to reach desired consistency.

Serve immediately.

Recipe variation suggestions include:

- 1 teaspoon of ground flax or chia seeds
- A spoonful of peanut or almond butter
- Sprinkle in some cinnamon.
- Add a teaspoon of cocoa powder.
- Blend in a teaspoon or two of honey or pure maple syrup.

Jake's March Produce Pick



Bananas

Some horticulturalists believe that bananas were the first fruit on Earth. While it's difficult to definitively say which fruit was the very first, many scientists think that bananas were likely to have been one of the earliest cultivated fruits, with their origins in the jungles of Southeast Asia, including New Guinea, where evidence suggests they were domesticated thousands of years ago. Africans are credited with giving the banana its name, which comes from the Arabic word "banan," meaning "finger." The banana plant is the largest herbaceous (vascular plants that have no persistent woody stems above ground) flowering plant. They are normally tall and fairly sturdy with a treelike appearance, but what appears to be a trunk is actually a pseudostem composed of multiple leaf stalks.

As well as being soft, sweet, and one of the most popular fruits everywhere, bananas are quite nutritious. They are a source of energy-producing carbohydrates, potassium, magnesium, vitamin B6, and other

B-group vitamins, vitamins A and C, dietary fiber and antioxidants. Despite their sugar content, bananas are low on the glycemic index (a measure of how fast a food causes blood sugar to rise).

We're not the only earthlings that love bananas. They're a tasty, healthy snack that many animals, wild and domestic, enjoy. Monkeys are the first that come to mind, but many others reap the nutritional benefits of this delicious food. Elephants, birds of all kinds, squirrels, chipmunks, rabbits, deer, raccoons and gorillas are just some of the animals that love bananas. For domesticated animals (rats, goats, and even horses, to name a few), bananas are a great treat, but it is important to monitor their consumption to make sure that they don't get too much sugar. Also, green and under-ripe bananas can cause digestive discomfort, so it's best to avoid feeding them to your animal friends.



Becky's March Dairy Pick

Somerdale Cooper's Hill Double Gloucester Cheese



Double Gloucester Blended with Onion and Chives is a light orange, cheddar-type cheese originally made in Gloucestershire in southwest England, with the milk of purebred Gloucester cows. There is documentation that suggests Double Gloucester was made as early as the 8th century and was the first cheese to be colored, beginning in the 17th century, when cheesemakers used carrot, beet or saffron to add orange-y hues. The city of Gloucester has always been legendary for its cheese fairs. For hundreds of years all farmers in the region competed for prizes. Today, many English shires still host agricultural fairs where cheesemakers gather to reconnoiter and, as in centuries past, to compete.

Cooper's Hill Double Gloucester infused with onion and chives is addictive! Creamy and full of subtle flavors, it melts in your mouth but still does justice to a grilled cheese sandwich. It's a quintessentially British Double Gloucester with the savory tang of chives and onions. Enjoy it as an addition to any cheese board, a topping for baked potatoes and burgers, or shredded over your breakfast eggs. Pairing this delicious cheese with a rustic bread and robust ale really brings out its authentic character. Its rich texture and robust flavor compliment a wide range of hearty, traditional accompaniments.



March 1 - March 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 January service.

Tammy Pittman
Sue Ann Childers • Tasha Marshe



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 March

New Mexico Wild

The New Mexico Wilderness Alliance is a grassroots organization dedicated to the protection, restoration, and continued enjoyment of New Mexico's wildlands and wilderness areas. Founded in 1997, we achieve our mission through administrative protection, federal wilderness designation, and ongoing stewardship. We build community by connecting people to wild places and, in so doing, we use their voices to protect those places.



Round Up for January \$1148.00

Community Partnership for Children

The CPC will utilize the funds to connect families in the community with healthy food sources. Healthy food sources ensure the mental, physical, and emotional well-being of each family member.



Round Up for April

Silver City Community Theatre

Silver City Community Theatre is committed to promoting community-based performing arts opportunities for residents of Southwest New Mexico in all aspects of theatre. We seek to bring theater goes from across the desert southwest and the rest of the United States, thereby helping to build a healthy, diverse economy in Grant County. Round Up funds will be used to pay actors, designers and costumers in the production of plays.



Customer Change for Community Change!

Silver City Recycles

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



Recycling drop-off times for March
Two Saturdays, the 8th and the 29th, 10am - 12noon

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.

For more information:

<https://silvercityrecycles.org/>

silvercitynmrecycles@gmail.com or: www.t2t.green



St. Patrick's Day Craft Fair

The Silver City Women's Club invites you to their St. Patrick's Day Craft Fair!

Saturday, March 15th, from 9 a.m. to 3 p.m.

at the Silver City Women's Club, 411 Silver Heights Blvd.

Enjoy a day of vendors and an option of lasagna, salad, and garlic bread!

The Silver Women's Club is a nonprofit organization pledged to support the community in the advancement of civic, charitable, humanitarian endeavors.



**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!



**DOUBLE UP
FOOD BUCKS™**

**½ OFF
Local Produce
everyday
with your EBT card**

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

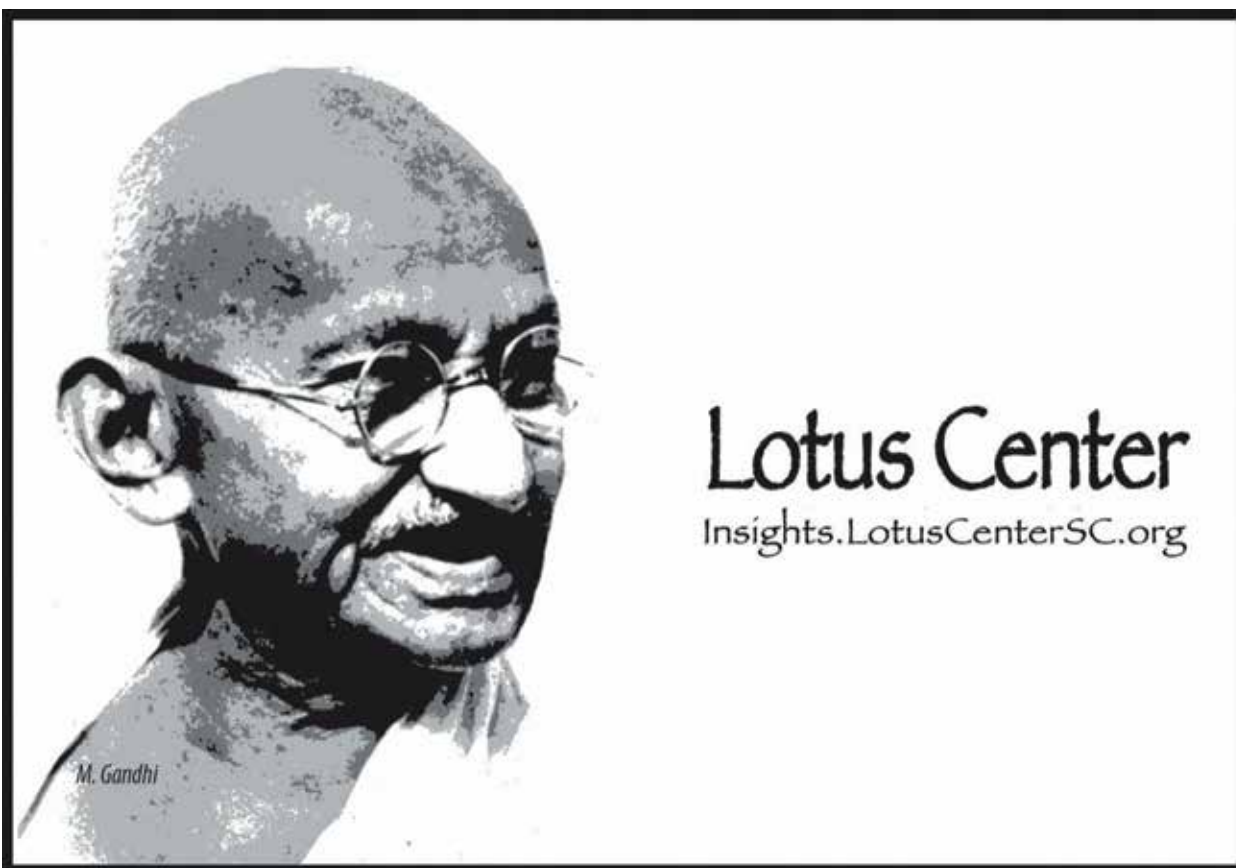
Calling for Guest Writers!

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



Lotus Center
Insights.LotusCenterSC.org

Discovering Africa

by Jane Papin



Lexodonta africana



The author with an elephant friend

I go to yoga classes at Lotus Center in Silver City. Last winter I noticed a lady at the opposite end of the room who intrigued me and seemed familiar. Before the next class, she put her yoga mat down next to me. We soon learned we both felt drawn to each other and easily made a forest date.

During our forest outing, I learned of Amelia's love of the animals and the people of Africa and that she takes small groups to Zambia

on safari. I had not been drawn to Africa but knew I wanted to join her next group in November 2024. I have just recently returned from that nine day safari in Zambia with Amelia and would like to share my experiences here in the Garbanzo Gazette.

Amelia flew in from where she had been teaching in Poland, Diane from Toronto and I from Silver City, all eventually meeting up in Mfuwe, Zambia.

For me, landing in Johannesburg was thrilling! To be on African soil ... soon to touch the earth and eat mangos still hot from the setting sun, the juice dripping down my tired face ... me in total bliss! All happening at the small Mfuwe Airport.

We were met by Thomas and proceeded on with a forty minute drive to Crock Valley Lodge where we spent our first two nights. I would take countless photos of my first sightings of hippos enjoying the cool river waters right outside my lodging. At night, as I slept under my mosquito-netted bed, they came up to graze, making lots of wonderful and strange-to-me noises. We always had an escort if we left our chalet after dark ...because of these and other nocturnal creatures.

My first afternoon there, I sat in the shade overlooking the Luangwa River, rested and connected with the hippos directly in front of me doing their hippo thing, so very grateful to be in Africa ... the beauty and all the vast differences from my New Mexico home ... baboons all over the place!

To add to the interest of the trip we stayed at three different lodges, two adjacent to the 3,500 square mile South Luangwa National Park, and Mfuwe Lodge inside the park. This park is all unfenced, animals are safe inside, but if they leave the park it can mean problems for them and for local farmers. It was also great to experience three different Safari guides. These knowledgeable men, each of whom have been guiding over twenty years,

added so much to our enjoyment and getting to know the land and animals. Tracking is an art of reading signs, such as tracks, animal scat and anticipating the animals' next moves. It was thrilling to be in the motion of it all, a hunt to see whatever we might find next.

Mfuwe Lodge, where we spent our last four nights, is legendary because of the small herd of elephants that parades through the lobby on their way to a very old mango tree. There are many YouTube videos capturing this spectacular event. I still weep each time I watch one. It's quite a grand lodge for them to navigate, with the dining area chained off when they appear and any food in the gift shop removed, as they can ransack the place in search of what they smell.

We entered the Park each morning around 6am, returning around 10:30 to freshen up, out again at 3, and back in the dark for dinner and sleep, over and over for nine long, wonderful days. As fun as anything I have ever done! One morning I had a 4am wakeup call by an elephant outside my chalet. I could have touched her from the front porch.

South Luangwa National Park is known for its abundance of animals and we witnessed just that. On the evening of our first day, which included over eight hours of being driven around in the open air safari truck, I was feeling total sensory overwhelm. I had experienced so much, so many wild animals all new to me: elephants, giraffes, zebras, leopards, different species of antelope, baboons galore, colorful birds, warthogs, hippos and more. I was glad it was time to rest for the night, as I needed it!

A friend in Silver City, who had spent three weeks in Africa years ago, said to me, "All you need is one day of African safari and you are forever changed". She was right and I have quoted her many times. Hard for me to say what that change feels like, but perhaps it is an ancestral memory of ancient times. I like the concept that the natural world is filled with codes and these African codes have been activated in me. That's how it feels, there is more of me to be available for me now, for the ever expanding me!



*Majestic elephant of
Luangwa National Park*



Mother leopard relaxing

One interesting encounter happened shortly after setting out for our 4pm evening safari. We knew a leopard was in the general area and easily spotted her setting out for her evening hunt. We also knew she had at least one cub. As we watched her sense out a herd of antelope four other trucks arrived, she now had to calculate the antelope and all the trucks. We were so close, I could tell by the movement of her head she was doing this. It soon

became apparent to us that we were all interfering with her hunt to feed herself and her cub. We immediately left the scene.

Meanwhile, one of the antelope starts a loud breathing noise to alert the others of potential danger. No surprise attack here, the antelope were now stalking her and off into the bush she went. I had already begun questioning all the truck and human activity in the park. I realized that the animals do have a small price to pay for living in a protected area.

Later, driving back in the dark, our 'spotter' with his light, looking for animals, saw the same leopard lying high on a tree branch over the road. We stopped, her cub appeared and casually strolled around directly before us. Mom never even lifted her head. We, as a group of animal-communicating humans, all felt this was a gift. Hours earlier, out of respect to her, we left the scene of her hunting and she repaid us by sharing her cub with us. These animals can feel humans' intentions and good hearts.

I'll mention, now, that part of the focus of this trip was interspecies communication. Many other stories could be shared. Diane and I learned a lot from Amelia, our teacher, who teaches all over the world. Be still inside and have a good heart. Coming from the heart is key.



Lion in a "food coma"

Another encounter was with a lion. Wanting to find the lions, Amelia got a message from them that they had made a kill in the north part of the park and had fed on a hippo for three days. We came upon the hippo and finally spotted the lion, who was in what is known as a "food coma." We drove right up to him. His eyes opened and he rolled onto his back like a house kitty.

We were there at the beginning of the rainy season. Once it starts raining it gets lush and green and the biting insects arrive. I'm so glad we missed the bugs. I killed just one mosquito. I was prepared with bug spray galore but used hardly any.

Another morning we decided to forgo our safari and, instead, visited The Chipembele Wildlife Education Trust. We spent the morning with children of all ages in one class. The school is all about conservation and keeping the animals alive. I was encouraged by how many wonderful organizations are in Africa in support of humans and animals, so much money being raised and lots to do, all the usual things to be made better. <https://www.chipembele.org/>



Students at the Chipembele Wildlife Education Trust

After nine days of safari and having the most wonderful daily routine, it took me many days to adjust to being home in Silver City. What really helped me to integrate my experience was to share photos and short stories on Facebook daily until I hadn't anything else to share.

I loved and was touched by the elephants, but I didn't realize how much until I had returned home and started watching YouTube videos of them. Crying, crying and more crying! It all felt so good and heart opening. I'm forever grateful for my time spent with them. One year soon, I will return. There are so many places to go in Africa! I may even go back to the same lodges where I stayed, which were wonderful! I do feel there is no place other than Africa that I care about visiting. Having all those animals around me seems really important. I miss the baboons! As I have said to friends, I have flirted with leopards, been kissed by elephants and am now in love with Africa.

South Luangwa National Park



South Luangwa National Park of eastern Zambia, in the valley of the Luangwa River, is home to a multitude of animals, from predators like the famed African wild dogs, lions, and leopards, to giraffes, elephants, buffalo and hippo. This park has them all. South Luangwa also offers unique animal sightings, such as Zambia's Crawshay's zebra herds (a subspecies of the plains zebra), 14 different species of antelope, and 400 species of birds! The meandering river teems with hippo and crocodile and provides a lifeline for one of the greatest diversities of habitat and wildlife in Africa.

South Luangwa was declared a National Park in 1972. As a protected game reserve for over 65 years before that, it was never subjected to the degradation of unregulated mass tourism, thus sustaining its pristine wilderness. It was here that the "walking safari" originated, when Norman Carr, originally a ranger in the game reserves in the 1940s, was sent to Zambia by the British in the 50s to help with the elephant/farming issue, as the ever expanding farmlands were being destroyed by elephants. Norman was a man who believed in looking at animals through the lens of a camera instead of the barrel of a gun. South Luangwa was the first safari park designed for protecting animals and to attract tourism.



As of now, because of the expansion of farmland, the elephants can again be an issue. Because of the importance of this, in keeping the animals alive, there are countless organizations addressing the issue. Electric fencing, threatening noises and bright lights are a few remedies now being used to help.

Food co-ops around the country continue to lead the way in providing Organic, local, healthy and quality products. The SCFC has eliminated products from its store shelves that contain high fructose corn syrup and GMOs, provides bulk foods, herbs and spices not found elsewhere and offers a large variety of gluten-free, dairy-free, vegetarian, vegan, and raw food products throughout the store including Grab 'n' Go prepared foods for those with special dietary needs and preferences.

The Silver City Food Co-op supplement department provides consumers with alternative health care products, including herbal supplements, homeopathic remedies and food sourced vitamins and minerals. Staff members are happy to help you find these products and read labels. Our Health and Beauty Aids department has more local products than any other department! Body care products and cleaning supplies are researched and chosen for being "clean", free of harmful and artificial ingredients when possible, formulated without animal testing and biodegradable and safe for the environment.

Our Co-op supports sustainable agriculture and a healthier environment. To this end, the Silver City Food Co-op only sells certified organic and local

produce, a level of commitment that I have not seen in other stores, and both the dairy and frozen food departments feature many local and organic products as well.

Of course Co-op members also benefit from monetary savings at the register through member sales, case discounts, Co+op Deals, and the 10% storewide-discount Member Appreciation Days.

Don't forget that one of the benefits and responsibilities of membership is sharing in the decision-making process by voting to make changes to our by-laws and elect members to our Board of Directors. Other ways to participate include running for the Board of Directors, serving on a board committee, staffing Co-op outreach events, sharing your thoughts with the Board, management or staff, or writing articles for the *Garbanzo Gazette*. By becoming an active member and shopping at the Silver City Food Co-op you support and strengthen the shared values that serve the health of our friends and families, our community and planet, and help to improve the quality of life for all.



New In Our Frozen Department

Gardein Ultimate Plant-Based Meatballs



Gardein has been perfecting vegan proteins for a quarter century. For busy people pursuing a meatless lifestyle, these types of products can be a real boon. The Co-op is now carrying Gardein's Ultimate Plant-Based Meatballs. They have a great texture - they're firm, but not too dry. With just a hint of crushed red pepper, oregano and fennel, they are flavor packed without being too spicy.

\$8.99 per package

Cooked Perfect Organic Homestyle Meatballs 100% Grassfed Beef

These fully cooked organic Homestyle Meatballs are seasoned with a blend of herbs and spices, including onion and garlic. You'll enjoy their mild, delicious flavor that can be included in a wide range of recipes. They're great on pizza, as appetizers, or on pasta with your favorite sauce. Cooked Perfect Meatballs are a great choice when you want the convenience to prepare a portion and save the rest for later.



\$12.49 per package



Congratulations Joy!

We are excited to welcome Joy as our new frozen buyer! You've probably seen her working hard around the Co-op for quite a while now (she seems to be everywhere)! She's experienced and knows a LOT about what's in our store, so don't hesitate to approach her with questions. She's jumped into her new position with both feet and is doing a great job!



Members Only Specials for the month of March

Cultivating Resilience: An Update on the Seed-to-Seed Tomato Project

by Janna Mintz

Fellow gardeners and community members, I am thrilled to share exciting developments in the Seed-to-Seed Tomato Project, which is taking off thanks to your energy and commitment. This initiative enhances our understanding of local gardening and highlights the importance of food and seed sovereignty, especially amid potential global disruptions.

Addressing Global Challenges Locally: Think globally, act locally!

Discussions among class participants acknowledged a growing awareness of potential disruptions that could significantly impact our food supply and prices. Concerns are mounting over insufficient water resources for California growers this summer, possible tariffs on imports from Mexico, and ongoing supply chain vulnerabilities. These issues underscore the pressing need to bolster our local food systems and cultivate more of our own produce.

Community Engagement and Successes:

I am delighted to report that over 50 dedicated individuals attended the free tomato classes at Otter Chaos and the Silver City Public Library in February. These sessions provided an opportunity to engage with a passionate gardening community. Attendees included people new to Silver City, people new to gardening, a couple of farmers, and veteran gardeners who shared their experiences with the groups. Many attendees are already saving seeds thanks to previous programs like the "Let Us Grow Lettuce" initiative sponsored by the Southwest NM Seed Library.

This impressive and diverse turnout demonstrates our collective dedication to building a resilient local food system through the cultivation of open-pollinated tomato varieties and the creation of a community seed bank.

Gardening Challenges and Adaptation:

Our region poses unique challenges, particularly in the Gila and Mimbres valleys, where gardeners navigate late frosts, cool nights, and hot days. Embracing these conditions, we aim to develop an adaptive seed collection that thrives in high-elevation locales and our distinctive high desert climate. Saving seeds from plants nurtured and stressed under these conditions will empower future planting success and sustainability.

How You Can Contribute:

- **Join the Project:** Grow open-pollinated tomato plants this year and engage in data collection or bring your harvest to our September tasting and seed-saving event.
- **Participate in Data Collection:** Get involved by tracking your tomatoes' growth and challenges throughout the season. This invaluable data will guide our community's seed-saving strategies.
- **Focus on Days to Maturity:** Grow varieties that mature in 50-85 days to ensure successful yields in our climate.



- **Focus on Small to Medium Fruits:** Small to medium-sized tomatoes mature more successfully in our climate than larger fruiting varieties.
- **Plant the Rainbow:** Tomatoes come in many colors, shapes and sizes. Planting diverse varieties will hedge your bets with our climate challenges. Some varieties may perform better than others from year to year.
- **Support Local Markets:** Purchase seedlings from local sources like the Silver City Farmers' Market (Saturdays), the Gila Farmers' Market (Wednesdays), the Mimbres plant sales in May and June, or the Silver City Food Coop. You can also bring extra seedlings to sell at these venues.

Share Your Bounty:

Consider sharing or selling your excess tomatoes to support our local food economy. Distribute them to neighbors or place them at the Commons farm stand at 501 W. 13th Street, Silver City. You can sell the best ones at local farmers' markets or to the Food Co-op, which values locally grown produce.

Get Involved:

Interested in participating in data collection or assisting in other aspects of our program? Contact me to be added to our list and explore how you can contribute to this vital community initiative. Together, we can cultivate a more self-reliant and connected gardening community—one seed at a time.

Thank you for being an important part of our journey towards resilient local food production and community empowerment!

Janna Mintz
Owner, Wild Rocket Gardens
Seed-to-Seed Tomato Project Coordinator
janna@wildrocketgardens.com
(575) 342-1189



Janna talking up
tomatoes at Otter Chaos

GRAB'N'GO



Get your UMAMI here.....

by Doug Walton

Mushrooms are the fleshy fruiting body of certain classes of fungi. They are generally produced in soil, above ground or growing upon their food source (substrate/host). The fruiting body is produced so that the fungi may bear and disperse microscopic spores, which provide a means for the colony to spread across the ground or host surface. The majority of the organism is hidden from view beneath the surface. This mycelial network works its way through soil, wood, and other organic materials, breaking them down to absorb vital nutrients. Some of these nutrients, particularly phosphorus and nitrogen compounds, are shared with the root networks of nearby trees and other plants. In exchange, the fungal colony benefits from sugars available through the transport tissues of the symbiont plants. Alas, these nutrients are also then stored in the fruiting body of the fungus, where they are an accessible food source for many members of the animal kingdom, to include the two-legged variety.

The mushroom appears at first glance as an odd, unlikely, and even undesirable component of our culinary landscape. In fact, the mushroom had several statistics stacked against it ever emerging as a popular and beneficial human food. Roughly 50% of all mushroom varieties are inedible (too tough, almost like tree bark). About 25% are edible in the sense that you can chew them, swallow them, and not die, but they offer nothing good to the palate. Twenty percent of them will make you sick, some severely. One percent will actually kill you if consumed.

For the early hominids who were trying to figure out what they could eat on this planet, and whose primitive methodology for doing so was basically high stakes trial and error, the lowly mushroom offered a 96% failure rate. Despite the odds, the remaining 4% of mushroom species that are, in fact, edible, tasty, and nutritious to humans are a gift to the modern culinary world. Be it through tenacity, desperation, necessity, or just dumb luck, our early foraging cultures made certain that my risotto, my omelets, and even my pepperoni pizza are so much better with shiitakes, chanterelles, and criminis.

Mycophagy, the act of consuming mushrooms, dates back to ancient times. Edible mushroom species have been found in association with 13,000 year old ruins in Chile, and reliable evidence of mushroom consumption dates to 325 BC in China. The Chinese value mushrooms for medicinal properties as well as for food. Ancient Romans and Greeks, particularly the upper classes, used mushrooms for culinary purposes. Food tasters were employed by Roman Emperors to ensure that mushrooms were safe to eat. Mayan and Aztec cities had long cultivated mushrooms for food, medicine, and spiritual purposes prior to the arrival of European invaders. Because mushrooms are also easily preserved, they were traditionally a reliable source of nutrition during winters and droughts.



*A Co-op favorite!
Our vegan vegetable lasagna with
a medley of succulent mushrooms*

The word *mushroom* comes from the old French word *moisseron* which evolved from the Latin word *mussirio* used in 6th century northern France. The word *mushroom* appeared for the first time during the Middle English period, sometime between 1150 and 1500. The word may have also been influenced by the French word *mousse*, which was used to describe a type of fungus that grew in mossy areas of the period.

The typical fungal fruiting body identified as a mushroom consists of a fleshy cap (the pileus) supported by a stem (the stipe), and gill structures (lamellae) on the underside of the pileus, which contain the spores. The most widely cultivated edible mushroom of this description is the white button mushroom, *Agaricus bisporus*, accounting for over 50% of the cultivated edible mushrooms

produced in the world each year. Globally, China is the largest cultivator and exporter of edible mushrooms. The United States produces the second most mushrooms, though only a small percentage is exported as U.S. consumers gobble up nearly all domestic production. The second largest exporter of mushrooms is Poland, with most of the product going to markets in Europe and Scandinavia.

Mushrooms have numerous nutritional benefits. Though quantities vary somewhat by species, on average, a cup (approx 100 grams) of mushrooms is low in calories (22 Cal), carbohydrates (4.3 g) and fat (0.1g), contains about 2.5 g of protein, and is rich in vitamins and minerals. The mushrooms contain 38% of the recommended Daily Value (DV) of Riboflavin (B2), 24% DV of Niacin (B3), 30% DV of Pantothenic Acid (B5), 37% DV of Selenium, 25% DV of Copper, and are a moderate source (10-19% DV) of Phosphorus, Zinc, and Potassium. Mushrooms can also contain substantial amounts of Vitamin D if they have been exposed to UV light. The compound ergosterol in mushrooms is converted to Vitamin D when mushrooms are exposed to sunlight. Some grocery processors are producing Vitamin D rich mushrooms with artificial UV light as well.

Despite the nutritional and health aspects of mushrooms, perhaps the greatest appeal to their inclusion in current day recipes is the way in which they enhance the flavor and texture of dishes. They can be cooked a variety of ways, and provide an added dimension to sauces, salads, soups and sauteed items, to name a few. Mushrooms are an excellent substitute for meat, giving those on vegan and vegetarian diets an increased range of tasty options. They are rich in umami flavor, and can also provide a flavor profile that can reduce the need for added salt.

Umami is one of the five basic tastes (the others being sweetness, saltiness, bitterness, and



*Fresh shiitakes in our
sunflower sprout salad*

sourness). The taste, which is an attribute of many mushroom varieties, is also very characteristic of broths and cooked meats. Other foods that have a strong umami flavor include shellfish, sardines, anchovies, tomatoes, cheeses, kimchi, preserved fish and fish sauces, tamari and other fermented sauces, hydrolyzed vegetable proteins, and meat & yeast extracts. The word, of Japanese origin, can be translated as “pleasant savory taste.” The term was coined in 1908 by chemist Kikunae Ikeda from a nominalization of the Japanese words **Umai** (delicious) and **Mi** (taste). The compound word **Umami**, now used globally, is synonymous with the English word savoriness.

People taste umami through specialized taste receptors on the surface of the tongue, and not arising out of a combination of the traditionally recognized taste receptors that perceive salty, sweet, bitter and sour flavors as was originally believed. Scientists now know that umami receptors typically respond to glutamates and nucleotides, which are widely present in the aforementioned food products. Glutamates are commonly added to some foods in the form of monosodium glutamate (MSG), and nucleotides are commonly added in the form of disodium guanylate, inosine monophosphate (IMP) or guanosine monophosphate (GMP). This practice is common in the processed foods industry and often uses laboratory synthesized versions of these additives. Instead of more unwanted and unnecessary chemicals, try expanding your use of mushrooms in your cooking.

At the Silver City Food Co-op, we use a variety of mushrooms in many of our Grab 'n' Go prepared foods. We also offer several mushroom choices in our produce department. Some varieties, like shiitake, crimini, white button, and portobello are available most of the time. Other more seasonal varieties, to including oyster, lion's mane, tree ear, black pearl, and chestnut are a must-try when available. They are not only tasty, but are also in many cases supplied by New Mexico growers. Look for some of these as we come out of winter and enter their peak time of availability.

Here are a few examples of mushrooms used in our Grab 'n' Go Deli:

- **Portobello Mushrooms** With their large size and meaty cap, they are excellent for stuffing, or simply grilled as a meat replacement. Chopped, they are a great addition to stews. We use them in our meat and vegan stroganoffs, Wild Rice and Mushroom Soup, and will grill them for a Vegan Mushroom Sandwich at the new location.

- **Crimini Mushrooms** This robust fleshy, round capped variety is excellent in salads, stews, stir fry, and in sauteed pasta and vegetable dishes. The older version of the button mushroom has a darker skin and a deeper flavor. Its added firmness helps it stand up to cooking. We use criminis in our Tuscan Vegetable Soup, Wild Rice and Mushroom Soup, Chicken Florentine Pasta, Vegetable Lasagna, and Mushroom Risotto.

- **White Button Mushrooms** The younger, more delicately flavored version of the crimini is excellent raw, in salads, and lightly pan seared dishes. It is the most widely sold variety in the U.S. Be careful not to cook for prolonged periods as they tend to shrink more than the older, denser relatives. We use them in our Garden Vegetable Pasta Salad, in several of our pasta sauces, in our Chicken, Rice and Mushroom Soup, and in our Paella.

- **Shiitake Mushrooms** This species is very popular in Asian cuisine. It has a dark brown, flattened umbrella-like cap and longer stem. The stems are a bit more hearty, and are best used if cooking the mushroom. The tender caps are excellent cooked or raw. We use this product in our Asian Hot and Sour Soup, the Sunflower Sprout Salad, the Bourbon Street Chicken with Herbed Mushroom Rice, and in our Creamy Vegan Mushroom Soup.

These are just a few of the dishes in which we incorporate the tasty and nutritious mushroom. I invite you to try our recipes, or experiment on your own. I'm happy to share some great ways to use this wonderful ingredient in your cooking. Enjoy !



Paul, our deli assistant manager, preparing a creamy beef and portobello stroganoff

More photos of the Pope St. update . . .



Kevin will spend many hours in here cranking up the Smith's, and writing cool articles for the Gazette.



Electricians may not be the fastest, but they do lovely work. Look at those conduit bends!



One of our delay culprits, but when this puppy is working, we'll have the smoothest running, most efficient refrigeration in Grant County!



Cool butcher board desktop for customer service.

***We'd like to welcome Sonny
to the Silver City Food Co-op.
Read on to find out more about her,
in her own words!***



Please describe your position at the Co-op.

I work in the produce department. My day consists of opening the store on weekdays. It brings me great joy to greet our early morning customers and have grown familiar with our regulars. I like to make sure I have their favorite produce stocked out for them. We recently moved from the tropics, so it always brings me back when we receive guava and mangoes. Having lived off the land, largely for the last decade, this feels like indoor gardening for me.

What's your favorite thing to do when you're away from work?

Outside of work, I enjoy gathering with friends and family over a good meal, surrounded by music. We often gather in pot-luck style for brick oven pizza and bring toppings to make backyard pies together. My favorite setting is a campfire of musicians where we trade songs and collaborate together. I'm a self-taught musician that loves to sing while playing guitar or ukulele. You'll often find me humming and harmonizing with the playlist in the produce kitchen.

Can you share something surprising about yourself that not many people know?

I have two young boys, both born at home on the east side of Maui. The first child was born with a midwife, but the second was born with just the presence of our family. My first born was the most loving and epic baby dalla I could ask for. With a background in nursing, supporting women in an empowering birth has been a great passion of mine. I've studied herbalism, and other forms of natural healing and truly believe in the power of healing through plants. Our health begins with nutrition, and it's a great honor to provide produce and the earth's gifts to you.

What is your current favorite product at the Co-op and how do you use or prepare it?

Our go-to lunch time meal is a cabbage wrap "sandwich," but my family's favorite has been the cosmic crisp apples because that is something that does not grow on our island. Our favorite after school snack is apple slices with some sort of nut or seed butter. We all look forward to peach season and enjoy the seasonal produce that was hard to come by in the tropics. We miss fruit falling from the trees, but look forward to when the apricot tree on our property produces fruit.



Cosmic Crisp Apples



The Cosmic Crisp hasn't been around very long (it first hit the markets in 2021), but it is dee-licious! It's a large, crisp, juicy, firm, snappy-sweet apple that is slow to brown after slicing. If you use it in baking, you can cut back on sugar due to its natural sweetness. Cosmic Crisps are gorgeous red beauties with a satisfying crunch and abundant flavor, but without the sassy sour that some apples have. This one has it all!

Cosmic Crisps are medium dense and hold their shape during cooking, but without the crunchiness that some apples retain. They can be shredded and baked into muffins with excellent results. Larger slices can be roasted, sauteed and baked, ending with a velvety smooth texture.



From Your Board . . .

Help Us Meet Our Strategic Goals as a Board Director

As we expand into our new store on Pope Street, our vision of growing the Co-op to meet our members' and community's needs is nearing fruition. The board has been working hard with the co-op staff to ensure we have adequately prepared for the inevitable changes that will come with our new location.

However, there is still a lot of work to do! In conjunction with our expanded footprint, we are working hard on implementing our vision and aspirations for the Co-op. Current board members have developed a 3-5 year strategic plan – finalized in fall 2024 – to ensure the next phase of the co-op's future remains aspirational without losing the intimate, small-town environment so many of our members cherish. But we need your help to implement the plan while also growing our business.

To ensure we stay aligned with member interests, we are looking for new board members to help guide us through our post-expansion phase. In addition to long-range visioning, directors volunteer their time to act on the co-op membership's behalf to oversee the protection of the co-op's assets, hire and monitor the general manager using policy governance, and ensure that the purpose and mission of the Co-op are always considered in our decisions.

In addition, elected board members serve on two of four committees during the duration of their term: Board and Manager Evaluation Committee, Finance Committee, Member Connect Committee, and Election Committee.

How are directors elected?

Co-op member-owners elect directors once a year, with this year's election scheduled for October 6-19, 2025. The length of terms is staggered to always maintain experienced directors on the board, and to ensure adequate training for new directors. This year, an election will be held for three positions – all three-year terms running through Dec. 2028.

Board director candidate requirements:

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

Qualities needed in board candidates:

- Have or be willing to acquire regular email and internet access for communication purposes.
- Be able to attend monthly meetings and an annual retreat.
- Be team-oriented and reliable co-op members with varying backgrounds who are ready to serve the Co-op.
- Experience with business, cooperative models, prior board work, human relations, food industry, finance, real estate, technology, or state law is helpful.

Candidate statements and the election process

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

When is the deadline for the board director election?

Submission deadline for candidate statements is August 17, 2025. Board directors will review and recommend candidates who meet the requirements to the membership. Candidates who submit statements after the deadline date, or who do not get board recommendation, may be a "write-in" candidate on the ballot with a petition of 5% of the current active membership (about 100 signatures). Deadline for write-in candidates is Sept. 10, 2025.

There is a lot of diverse work involved in a well-functioning board, so the more diversity and enthusiasm on our Board, the more holistically we will provide direction and guidance for the Co-op. Help us in our Co-op's important role of providing healthy and fair food to our community. If you find yourself interested, visit the Board link on our website, reach out to one of our board members or send an email to

elections@foodcoopboard.org.

Board Election Information

This year's Board election will be held October 6-19, 2025, for terms starting in January 2026. Three positions are open.

Candidate submissions are due Aug. 17.

Attendance at one or more board or committee meetings is highly recommended.

Reach out to board.scfc@gmail.com



David Burr
President



Tuan Tran
Vice President



Sandy Lang
Secretary



Gwen Lacy
Treasurer



Leo Andrade



Kristina Kenegos



Paul Slattery



Cinde Thomas-Jimenez

Board Meeting Schedule

The SCFC Board of Directors meets the fourth Wednesday of each month at in conference room A in the Miller Library, WNMU campus, at 5:30. Please email the Board if you plan to attend.

Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among

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

Board of Directors

David Burr President
Board Term: 2021-2026

Tuan Tran Vice Pres.
Board Term: 2020-2026

Sandy Lang Secretary
Board Term: 2025-2027

Gwen Lacy, Treasurer
Board Term: 2025-2027

Leo Andrade
Board Term: 2022-2026

Kristina Kenegos
Board Term: 2022-2025

Paul Slattery
Board Term 2025-2027

Cinde Thomas-Jimenez
Board Term: 2025

Our email address:
board.scfc@gmail.com



March

Members Only Specials

March 1 - March 31

20% OFF! listed prices



Somerdale
Cooper's Hill Cheese
5.3 oz
reg. \$6.49



Guayaki
Yerba Mate
Three varieties
15.5 oz
reg \$3.59



Cooked Perfect
Grassfed
Beef Meatballs
12 oz
reg \$12.49



Field Day
Baby Wipes
72 ct
reg \$3.99



Wyld
CBD Sparkling Water
Four Varieties
12 oz
reg \$4.49



Herbs Etc.
Allergy Releaf System
Two Sizes
2/5 tabs, 2/60 tabs
reg \$10.79, \$48.29



Dodoni
Authentic
Halloumi
7.9 oz
reg. \$8.59



Desert Essence
Moringa, Jojoba
Rose Hip Oil
2 oz
reg \$13.19



Gardein
Plant-Based
Meatballs
15 oz
reg \$8.99



Appel Farms
Basil Tomato
Feta
7 oz
reg \$6.79



Taos Bakes
All varieties
1.8 oz
reg. \$2.49



Dancing Star
Lemon Pomegranate
Chunks
reg \$9.69#

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