



Silver City Food Co-op Garbanzo Gazette

Volume 23

✦ Your Monthly Newsletter ✦

May 2023

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE!

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YOU
ARE
WHAT
YOU
EAT



New Earth Project Keeps Growing!

by Nan Franzblau and Carol Ann Fugagli

While vulnerable communities continue to cope with impacts from the climate crisis, the *Upper Gila Watershed Alliance's New Earth Project* is implementing climate solutions. As a recipient of an Environmental Justice for Climate grant from the Commission for Environmental Cooperation, the New Earth Project focuses on issues of food security, soil health, and carbon sequestration through a large-scale community composting program.

We divert organic material from the landfill from two local waste streams: cafeteria food "surplus" from three elementary schools in Silver City, and woody biomass from forest thinning projects undertaken by the Forest Service to maintain forest and watershed health. The trees are shredded in preparation for composting and the food is put through a garbage disposal for homogeneous size particles. We are experimenting with adding biochar to some of our compost systems, whose convoluted and high surface area provide habitat for millions of microbes and return carbon into the earth.

Every week, the New Earth crew (which includes many youth) build and fill at least one Johnson-Su



Dena & Heather grinding surplus food

bioreactor with this waste. The Johnson-Su composting method, created by molecular biologist David Johnson and his wife and collaborator Hui-Chun Su Johnson, is a static, aerobic process that produces a diverse, fungal dominant microbial inoculant that interacts

symbiotically with plants to sequester carbon in soils, increase water infiltration and retention,

fix nitrogen, and increase plant growth and fruit production. Each bioreactor is filled in one day with about 600 pounds of food and 1,200 pounds of woody biomass, yielding about 700 pounds of finished compost after one year.

Why is fungus so important in soil? We now know that traditional agriculture (frequent tillage, exposed soil, and fertilizer additives) destroys the fungal mycelium (a network of fungus roots) in our soils, and proper plant growth requires the correct balance of bacteria and fungi. In fact, almost all food production relies on fungi. In most fungi, hyphae are the main mode of vegetative growth, and are collectively called mycelium, threadlike filaments that attach themselves to the plant roots and extend their reach to obtain nutrients and water that are otherwise inaccessible. The results are increased plant biomass and crop yield.



New Earth crew shoveling feedstock

But New Earth is far more than just a composting project! Last October, we hosted climathons for 4th graders from Jose Barrios and Harrison Schmitt, and 4th and 5th graders from San Lorenzo and Cliff Elementary Schools. Students built worm boxes for vermicomposting in their classrooms and made

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1875 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

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Mary Ann Finn, Doug Smith

Vynce Bourné, Carolyn Smith

Rick Stansberger

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Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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Unfiltered Waters



by Kevin Waters
General Manager



New Look, Same Great Taste

As the Silver City Food Co-op hikes on into Year 50, we've looked back, looked forward, and arrived at a newly updated logo for SCFC. Inspiration for the new logo was taken from our birth year of 1974. Expressed in the design with bold, rounded, flat lines and earth tones. Also in consideration was a modified return to the original "shaking hands" logo still present on the outside of the store. Combine that with a little southwest mojo, and we arrived at a clean modern logo that we think will serve us well for a while as we enter our next 50 years. The new logo has a few different iterations, with our primary logo being the one shown on top below.

If you would like to be entered in a contest to win a new organic cotton T-shirt sporting the new logo, please send an e-mail to scfesurvey@gmail.com with your name, contact number and shirt size. We will be giving away 10 of the new shirts. Please send your e mail by 5/30/23.



SURPRISE!



MAD is happening again!!

10% OFF

excluding mark-downs
maximum 25% discount

June & July

any two trips of your choice

**Volunteers needed for the
General Membership Meeting
Sunday, June 11th 12pm to 4pm**

**Receive a voucher for 15% discount
on one shopping trip at the Co-op**

**Contact board member Kristina at:
kauaikristina@gmail.com
see page 15 for more details**

Silver City Food Co-op Staff

Judith Kenney
outreach/GG

Kate Stansberger
supplement buyer

Jake Sipko
produce manager

Carolyn Smith
deli manager

Carol Ann Young
GG/office

Becky Carr
dairy buyer

Misha Engel
frozen buyer

Marguerite Bellringer
finance manager

Doug Smith
grocery buyer

Tinisha Rodriguez
HABA buyer/POS

Mike Madigan
operations manager

Joy Kilpatrick
receiver

Judy Kenneally
deli

Vynce Bourné
bulk buyer

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cashier/stocker

Eva Ortega
produce

Gini Loch
cashier/stocker

Jalyn McClain
Human Resources

Kelsi Cunniff
cashier/stocker

Natasha Kreider
cashier/stocker

Bella Drissell
cashier/stocker

Jaylene Chacon
cashier/stocker

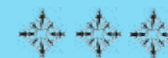
Isaiah Muñoz
utility

Doug Walton
deli

Steve Buckley
utility

Bailey Young
utility

Jordan Christy
utility



Kitchen Meditations

Spring

Grilled Portobello Mushrooms

Enjoy this simple recipe that's perfect for a Portobello steak, burger, or an easy side.

Ingredients:

4 large Portobello mushrooms (stems and gills removed, wiped clean)
¼ cup balsamic vinegar
1 tablespoon olive oil
1 tablespoon low sodium soy sauce
1 tablespoon chopped fresh rosemary
(or ½ teaspoon dried)
1 teaspoon garlic powder
½ teaspoon black pepper
1/8 teaspoon cayenne pepper (optional or to taste)
Oil for grilling



Instructions:

In a shallow baking dish, whisk together balsamic vinegar, olive oil, soy sauce, rosemary, garlic powder, black pepper and cayenne. Taste and adjust seasonings to your liking. Add mushrooms and turn to coat. Let sit for 5 minutes on one side, then flip and let sit 5 additional minutes. While the mushrooms marinate, prep the grill. You can let them marinate for up to 30 minutes. The longer they sit, the more intense their flavor.

Heat a grill or large skillet over medium heat (about 350 to 400 degrees F). Brush the grill with oil to prevent sticking. Remove the mushrooms from the marinade, shaking off any excess liquid and reserve the, marinade for basting. Cook on each side for 3-4 minutes, or until caramelized and a deep golden brown. Brush marinade over the mushrooms several times as they cook.

Grilled Halloumi Cheese

Outside, lightly charred....inside, deliciously warm.
Halloumi cheese at its best!

Ingredients:

6-8 ounces halloumi cheese
Olive oil

Instructions:

Preheat a grill or grill pan to high heat. Slice the halloumi into ½ inch thick planks. Rub both sides with olive oil and place on the hot grill. Reduce the heat to medium and grill for 2 to 3 minutes per side, or until well-charred.

Bulk News White Peony Tea

White Peony, also known by the traditional name of Bai Mu Dan, is a popular style of white tea made of young, downy leaves, originating in China.

Our White Peony Tea, available in the bulk herbs section, has a mild, delicate, vegetal, sweet flavor with a light body that builds on the palate with each sip.

This tea takes its name from its silvery, unopened buds and is preferred by white tea drinkers for its fuller flavor and greater potency than other types of white tea. Mildly fermented and lightly processed, it retains high levels of antioxidants and is said to have some impressive health benefits.

Better quality White Peony is one of the easiest teas to infuse. It is difficult to make a cup that is too strong and is a good choice for casual daily use.

Halloumi, Sun Dried Tomato & Asparagus Fritata

Ingredients:

1 pound potatoes cut into 1- inch pieces
Onion, chopped
2 tablespoons olive oil
7 oz. Dodoni Halloumi, cubed
7 oz. asparagus, woody stalks removed
12 eggs, whisked
5½ oz. sun dried tomatoes chopped
1 tablespoon chopped fresh mint

Preparation:

- Preheat oven to 400 degrees.
- Season the eggs with the pepper. No need to add salt.
- Heat an oven-proof pan on the stove and add 2 tablespoons olive oil (you can also transfer your finished mixture to a separate baking pan, if necessary, before baking).
- Sauté the potatoes on low heat for 15 minutes until cooked through.
- Add the onion, tomatoes and halloumi and cook for another three minutes.
- Add mint and pour the whisked eggs over all.
- Place pan in oven for 10-15 minutes. To check if eggs are cooked, cut a small slit in the center of the frittata. If raw eggs run into the cut, bake for another few minutes. When cooked, remove from oven and let cool in the pan for 5 minutes.
- Slice into wedges and serve.

Note: For a browned, crispy top, place the frittata under the broiler for a minute or two at the end of cooking.

Cilantro Lime Dressing



Ingredients:

2 cups fresh cilantro
1 garlic clove
¼ cup lime natural
2 teaspoons maple syrup or honey
½ teaspoon ground coriander
½ teaspoon sea salt
½ cup olive oil

Note: Make it creamy (optional): 1 avocado or ½ cup whole milk Greek yogurt

Instructions:

In a food processor, place the cilantro, garlic, lime juice, maple syrup, coriander, and salt and pulse to combine. With the blade running, pour in the olive oil and process until smooth. To make it creamy, if you like, blend with 1 avocado or ½ cup plain whole milk Greek yogurt.

Jake's May Produce Picks

What Are Portobello Mushrooms?

Portobellos (sometimes spelled portabella) are a large, meaty variety of mushroom with a rich, savory flavor and dense, pleasing texture. They are the mature form of the edible fungus *Agaricus bisporus*, which also includes button and cremini mushrooms. All of these are, in fact, the same species of mushroom at different stages of maturity. Buttons are the least mature, cremini the in-between stage, followed by portobello mushrooms, which are the largest, darkest brown, and most mature.

Substantial in texture and quite flavorful, portobellos can be stuffed, baked broiled and grilled, often used as a meat substitute. They are a great burger alternative. Because of their larger size, the options for preparation are greater than for their smaller cousins. Turn them into tasty burgers or scrape out their gills and stuff for a dee-licious meal! Try chopping up portobellos to be used as part of a filling for strudels and other pastries, and as an ingredient in pasta, risotto, pizza, stir-frys and sauces. The list is extensive! The stems are edible, but can be somewhat woody, but they are a good addition to stock and work well in any recipe, if chopped into small pieces. Tacos, fajitas and enchiladas also fare quite well with portobellos as a filling.

Portobello mushrooms are best prepared and served soon after purchasing, but can be stored in the fridge for 2-3 days. The best way is to keep them loose in the crisper drawer with a paper towel or dish towel underneath. Plastic wrap and bags are the enemy of your mushrooms, as they promote slime and the growth of mold.



Limes are easily recognizable small green citrus fruits, most often grown in Mexico, the country that also consumes the most limes, but you'll also find them growing around the world and beloved of everyone who enjoys good food. Though many people are familiar with bottled lime juice, fresh limes are a whole different animal when it comes to your cooking. The flavor is brighter, livelier and so much more delicious.

Limes are available at the Co-op year-round. Persian limes are those that are usually available to us and what we generally think of as "limes." Limes sold in the grocery are commonly harvested and sold when they're dark green color. They begin to turn a light yellow hue as they ripen and when allowed to ripen on the tree, are even juicier.

Limes can be broken down into two main flavor parts: the zest and the juice. If planning to juice them, you'll get more if you leave the fruit out of the fridge to come to room temperature beforehand. Before cutting, roll it under your palm on the counter, applying firm pressure for about 10 seconds. Whole limes cut into slices and wedges are wonderful squeezed onto salads, seafood and into beverages. Enjoy a simply, refreshing beverage of lime wedges squeezed and dropped into a pitcher of water, then stored in the fridge. It's perfect in hot-weather and so thirst-quenching! Salad dressings, marinades, dips and desserts are more possibilities for the uniqueness of this versatile fruit. There are many ways to take advantage of the vibrant, distinct zesty-sour flavor of limes.

Becky's May Dairy Pick

Dodoni Halloumi Cheese

Authentic Halloumi originates from the Island of Cyprus, dating back as far as the Medieval Byzantine period (AD 395-1191) where Cypriot farmers relied on it as a source of protein. Recipes varied from village to village, with each family taking pride in their own cooking techniques and secret ingredients.

Halloumi is a cheese which can be sliced and eaten as it is, fried, or grilled. It's a white, layered cheese similar to mozzarella. Semi-hard, un-ripened and un-brined, with a slightly spongy texture, the flavor is salty and tangy. When eaten raw, halloumi is plain and somewhat rubbery with salty notes, but warm it up or grill it and you'll find it holds its shape, evolving with the unique flavors of Cyprus. As the saltiness eases, a delicious golden crust adds incredible texture. A sprig of refreshing mint makes it even better.

Try Halloumi grilled, pan-fried or thinly sliced. Layer in salads or use in a caprese salad. It's also quite nice grilled and used in place of bread for a gluten-free sandwich option or serve it with watermelon, as is traditional in Cyprus.

April 26 - May 30 • Members Receive 20 % OFF • In the front cooler

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their March Service.

Sue Ann Childers • Tasha Marshe
Tim Garner • Tammy Pittman
Jane Papin • Trudy Balcom
Jim Cain • Monica Rude



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

March Round Up
\$1496.00

Round Up for June

SW Word Fiesta

The *Southwest Word Fiesta* was created to celebrate the written and spoken word bringing together those who create with those who appreciate with special emphasis on fostering community involvement.



Friends of the S. C. Public Library

The money raised from the Round Up will help to provide the resources for programming, equipment and special events throughout the year. The summer reading program, as well as a variety of programs for children, teens, and adults will be covered. Publicity and supplies will also be included.

Thanks again to everyone who participated in the Round Up!



Quetzalcoatl Temple

Through the education on natural healing with herbs we provide, we promote the health and well being of the people in Grant County. We grow these plants organically and teach others to do so, thereby promoting the health of animals and the physical environment of our 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 13th and the 27th, 10am - 12noon
\$5 Suggested Donation

Recycling Tips:

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

Plastic must still be (relatively) clean and separated from other material, but all plastic types can be collected together. Only numbers 1, 2, and 5 will be accepted.

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



Gough Park

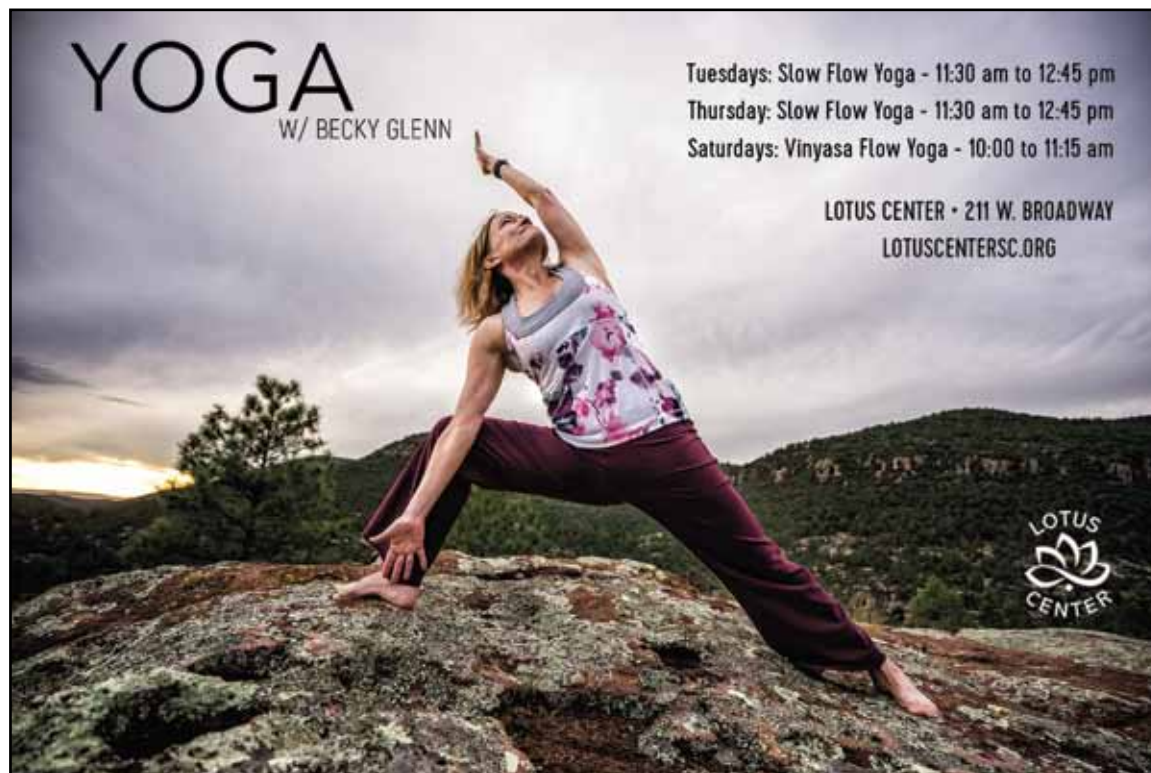
11 am to 8:30 pm

Bands from Oklahoma, New Orleans, Memphis, and Silver City.

Be ready to check out the food, craft vendors and beer garden.

Enjoy music all weekend all over Silver City! Come listen to Famous Raymos, Dirty Red and the Soul Shakers, Blues Dawg, Tyron Benoit, and the Ghost Town Blues Band.

This event is sponsored by Mimbres Regional Arts Council
www.silvercitybluesfestival.com



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



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

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

Produce Compost Guidelines

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

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

Calling for Guest Writers!

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

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

Members, if interested please email
judith@silvercityfoodcoop.coop

Three hours earns a 15% Volunteer Discount



by Carolyn Smith



Doug making sandwiches, layered with healthy sprouts and microgreens.

It's springtime and many of us started playing with seeds back in March, planting hardy greens and herbs outside in our garden beds and starting our tomatoes, peppers and cucurbits in small pots to plant outside in mid-May after the last average frost date.

Seeds contain all the nutrients necessary to develop into complex plants. By adding seeds to our own diet, we reap the benefits of all this stored nutrition including protein, vitamins, minerals, monounsaturated and polyunsaturated fats, antioxidants and fiber. Daily intake of seeds can help reduce blood sugar, cholesterol and blood pressure, and reduce inflammation and oxidative stress.

Seeds are a great source of magnesium, a mineral that is often lacking in Western diets. Magnesium is needed for more than 600 chemical reactions in your body. Adequate levels of magnesium are important for controlling blood pressure, reducing heart disease risk, forming and maintaining healthy bones, regulating blood sugar levels as well as being associated with promoting better sleep.

Seeds contain phytic acid which breaks down when seeds sprout, supplying young plants with the phosphorous they need to grow. In our bodies, phytic acid can reduce mineral absorption but may also have several positive health effects, such as protection against oxidative damage and insulin resistance. Soaking or sprouting seeds reduces the phytic acid leading to greater absorption of the seeds' nutrients by the body.

Soak your seeds anywhere from 20 minutes to 2 or 3 hours; overnight in the refrigerator is even better. Other reputed benefits of soaking your seeds include increased enzyme activity and increased digestibility. When soaked, seeds will begin the sprouting process, which also bumps up their nutrient profile.

Adding nuts and seeds to your diet is simple: stay within the serving guidelines of an ounce or two per day, and eat a variety of the ones you like. Sprinkle a few into salads, sauces, vegetables, or whole grains such as brown rice or quinoa. Banking on the health benefits of seeds is a good bet.

Seed Library Locations

Single Socks: Tues-Sat 11 am-4 pm, 111 W. College Ave.

Silver City Public Library: 515 West College Ave.

Bear Creek Herbs, 604 N. Bullard St., Silver City

The Commons Center for Sustainability:

M-Th, 10 am-4 pm, 501 E.13th St., Silver City

Silver City Farmers' Market: Saturdays, 9 am-12 noon

Bayard Public Library

Gila Public Library

Mimbres Heritage and Cultural Center:

weekends, when they are open

Lordsburg Public Library

Silver City's Suggested Seed Planting Calendar

Warm Weather Crops

From Chris Jepson, Southwest Seed Library: Hope you are considering what you might want to plant this spring. By mid - May the Seed Library locations should all have available seeds for warm weather planting. In addition to the three sisters: beans, corn, and squash, we'll have a variety of flowers and herbs! If you haven't already started tomatoes, peppers, eggplant, okra, and cucumbers indoors, mid May to early June can be a time to direct plant these vegetables.

A list of Seed Library locations is on the opposite page.

Seed Name	Germination Soil Temp	Spring Planting	Indoor Seed Starts	Plants/Ft2 and Other Notes	Seed Viability - Yrs
Basil	75-85°F	May 15-May 31	April 1-15	1 for large leaf plants, 4 for small plants	5
Beans, bush	65-85°F	May 15-Jun 15 successions		9	3
Beans, lima	65-85°F	May 15-July 15		9	3
Beans, pinto	65-85°F	May 15-July 15		9	3
Beans, pole	65-85°F	May 15-Jun 15 successions		3"x2" rows/trellis	3
Cantaloupe	70-85°F	May 15-June 30	Feb big peat pot	4 per 1' x 4' strip	5
Corn, sweet	65-85°F	June 1-July 1		1	2-3
Cucumber	65-90°F	May 15-May 31	Feb big peat pot	8 per 1'x4' trellis	5
Eggplant	80°F	May 31- June 15	Feb 15-Mar15	1	3
Nasturtium	55-65°F	May 15-June 15		1	5-7
Okra	70-90°F	May 15-31	April 1	short season	2
Peppers, bell-chile	70-90°F	May 15-31	Feb 15-Mar15	1	3
Potatoes, sweet	> 60°F	May 15-31	Feb 15 Start slips	1	
Pumpkin	65-85°F	May 1-15		1 per 1'x2' space	4
Squash, Summer	65-85°F	May 15-July1	big peat pots	1 per 3' square	4-7
Squash, Winter	65-85°F	May 15-June 1		1 per 1'x2' space	3-7
Sunflowers	> 50°F	May 1 – June 15		1	3
Tomatillos	75-85°F	May 31- June 15	Mar 1-Mar 31	1	3
Tomatoes	70-90°F	May 15-June 30	Feb 15-Mar15	1 per 2'x2' space	4
Watermelon	70-95°F	May 15 – July 4		1 per 3'x3' space with adequate. space to spread.	5
Zinnias	70-75°F	May 15 – May 31		1-4, depending on variety or size	5

Successions can be planted every two to three weeks for a continuous or longer harvest. For best results, store seeds in a dark, cool, dry place. Refrigeration is not generally necessary. Stable room temperature of about 65-70°F is fine. These are general suggestions; your results may vary based on your specific garden location.

Adapted from Grant County Extension (cir 457-B) and Square Foot Gardening
Revisions by High Desert Organic Gardeners, Margaret Hadderman and Southwest NM Seed Library, Janna Mintz
Rev April 2022 by Janna Mintz



Dried Fruit Sale • May 1 - May 31 from Hummingbird Wholesale



Medjool Dates • Tomato Julienne Stripes
Dried Bananas • Pineapple Chunks • Persimmons
Prunes • Zante Currants • Almond Date Rolls
Cranberries • Peaches • Crystallized Ginger



Good Sirs & Madams,

*Seeing as we're about half-way through spring, I thought it would be nice to sit in the sun and enjoy a short story (very short). *Clears throat*, "Once upon a time, in the City of Silver, a quaint food co-op on the corner of Sir Bullard and Siex had a magnificent sale on dried fruits from the Land of Hummingbird Wholesale. This treasure awaited the arrival of someone's digestive tract. However, only a true food warrior would be worthy enough to trek well over twenty feet from the entrance of said co-op to enjoy the fruits of their labor.*



You, a smart and hungry adventurer, clamored in to discover that no danger awaited. No dragon was standing between you and a trove of Medjool dates, Zante currants, chunks of pineapple, and much more. The bravery you showed in listening to your instincts and grabbing dozens, if not hundreds, of bags of these delicious treats amazed everyone in the kingdom. You were not just a hero, but the hero we all needed. Quite fittingly, you lived happily ever after, as did your taste buds. The End!

For the Month of Maia, prepare for your feast amongst the lilies of the valley with 15% off of 11 different high-quality dried fruits from Hummingbird Wholesale!



*Sincerely, Vynce
Your friendly bulk buyer*

Aldo Leopold Charter School Youth Conservation Corps Garden Crew Fundraiser

You can help our dedicated Youth Conservation Corps Aldo Leopold Charter School (ALCS) students this May by donating to their Veggie Start Fundraiser. That's right! Donate the first

two Saturdays at the May Farmers Market, and receive a plant for your garden. ALCS Youth Conservation Corps members have been instrumental in helping with many town beautification projects. Big Ditch Park, adjacent to the Food Co-op, was restored with native plants beginning last year, and the work is ongoing. Funds received are used to purchase supplies for projects like the construction of the Aldo Greenhouse and soil, pots and seeds for their annual veggie growing projects. For more information contact Tricia Hurley at lonemtnnatives@gmail.com.



We'd like to invite you to a gathering on May 20th to celebrate the work that has been done to beautify this unique riparian corridor. Please join us in the Big Ditch behind the Silver City Food Co-op. If you'd like to volunteer or attend, contact the GRIP office for details: grip@gilaresources.info or 575-538-8078.

The BigDitchPark restoration project is a collaborative effort with the Town of Silver City, the Gila Resources Information Project (GRIP), Lone Mountain Natives, ALCS, and many volunteers.



Cooking Under Pressure

by Mary Ann Finn

I love my pressure cooker!

Here are some of the reasons:

- It saves energy
- It is fast and efficient
- It cooks at a higher temperature which helps to compensate for a lower boiling point at our elevation
- It seals in nutrients
- It tenderizes meats and beans
- It cooks rice fast

Some people have bad memories of pressure cooker disasters, but newer models have more safety features to prevent pea soup from winding up on the ceiling.

Pressure cookers may look a bit intimidating. The parts include a heavy metal pot with a lid that has a removable rubber gasket. The lid twists onto the pot to create the seal. A toggle on the handle locks and unlocks the cooker. A pressure regulator sits on top of the lid and has settings for different levels of pressure.

Some of the basics:

- Pressure cookers work by cooking food in a tightly sealed pot at a higher temperature than the standard boiling point. Under high pressure, fiber in food is tenderized and flavors mingle in record time.
- Standard recipes may require a bit of adjustment, but many are suitable to a pressure cooker.
- Pressure cooking at altitude may require additional cooking time of a few minutes to accommodate: about one minute per 1000 feet.
- Never fill a pressure cooker more than 3/4 of the way full.
- It is important to clean and dry the rubber gasket between uses, make sure the pressure opening does not get clogged (easily cleaned with a toothpick) and store the clean pressure cooker open or it can retain the aroma of the last recipe cooked.

A pressure cooker cookbook can help a lot in the early stages of your learning in terms of knowing that standard recipes may need to be adjusted. Pressure cooker recipes may require less liquid, the size of the pieces of food may be important, how the food is layered may make a difference and some items may be better added at the end and stirred into the dish. That said, I find many pressure cooker recipes to be very easy to use, even easier than some regular recipes. Some of my favorites are: curried pea soup, chicken curry in a hurry, risotto, rice pudding. Some more basic things that I like include plain white rice, black beans, garbanzo beans, corned beef, bone broth from a chicken carcass. Some of these last items are cooked in the pressure cooker before being added to a standard recipe. Garbanzo beans become hummus. Beans, rice and broth are a starting point or side to any number of dishes.

While researching this article, I learned that my brand of pressure cooker is no longer made. I do know that many folks have moved on to Instant Pot which function as pressure cookers and more. If you are unfamiliar with either of these devices, I really think pressure cooking is incredibly useful at high altitude locations and allows one to prepare many things quickly and easily.

Your pressure cooker or Instant Pot may come with a small cookbook and is a great place to get started, but the cookbook that I found really helpful is by Lorna J. Sass: *Great Vegetarian Cooking Under Pressure* with the subtitle: Two-Hour taste in ten minutes. Many helpful hints and variations to recipes are provided. A copy is available in the Silver City Public Library.

Curried Split Pea Soup

Ingredients

- 1 tablespoon vegetable oil
- 1 teaspoon each whole cumin, fennel and black mustard seeds (the last is optional)
- 1 tablespoon finely minced fresh ginger
- 1 teaspoon finely minced garlic
- 2 cups coarsely chopped onions
- 3 large carrots, halved lengthwise and cut into 1/2 inch slices
- 6 cups boiling water
- 2 cups dried green split peas, picked over and rinsed
- 2 tablespoons mild curry powder
- Salt to taste

1. Heat the oil in the cooker. Sizzle the cumin, fennel and black mustard seeds over medium-high heat just until they begin to pop, 5-10 seconds. Stir in the ginger, garlic, and onions and continue to cook, stirring frequently, for another minute. Add the carrots, boiling water (stand back to avoid sputtering oil), split peas and curry powder. Stir well to be sure that no bits of onion or spices have gotten stuck to the bottom of the pot.
2. Lock the lid in place. Over high heat, bring to high pressure. (Check the info with your device to know how to recognize this.) Lower the heat just enough to maintain high pressure and cook for 10 minutes (adjusted for Silver City altitude). For a hearty texture, quick release the pressure by setting the pot under cold running water. For a smoother texture, allow the pressure to come down naturally. Remove the lid, tilting it away from you to allow any excess steam to escape.
3. Stir in the salt. If the soup is too thick, thin it slightly with water or stock.

Pressure cookers and Instant Pots can be a bit of an investment, so you may want to check out a YouTube video to get more of a feel to see if it might be right for you. Or maybe you can visit a friend who uses one and see it in action. Just saying.....



Experimenting with compost in the classroom.

videos and posters about the importance and benefits of composting. Since the climathons, New Earth staff has visited the classroom of the participating schools to conduct monthly activities exploring topics from composting worms, water retention in various substrates, to companion planting.

We recently hosted field trips for the students at our work site at Gila WoodNet in Santa Clara. Students observed how the leftover food is ground into a slurry, mixed with the woody biomass in an industrial mixer, and then drained on a large grate to achieve 70% moisture content. The kids also added their classroom worms to bioreactors, calling the worms by name as they bade them farewell!

As well as educating kids, we feel it is vital that their voices are heard, so we created a monthly radio show called *New Earth Kids*. Each month, we host a roundtable discussion with kids of all ages and teachers, group leaders or government officials, where kids can talk about their connections to nature, their environmental concerns, and the actions they are taking to address these issues. *New Earth Kids* airs the third Monday of every month at 10 AM On KURU 89.1 FM and rebroadcasts the following Sunday at 4 PM. All shows are archived at gmc.org.

In addition to the aforementioned collaborations, the *New Earth Project* has forged many other valuable community relationships. We have worked with Cruces Creatives' Seeding Regenerative Agriculture program to conduct two community workshops. Last fall, 30 participants built and filled a bioreactor, and this spring, we worked with Future Forge to host a similar event with a half-size reactor that is suitable for backyard use. We worked with The Commons in January to provide a Christmas tree chipping service and in April, we organized three soil science workshops at Future Forge.

We have also connected with ranchers, large and small-scale farmers, and backyard gardeners for whom we can supply finished inoculant.

As we embark on the second year of our two-year grant, we are optimistic that community composting, soil regeneration, carbon sequestration, and hands-on education about all these topics are vital, valued, and feasible.

The *New Earth Project* is not just growing, we are flourishing!

For more information about the *New Earth Project*, or to observe a bioreactor filling, please visit our website at: ugwa.org or contact Carol Ann Fugagli at: education@ugwa.org.



Jose Barrios School kids in front of the bioreactors



Tense Shift

*a poem and a drawing by
Richard Allan Stansberger*

When does is
become was?
I had a lantern.
I searched all
night.

Grocery Department

NEWS

New Products!

Our grocery buyer, Doug, has introduced a number of new items into the Co-op recently. This month we're highlighting four great products that are the result of his experience and careful consideration. Doug's comments are in quotes throughout the article.



Taos Bakes Granola

Started in 2010 by co-founders Kyle and Brooks, Taos Bakes has been obsessed with creating great tasting healthy food for over a decade. This Taos-based company uses the simplest, cleanest, non-GMO, and organic ingredients for the best-tasting, most wholesome foods available. Now you can enjoy their granola, as well, in three varieties: Ripe Banana & Maple Walnut, Maple Pecan & Madagascar Vanilla, and Wild Blueberry & Cinnamon Almond.

"You'll get the "same great flavor and quality as the Taos Bakes Bars that we've sold for years, but in a crunchy granola form. These have quickly become my new favorite breakfast add-in. I've also overheard a desire for a banana granola from our customers and this banana variety delivers that quite well."



NY Sfoglini Pasta

"This is an organic US grown and US manufactured Durum wheat pasta that comes in many distinct and unique shapes. The flavor and texture are both fantastic. Keep an eye out because there are more varieties of shapes on the way in May."

Sfoglini (Sfo-lee-nee) pasta combines the very best of Italian technique and American ingredients. They use traditional bronze dies and plates (the good Italian way) to make all their pastas, which results in a lovely, rough texture that makes the sauce stick! Additionally, every pasta is slow-dried at a low temperature to preserve both flavor and nutrients.

Elmhurst Nut Milks

"These nut milks are just two ingredients; nuts and water. The flavor and nutritional properties of the nuts come through without any emulsifiers, sweeteners or preservatives."

Elmhurst milks are versatile, with a variety of uses, from a traditional role as a coffee add-in to a delicious ingredient in sauces, smoothies, soups and your favorite baked goods. Elmhurst's process is simpler and better, from start to finish. A unique processing method uses more of the source grain, nut or seed. This means superior nutrition and flavor with fewer ingredients and it's a zero waste process.



Rambler Sparkling Water

"Rambler Sparkling Water is canned in Austin TX with a sustainably sourced limestone triple filtration process that gives this water a distinct mineral flavor and bubbly mouthfeel in three different flavors!"

It's crisp, vibrant and satisfying taste stands on its own or as a mixer. Rambler is the only sparkling water brand in the country with a give-back program. Locally, Rambler is teamed up with the Texas Parks and Wildlife Foundation and American Rivers, an organization striving to keep the nation's rivers clean and healthy. The Co-op carries Rambler in three flavors, Grapefruit, Lemon-lime and Original, all in groovy packaging!



May is National Egg Month!



According to food historians, humans have been eating eggs for about six million years, originally consuming them raw from the nests of wild birds. Jungle birds were domesticated for egg production in India by 3200 BC and it is thought that the people of ancient Egypt and China were the first societies to domesticate hens.

As we know, people first enjoyed their eggs uncooked, but once they began to use fire, about a million years ago, they often roasted eggs in the embers of their fires. With the invention of pottery, about 5000 BC, boiling eggs gradually became more common. In ancient Rome, hard-boiled eggs were so commonly eaten as an appetizer that people said “ab ova ad mala”, (“from eggs to apples”), meaning from the beginning of the meal to the end. People also began to use eggs in breads, cakes, and custards. Around 300 BC, chicken farmers in both Egypt and China worked out ways to incubate chicken eggs in warm clay ovens, so that they didn’t need to have hens sit on their eggs to hatch them, enabling the hens to lay more eggs. This factory system made chicken eggs cheaper and available to more people.

Throughout antiquity and the Middle Ages, up until modern times, chickens only laid eggs for part of the year – mainly

in the spring, when there was plenty of daylight but it wasn’t too hot out. That’s why we have Easter eggs and the egg on the Seder plate – to celebrate the return of eggs in the spring. A lot of traditional egg recipes call for other foods that are in season in the spring, like chives or asparagus. Today, many chicken keepers, both large and small scale, may encourage their chickens to lay eggs year round by keeping the lights on, which helps with egg production. Big operations also implement temperature control measures to encourage their hens to lay more eggs.

Recent research says that eating eggs as part of a healthful diet does not increase the risk of heart disease. They are, in fact, a nutritional powerhouse, packed with some essential nutrients. These include: Iron, vitamins A, D, E, and B12, along with folate, protein, selenium, lutein, zeaxanthin and choline. They contain good fats, as well. In the past, eggs have had a negative reputation, so it’s good to read the updates on their current nutritional standing and make an informed decision for your own dietary needs.



Welcome to Give Grandly 2023!

Each year, the Give Grandly Coalition, with the support of the Grant County Community Foundation, organizes this Give Grandly fundraising event. Over the last nine years, almost \$1.4 million has been raised for local area nonprofits, helping them to provide sustainability in our community. Local area nonprofits rely heavily on the funds collected for general operating support. Grant County Community Foundation supports and helps organize the Give Grandly event, provides match funds each year, and does not take any fees from the money collected.

You are invited to our in-person event on Saturday, May 6th, 2023 from 9:00 am to 2:00 pm. That’s where our local nonprofits will connect with donors (that could be you!) and the communities they serve.

Where: Main Street Plaza, 704 N. Bullard in Silver City. Join us for fun, food, music, and an opportunity to give in our fabulous community.

If you’re unable to attend the Give Grandly event on May 6th, you can make a donation at <https://www.givegrandly.org>



From Your Board . . .

The Co-op's General Membership Meeting


Sunday
June 11th • 12pm - 4pm
Gomez Pavillion

Main dish provided by Corner Kitchen

Please bring a side dish • dessert, salad, fruit, or vegetable

The Co-op will provide drinks, plates, napkins and plasticware
If possible, bring your own silverware

Music by Michelle Parlee and Brandon Perrault

Dance, dance, dance! 



David Burr
President



Shanti Ceane
Vice President



Sandy Lang
Secretary



Jane Spinti
Treasurer



Leo Andrade



Kristina Kenegos



Paul Slattery



Tuan Tran

Board Meeting Schedule

The SCFC Board of Directors meets the fourth Wednesday of each month at 907 N. Pope St. Please email the Board for more information.

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

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

Board of Directors

David Burr *President*
Board Term: 2021-2023

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

Sandy Lang *Secretary*
Board Term: 2022-2024

Jane Spinti *Treasurer*
Board Term: 2023-2025

Leo Andrade
Board Term: 2022-2023

Kristina Kenegos
Board Term: 2023-2025

Paul Slattery
Board Term: 2022-2024

Tuan Tran
Board Term: 2020-2023

Our email address:
board.scfc@gmail.com



May

Members Only Specials

April 26 - May 30

20% OFF! listed prices



Tierra Farm
Curry Cashews
reg \$16.29#



Kuumba Made
Assorted Fragrances
.125 oz
reg \$9.29



NuttZo
Keto Crunchy
2 varieties
12 oz
reg \$13.39



Natural Sea
Premium Cod Fillets
8 oz
reg \$7.59



Himalaya
Ashwagandha
30, 60, 90 count
reg \$15.99,
\$24.99, \$34.49



Backroads
Coconut Ginger Granola
reg \$13.99#



steaz
Assorted Teas
3 varieties
16 oz
reg \$2.49



NuttZo
Power Fuel Crunchy
2 varieties
12 oz
reg \$14.79



Dodoni
Halloumi Cheese
7.9 oz
reg \$6.29

Continuing

20% OFF! Members Only Special

African Baskets

- Various
- sizes •
- shapes •
- prices •



Co-op Deals

flyers
available

on our website

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

