



# Silver City Food Co-op Garbanzo Gazette

Volume 25

✦ Our Monthly Newsletter ✦

May 2025

## Co-op Hours:

Mon.- Sat.  
9 am - 7 pm

Sunday  
11 am - 5 pm

575•388•2343  
520 N. Bullard St.

## LOOK INSIDE!

### • highlights •

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YOU  
ARE  
WHAT  
YOU  
EAT

## Democracy • Your Co-op • and the Economy Yes, You Can Make a Difference

*from your Board*

When a webinar titled “Grocery Democracy: Master the Art of Communicating Economic Democracy at Food Co-ops” recently came to the attention of the board, we were intrigued. After all, with so much national attention recently on democracy, understanding how democracy can impact us right here at home, at our local SCFC Co-op, seemed worth a listen.

According to the webinar speakers, authors Jon Steinman, “Grocery Story” and John Restakis, “Humanizing the Economy,” democracy and economy are inseparable. And Co-ops like ours play a key role in offering a community a voice by how we spend our money and support local businesses.

Through the co-op model, the speakers state that we can embed democratic principles into an economic institution (grocery store) and use that economic engine (of the business) to serve the needs of people and communities and to drive social change. We’re simply changing the venue for where democracy lives.

“The co-op model empowers customers of a grocery store to hold their store accountable. This is done through the ownership model that allows for any customer to become an equal part-owner in their grocery store and democratically elect a board of directors to govern the store,” they said.

### Why Democracy Matters

But what makes a store democratic? And how do you participate?

To many, the act of voting is the ultimate definition of democracy – you are expressing your opinion, as a member-owner of the Co-op, to put the right people in place to help oversee and manage your Co-op’s future.

However, democracy does not end at the ballot box. Shopping is a democratic act. So is attending board meetings; ordering special foods; volunteering for events; having a commitment to community, sustainability and human rights. All of these are a way for you to express your democracy as a co-op member.

Democracy can also be seen through our co-op’s operational processes. How we treat our workers, how we stock our shelves, our buying guidelines – all these examples are ways democratic principles are displayed outside your vote.

Recently, our Board adopted a strategic vision for the next 3-5 years that reflects our view of how to apply the democratic principles at our Co-op. Those Ends (see on page 15) offer actionable strategies that we feel support the core principles vital to our co-op’s success.

*continued on page 15*

## Volunteers Needed!

**This year’s General Membership Meeting will be held at Gough Park on Sunday, June 8th, from 12-4 p.m.  
Can you help out?**

This event does require time for both setup and tear down. This includes setting up and breaking down tables, chairs, decorations, etc. We are asking for member volunteers to assist with these tasks. We have two shifts available to choose from: **setup is from 10-1**, and **tear down is from 2-5**. Members who volunteer will be provided a 15% discount coupon.  
If you are interested in helping out with this essential work, please email [cindetjimenez@gmail.com](mailto:cindetjimenez@gmail.com).  
In the email, please indicate if you are interested in the setup or tear down block of time.

Thanks in advance - the Board appreciates your consideration of this volunteer opportunity.

**1956 member/owners strong and counting . . .**

# Silver City Food Co-op

established 1974



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

575.388.2343

## Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

## Vision Statement

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

## Seven Cooperative Principles

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

## Kevin Waters

General Manager

## The Garbanzo Gazette

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Submissions are welcomed!

Submit letters, articles, or items of interest to:

[judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)

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# Not Watered Down



by Kevin Waters  
General Manager

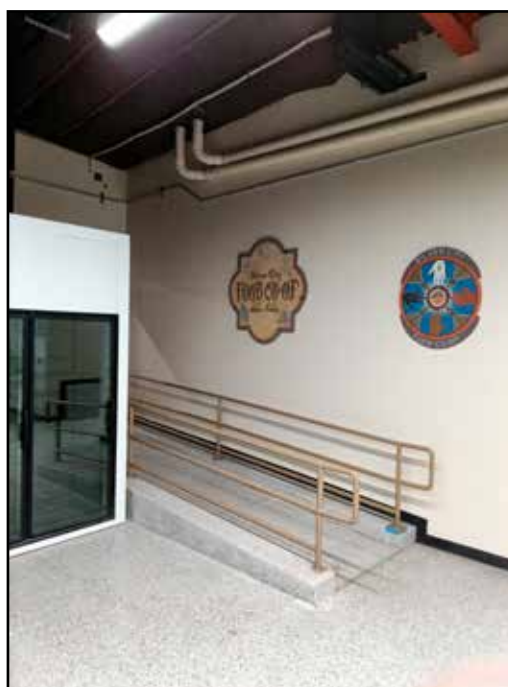
Step by step. Nail by nail. Circuit by circuit. The faster the expectation mounts, the progress seems to slow. That may be an illusion. After nearly 18 months, we are so close I can smell the patchouli. The closer we get, it seems the hurdles get higher. Maybe we'll just run through them at this point. As noted last month, most of the activity is not real visible right now, it's behind the walls, and above the ceiling. However, we have updated some of the exterior too. The Co-op vibe is what I like to call, modern rustic. I thought I invented that, but no, it's already a thing. It's great because it matches Silver City Co-op and our budget too! Take for instance our use of old Co-op signs inside and outside. I think they look vintage and cool, just like the Co-op!



*This just works.  
Don't know why, it fits like it's been there all along.*



*We've lined the parking lot. We gotta be close, right?*



*Some of the old Co-op signs from way back,  
in the way back of the new store.  
Notice the color match of the  
native themed sign to the new logo.  
Kinda cool.*



*A new era begins with a new logo.*



# General Membership Meeting

**Every June the Co-op hosts our  
annual picnic and  
General Membership Meeting.  
This year the event will take place  
at Gough Park on  
Sunday, June 8th, 12 -4.**

Music will be provided by Michelle Parlee and friends.

We hope you can join us.

Please remember to bring a favorite appetizer or dessert to share

and let's keep this event as "green" as possible

by providing our own plates and silverware if we can.

If possible, label your food to accommodate those with special dietary needs.

**MAD**  
*Member Appreciation Days*

**June and July  
two trips of your choice  
to save 10%**



**Judith Kenney**  
outreach/GG

**Kate Stansberger**  
supplement buyer

**Jake Sipko**  
produce manager

**Carol Ann Young**  
GG/office

**Becky Carr**  
dairy buyer

**Marguerite Bellringer**  
finance manager

**Doug Smith**  
deli

**Tinisha Featheringill**  
HABA buyer/POS

**Mike Madigan**  
operations manager

**Joy Kilpatrick**  
receiver

**Judy Kenneally**  
deli

**Kevin Waters**  
general manager

**Andrea Sandoval**  
produce

**Eva Ortega**  
produce

**Gini Loch**  
pm supervisor

**Jalyn McClain**  
human resources

**Jaylene Chacon**  
utility

**Isaiah Muñoz**  
utility

**Doug Walton**  
deli manager

**Sarah Lynn**  
bulk buyer

**Arissa Chavez**  
deli

**Donna O'Donovan**  
utility

**Rechelle Gutierrez**  
utility

**Sandra Rivera**  
grocery buyer

**Mikayla Portillo**  
utility

**Katherine Henderson**  
utility

**Kaelah Sandoval**  
utility

**Calvin Erickson**  
supervisor

**Jo Anna Arroyo**  
POS

**Jordan Altamirano**  
utility

**Sonny Sudak**  
produce

**Asterin Webb**  
utility

**Austin Stern**  
utility

**Terry Williams**  
deli

**Paul Aragon**  
deli asst. magager

**Andrea Hutcheson**  
finance





# Kitchen Meditations

## Spring

### Crispy Manchego Potatoes

**Seriously addicting!**

#### **Ingredients:**

1¼ lbs russet potatoes  
6 cloves garlic, thinly sliced  
2 cups shredded Manchego cheese  
3 tbsp extra virgin olive oil  
1 tbsp dried rosemary  
Pinch of sea salt  
Dash of black pepper

#### **Instructions:**

- Heat a frying pan with medium heat and add in 3 tbsp olive oil.
- After 2 minutes, add in the sliced garlic. Mix and saute, for just a quick minute. Remove from the heat, pour the garlic and olive oil into a sieve with a bowl underneath, reserve the garlic and olive oil separately.
- Wash and pat dry the potatoes, then cut each one into ¼ inch thick rounds.
- Line a baking pan with parchment paper. Add the slices of potato, all in a single layer.
- Brush the reserved garlic-infused oil all over the potatoes, then season with sea salt and black pepper.
- Add to a preheated oven (425°F)
- After 30-35 minutes, when the potatoes are fully cooked through and crispy, remove from the oven and let them rest for a couple of minutes.
- Add ⅓ of the potatoes into an oven proof fry pan (you can use a casserole dish) all in a single layer and stacked around each other. Top off with ⅓ of the shredded manchego cheese, some slices of the sauteed garlic, and a pinch of dried rosemary, continue in this method until fully assembled.
- Add the pan back to the oven (same temperature) for 5 minutes or until the cheese is melted. Remove from the oven and serve at once!

## Sheep Milk

Manchego cheese is made from the milk of Manchega sheep that live in the La Mancha region of Spain. They are native to the La Mancha Plateau in New Castile. The Manchega sheep's ancestors migrated across the Pyrenees and much of Northern Spain before settling in La Mancha.

Sheep's milk, Manchega included, is higher in protein and fat than cow's milk. Don't let the fat content frighten you off, though, because that's what makes sheep's milk more easily digested by many folks who are lactose intolerant. It also boasts higher levels of vitamins and minerals like calcium, iron, magnesium, phosphorus, and zinc. The taste is quite similar to cow's milk, but a bit richer and creamier.

Sheep are known to be more efficient grazers and are often managed through rotational grazing practices, making sheep milk production potentially more sustainable than cow's milk production.

## Blueberry Banana Smoothie

#### **Ingredients:**

1 cup fresh or frozen blueberries (no need to thaw)  
2 large ripe fresh or frozen bananas (no need to thaw)  
1½ cups milk of choice  
1 tablespoon chia seeds (optional)  
Ice, if using fresh fruit



Add all ingredients to a high-speed blender and process until smooth. Serve immediately.

#### **Notes:**

- Sweeten it up. This smoothie should be perfectly sweet, but if you'd like it more so, you can add ½ tablespoon of honey or pure maple syrup, a bit of stevia, or a Medjool date.
- Add greens. If you're looking to get more greens into your diet, try adding a handful or two of baby spinach or kale leaves. It will turn the smoothie a different color, but you won't be able to taste them.
- Different fruit. Feel free to change out the blueberries with another fruit that you like. Strawberries, raspberries, mango, cherries, pineapple and peaches will also be delicious.
- Try adding a serving of protein powder, ground flax seed, hemp seed or oats to boost nutrition.
- Use frozen fruit for best results.
- Kids will enjoy making and consuming this yummy smoothie!

## Manchego Cheese Sauce

Manchego, an aged sheep's milk cheese from Spain, is prized for its wonderful flavor (great to munch on its own) and because it melts SO smoothly.

#### **Ingredients:**

2 teaspoons olive oil  
2 tablespoons finely chopped shallots  
1 tablespoons finely chopped jalapeño  
¼ teaspoon freshly cracked black pepper  
¼ teaspoon coarse salt  
2 tablespoons veggie broth  
1 teaspoon all-purpose flour  
¾ cup shredded Manchego Cheese  
½ cup plain full fat yogurt

#### **Preparation:**

- Heat oil in 1½ quart saucepan over medium heat. Add shallots, jalapeño, salt, and pepper. Cook, stirring occasionally, about 4 minutes or until shallots are softened.
- Add chicken broth, whisking well to blend. Add flour and cheese. Cook and stir until cheese is melted. Reduce heat to low and add yogurt. Whisk to combine all ingredients. Serve warm over hot, cooked veggies or as a sauce atop grilled meat dishes.

# Jake's May Produce Pick

## Going Bananas!

- Bananas are scientifically considered to be a berry. The distinction arises because they grow from a flower and contain seeds, helping them to meet the technical definition of a berry.
- Bananas originated in Southeast Asia and the South Pacific some 10,000 years ago.
- Historians have found references to banana plants in a number of early Greek, Latin, and Arab texts. The Greek king Alexander the Great, who ruled approximately 2,300 years ago, is credited with bringing bananas to Europe. Bananas were introduced to the Americas by Portuguese sailors. They brought the fruit from West Africa in the 16th century.
- Bananas contain around 75% water. • Bananas are rich in potassium which helps regulate blood pressure and supports heart health.



- Bananas grow in large hanging bunches called hands
- The banana's DNA is 50% similar to human DNA. This highlights the genetic similarities between different life forms.
- Bananas can be used to purify water. The peels can remove heavy metals from contaminated water.
- To ripen bananas faster, put them in a sealed container (a brown paper bag works well, too). Adding another fruit to the container, such as an apple or tomato, will hasten the ripening.
- Banana peels make great fertilizer! You can compost them, bury them whole, or cut them into small pieces and mix them with garden soil. Roses, especially, like them.

# Becky's May Dairy Pick

## Don Juan Manchego Cheese



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

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

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

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

*May 1 - May 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 March service.*

**Tasha Marshe • Sue Ann Childers  
Tim Garner • Tammy Pittman • Carolyn Smith  
Jane Papin • Janna Mintz**



## 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 May

### Gila Regional Beginning Years



**GILA REGIONAL**  
*Beginning Years*

The funds remain local as they are used to purchase food for the cooking demonstrations Brenna provides for families. Whatever additional funds are left are used to purchase gift certificates from the Co-op for families to purchase food to prepare the meal from the demonstration. This reinforces the cycle of community support by giving back what was given to us in any way we can.

### Round Up for March \$991.49

### New Mexico Wild

The funds will be used for our organizing and outreach work. This would include things like hosting field trips, giving presentations, distributing information, hosting community gatherings, and similar activities. We often like to provide food and transportation to make these events as accessible as possible, which would be a prime use of these funds. All of this works toward building community support for additional protective designations for our public lands such as wilderness and wild and scenic rivers.



### Round Up for June

### Gila Valley Library

The Gila Valley Library promotes literacy and lifelong learning in keeping with its mission to provide excellent interactive children's programming and varied creative resources for adults that reflect the diversity and interests of this frontier community.



**Customer Change for Community Change!**



# Silver City Recycles

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



## Recycling drop-off times for May

**Two Saturdays, the 10th and the 31st, 10am - 12noon**

*Why we recycle. Our priorities include:*

- Diverting waste from landfills.
- Innovating through the reuse and repurposing of waste materials
- Educating the public about ways to reduce consumer waste and fostering more sustainable and responsible waste management practices in general
- Promoting networking between different recycling-based businesses
- Researching resource conservation
- Increasing the demand for recycled products
- Incubating new recycling-based businesses

*For more information:*

<https://silvercityrecycles.org/>

[silvercitynmrecycles@gmail.com](mailto:silvercitynmrecycles@gmail.com) or: [www.t2t.green](http://www.t2t.green)

## Free Open Studio Grant County Art Guild

**2nd and 4th Thursdays of each month, noon - 3pm**

Drop by the Grant County Art Guild Studio at 211 North Texas Street and work on your art or craft project in the company of other creative people.

If you come with a group, the group can have its own table.

Don't have a current project or just visiting?

We have basic art supplies in house for your use!

**Our next open studios are two Thursdays**

**May 8th and May 22nd, 12pm - 3pm**



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

**Three hours earns a 15% Volunteer Discount**



# Gophers In Your Garden?

by Monica Rude

Critters! Rodents! Pack rats, mice, gophers, rabbits, deer, squirrels, skunks, birds, bugs, grasshoppers. Did I miss anything? They all want to have your garden for lunch. This year is especially challenging since it hasn't rained in a long time and there is very little wild food available for wildlife. However, in any year it can seem like we are gardening for the gophers, grasshoppers, rodents, nematodes and deer.

An online search for solutions reveals a multitude of options if you want that salad for yourself. These include exclusion, trapping, poison, deterrents, getting a gopher dog or mouser cat, planting crops they don't like; dramatic measures to get-that-gopher utilize tunnel blasting, getting a barn owl, and flood irrigation. These options are preceded by using detective skills to solve the mystery: who done it?

I thought birds were eating (trashing) my beautiful tomato seedlings in the greenhouse. I spent most of a day installing a screen door to keep them out. I came home to find the screen wide open due to wind and more plants trashed. Next day with greenhouse doors closed, no birds could get in but more seedlings were eaten! What? Then I spotted a small lizard nearby looking well-fed and proud of himself. Aha! The culprit, apparently! I always assumed lizards were my friend in the greenhouse and garden, I imagined they were eating all sorts of troublesome bugs. Now I felt betrayed! There was no way to exclude a small lizard. I threw something at him and applied a bit of profanity but he escaped unscathed. I moved the plants to a coldframe where they have gotten bigger and no longer attractive. Apparently...

**Gardeners attract and facilitate gophers by watering, creating moist soil for easy digging.**

A tricky thing about plants and critters is that just because no one has eaten them in the past doesn't mean they won't be devoured this time. Nonetheless, try planting natural gopher-repellent plants such as natal plum, lavender, salvia, catmint, oleander, penstemons, rosemary, daffodils, pomegranates or strawberries. Notice none of these are salad or greens or roots, favorites of innumerable critters and you.

Gophers seem to be the most frustrating critters for gardeners. Maybe because they are unseen, doing their work mostly underground. They come in the night (or day) and don't seem to need much sleep. They are voracious and will take out a ten foot row of parsley or carrots in a couple of nights, carrying your produce in their external fur lined cheek pouches, or pockets, to their massive storage area. Though they eat the tops of plants sometimes, they are mostly interested in the roots of the plant. They occasionally venture a short distance from the runway (tunnel) entrance to feed on or drag vegetation back into the runway and will pull vegetation into their runway from below. Pocket gophers will eat grasses, forbs, shrubs, trees and damage underground cables and irrigation systems.

You know a gopher "did it" by the distinctive crescent-shaped mound of soil with the burrow entrance on the side plugged with soil. These mounds can be easily differentiated from the burrow entrances of other burrowing rodents

such as ground squirrels which will usually be open, but gophers also leave open holes without soil mounds to provide air inside their extensive tunnels. Shallow tunnels are used for foraging and deep tunnels are used for nesting, food storage and latrines. Tunnels can total up to 2,000 square feet, with the nest and food storage chamber up to six feet deep. It is said one gopher can dig 200 feet of tunnel in one night! They patrol these tunnels daily, foraging on your latest crops.



A gopher's stout body is built for digging. They have small ears and eyes, and no distinct neck. Their legs are short and powerful, their broad feet have large claws. Gardeners attract and facilitate them by watering, creating moist soil for easy digging. To see what you're up against, watch this entertaining video of a gopher digging a hole: <https://www.youtube.com/watch?v=jVDjjaYxSs>

Each morning as you survey the recent damage, you probably don't want to hear that gophers are a "keystone species", an essential part of our ecosystem, loosening and aerating the soil, promoting the decomposition of organic material, mixing soil and depositing feces in it to enrich it. They bring minerals from deep down up to the surface, move loose soil from new excavations into old burrows to de-compact soil and improve water infiltration. This process is called bioturbation, the biological reworking of soils and sediments by burrowing critters, such as earthworms, termites, ants and gophers, also known as ecosystem engineers. Additionally, you don't want to think about how gophers are an important prey species for many other animals in the ecosystem, i.e., hawks, owls, snakes, badgers, foxes, and coyotes.

No, you want to hear about how to get-that-gopher in order to have more turnips for yourself. Try exclusion. Taking bioturbation into account, planting in gopher baskets (make your own or purchase from garden supply stores) or lining garden beds with ½ inch hardware cloth will protect crops while the gopher continues engineering around it. Frankly, this is "alotta" physical labor but is a win-win for gardener and gopher and it's a one-time task. Plant in containers. Trapping is your next best option as it is preferable to poisons which also poison other critters including pets. Add repellents to their burrow. Castor oil granules, scented dryer sheets, fish scraps, pet waste, pine disinfectant-soaked rags, chili powder and peppermint oil can be effective. Solar- or battery-powered ultrasonic emitters can be tried to keep gophers and any other rodents at bay. Such a device, situated at ground level, creates vibrations small enough for humans to miss but big enough to annoy small pests. I did try these, resulting in more gophers coming to the area, probably to investigate what the commotion was.

YouTube offers detailed instructions on various techniques, including how to trap. Also find tips on dealing with rabbits, squirrels, snails, thrips, whiteflies, fungus knats:

<https://www.gardendesign.com/how-to/gophers.html>



# Why Do We Buy What We Buy?

by Susan Van Auken

Our Co-op member-owners and customers follow many different dietary plans: vegetarian, vegan, paleo, macrobiotic, organically grown, no sugar, and more. In addition to these dietary considerations, budget limitations, packaging, and other areas of concern determine what we buy.

## *How do we choose?*

My own product selection policy, although not formally written or always followed, helps me stick to my nutritional, environmental, and economic belief systems. Sometimes I consider all three of these belief systems before choosing to buy a product.

*In thinking about your own purchasing, you may find a list of various qualities useful:*

- **Nutrition** – Of course, the *purpose* of “food” is to provide the macro and micro nutrients our body needs.
- **Taste** – Certainly if it tastes good, you’ll buy it again.
- **Cost** – Prices are on the shelf tags and bins, to help you choose what fits your budget. Remember to check the weight or volume when doing price comparisons. For example, chocolate bars vary in weight even if the package size seems the same.
- **Organically grown food** – Most of the products in our Co-op are organically grown, but not all. “Organic” is usually on the front label of packaged foods, but if this is very important to you, you must check the small print to see if *all* of the ingredients are organic.
- **Local foods** – Some produce, cheeses, salsa, and bulk items are local, but most packaged foods are not. Products from another country must indicate this on the label. Our Co-op stocks food produced in Germany, Spain, Israel, Mexico, Japan, China, Canada and others, traveling many thousands of miles, which can be seen as an environmental drawback because it adds to the food's carbon footprint.
- **Particular ingredients** – If you want to avoid things such as added sugar, white flour, natural flavors, stabilizers, gums, or any other ingredient, you must read the list of ingredients. Natural flavors now show up in many packaged products. (If you wonder what natural flavors are, please see the online article in our Co-op Garbanzo Gazette at [silvercityfoodcoop.coop](http://silvercityfoodcoop.coop), the January 2024 issue).
- **Packaging** – Sometimes there is a choice between glass or plastic, or paper or plastic; and sometimes a combination of several ingredients are used to package one product. The choice to eliminate packaging whenever possible is yours by buying bulk foods and produce with no extra packaging, and by bringing your own bags.

A relatively new and difficult selection criteria is knowing what company now owns a long reliable and familiar organic brand. As quoted from the Cornucopia website, *“The success of the organic sector has not escaped the notice of corporate giants, which have been buying up organic brands and investing serious money into getting them into your carts.”* One can only wonder how these big corporations might change these brands by altering the ingredients such as adding a little more sugar or natural flavors, changing working conditions for the employees, or lowering the organic standards to the bare minimum.



Perhaps you decide, as I have, to avoid products made by the big corporations. Information about these “parent” companies is not on the package label, and requires deep research.

Knowing who actually owns organic brands is important if you want your food dollars to go to small and family run businesses, cooperative businesses, or B-Corps, which are not only about maximizing shareholder profit but also about benefiting all stakeholders, including workers, community, and the environment.

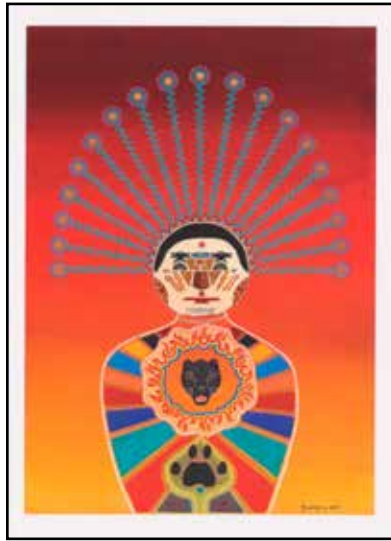
## *Ownership examples for some products at our Co-op:*

- Mary's Chicken is a family owned group of poultry farms.
- Smart Chicken, is owned by Tyson Foods, the largest meat packing plant in the United States, which bought a privately owned organic poultry farm in 2018.
- Brown Cow yogurt and Stonyfield Farm were purchased in 2017 by Lacatalis, the largest dairy company in the world.
- Strauss Family Creamery is a privately owned family of farms.
- Organic Valley is a cooperative.
- Frontier Herbs is a cooperative.
- Field Day is owned by United Natural Foods Inc. a publicly traded company worth over a billion dollars. UNFI is also our Co-op's main distributor.
- Veritable Vegetable, our main produce supplier, is a woman-run company that is a B-Corp.
- Annies, Cascadian Farms, and Muir Glen are owned by General Mills.
- Tierra Farms is privately owned and committed to community, organics, and fair labor practices.
- Smuckers owned Knudsen for a while but sold it to Nexus Capital Management for \$110 million a few years back. So now Nexus owns Knudsen and Santa Cruz juices.
- Silver City Food Co-operative is a member-owned grocery store that supports the local community in many ways, and nobody gets rich here.

Included in my own selection policy are always bringing my own bags for produce and never buying anything packed in plastic clamshells. I buy all of my grains, beans, nuts, and seeds in bulk, for which I bring my own bags. I will not buy any product with natural flavors and always choose organically grown if there is a choice. I will choose a product in plastic over glass only because I like the product better. There are some corporate owners of products in our Co-op that I will not support. And I pay attention to obtaining a high level of nutrition in almost every bite.

In summary, your own product selection policy can impact not only what you eat, but the environment and the economy. And in order to make conscious choices you must read the labels.

# Artful Note Cards from Local Artists



**Richard Welker**, from Santa Fe, NM, began painting in 2007. His process of creating visual images of mandalas, spiritual art, spirit animals, and healing images provided him with evidence of the existence of a super conscious and compassionate order behind the chaos of the world. For him, these images are intuitive proof that we are all a part of a divine love, powerful enough to transform even the darkest of times.



**Lori Faye Bock**, who lives in Abiqui, NM, began by painting her images on paper, wool panel and canvas. Today, she continues to portray her beloved animals in paintings that deftly capture the essence of her subjects with a dash of irony, humor and, often, poignancy. Her reward comes, she says, when the joy she feels in depicting animals is communicated to those who see her paintings.



## Annette Rubino-Buckley

“Back in the day I drew cards for my mother. Many years later when she turned 80, I did a playful painting of my family at Jones Beach. That was the beginning of my interest in watercolors and art. Twenty five years have passed and I am still entertained with designing new cards. Before we moved to Silver City, we lived deep in the country. Nature and beauty were everywhere. Now we live in town and it has its own style of nature. That’s my inspiration. Despite the harshness of life sometimes, I hope people remember that there is still beauty, joy, and love everywhere. That’s what my cards are all about.”



## Debbie Guerra

“I began drawing and painting as a young child. In my teens, I enjoyed painting landscapes and people. Being in nature has always been a great inspiration because of its purity, beauty, and ever-changing light and movement. As an adult, I discovered that watercolor painting in outdoor natural settings, called Plein Air, is my favorite way to commune with, create, and share the wonders of Mother Nature.”

**William Clift** was born in Boston and started in photography when he was ten years old. Today he’s a world-renowned photographer, living in New Mexico. He works very slowly, but the results are worth the wait. When he feels something, he takes the picture, but that is just the initial act in a long process of finding the voice of the image.





# Growing Seeds, Growing Community



by Janna Mintz

If you’ve been reading my articles recently, you probably concluded that I’m a plant and seed geek, which would be accurate.

Here’s a story to give you some background about how I started my seed and gardening journey.

I was a new gardener and new to New Mexico when an acquaintance gave me an envelope of pole beans from her garden. I lived in a rental in Santa Fe with a small walled yard and a dwarf tart cherry tree. I put in an expanding bamboo trellis from the local garden store, and I planted the black bean seeds.

The plants vined up the trellis beyond the height of the wall in my front yard, and they produced an abundance of green beans that I ate in salads or stir fried with garlic.

I knew nothing about saving seeds. I’m not sure I owned a book on gardening! I certainly wasn’t going to ask for more seeds, so I let some beans dry on the vines, and I saved seeds. I have planted those seeds from time to time for over 30 years, and I sent some with my child who moved to Minnesota, where they grow beans and save seeds because they watched me save seeds.

In 2024, I taught people how to grow lettuce from seed to seed. Dozens of people showed up for classes, and several people in our community saved lettuce seeds for the first time. Many of those lettuce seeds are available through the Southwest NM Seed Library.

In 2025, I’m launching a Seed-to-Seed Tomato Project. Gardeners are challenged by growing tomatoes in our climate. I have had challenges growing tomatoes from time to time, so I’ve compiled my tricks to share in a deep dive intensive class.

## Cultivating Community: Launching Our Seed-to-Seed Tomato Project

Are you passionate about gardening and looking to overcome the unique challenges of growing food in the high desert? If so, please join this innovative community initiative - the **Seed-to-Seed Tomato Project!**

**The Vision:** This project aims to empower gardeners of all experience levels to grow and cultivate tomatoes successfully in our distinctive climate. By focusing on adaptive strategies and community education, together we can create a thriving, local tomato seed bank specifically suited to high desert conditions.

**Why Tomatoes?** Fresh tomatoes are a gardener’s delight. Open pollinated varieties produce seeds that are true-to-type, adapt to growing conditions,

and are easy to save. Tomatoes can thrive even in challenging growing environments like ours. By sharing expertise and resources, we can enhance our self-sufficiency and food security.

## What We Offer:

- **Free Introductory Session:** Get a taste of what’s to come with an overview of tomato growing in the high desert. This session will highlight basic considerations such as climate challenges and variety selection.
- **Immersive Workshops:** Dive deep into the essentials of growing tomatoes. Topics include growing from seed, considerations for selecting starts and varieties, transplanting, soil preparation, what to expect through the season, and guidance tailored to our local climate.
- **Follow-On Classes:** Throughout the season, we’ll cover care, troubleshooting, and harvesting techniques to ensure a successful yield.
- **Tasting and Seed Saving Event:** Join us in September to celebrate the fruits of your labor. This community gathering will focus not only on taste but also on the crucial practice of saving seed for future planting seasons.
- **Data Collection from Home Growers:** An opportunity for experienced and new growers to collect data on their tomato growing experiences will help our community select and adapt specific tomato varieties to the diverse climates in Grant County. This part of the project will include saving seeds from good specimens to develop a tomato seed bank for our community.

**Incentives and Special Offers:** For those who enroll in our series, we’re offering a special couple's discount to encourage shared learning experiences. Plus, workshop attendees will receive a starter kit to help them jump into gardening with confidence.

**Get Involved:** We are actively seeking participants who love gardening and want to be part of a community-focused initiative. Whether you're an experienced gardener or new to the joys of growing, there's a place for you in this project.

**How to Join:** To register or learn more about the Seed-to-Seed Tomato Project, please contact [janna@wildrocketgardens.com](mailto:janna@wildrocketgardens.com), (575) 342-1189.

Let’s cultivate a vibrant gardening community together and embark on this journey of growth and discovery—one seed at a time!



Low-  
slung  
neck  
  
black  
face  
  
yellow  
eyes --

## Mostly Red Dog

a drawing and a poem by  
Rick Stansberger



## RICE: A Global Staple with Many Varieties

Continued from April 2025 GG Edition

by Doug Walton  
Deli Manager

In the April edition of the Garbanzo Gazette we explored the history of rice cultivation; and discussed the biology of this marvelous food crop, as well as the structure of the rice kernel. Let us now take a look at the many rice varieties and how each can be used to create wonderful dishes.

The Silver City Food Co-Op offers a wide variety of rice options, as each have their characteristic flavors and textures. We use many different types of rice in the dishes we prepare in the Grab 'n' Go Deli. Most are available in either our grocery or bulk foods departments. Rice is characterized by size and shape, including short, medium, and long grain varieties all used by the Deli and available in the store:

**Short-grain rice**, which is also known as Japonica rice, is the smallest of the bunch, which means the grains are short and plump. Due to its shape, short-grain rice tends to clump together when cooked. Short-grain rice also contains more starch than long-grain varieties. Common examples of short-grain rice are sushi rice and Arborio rice. Use this type of rice to make sushi, rice pudding, and rice balls.

As its name suggests, **medium-grain rice** is shorter and wider than long-grain rice, but longer than short-grain rice. Common examples of medium-grain rice are Bomba rice and Arborio rice. Use this type of rice to make dishes like paella and risotto.

**Long-grain rice** is known for its long and slim shape and is longer than it is wide. It's beloved for being light and fluffy and doesn't clump together. Common examples of long-grain rice are Basmati rice and Jasmine rice. Use this type of rice to make dishes like jambalaya, rice pilaf, a rice bowl, or as the base for a stir-fry.

### *The following varieties of rice are often available in different sizes:*

**Basmati Rice** can be white or brown, and each type has a slightly different cooking method. Perfectly cooked basmati rice should be fluffy and can be served as a side dish with curries and stews, or made into a pilaf. For white basmati rice, add one cup of rinsed rice, 1 ½ cups water, and ½ teaspoon of salt to a medium saucepan. Bring to a boil. Stir once, cover, and reduce heat to a simmer for 18 minutes. Remove from the heat and keep the lid on to steam for five minutes. Fluff with a fork and serve. Because brown basmati rice is a whole grain, it takes a bit longer to cook. To do so, combine 1 cup of brown basmati rice with 2 cups of water and ½ teaspoon of salt. Bring to a boil, stir, and cover. Reduce the heat to a simmer and cook for 50 minutes. Remove from heat and keep the lid on to steam for five additional minutes. Fluff with a fork and serve.

**Jasmine Rice** is a long-grain rice, similar to basmati, and also comes in white and brown varieties. For white jasmine rice, you'll want a 1:1.5 rice to water ratio. Rinse one cup of rice until the water runs clear, and add it to a pot with 1.5 cups water or other liquid. Bring to a boil, cover with a tight-fitting lid, and lower the heat to simmer for 15 minutes. Remove from the heat, keeping the lid on. Let the cooked rice rest for 10 minutes. Fluff with a fork and serve. For brown jasmine rice, use a rice to liquid ratio of 1:2 and cook for 40 minutes before resting and fluffing. Jasmine rice is commonly used in



*Judy using sushi rice for her ever popular vegan nori rolls.*

a range of recipes and cuisines, including Mexican Red Rice, Cuban Black Beans and Rice, Cajun Red Beans and Rice, coconut rice, and Herby Rice. It is also great added to soups.

**Brown Rice:** Many people don't realize you have to cook brown rice and white rice differently. Brown rice still has that bran intact, so you need more water and more time to cook it. For best results with brown rice, you'll want to combine your rinsed rice, liquid, and a small amount of butter or olive oil to a pot, bring it to a boil, and then cover with a tight-fitting lid to simmer for 40-45 minutes. Do not lift the lid. Then, let the rice continue to steam for 10 minutes, fluff with a fork, and serve. Generally, you'll need about 1 ¾ cup liquid per 1 cup of brown rice, but some brown rice may require slightly more or less liquid, depending on the shape. Leftover brown rice is wonderful for fried rice, or as a nutty-flavored addition to chicken salad.

**Forbidden Rice**, also called Black rice can add a dramatic hue, texture, and some additional nutrition to any rice dish. It's an even greater source of vitamins, fiber, and antioxidants than other rice varieties. It's also easy to use in place of short-grain brown rice in any recipe and should be cooked the same way as brown rice. To do so, use a ratio of 1 cup of black rice to 1 ¾ cup liquid, bring to a boil, and then cover tightly and simmer for 40-45 minutes. Allow the rice to steam for 10 minutes without lifting the lid. Fluff with a fork and serve.

**Sushi Rice** is a short-grain rice that can be used for making sushi, nigiri, poke bowls, and so much more. Though it's known for being sticky, it's not the same as glutinous rice. Sushi rice is best prepared with a 1-2 minute rinse under fresh water, until the water rinsing the rice runs clear instead of cloudy. Then, soak the rice for 30 minutes in the pot you'll use to cook the rice, with enough water to cover all the grains. Drain the rice, and return it to the pot with fresh water. A 1:1 ratio is ideal for short-grain rice, like sushi rice. Bring it to a boil and immediately lower the heat to a simmer. Cover tightly and cook for 10 minutes. Remove from heat and let it steam with the lid on for 10 more minutes. Fluff and serve. FYI, ever wonder how sushi rice sticks together so perfectly? Once cooked, the very starchy rice is typically combined with rice vinegar, sugar, and salt. When the rice has cooled and the liquid is absorbed, it's even easier to mold.

**Bomba Rice**, also called Valencia rice, is a short-grain rice originally from Valencia, Spain. It's commonly featured in paella and other Spanish dishes, and can be used in any recipe calling for short-grain white rice. Because this type of rice is cultivated for paella, it excels at absorbing liquid, so you'll want to use a 1 cup rice to 1 ¾ cup liquid ratio, and perhaps use a broth, some wine, or other flavorful stock to make the most of this rice that captures the flavor of its cooking liquid. To make it, rinse the rice until the liquid is clear (however, some people making paella prefer to reserve the outer starch and not rinse the rice). Bring 1 ¾ cup of liquid to a boil, stir in rice, and cover and simmer for 20 minutes. Let the rice rest for five minutes and fluff.

**Arborio Rice** is an Italian short-grain white rice typically used in risotto. Similar to Bomba rice, it absorbs liquid and flavor nicely, but Arborio rice is longer, while Bomba rice is rounder in shape, meaning Arborio rice lends itself to a starchier, creamier quality. Of course, Arborio rice can be cooked by following any risotto recipe, which requires constant attention and stirring in warm liquid in small portions at a time. Or, Arborio rice can be cooked like other white rice, with a ratio of 1 cup of rice to 2 cups of water. To cook Arborio rice, bring two cups of lightly salted water to a boil. Add a pat of butter or olive oil if desired. Stir in Arborio rice, and cover and cook on low heat for 20 minutes. Keep stirring to ensure the liquid is absorbed. Because of its stickiness and creaminess, Arborio rice also works well in rice puddings like Indian Kheer.

**Sticky Rice** (or Glutinous rice) is known for being just that. It's a southeast Asian staple, and can be eaten along with savory, spicy, and sweet dishes. Because of its stickiness, glutinous rice has a much different cooking method (you'll steam it) than many types of western rice. Start by soaking your sticky rice for at least six hours, or up to 24 hours. Then, pour off the excess water. Set up a steamer (bamboo or metal works best) over a shallow pot of boiling water, adding a steamer liner to prevent the rice from sticking. Add rice in a thin layer, and cover, allowing it to steam for 30 minutes. Let the rice rest and serve immediately. This steaming method can also work for other types of short-grain rice for a stickier texture.

**Wild Rice** is not actually rice, it's a different group of marsh grass seeds from the rivers of Canada and Minnesota. It is a much taller, heartier plant; more suited to the challenging climates in which it flourishes. However, this wild grass seed can be used in similar ways as rice. It has a similar, though slightly nuttier flavor. It is a bit more chewy, and is cooked much like brown



*We use a blend of forbidden, wild and basmati rices in our vegetable biryani.*

rice. To make wild rice, bring 2 ¼ cups of water to a boil in a medium saucepan with 8 ounces of wild rice. Cover with a tight-fitting lid and reduce to a simmer. Cook for 45 minutes without lifting the lid. Let the rice steam for 10 minutes. Fluff with a fork and serve. The texture of wild rice is really a personal preference. For a chewier texture, cook it for less than 45 minutes. If you prefer a tender, fluffier texture, cook the rice for 46 minutes or more. For added texture and flavor, toast or sautee the grains lightly in olive oil or butter before steaming.

**Parboiled Rice** is rice that has been partially cooked (boiled), to make your cook time faster. It can be a weeknight staple, and comes in many varieties, including white and brown. Typically, the package instructions are most accurate for how long this semi-cooked rice needs to reheat and cook. You can also soak your parboiled rice, or cook it in a microwave to speed up the cook time. Standard American parboiled rice can be added to boiling water, in a ratio of 2 cups of water to 1 cup of parboiled rice, and simmered for about 20 minutes. An additional benefit to this rice is that the parboiling process, which occurs under pressure, does not start with total removal of the germ of the grain. That part of the germ that remains is forced into the surface of the endosperm where it remains during cooking. The result is the retention of some of that additional nutrition, along with a slight nuttiness often missing with white rice. The color of parboiled rice is a light tan.

We use rice in the Grab 'n' Go Deli nearly every day, and in a variety of dishes. While the availability of some varieties is more seasonal, the Silver City Food Co-op tries to keep a wide-ranging supply of rice options. Look for these delicious grains on our store shelves, and in the many prepared selections from our Deli kitchen. Enjoy !

## Painful Skin Cracks Around Your Fingernails?

by Scott Towar

I started getting them in my late 30s. I was helping a friend clear brush around her home in rural northern California, and thought they must be due to working outside in sometimes damp conditions. However, once we moved into a small town nearby, they persisted.

When I moved to Silver City in 1995, I was able to buy some land and start building an adobe abode. I hired the late Jason Hammond to help in the effort, and one day, the subject came up in conversation since we both had these skin cracks. He mentioned a certain brand of skin cream which he felt helped. I'd tried many other brands, but found this one didn't cure the cracks either.

I first read mention of sodium laurel sulfate in a book by a local author in which he said he didn't want his children using any product containing it. I remember wondering what it was, but thought no further.

A number of years later when looking to buy some toothpaste (when I still had them) at our local Coop, I noticed one brand advertising on the tube that it contained no sodium laurel sulfate. After buying it, I went home and did a google search, finding a number of articles. One mentioned that when the FDA investigated whether a new skin product might be harmful, it created a fairly large

patch of inflamed skin on volunteers' inner forearms using concentrated SLS - sodium laurel sulfate. The new product was then applied to the skin patch to see if the reaction worsened.

I had been using a major brand of hand soap for many years, and wondered whether the 0.56% (advertised) impurity might be SLS. That question went unanswered, but I did find that SLS was mentioned as an ingredient. My search also revealed that SLS is a foaming agent that has no value other than to make the product foamy, which I suppose was to make it seem to work better or something.

During my next trip to the Co-op I found a hand soap whose ingredients contained no SLS and took it home. To my great pleasure, after using it a week or so, all my skin cracks healed and no more new ones appeared!

When I later needed to buy dish soap, I automatically bought that same brand's product. Within a week of using it, new skin cracks appeared. Sure enough, SLS was listed as a main ingredient. A lesson for me to remember—always read the label. However, that product worked well for washing greasy parts on my pickup truck, wearing gloves.





## ***Long-time Co-op Employee Doug Smith Shares His Favorite Product and a Little Life Wisdom***

### **Please describe your position at the Co-op.**

I work in our prepared foods/Deli & Bakery department, creating delicious, fresh, organic foods for our community, sharing my passion for baking with enriching and supportive crew members every day.

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

I enjoy spending time with my lovely wife, our sweet puppy, and our cat. Baking and trying new recipes for my co-workers and community. Traveling (on the road, in a plane, and on foot), people watching and, most of all, nothing!

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

In 2020, at the age of 40, I decided to accomplish a dream deferred. I had always wanted to go to culinary school when I was younger. I have many friends who are chefs. Like many things, it ended up on a back burner for twenty years. Then the desire outweighed the excuses and, in 2022, I graduated as a certified pastry chef with high honors. I've been baking for my friends and community ever since. Wow! I get to practice my craft professionally through the Co-op! It's never too late to invest in yourself, no matter what the world thinks.

### **What is your current favorite product at the Co-op?**

Hoplark HopTea, The Calm One with Chamomile. It's a delicious, bubbly refreshment with a lovely hop flavor without the alcohol. It's my Friday "you did it!" end of the week beverage.

Hoplark HopTea's unique take on tea has the same hoppy taste as your favorite craft brews. Friends Andrew Markley and Dean Eberhardt founded Hoplark HopTea in Boulder, Colorado and spurred a new beverage category, tea brewed like a craft beer, but without alcohol. The hop-brewed sparkling teas have a flavor profile similar to an IPA but with zero sugar and calories. The four flavors, made with loose-leaf black, chamomile, white or green have names like The Really Hoppy One, The Calm One, The White Tea One, and The Green Tea One. Each bears a deep to light hopped fragrance and flavor and a craft beer's slight pleasant bitterness.

Doug's favorite, The Calm One, is the one to try when you're ready to slow down and enjoy the moment. Made with organic chamomile flowers and bright, citrusy Citra hops. It's a deep breath in beverage form, like wandering through a mountain meadow full of wildflowers!



## ***What is a Food Cooperative?***



A food cooperative, or food co-op for short, is a smaller version of a typical grocery store with a mission to serve the community and keep money in the local economy.

Food Co-ops are member-based, although a membership is not required to shop there, and they secure access to high quality food at competitive prices. Food cooperatives redefine what it is to be a food retailer, while changing how millions of Americans shop for food.

Food co-ops often place a strong emphasis on locally grown and produced products. The extra effort needed to procure

local and regional products represents the strong values of the co-op's member/owners and customers.

A significant difference between a big-box grocery store and a food co-op is that co-ops are rooted in the local economy that they serve, with a commitment to keeping more money in the community. The ongoing food cooperative movement continues to demonstrate that it's possible to build a resilient and equitable local supply chain from the ground up that supports and invigorates communities of all kinds everywhere.





# From Your Board . . .

*continued from page 1*

(See detailed Ends policy on our website under Board of Directors.) Creation of these Ends with feedback from members and staff is another example of member's ownership in the democratic process defining our future.

As customers and owners of the Co-op, we encourage you to express your democratic rights in any way you feel comfortable. We are always looking for board members to help us implement our vision of the future, but there are many other ways (stated above) to participate.

However, you decide to participate, we only hope that you realize that your engagement with your local Co-op is an expression of democracy that you choose, and we hope that you feel proud – and empowered – by your decision and continue to be part of our future as we expand our footprint in the community.

Democracy is a choice. We hope you choose to be part of ours for many years to come!

## Ends Policy

- Access to healthy, high-quality food – especially local, organic and minimally processed
- A financially sustainable store, while returning value to members
- A welcoming culture that reflects our community – valuing diversity, equity, inclusiveness and respect
- Informed, engaged and empowered shoppers
- A store that provides excellent customer service by fostering a healthy workplace for employees
- A business that reduces our impact on the planet



**David Burr**  
President



**Tuan Tran**  
Vice President



**Sandy Lang**  
Secretary



**Gwen Lacy**  
Treasurer



**Leo Andrade**



**Kristina Kenegos**



**Paul Slattery**



**Cinde Thomas-Jimenez**

## Mark Your Calendar:

# The Co-op Picnic and General Membership Meeting will be June 8th

Last year we celebrated the Co-op's 50th anniversary with guest speakers sharing anecdotes from the opening days and years of the Co-op. It was a time to honor those who have been a hub in the Co-op's beginnings. This year we will celebrate the evolution of the Co-op as it transforms into a whole new space for us all to enjoy. Old friends, new friends and a magnificent array of food all await those finding their way to this event. Pasta will be featured as a theme in our main dish, with all the dietary options considered. Drinks will be provided.

Along with a financial updated from General Manager Kevin Waters, General Manager, raffle prizes, gift card give-aways and, no doubt, surprises will be featured. We will also review our plans for the future, and how we anticipate evolving to the next level of service for our members and community.

Music will be provided by Michelle Parlee and friends. We hope you can join us. Please remember to bring a favorite appetizer or dessert to share and let's keep this event as "green" as possible by providing our own plates and silverware if we can. If possible, label your food to accommodate those with special dietary needs.

## 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](mailto:board.scfc@gmail.com)



# May

## Members Only Specials

### May 1 - May 31

### 20% OFF! listed prices



**Don Juan**  
Queso Manchego  
5.3 oz  
reg. \$9.99



**BelGioioso**  
Parmigiano  
Reggiano  
8 oz  
reg \$14.29



**Preserve**  
Triple Blade Razor  
1 pack  
reg \$7.19



**Alternative Baking Co.**  
Cookies  
All varieties, 4.5 oz  
reg \$2.99



**Amy's**  
No Cheese Veggie  
Pizza  
12 oz  
reg \$11.99



**Herb Pharm**  
Soothing Throat Spray  
1 oz  
reg \$14.99



**Gayo Azul**  
Cotija Cheese  
8 oz  
reg. \$7.49



**BelGioioso**  
Pecorino Romano  
8 oz  
reg \$11.19



**Preserve**  
Triple Blade Refill  
4 pack  
reg \$7.19



**Chandler**  
Walnuts  
Organic  
reg \$12.99#



**Cascadian Farm**  
Hearty Morning Fiber  
14.6 oz  
reg \$7.49



**Daiya**  
Gluten & Dairy Free  
Pizza  
15.7 oz  
reg \$9.89



**Y.S. Eco Bee Farms**  
Propolis 1000  
90 caps  
reg. \$16.99

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

**African Baskets**

- Various
- sizes •
- shapes •
- prices •



## Co-op Deals

flyers

available

on our website

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

and at the front of the store

