



Silver City Food Co-op Garbanzo Gazette

Volume 23

✧ Your Monthly Newsletter ✧ January 2023

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE!

• highlights •

Page 2 - 907 Update!!

Page 4 & 5 - Produce
& Dairy Picks

Page 6 & 7 - Co-op
Community

Page 8 - Whole Grains

Page 9 - Perfect
Brown Rice

Page 11 - Winter Pickles

Page 12 - Staff Picks

Page 13 - Frozen
Dept. News

Page 14 - Keep
Produce Fresh

Page 15 - Board Page

Page 16 - Members Only
Sales



YOU
ARE
WHAT
YOU
EAT



NMSU Sustainability Assessment Praises Co-op's Efforts and Direction

by Jennifer Lamborn

"We have only one planet," mused Professor Jalal Rastegary, a research scientist in the College of Engineering at New Mexico State University when we met over Zoom in early December 2022. For almost three decades, Professor Rastegary's research has focused on renewable energy, bioenergy, integrated models of water and energy systems, and on-site assessment and assistance in energy efficiency and environmental waste reduction for small businesses in New Mexico. A mechanical engineer by training, Professor Rastegary explains that "renewable energy is one of the easiest ways to tap into the altruistic state of mind that all engineers hold at their core." After all, engineers *seek* problems to solve! It is his department's belief that renewable, sustainable energy is more attainable than most people think; so, he and his colleagues have taken on the mission to help educate small businesses about how to reduce their carbon footprint and, in turn, boost their economic viability.

Now partnering with the Ratio Institute, a California-based non-profit think tank, and funded by a U.S.D.A. sustainability initiative, Professor Rastegary and his team have visited over a dozen independent grocery stores in southern NM to educate and join forces with owners and managers about the often-simple methods to implement more sustainable retail grocery practices.

As one of the four "land-grant institutions" in New Mexico, NMSU has as its mission the duty to provide the people and communities of NM with research-based programs and educational resources to improve the quality of our lives.



Engineers in particular have so much to offer as we transition our food, energy and water systems toward a more sane and healthy future! After an NMSU sustainability assessment at the Las Cruces Toucan Market, store director Rob Baur remarked, "We were interested in getting feedback, and also we are always interested in doing anything and everything to partner with the university—they are the experts." A glance at the NMSU Engineering Business Assistance webpage showcases innovative and consequential programs that take advantage of the academic expertise of faculty and practical knowledge of staff to offer solutions to complex energy challenges faced by businesses across the state. As the NFL reminds: "It takes all of us."

In a world where consultants of all stripes charge substantial fees for their expertise (while the people who grow and harvest our food often earn less than \$15/hour), it is empowering to remember that our public universities are more than ivory towers; they have been established to help members of society think clearly, creatively, and collaboratively *beyond the campus*. Our universities are in place to help us *all* flourish, and the Office of Outreach and Recruitment at NMSU offers its engineering expertise freely and graciously.

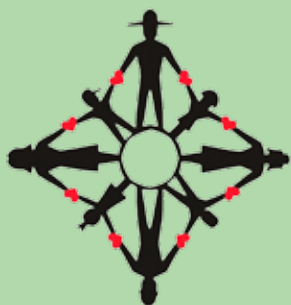
Accompanied by graduate assistant Claire Debroux, Professor Rastegary visited the Silver City Food Co-op at the end of 2022 to perform a no-cost walk-through assessment of our store to discover any ways to reduce operational costs and identify any "hidden environmental waste." The written report with specific practical suggestions is forthcoming. In addition, Professor Rastegary connected Mike Madigan, the co-op's operations manager, with a PNM associate

continued on page 10

1878 member/owners strong and counting . . .

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop

575.388.2343

Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

Vision Statement

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

Seven Cooperative Principles

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

Kevin Waters

General Manager

The Garbanzo Gazette

Editor: Mike Madigan

Guest Writers:

Susan Van Auken, Trudy Balcom

Jennifer Lamborn, Carolyn Smith

Dougan Hales, Elise Stuart

Staff Writer: Judith Kenney

Layout & Design: Carol Ann Young

Proofreaders: Mike Madigan, Kelsi Cunniff

Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

©2023 Garbanzo Gazette

All Rights Reserved. Articles published in this newsletter do not necessarily reflect the views of the board, management, or staff of the Co-op.



Unfiltered Waters



Elf on the Shelf



*by Kevin Waters
General Manager*

As we begin 2023, developments in the new store project are still on simmer. We are funded, have a design, and have relationships with essential parties to initiate construction once we green light the next phase. However the unprecedented environment of escalating costs in commercial construction/renovation necessitated a pause to ensure the project stays within responsible budgetary limits. Aspects of the design, materials, and equipment are under review to maximize value, yet maintain the integrity of the store we want to provide our members.

In the wacky conditions of 2022, orchestrating the timing of various stages of project needs was challenging. Almost every area not only exploded in cost, but in timeline as well. Equipment like shelving, that back in 2019 was a commodity readily available in 6-8 weeks for a rational cost was quoted by the largest manufacturers for more than double the prior years cost, and delivery estimates of 52 weeks from purchase. As a result, more budget friendly and expedient options were located and ordered. Other project necessities

were bundled with the shelving at extremely economical cost. The plan was to use the Quonset Hut as a resource for staging equipment throughout the project. That plan is now in action. Much of the initial equipment order arrived this week, and parked for safe keeping on site in the Quonset Hut building.

Some of the items purchased will be able to be utilized in our current location in the near term. Along with a number of other items purchased recently for both locations, customers will see a minor refresh in the store in the upcoming month. New display pieces, shelving units, signage, will provide a bit of an update at Bullard as we edge towards the move in the next year. Less visible but still impactful is the upgrade of our entire back end IT systems. The Co-op had gone for nearly a decade without significant IT investment. We are upgrading a number of systems that will of course transfer to the new store. Over the next months, other purchases such as office furniture will start showing up at the current location, to be used now, and make it's way to the new location.





2023

Member Appreciation Days!

February/March 10% 2 trips	June/July 10% 2 trips
September 10% 1 trip	November/December 10% 2 trips

a total of 7 trips!

\$ Become a member and save \$

Silver City Food Co-op Staff

Judith Kenney outreach/GG	Andrea Sandoval cashier/stocker
Kate Stansberger supplement buyer	Eva Ortega produce
Jake Sipko produce manager	Isabella Mata cashier/stocker
Carolyn Smith deli manager	Roxanne Gutierrez cashier/stocker
Carol Ann Young GG/office	Gini Loch cashier/stocker
Becky Carr dairy buyer	Jalyn McClain Human Resources
Marguerite Bellringer finance manager	Kelsi Cunniff cashier/stocker
Doug Smith grocery buyer	Natasha Kreider cashier/stocker
Tinisha Rodriguez HABA buyer/POS	Bella Drissell cashier/stocker
Mike Madigan operations manager	Victoria Compton POS
Joy Kilpatrick frozen buyer/receiver	Jaylene Chacon cashier/stocker
Judy Kenneally deli	Isaiah Muñoz utility
Vynce Bourné bulk buyer	Doug Walton deli
Kevin Waters general manager	Steve Buckley utility



Kitchen Meditations

Winter Crunchy Fingerling Potatoes

Ingredients:

12-16 small/medium fingerling potatoes
2 tablespoons olive oil
1 teaspoon paprika
Salt and freshly ground black pepper, to taste

Method:

- Heat oven to 400°F
- Boil the potatoes for 10 minutes, then drain well.
- Arrange on a baking sheet, then crush slightly with a fork or potato masher.
- Drizzle with olive oil and sprinkle with paprika, sea salt and freshly ground black pepper.
- Bake for 20 minutes until crispy.

Hot Golden Milk w/ Turmeric Paste

Turmeric has been used in Indian cuisine for millennia. Tasty in food, it also has many health benefits. It can be helpful for those with arthritic conditions, joint pain, skin and digestive issues, and more. Turmeric is currently being researched in numerous studies for a wide range of possible applications. What the Ayurvedic tradition of India has known for thousands of years is now making its rounds in modern medical discoveries.

This version of the recipe is meant to make a small amount of turmeric paste that you can store in the refrigerator and use every day for a few weeks, which makes it quick and easy to have on a regular basis. Add it to fruit shakes or juice if you're in a hurry and don't want to drink it hot. Just take a small spoonful and add it to whatever you like! Start small, though, if you are not used to it because it can be bitter in larger quantities.

Instructions:

Take 1/4 cup turmeric powder, mix with 1/2 cup pure water and simmer over medium-high heat for at least 7 minutes, stirring constantly. You will notice a thick paste form. If it gets too dry while cooking you can add a little more water. Once cooled, put into a glass jar and store in fridge

Making Golden Milk

One of the best ways to enjoy your turmeric paste is in a comforting cup of golden milk.

Add 1 tsp (or to your taste) of the turmeric paste to 1 cup of hot milk (cow, goat, or any plant-based milk), maple syrup or honey to taste, and 1/2 teaspoon of almond, sesame, coconut oil or ghee.

Gently heat, stir and enjoy!

Potato Stew w/ Winter Greens

4-6 servings

Ingredients:

2 lbs. fingerling potatoes cut in quarters
3 cloves garlic, chopped
1/2 tsp. rosemary, stemmed
1 tsp. salt
2-3 shallots, chopped
1-2 Tbsp. olive oil
1-2 jalapeno chilies, seeded and chopped
1 white or yellow onion, chopped
1/2 tsp. cumin
1/4 tsp. cinnamon
Salt to taste
3 c. kale, stemmed and shredded
3 c. Swiss chard, stemmed and shredded
1 bunch Italian parsley, stemmed

Directions:

Combine potatoes, garlic, rosemary, 1/2 tsp. salt and the shallots in a large saucepan. Add water to cover, then bring to a boil over med-high heat. Reduce heat to med-low and simmer until tender (15-20 mins.). Skim off the foam; let simmer over low heat.

In a soup pot heat oil, chiles, and onion over med-high and cook, stirring, until barely soft (4-5 minutes). Add spices and salt to taste. Add kale and chard; cover pan and cook until barely wilted (3-4 mins.). Stir in vegetables and broth and serve immediately. Garnish with parsley.

How to Use Kumquats



Add kumquats to a salad. Kumquats' sunny citrus taste will wake up your taste buds when you add them to a salad. They are the perfect balance for bitter greens such as radicchio or the licorice tasting fennel.

Turn them into kumquat jam and marmalade. As a citrus fruit, kumquats are perfect for turning into jam or marmalade. A bonus is you don't have to peel and section them. Spread on bread or biscuits as part of a delightful breakfast.

Bake kumquats in a cake. Just like apples, berries, and other fruits, kumquats have their rightful place in a cake.

Roast Kumquats....yes, you can roast them in your oven. Cut them in half, toss them with a little honey, and then roast on a parchment sheet-covered pan for a half hour at 325°.

Eat them straight! Because their peel and pith are edible, there's perhaps not a better way to enjoy kumquats than straight from the tree (or the fruit cooler at SCFC). They make a tasty and nutritious snack.

Jake's January Produce Picks

Kumquats

The kumquat plant is native to Southern China. A historical reference to kumquats appears in Imperial literature from at least the 12th century. Their name comes from the Cantonese “kam kwat,” which means “golden orange.” Having long been cultivated in all parts of East Asia, they are a symbol of prosperity and a traditional winter gift at the Lunar New Year. These little flavor-bombs are the fruit of slow-growing evergreen shrubs or short trees with dense branches bearing dark, glossy green leaves. They're in season from November through March and pack a serious nutritional punch of antioxidants, including vitamins C and A. Best of all, you don't have to peel these little orange pearls; the skin is entirely edible with a sweet taste! Five or six varieties of kumquats grow throughout the world today, but just two types are commonly found in the United States. Though similar in appearance, the Marumi kumquat is round and slightly mild in flavor, while the hardy Nagumi is oval, characteristically sour, and the one that we typically have available at the Silver City Food Co-op.

Like oranges, kumquats are delicious in savory and sweet dishes alike. Since cooking them mellows their acidity, they make great chutneys and relishes that complement seafood, poultry and meat dishes, as well as any number of sandwiches; vegetarian, vegan and otherwise. Simply sliced raw, kumquats add zing to salads of bitter greens. They are also sometimes dried, pickled, or sugared, but the way most folks enjoy their kumquats is by crunching into them out-of-hand to experience their distinctly citrusy, slightly sweet, intensely sour and tangy taste.



Abundance at the produce cooler, thanks to Kelsi!

Fingerling Potatoes

A fingerling potato is a miniature, oblong variety of the same family as all potatoes. Although small when harvested, they are fully mature and are not the same as new potatoes, which are smaller because they are harvested early in the season.

Fingerling potatoes have a firm, moist texture and mild, nutty taste, with skin that stays quite tender when roasted, baked or steamed. Relatively low in starch, they fare better with these methods of cooking. For mashing, starchy potatoes like Russets are a more suitable choice. They are available in a variety of colors, including yellow, orange, red and purple.

Fingerlings are delicious roasted with fresh or dried herbs, olive oil and a sprinkling of salt. They hold their shape well when cooked which makes them an excellent potato for casseroles and salads. They can also be browned in a skillet and then slow braised in broth to finish. Their mild flavor makes them an easy pairing with a wide range of your favorite dishes.

Becky's January Dairy Pick

MiFroma Blumenkäse Cheese

This cheese of Swiss origins is a floral delight. “Blumenkäse” in German literally means “cheese made with flowers,” perfectly describing the eye-catching rind covered with dried yellow, blue, and red blossoms of marigolds, cornflowers and roses. Also incorporated into the rind are 12 different herbs, giving off a delicious scent of mountain savory, mint, chives and juniper berries. Matured for six months, Blumenkäse develops a mild, subtly tart aroma and is a fine addition to any cheese plate. The flavor of the cheese changes the closer you get to the rind, but don't cut off that rind. It is all edible and quite delicious.

The milk used to make this alpine cheese comes exclusively from farms in the St. Gallen Rhine Valley of Switzerland, where it is patiently matured in sandstone caves deep in the mountainside close to the villages of Ursy and Reichenbach. Dairy has been a mainstay of the Swiss Alpine region for millenia and people in the area built their own eating customs around eggs, milk, butter and cheese. It stands to reason that they would become the world's foremost producers of outstanding cheeses.

When pairing wine with this cheese, reach for a Champagne, aged Chardonnay, or Pinot Noir. For beer, look for something malty and sweet, such as a milk stout.



*Happy New Year!
from
Jake and Becky*

January 4 - January 31 • Members Receive 20 % OFF • In the front dairy cooler

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their November service.

Tasha Marshe • Jane Papin • Sue Ann Childers
Tim Garner • Tammi Pittman • Monica Rude
Elise Stuart • Susan Van Auken



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

**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 January

New Mexico Wild

Funds will be used to support *New Mexico Wild's* work to protect public lands in the Gila region and to achieve Wild & Scenic River designation for the Gila River. We perform volunteer stewardship activities throughout the Gila National Forest and support community events like Continental Divide Trail Days and the Gila River Festival.



**November
Round Up
\$1280.00**

The Commons

The Commons Center for Food Security and Sustainability is the largest food distribution program in New Mexico that relies almost entirely on community support. No State, Federal or Municipal funding. We are a community taking care of each other. This funding from the Co-Op Round Up program helps us purchase food for families in need. We have seen an increase this year of more than double that of last year. In Grant County, we delivered 450 household/family boxes in November 2021 and 1,115 boxes in 2022. The demand for support is higher, and the cost of food is higher. This funding helps us meet this increased need. Thank You to everyone who "rounded up." You are making a difference in our community.



Round Up for February

High Desert Humane Society

The mission of the *High Desert Humane Society* is to promote and to provide humane and ethical treatment of companion animals through shelter care, adoption, community education and programs which address pet over-population. The money will go into Rosie's Fund, which provides veterinary care for adoptable animals that are sick or injured.



Customer Change for Community Change!

Silver City Recycles

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



Recycling drop-off times for January

Two Saturdays, the 14th and the 28th, 10am - 12noon

From Chris Lemme: Silver City Recycles Board of Directors has decided to keep our current hours of operation (10am-12pm) throughout the year. Therefore, there will be no change in operation times after daylight savings time in the fall.

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

Winner of Shop Local Event Congratulations, Jan!

Longtime member of the Food Co-op, Jan Bever, was the winner of our very special gift basket raffle that took place as part of Silver City Main Street's Shop Local event. It's such a joy to participate in an occasion like this that brings people happiness. Thank you for being a valued member of the Co-op, Jan, and congratulations!





MONDAYS @ 9 AM
LotusCenterSC.org

**KUNDALINI
YOGA**
w/ Judith Kenney





**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!***

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!**

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

GRAB'N'GO

Whole Grains for a Wholesome New Year



by Carolyn Smith

Grains are a staple food in households around the world. Eating whole grains was the norm until “improvements” to the rice mills enabled the removal of the bran and germ to create white rice and the invention of roller mills which allowed grains to be easily separated into their individual parts: flour, germ, and bran.

Grains are the seeds of grasses. Each grain, also called a kernel, is made of three parts:

- **Bran**, the fiber-filled outer layer of a grain kernel, is full of B vitamins and minerals.
- **Germ**, the part that sprouts into a new plant, contains many vitamins, healthy fats and other natural plant nutrients.
- **Endosperm** contains the starchy carbohydrates that supply energy for the seed to grow and small amounts of proteins and vitamins.

A grain is considered to be “whole” when it contains all three parts of the original kernel: bran, endosperm and germ, while refined grains retain only the endosperm. Studies continually show that eating more whole grains is associated with lower risk of several diseases including Type 2 diabetes and colorectal cancer and may reduce the risk of heart disease by as much as 22% and the risk of stroke up to 12%.

Nutrients in whole grains vary, so it’s important to mix it up and eat a wide variety to cover all of the nutritional bases. They’re typically high in protein, iron, magnesium, manganese, phosphorus, selenium, and B vitamins. The bran from any kind of whole grain is a good source of fiber, which can help lower bad cholesterol levels and raise good cholesterol levels, lower insulin levels and blood pressure and create a feeling of fullness that can help with weight loss.

At least half of the total grains you consume each day, approximately three servings, should be 100 percent whole grains. A slice of whole wheat bread, a half cup of cooked oatmeal and three cups of popped popcorn, in combination, would satisfy the daily requirement.

Whole grains include:

- **Barley**, whole or hulled, not pearled, is high in minerals such as selenium, manganese, magnesium, zinc, copper, iron, phosphorus and potassium, as well as B vitamins and fiber. One cup of whole barley flour provides 60% of an adults’ DV. It’s worth noting that barley contains gluten, so it’s unsuitable for a gluten-free diet.

- **Bulgur**, also called cracked wheat, is low in fat and packed with minerals such as magnesium, manganese and iron. It’s also a great source of fiber providing 33% of the DV per cooked cup. Bulgur wheat also contains gluten.

- **Corn**, whole and unprocessed, is high in manganese, magnesium, zinc, copper, phosphorus, potassium, B vitamins and antioxidants. Corn also contains the antioxidants, lutein and zeaxanthin. Several studies have found a link between these antioxidants and a lower risk of macular degeneration and cataracts, two leading causes of blindness. Corn contains a good amount of fiber; one cup of boiled yellow corn provides 18% of the DV. It’s also naturally gluten-free.

- **Farro** is an ethnobotanical term for three species of hulled wheat: spelt (*Triticum spelta*), emmer (*Triticum dicoccum*), and einkorn (*Triticum monococcum*). Nutritionally similar to modern whole wheat, all forms of farro are a rich source of manganese, magnesium, phosphorus, zinc, iron, B vitamins and fiber with slightly more zinc and protein. Like modern wheat, farro contains gluten.

- **Millet** provides more essential amino acids than most other cereals and is a staple ingredient in India, China, Africa, Ethiopia, Nigeria and other parts of the world. Millet is incredibly nutritious and a great source of magnesium, manganese, zinc, potassium, iron, B vitamins and fiber and it’s another gluten-free whole grain.

- **Popcorn** is also a whole-grain food. It’s high in important nutrients like manganese, magnesium, zinc, copper, phosphorus and many B vitamins. Popcorn is also incredibly high in fiber. 3.5 ounces provide 58% of the DV. Like other whole grain corn, it is gluten-free.

- **Brown rice** contains lignans, which are antioxidants that reduce heart disease risk by reducing blood pressure, inflammation and “bad” LDL cholesterol. Brown rice is also a rich source of phenols and flavonoids, two types of antioxidants that help reduce damage to cells and reduce the risk of premature aging, and contains many vitamins: Vitamin B1, Vitamin B6 as well as the minerals calcium, iron, manganese, magnesium, phosphorus, and selenium.

- **Wild rice** is the seed of an aquatic grass. There are four different species of wild rice. One is native to Asia and harvested as a vegetable. The remaining three are native to North America — specifically the Great Lakes region — and harvested as a grain. Wild rice boasts impressive amounts of several nutrients, including protein, manganese, phosphorus, magnesium, and zinc. Wild rice is a complete protein, containing all 9 essential amino

acids, the amino acids our body cannot produce and must be obtained through our diet.

- **Whole wheat** is a rich source of antioxidants, vitamins, minerals and is high in fiber, vitamins B6 and E, magnesium, zinc, folic acid and chromium. As most know now, wheat is gluten-full!

- **Oats** are rich in antioxidants, especially avenanthramide. This antioxidant has been linked to a reduced risk of colon cancer and lower blood pressure. Oats are also a great source of beta-glucans, a type of soluble fiber that aids digestion and nutrient absorption and can lower “bad” LDL cholesterol. While oats are naturally gluten free, they may come in contact with gluten-containing grains such as wheat, rye and barley at the farm, in storage, or during transportation, so buy certified gluten-free oats if you are very sensitive or have celiac disease.

- **Rye** is more nutritious than wheat, containing more minerals with fewer carbs and is incredibly high in fiber - a 3.5-ounce serving of rye flour provides 90% of an adults’ daily value. Dietary fiber can slow down the absorption of carbs in your gut, with a slow and steady rise in blood sugars, instead of spikes.

Pseudo cereals, seeds from plants that are not grasses, are often referred to as whole grains and are important food sources for people around the world, used in similar ways as the aforementioned whole grains.

- **Buckwheat** is packed with nutrients such as manganese, magnesium, copper, phosphorus, iron, B vitamins and fiber. It’s also naturally gluten-free. What’s more, buckwheat’s husk is a great source of resistant starch, which is a type of dietary fiber that passes to your colon where it feeds your healthy gut bacteria. Research has shown that resistant starch can improve blood sugar control and digestive health and aid weight loss and heart health.

- **Quinoa** is packed with more vitamins, minerals, protein, healthy fats and fiber than most “true” grains. Quinoa is among the few plants that provide complete proteins, which means it contains all nine essential amino acids. It’s also a great source of antioxidants, such as quercetin and kaempferol, which can neutralize free radicals.

Whole grains are nutrient and fiber-rich and a great foundation for a truly wholesome diet. Increasing our consumption of whole grains is the perfect choice for this 2023 New Year’s resolution. I wish you all a Happy and Wholesome New Year!!!

Cooking the Perfect Pot of Brown Rice

by Susan Van Auken

Last month I wrote about five whole grains that are easily cooked whole. These grains are buckwheat, millet, quinoa, oats, and brown rice. This month I want to talk about how all pots of grain do not taste the same, and give you a few tips about how to make grain taste better. I want to start with a little story.

Ten or fifteen years ago I received a wonderful compliment. A friend came over for dinner with her four-year old. I had made rice. My friend said “oh my daughter doesn’t like rice.” Well her daughter’s actions told me she liked my brown rice because she ate a couple of bowls. Many adults also say the rice I cook is the best rice they have tasted. Even at a recent gathering several people commented on how delicious the rice was and wondered what I did to make it so yummy. It is not what I add to the rice, it is how I cook it. So here it is – my way to cook the perfect pot of rice. (Please remember whenever I use the word rice; I am referring to the whole grain brown rice.)

Susan’s Perfect Pot of Rice

- Measure 2 ½ cups short-grain brown rice
- Put 4 cups of water on to boil
- Wash the rice well in a pan of water and rinse in a strainer
- In a heavy bottomed cook pot stir the rice on high heat until the moisture is gone, then lower the heat and keep stirring until the grain is hot but not browned
- Add the boiling water. Enjoy the intense steam event. Add a pinch of salt, turn down to a simmer, cover, and let cook on the lowest heat possible for 60 minutes. Do not lift the lid until the hour is up. Eat hot. Enjoy.

A lot can be learned from the above recipe. It says a lot more than the standard rice recipe of “use twice as much water as rice, bring to a boil, turn down, and simmer for 45-50 minutes or until done.” What do I do differently to make the rice so yummy that a four-year-old will chow it down? I will tell you.

*Wash the rice. All grains are raw agricultural products and need to be washed. Put the rice in the pan, fill with water, and rub with your hands, swish, drain, and rinse. You will be surprised at the dirty water you toss out.

*Choose a good pot with a tight fitting lid. Much of the moisture can leave the pan as steam with a loose lid; a good pot helps the cooking process.

*Water-to-rice ratio. The standard ratio is 1 cup rice to 2 cups water, but I have found that this cooking method for short-grain brown rice uses a little less water and so I use 1 ¼ cups of rice to 2 cups water. I also find that rice cooks better when more than one cup is cooked, which is why the recipe above calls for 2 ½ cups of rice.

*Add a pinch of salt. Grain likes to have a bit of salt to enhance the cooking process.

*Make fluffy rice. Dry the washed and wet rice in the pan by stirring over a medium high heat. When the rice is dry and hot add the boiling water. The hot grain and hot water together make a blast of steam and it starts cooking all at once. This technique makes the rice fluffier and a much nicer consistency for eating straight from the pot than the standard cold water cooking method.

*Let the rice cook undisturbed. Leave the pot to simmer on the lowest flame possible. Do not lift the lid to check on it and do not stir. Give the rice a full hour to cook. When the time is up you will know it is perfectly done when you put a spoon straight down in the pan and feel a slight sticking on the bottom. (If your stove does not have a super low flame, you might want to invest in a flame tamer to disperse the heat or slightly adjust the cooking time. It is best to let the rice cook the full 60 minutes.)

This hot water and hot grain method also makes a delicious pot of fluffy mil-

let, quinoa, kasha (toasted buckwheat), and long-grain brown rice. It works for oats too but with a little different result due to the high oil content of oats. Refer to the chart below for cooking times and water-to-grain ratio, which varies with different grains.

Cook a Whole Pot of Grain!

Cook more than you need for tonight’s meal. I always cook at least two cups of grain. Grains last a couple of days at room temperature and longer in the refrigerator. Having a pot of grain ready allows for fast-food cookery, and the creation of many dishes where you begin with a cooked grain.

Use the cooked grain with your favorite salad dressing and some vegetables for a grain salad. Make patties or grain balls. Refry the grain with onions, tofu and tamari. Mix the grain with left-over cooked vegetables, herbs of your choice, and some cheese for a quick casserole. Heat up the plain grain with raisins, nuts, cinnamon, and maple syrup and top with plain yogurt for a breakfast cereal. Be creative, try different combinations. If you want another meal which tastes like the fresh cooked grain, refresh yesterday’s grain by reheating the cold grain in a pan and tossing in a tiny bit of water, and cover to briefly steam the grain.

If you want to make patties, nori rolls, or a refry, you may prefer to start with a dense and sticky grain. To achieve a denser result, use cold water and a cold grain, bring to a boil, and then simmer for 60 minutes. You will be surprised at the different texture and taste of grains when cooked with the hot method as opposed to the cold method.

Want a Different Taste - Toast the Grain

Try toasting the grain before cooking; this changes the color of the grain, as well as creating a nuttier flavor. Toasted buckwheat (kasha) has the most transformed flavor, but quinoa, rolled oats and millet are nicely changed by toasting too. In my opinion though, toasting rice does not change the flavor much.

I love eating whole grains; they are so nourishing and delicious. I hope you try new grains and that these few suggestions help you to make the perfect pot of rice. Enjoy!

	WATER	GRAIN	TIME
Short-grain rice	2 cups	1 ¼ cups	60 min
Long-grain rice	2 cups	1 cup	60 min
Millet	3 ¼ cups	1 cup	50 min
Kasha	2 cups	1 cup	20 min
Quinoa	2 cups	1 cup	20 min
Rolled oats	2 cups	1 cup	20 min
Whole oats	2 cups	1 cup	60 min
Steel-cut oats	2 cups	1 cup	40 min

Start with dry grain or reduce the water amount a tad. Start timing when the pot boils and you reduce the heat to a simmer. These are the cooking times and water-to-grain ratios that I use, although I usually don’t cook whole or steel-cut oats with the hot water and hot grain method. You may find you need slight adjustments with your stove and your cook pots.



NMSU Sustainability Assessment Praises Co-op's Efforts and Direction

who will also complete an inspection of the co-op at the start of 2023 to explain how PNM might help offset the costs of energy efficiency improvements at the current Bullard St. store. Undoubtedly, all that we learn from these assessments will inform the Pope St. Project as we envision its future, and Rastegary has expressed a willingness to work with us as we build our new store.

In food retail, Professor Rastegary explained, “the mantra has been to reduce costs because it is always easier to reduce costs than to increase sales.” However, the data collected by his department tell us that energy efficiency has a surprisingly dramatic effect on a business’s bottom line in terms of profits. In other words, “going green” benefits both the biosphere and the business. (This finding might be no surprise to most food co-op members—it’s an implicit foundational principle.)

Specifically, the ratio between a grocery store’s revenue and savings in energy costs is not 1-to-1; that is, one dollar saved in energy reduction is not the same as one dollar in revenue (income generated). A study by the EPA in collaboration with the grocery chain Food Lion determined that a \$1 decrease in electricity costs has the same gross profit impact as \$18 in revenue! Generally speaking, in food retail, profit margins are relatively slim, and energy bills are paid out of a store’s profit margins. Thus, there is a “ratchet effect” realized on revenue when energy efficiency measures are successfully implemented, allowing food retailers to maximize gross profits. This good news means that as our co-op continues to work towards environmental sustainability, we also help ensure the sustainability of the store itself.

The Engineering Outreach team at NMSU has developed several efficiency measures that grocery stores can put in place. While most



of these measures address energy efficiency, the team also studies general workplace efficiency and flow on many of their visits. All recommended actions ultimately help a business save money. Measures for energy efficiency include checking and replacing the seals on walk-in coolers, installing air curtains (the plastic flaps that hang at the doorway) and implementing an SOP (Standard Operating Procedure) for checking and maintaining the walk-ins. Further, as Mike Madigan reports, “Replacing old, outdated equipment will significantly decrease our footprint.” It is well-known to anyone who has attended the co-op’s general membership meetings in the past few years that the cooling units in the produce department are outdated, inefficient, and problematic. Upgrading to new equipment will allow us to transition to lower impact refrigerants, further reducing our carbon footprint, not to mention streamlining workflow. In addition, replacing all halogen and fluorescent light bulbs with LEDs will introduce substantial savings. PNM operates a program for small businesses which offers these bulb replacements at little to no cost.

Professor Rastegary admitted that he was genuinely impressed by how efficiently our co-op operates. He and Ms. Debroux were especially excited by our recycling program, noting that the separation and tracking systems we employ to handle recyclable items are “extremely organized and easy to follow,” and that the sheer volume of what is recycled is “incredible” because of the time and commitment required in terms of separation and proper disposal. (*A shout out to Co-op employees! Your work has impact.*) Overall, the team noted that the co-op follows an effective food waste prevention SOP. The amount of food donated by the co-op is praiseworthy not only for the support such donations provide to community members in need but for its positive environmental outcomes as well. The professor was adamant: it is imperative that organic, biodegradable waste be diverted from landfills because such waste, when buried, emits methane as it decomposes, a greenhouse gas that is at very least 25 times more potent than carbon dioxide at trapping heat in the atmosphere. (By contrast, a back yard compost pile that is aerobic, i.e., exposed to oxygen, does not have the methane-producing microbes that are present when organic material is deprived of oxygen, as is the case in the landfill.) In fact, it’s estimated that at least 25%-30% of today’s global warming is driven by human-generated methane (most of which, it should be noted, comes from animal agriculture). With respect to our equipment, the solar tubes used for lighting in the back building were deemed “novel and awesome!” by Debroux.

It is a good reminder for us all that our vision of “promoting the inherently healthy relationship between food, community, and nature” is more than a statement or mere aspiration; it **is** the culture of the co-op and the way of life for many of its members. The NMSU team considers Silver City—with our food coop and our grassroots recycling program—an exemplary community because of our efforts and receptivity toward reclaiming and protecting our biosphere. As the co-op’s vision moves us in the direction of sustainability, we adopt the ethical responsibility toward the wellbeing of present and future generations of *all* beings here on our single home planet.



The future, by its very nature, is uncertain. And yet, there is an old saying, sometimes attributed to Abraham Lincoln, (a signer of the Morrill Act that made possible land grant institutions such as NMSU): “The best way to predict the future is to **create** it.” As we begin this new year, may we bear in mind that in all we think and do, we create the model of living we want to see in the future.

References

- Debroux, Claire. email interview. 15 Dec. 2022.
- Getty. *Sustainability efforts present an opportunity to tap new sources of capital and innovation.* photograph. *Forbes.com*
- "NMSU's College of Engineering Helps Regional Grocers Implement Sustainable Practices." *KRWG Public Media*, 18 Dec. 2018.
- Rastegary, Jalal. Zoom Interview. 9 Dec. 2022.



Whipping Up Some Winter Pickles

by Trudy Balcom

When I lived in the Midwest and grew a vegetable garden, I usually spent my spare time in August and September canning and pickling. I mostly canned simple things — tomatoes, salsa and jams—things that did not require a pressure canner. I also used my garden cukes to make wonderfully sweet and crunchy refrigerator pickles from a recipe my mom gave me. They were so good that I frequently got requests for that recipe.

Over the summer, I ate at a vegetarian restaurant in Jackson, Wyoming, where a colorful and generous side of pickled vegetables was a fun addition to the meal. That reminded me of those delicious refrigerator pickles and got me thinking more about pickles. I decided some pickling could be a good winter project.

As I surfed the web, I came across recipes for fermented, salt-brine styled pickles. This type of pickling usually involves curing the vegetables in a salt brine (or even just their own juices with just a bit of salt) at room temperature in order to foster the growth of flavorful, lactic acid bacteria that many say has health benefits. This is different from the vinegar-based brines I have used in pickling in the past.

Fermentation has ancient origins in nearly all cultures and was used in the past to preserve foods without modern refrigeration. The process brings us so many well-loved foods, including bread, wine, beer, sauerkraut, yogurt, kefir, cheese, tempeh, miso, salami, vinegar, olives, and the list goes on. These foods either contain live bacteria or are made with their microbial assistance. Science is just beginning to learn how important these microbial partners are to our gut and overall health.

As many of you probably already know, pickling and fermentation in general have been a trendy food topic for the past few years. Many home fermenters have been inspired by books like *The Art of Fermentation*, by Sandor Ellix Katz, and *Fermented Vegetables*, by Kirsten and Christopher Shockey; both of which I found at the tiny but terrific library in Gila. These books were a great starting point for this type of pickling, and I would encourage anyone who is curious to read up before you foment a ferment. Such foods must be properly handled and stored.

So, my first ever batch of salt-brined, fermented pickles is underway. I am anxious to see what they taste like, and to try fermenting some other winter veggies too—beets, carrots, cauliflower—maybe make some kombucha. But I'm definitely going to make a batch of my mom's refrigerator pickles, even if it is January. I'll taste summer in every bite.

Bev's Bread & Butter Refrigerator Pickles

(Recipe is easily halved or doubled)

8 cups thin sliced cucumbers
1 cup sliced onions, or more to taste
1 teaspoon dill seed
1 teaspoon mustard seed
1 tablespoon celery seed



Brine:

4 cups sugar and 4 tsp. salt dissolved in 2 cups white vinegar
(Use less sugar for a more tart, vinegary pickle, but the sugar is used to balance the acidity of the vinegar. Your cukes won't absorb all of it)

Wash and prepare glass jars with lids or a large plastic container, such as an ice cream pail, to hold your pickles. Set aside.

Wash cucumbers well, scrubbing them to remove a good bit of the food-grade wax from the skin (fresh homegrown or locally grown cukes are not waxed, but are generally only available in the summer). Do not peel them. Slice them 1/4 inch thick or thinner, as you prefer. To prepare them for the brine, place them in a bowl of cold water, enough to cover, in which 1 tablespoon salt has been dissolved. Set the bowl in the refrigerator to soak overnight.

The next day, drain the cucumbers and rinse well. In a large bowl, mix the brine. Add sugar and salt to the vinegar and stir until dissolved. Add dill, mustard and celery seeds. In another large bowl, stir together the cucumber slices with the sliced onion until well mixed. Place the prepared cucumbers and onion into the jars or containers and pour in the brine, submerging everything as much as possible. Don't worry if they float to the top, they will still absorb the brine. Place the containers in the back of your refrigerator to cure. The pickles will keep in the refrigerator up to 6 weeks, and will get more flavorful as they age. I like them best after about 2 weeks, but they will be tasty starting in about 5 days. Enjoy!

Welcome Back Chocolate Fantasia!

February 11, 2023
11am to 4 pm

Chocolate Fantasia 2023 will be hosted by the HUB Plaza, 601 North Bullard Street.

Tasting tickets can be purchased for \$25 online at chocolatefantasia.org

Come join the fun! There will be something for everyone, including CHOCOLATE, music, contests, People's Choice Awards and more!

For movie buffs, Charlie and the Chocolate Factory will be shown at the Silco Theater.

Proceeds from this magically decadent event go to benefit the arts in Silver City.



Staff Picks

Please Welcome Two of Our New Staff Members

Welcome Steve!

Please describe your position at the Co-op.

"It was described as a new position that may evolve as we go but, basically, it involves keeping the grocery items stocked. There was some talk of crossing over to frozen foods."

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

"Walking and light to moderate hikes. Silver is such a great walking town. You see so much while walking that you'd miss from a car, or even a bike. Of course, the hiking here speaks for itself and we haven't even scratched the surface."

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

"I don't know if it's surprising, but I've had a pretty diverse employment history. I've been an organic farmer, a broom maker, a maple syrup producer, done some logging and was a commercial bay scalloper. My first job in Silver was as a tile maker in the clay department at Syzygy."

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

"I know it sounds funny, with all the great items the Co-op has, but I've really been digging (pun absolutely intended) CB's Peanuts. They're barrel roasted, small-batch peanuts in the shell. True to their story, these peanuts have a uniqueness to their flavor not found in the industry standard of larger producers. They are located in Washington State and are non-GMO project verified. I like that you have to participate a little to enjoy your snack. The act of shelling peanuts may not be profound, but it's real."



Welcome Jaylene!

Meet Jaylene from our top-notch team of cashiers!

What is your job at the Co-op?

"My position is cashiering. I do some stocking from time-to-time, but the majority of the time, I am ringing up our customers in the front. I really enjoy cashiering. It's a wonderful experience every day when I get to make sure our customers are content with my service to them! It's always my pleasure to treat every customer with kindness."

What do you enjoy doing when you're not working?

"My favorite thing to do when I'm away from work is to create art in the form of drawing, painting, crafting, etc. I see it as something relaxing and a way to use creative freedom. I've loved it since I was a child and it's something I see myself doing for the rest of my life!"

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

"Something surprising about myself that not many people know about is that I love cats and I have four at home! They're my best friends and I love them with everything I have!"

What is your favorite product at the Co-op?

"My current favorite is Traditional Medicinals Organic Chamomile and Lavender Tea. I love to make it nice and warm with honey. It has a relaxing effect to it, which is really enjoyable, and the flavor is so nice!"



Frozen Department



Healthy Frozen Favorites!

Orca Bay Keta Salmon



Keta, or chum salmon, is firm-textured, mild, and moderately priced when compared with other varieties of salmon. It's leaner, as well, a quality that appeals to many folks. Try grilling it with herbes de Provence for a succulent dinner. Keep in mind that the individual fillets are relatively thin compared to those of larger species, so they cook within minutes of hitting the pan.

Orca Bay Sockeye Salmon



Full-flavored Sockeye is one of the most beautiful, vividly-colored varieties of salmon. Because of its high fat content, it is super-tender, rich, and high in omega-3 fatty acids. Good brain food! Enjoy it baked, grilled or pan fried and seasoned with not much more than sea salt, a drizzle of olive oil and a squeeze of lemon at the finish.

Orca Bay Alaska Cod

Wild Alaskan cod is a tender, moist white fish with a slightly sweet flavor. Low in calories and high in Omega 3s, it's an excellent high protein choice that can be baked, fried or grilled to perfection. Cod is often substituted for halibut in many recipes as it can be a more budget-friendly option and, still, really yummy!



Cascadian Farm SW Potato Hash

Chock full of potatoes, sweet potatoes, black beans, red bell and green peppers... all organic. This quick and easy hash is just right with eggs or in a wrap. Avocado slices would be a very nice addition, as well!



Our frozen buyer, Joy, busy stocking her department

Woodstock Mixed Mushrooms

Add these convenient frozen mushrooms to soups, rice, pasta and stir-fries. Perfect for topping your favorite pizza recipe.



Quorn Meatless Entrées

Sustainable and Delicious



Quorn is on a mission to provide healthy food for people and the planet. All Quorn products are made from mycoprotein, a super protein that makes great-tasting meat-free meals. Quorn mycoprotein is high in fiber and low in saturated fat and is harvested, first, as a nutritious fungus (*Fusarium venenatum*) that grows in the soil. It then undergoes a fermentation process, the same used to create bread, beer and yogurt. The production of Quorn mycoprotein takes 95% less CO2 than typical ground beef. Quorn comes in a variety of types of meatless products, including burger patties, chicken nuggets and more.



January 4 - January 31 • Members Receive 20 % OFF • In the frozen section

Keep Produce Fresher, Longer



Just as people breathe, produce respires. It takes in oxygen and produces carbon dioxide. This process, called oxidation, is responsible for the breakdown (spoilage) of fruits and vegetables after harvest. You can't stop this natural process, but you can learn how to slow it down and lengthen the life of your produce with some simple tips for storing produce.

1. Keep it cold

The warmer the temperature, the faster the rate of respiration. In most cases, keeping produce at a temperature just above freezing is best to slow that process.

2. Keep it low

Avoid stacking. Air circulation and the absence of pressure prolong produce life.

3. Keep it dirty

Wash your produce just before you use it, not before you store it. Water can cause damage. Some types of produce are often misted with water while on display in the store, but this is a tradeoff. Vegetables like it humid, and forced-air refrigeration dries them out quickly, making spraying necessary. When you get your produce home, pat wet items dry with a towel. If there's dirt, leave it until you're ready to prepare or eat the produce.

4. Keep it whole

Broken stems, pierced skin and exposed surfaces allow microorganisms access. Keep produce close to its original state until you're ready to prepare or eat it.

5. Keep it breathing

You want to slow respiration, not stop it. Whether refrigerating or ripening at room temperature, avoid sealing produce in airtight containers or bags. The produce may suffocate and accelerate spoilage.

6. Eat it quickly

Don't keep it long. Fruits and vegetables lose flavor at low temperatures. Refrigeration dehydrates and saps sugar from produce. So plan ahead to buy what you need, and prioritize to use what you buy.

7. Keep certain fruits and vegetables separate.

Many fruits emit ethylene, an odorless, colorless gas as they ripen. This gas will speed the ripening of nearby ethylene-sensitive vegetables, leading to premature spoilage. It is best to avoid storing fruits and vegetables near one another. Separate them from each other in your refrigerator and on your countertop.

Ethylene is not all bad, however. You can use it to control the speed at which your fruit ripens.

Ethylene-producing fruits can be stored near other fruits to ripen them faster, or kept apart from them to reduce ripening speed. Examples include placing a ripe banana in a paper bag with unripe peaches, or storing an apple in a bag with a green avocado.

Underground

by Elise Stuart

When you walk
the dry bed of a sandy arroyo,
imagine water running underground—
feeding the ash trees, the little bushes, the purple wildflowers.
Unseen, yet life-giving.

When love doesn't appear
in the same form it once did,
it has not disappeared—
it's simply gone underground.
Lost not to your heart,
only to your vision.

One day it will spring up—
maybe not in the same place
or the same way . . .
When the cat sits with you,
puts her paw gently on your arm,
slowly a trickle begins to move, above ground again.

Bus Stop Blessing

by Dougan Hales

In the cavernous din of bus station hustle,
Mother and son are standing in a brilliant halo from overhead skylights.
Facing each other,
they are in sacred space.
Suitcase at his feet,
the young man is bidding goodbye to his mother.
She is in tears.
He nods to kiss her brow.
As he lifts his head she wipes her cheeks
and with a mother's sacred tears
makes the sign of the cross on his forehead.



From Your Board . . .

A 2023 Resolution We Plan to Keep!

Hard to believe it's 2023 – already! Have you made your New Year's resolutions yet? Don't worry if you haven't, or if you're one of the nearly half of Americans who do make a resolution but fail to keep it. As your board, we have one primary resolution that we plan to keep – to adhere to our A (Ends) Policy. This policy is comprised of three important elements – our mission, vision, and guiding principles. It encompasses the principles that guide our decisions as a board, and the values that we have committed to support as we work to improve our Co-op experience for you – our member-owners – throughout the year.

Following is a refresher of our current A (ends) Policy.

Mission

Silver City Food Cooperative strives to provide healthy food and products. We support local and organic growers/vendors in a just, responsible, and sustainable manner.

Vision

To promote the inherently healthy relationship between food, community, and nature.

Guiding Principles

To use the cooperative principles and values to:

- A1. Maintain a financially sustainable operation that support and yields economic, social, and environmental returns to our members and the community at large.
- A2. Provide a positive, fair, empowering working environment for staff, board and volunteers.
- A3. Provide a safe, wholesome shopping experience for all.

Optional....

And for those of you who still need a resolution, here are a few favorites:

- Give one compliment a day
- Do random acts of kindness
- Volunteer
- Write down one thing you're grateful for each night
- Stay in touch with people who matter
- Resolve not to do these silly resolutions!

Board Meeting Schedule

The SCFC Board of Directors meets the fourth Wednesday of each month at 907 N. Pope St. in the Quonset hut. 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

Shanti Ceane

Board Term: 2018-2024

Jane Spinti

Board Term: 2023-2025

Kristina Kenegos

Board Term: 2023-2025

Tuan Tran

Board Term: 2020-2023

Sandy Lang

Board Term: 2022-2024

Paul Slattery

Board Term: 2022-2024

David Burr

Board Term: 2021-2023

Leo Andrade

Board Term: 2022-2023

Our email address:
board.scfc@gmail.com



Shanti Ceane



Jane Spinti



David Burr



Tuan Tran



Paul Slattery



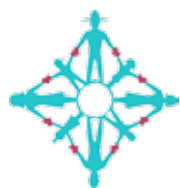
Sandy Lang



Kristina Kenegos



Leo Andrade



January

Members Only Specials

January 4 - January 31

20% OFF! listed prices



MiFroma
Blumenkäse Cheese
6 oz
reg \$6.79



ELDorado
Spring Water
1 gallon
reg \$1.69



Muir Glen
Diced, No Salt Diced,
Roasted Diced Tomatoes
14.5 oz
reg \$2.69



Reviva
Vitamin E Stick
1/7 oz
reg \$4.39



Bach
Hope & Joy Comfort Kit
0.7 fl oz each
reg \$27.99



Tierra Farm
Roasted Salted Cashews
reg \$16.29#



Muir Glen
Fire Roasted
Crushed Tomatoes
14.5 oz
reg \$2.99



Quorn
Meatless Entrées
Four Varieties
reg \$4.99-\$16.59



Reviva
Collagen Night Crème
2 oz
reg \$16.39



Nordic Naturals
D3 Gummies
zero sugar
60 ct
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
and at the front of the store

