



Silver City Food Co-op Garbanzo Gazette

MAD!

Volume 22

✧ Your Monthly Newsletter ✧ September 2022

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

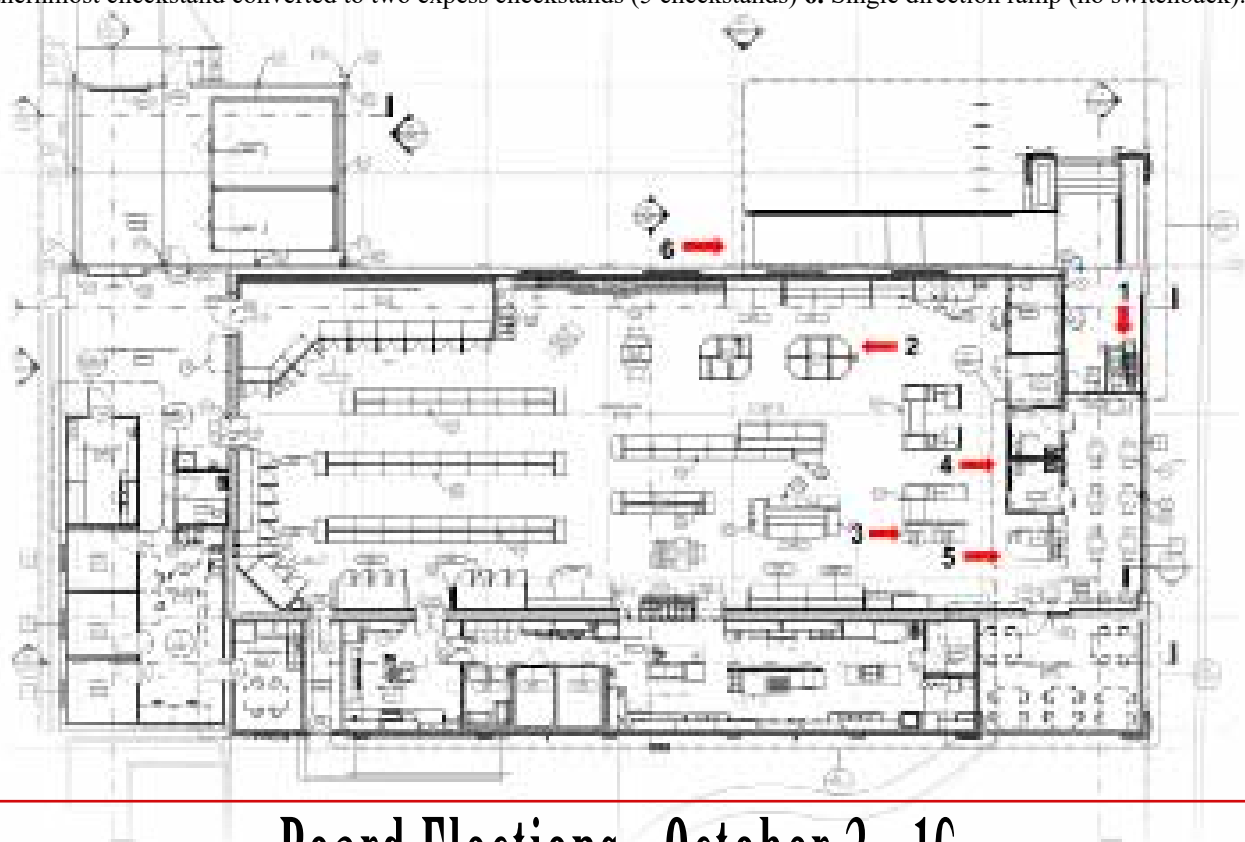
Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

Fine-Tuning Our Plans

by Kevin Waters
General Manager

As part of an estimated record all-time turnout, many members attending the Annual Membership Meeting were able to tour the new store site and peruse the blueprints available. Since then, the designs were updated en route to 95% completion. We are currently in the sub-contractor bidding process, as we continue progress to construction initiation. Here is an updated plan, with big arrows noting some of the notable recent upgrades. 1. Shopping carts now outside 2. Produce tables changed to modular, moveable tables 3. Customer Service office opened up to a desk/counter 4. Bathrooms no longer accessed behind the checkstands. 5. Southernmost checkstand converted to two express checkstands (5 checkstands) 6. Single direction ramp (no switchback).



LOOK INSIDE!

• *highlights* •

Page 2 - *Community News*
Page 4 & 5 - *Produce & Dairy Picks*
Page 6 & 7 - *Co-op Community*
Page 8 & 9 - *Ways to Save at the Co-op*
Page 10 - *Eggactly So*
Page 11 - *Get Your Freeze On*
Page 12 - *Staff Pick*
Page 13 - *Our Actions Can Make a Difference*
Page 14 - *Backyard Beekeeping*
Page 15 - *Board Page*
Page 16 - *Members Only Sales*



**YOU
ARE
WHAT
YOU
EAT**

Board Elections • October 3 - 16

Electronic ballots will be sent to members' email addresses on file.

Paper ballots will be sent to those who don't have an email address on file.

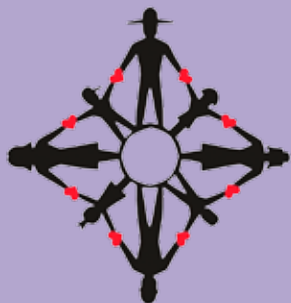
In addition to the board member election, there will be voting on two proposed changes to the By-Laws. See page 15 for more information.

Candidate statements will be available in the store and online later this month.

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, Carolyn Smith,
Liz McMann, Rick Stansberger

Staff Writer: Judith Kenney

Layout & Design: Carol Ann Young

Proofreader: Mike Madigan

Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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Mimbres Valley Harvest Festival 2022

Join the fun on Saturday, September 24th

San Lorenzo Elementary School

Highway 35, Mimbres, NM

Schedule:

10:00am - Festival opens

11:00am - Pie Contest Judging

(submissions must be made by 10:00am)

4:00pm - Festival Closes



Since 2006, the Mimbres Valley Harvest Festival has continued to bring the Mimbres Valley community together with enriching activities that offer education and resources available to folks in our area. Economic development is demonstrated through the selling of local products, grown in Grant County. Children's activities focus on fitness. Local musicians provide music, along with local storytellers telling of the Valley's rich heritage, past and present.

Southwest New Mexico Seed Library

Harvest Potluck & Seed Swap

Saturday, September 17, 11am-1:00pm

The Commons, 501 East 13th St



Bring:

- Seeds IF you've saved some to swap with others
- Potluck item prepared from your garden harvest or grown locally
- Ideas about becoming Seed Stewards!

Please contact Chris Jepson, Seed Librarian,
with questions or interest

575-313-5817

swnmseeds@gmail.com

Sponsored by



Round Up Applications

Applications

will be accepted during the month of October
for the Co-op's 2023 Round Up recipients.

Check online for more information later this month.

Dance on down
to the Co-op!



it's MAD again!!

September
Member Appreciation Days

10% OFF

One Trip to save 10%

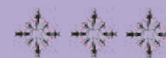
25% Maximum Discount
(excludes mark-down items)

Become a member and save!



Silver City Food Co-op Staff

Judith Kenney outreach/GG	Vynce Bourné bulk buyer
Kate Stansberger supplement buyer	Kevin Waters general manager
Jake Sipko produce manager	Lauren Christensen cashier/stocker
Carolyn Smith deli manager	Andrea Sandoval cashier/stocker
Carol Ann Young GG/office	Eva Ortega produce
Becky Carr dairy buyer	Isabella Mata cashier/stocker
Marguerite Bellringer finance manager	Elizabeth Gonzales cashier/stocker
Kim Barton POS	Roxanne Gutierrez cashier/stocker
Doug Smith grocery buyer	Gini Loch cashier/stocker
Tinisha Rodriguez HABA buyer/POS	Alice Fujita-Schwarz POS associate
Mike Madigan operations manager	Jalyn McClain Human Resources
Marchelle Smith deli	Kelsi Cunniff cashier/stocker
Joy Kilpatrick frozen buyer/receiver	Natasha Kreider cashier/stocker
Judy Kenneally deli	Bella Drissell cashier/stocker





Kitchen Meditations

Spinach Fig Salad w/ Balsamic Vinaigrette

Ingredients:

2 large handfuls fresh spinach
4 figs, cut in half
1 small avocado, pitted and sliced
1/3 cup walnuts
1/4 cup red onions

Balsamic Vinaigrette:

1/3 cup extra-virgin olive oil
1/4 cup balsamic vinegar
1-2 cloves garlic, minced
1 tablespoon Dijon mustard
1 teaspoon maple syrup
Salt and pepper to taste

Instructions:

- Roast the walnuts at 375° for 5-7 minutes, until lightly brown. Remove from the oven and let cool.
- Whisk together the ingredients for the balsamic vinaigrette and set aside.
- Divide spinach between two plates and top with the remaining salad ingredients. Serve immediately with the vinaigrette. Best eaten within an hour of assembling as the avocados and figs will start to



Whole Roasted Cauliflower

Super simple roasted whole cauliflower that's tender and delicious! Roasting cauliflower is incredibly easy. It just needs to be prepped and, then, popped in the oven.

To start roasting your cauliflower, you'll cook it, covered with foil, for 30 minutes. Covering the cauliflower with foil in a baking pan helps to steam the cauliflower from the inside out, making it soft and tender, without too much water cooking off. You finish off the process by letting the cauliflower brown to a lovely color that is perfect to serve.

- Preheat oven to 350° F.
- Remove stem and any leaves from the cauliflower head.
- Cover cauliflower in olive oil, rub in well.
- Season with salt, pepper, garlic powder, and optional seasoning of your choice.
- Place in baking dish and cover with foil.
- Roast for 30 minutes with the foil on.
- Remove foil and continue to roast until golden brown and softened, about 45 minutes longer.
- Remove from the oven and let cool – cauliflower will be extremely hot.
- Slice and serve.
- Enjoy!

Becky's September Dairy Pick

Laz Ewe SW Chipotle Chèvre



What Is Chèvre? Formally called le fromage de chèvre, which means "goat cheese," chèvre can range from soft and creamy to hard and crumbly, depending on its age. Goat's milk (especially raw or unpasteurized) produces cheese with flavors and aromas that vary according to the breed of goat and their diet. Young, fresh chèvre is a creamy cheese with no rind. It's often sold in tubs or logs and may come seasoned with a variety of spices and herbs.

Laz Ewe Southwest Chipotle is the Co-op's newest Chèvre, grown in the San Luis Valley of Colorado. The Laz Ewe 2 Bar Goat Dairy was homesteaded by the Knoblauch family in the 1880's, originally raising dairy cattle. Today, it remains in the family, and is known for goat, yak and cow cheeses that are produced through sustainable land and animal management practices. The dairy is also involved with the state's raw milk share program.

Many people of all ages with sensitive stomachs have preferred goat milk products. The fat molecules in goat milk are smaller, with shorter chains of fatty acids that are more easily absorbed in the digestive system. But...everyone can enjoy this soft cheese that's really great for cooking or snacking. Southwest Chipotle Chèvre is soft, creamy and spreadable, with a pleasant tang. Some say that the best way to enjoy chèvre is on a fresh baguette with a glass of wine, but it's also yummy on crackers, pizza and salads.

August 31 - September 27 • Members Receive 20 % OFF • In the back dairy cooler

Jake's September Produce Picks

Cauliflower

Cauliflower is one of the many members of the Brassica family, which includes cabbage, broccoli, bok choy, kale, and collards. Broccoli and cauliflower are quite closely related. At one point, they were actually identical plants until humans began breeding them for their most desired traits. Cauliflower is grown for its distinctive heads of undeveloped flowers, which can be white, green, purple, or orange. All parts of the nutrient-dense cauliflower plant are edible, although the leaves and stalks are often unnecessarily ignored. Like most brassicas, cauliflower thrives in cooler weather, and the crop starts coming into its own in the fall. It is a slower-growing crop than broccoli and cabbage, but its sweet mellowness, heightened by the season's first frosts, make it well worth the wait.



Cauliflower probably originated in the southwestern part of Asia, and there is some evidence that the ancient Romans cultivated it. It was slow to enter the rest of Europe, appearing on French tables only in the 1600s and on American shores about a hundred years later. Cauliflower remains a very popular vegetable in China, India, and Europe and is widely grown and available in many other parts of the world. But its peak season for us is in the fall and early winter.

Look for clean, tightly compact heads of uniform color, with no soft or discolored areas. The size of the heads is not related to quality, but a head that is enveloped in green leaves is likely to be fresher. Store in the refrigerator vegetable crisper, tightly wrapped, stem side down so as not to trap moisture in the florets. It is not the best keeper, especially when cut and should be used within one week.

Try not to over-cook, whether steamed, roasted, baked or sautéed. A classic cauliflower dish calls for steamed florets, topped with cheese or sauce. It's equally yummy when served raw in salads, with a dip, and in soups. Cauliflower is fast becoming the new rice. Chop or pulse it in a food processor until it is the consistency of couscous or rice grains. Then sauté it with chopped onions and other seasonings. You can even use it as a base for making a gluten-free pizza crust or breadsticks. Its neutral flavor and color make it an excellent backdrop for spicy seasonings such as curry. In India, it is often prepared with turmeric, cumin and saffron.

*Sourced from The Hmong American Farmer's Association
<https://www.hmongfarmers.com/cauliflower/>*

Fig & Honey Smoothie

A super recipe for a creamy Greek yogurt smoothie, with banana, fresh figs and honey.

- ½ banana, ripe
- 4 figs, fresh
- 1 tablespoon honey
- 1 pinch of salt
- 1 container 7-8 ounces Greek-style yogurt
- ¼ cup milk
- Blend all together and enjoy!



Figs

Soft, teardrop-shaped tree fruit, eaten fresh or dried in sweet or savory dishes, figs are cultivated mostly in Greece, Portugal, Turkey, Spain and California. actually a group of tiny flowers growing inside an edible shell. Although fresh fig season is in autumn, they can be consumed dried year-round quite deliciously.

Despite being called a fruit, a fig is technically a synconium, a tiny group of inverted flowers growing inside a pod. Each pod contains hundreds of flowers and each flower produces a small seed, which is the actual fruit of the fig plant. An achene contains each seed. We see them more often on the outside of strawberries. Each fig contains hundreds of achenes (the slightly crunchy bits). The lush sweet part surrounding the achene is accessory fruit, even though to us it's the best part.

Before sugar became widely available, they were commonly used to sweeten a variety of dishes, and today they can do the same, all the while providing some important health benefits. Figs are a good source of both calcium and potassium, which may be helpful for reducing high blood pressure and improving bone density. They are an excellent source of Vitamins A, C and K, iron, and magnesium and can be tonifying for the digestive system.

This wonderful food is perfect when eaten raw, but can also be roasted, grilled, or prepared in a compote. Aside from being a tasty snack, dried figs can be incorporated into stews and meat dishes beautifully. Enjoy fresh figs in salads dressed with a balsamic vinaigrette. Being so naturally sweet, figs are a natural ingredient for desserts, such as a fresh fig tart. Another option is to cut your figs lengthwise, season with honey and cinnamon and roast them in the oven for 40 minutes. This should satisfy your sweet tooth! For something super easy, how about sliced figs atop a small dish of Greek yogurt? They are famously delightful paired with blue cheese and salty aged cheeses. Try them accompaniments such as garlic, olives and capers, citrus fruits, or cured meats like pancetta, bacon and ham. They love being in the company of the warming spices of cinnamon, cloves, cardamom, nutmeg and star anise. Sublime!

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their July service.

Jane Papin • Tim Garner • Sue Ann Childers
Tammi Pittman • Tasha Marshe



RAIN CHECK

Sorry we are out.
Lettuce make it up
to you!



**We now have rainchecks
to give our member/owners
and customers
better service!**

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



Round Up Donation Program

The Silver City Food Co-op invites you to "Round Up." This means as a customer you can round up the balance of your total purchase to the nearest dollar, thereby donating that amount to a local non-profit. Donation recipients change every month. Information can be obtained at the cash registers when you check out. Many thanks to our cashiers who make this program work so that we can all give to our community.

Round Up for September

**July
Round Up
\$1080.00**

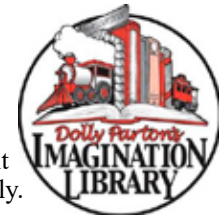
Silver City Recycles

Silver City Recycles will utilize funds to maintain machinery currently used in recycling efforts, purchase additional equipment that will increase the efficiency of recycling collection, and to expand programming and recycling efforts in Silver City.



Imagination Library of Grant Co.

Thank you so much for selecting our nonprofit organization as the Round Up recipient for July. As an affiliate of Dolly Parton's Imagination Library, our mission is to promote literacy for all Grant County preschool children by delivering books to their homes monthly and to support the expansion of Dolly Parton's Imagination Library throughout the state of New Mexico. Round Up funds will be used to pay for books, which is our largest program expense at \$2.10/book delivered. With matching funds from the state of New Mexico, Round Up funds will provide books for one month to over 1,000 Grant County children. As Dolly says, "Dream More, Learn More, Care More, Be More."



SASS

Silver City Sexual Assault Support Services (SASS) provides services to survivors of sexual violence and their families through case management services, crisis intervention services, community education and awareness services, counseling services, and accompaniment services for both the SANE exam and legal proceedings.



Round Up for October

Customer Change for Community Change!

Silver City Recycles

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



**Recycling drop-off times for September:
Two Saturdays, the 10th and the 24th, 10am - 12noon**

**New rules are now in effect for plastic:
Only numbers 1, 2, and 5 will be accepted.**

Plastic must still be (relatively) clean and separated from other material, but all plastic types can be collected together.

Starting in August 2022 a \$1 fee will be charged per car for collection of any plastic. This is to offset the cost of transportation and processing of plastic which is not covered by the small amount paid by recyclers for this material. Thank you for your understanding.

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

We stand behind our local producers!



The Silver City Food Co-op has been honored to support the Silver City Farmers' Market by donating the space at 901 Pope St. for their Saturday market since 2019.

We are also happy to provide complimentary coffee to market goers and share the use of our pepper roaster for on-the-spot, freshly roasted green chile!

Come Back Anyway, Any Way!



Goddess Energy



Non-Violent Communication



The Noble 8-fold Path

LOTUS CENTER IS OPEN AND DELIGHTED TO WELCOME YOU BACK!



LOTUSCENTERSC.ORG/EVENTS





**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!***

**We will happily carry
your purchases
to your vehicle,
wherever you're parked!**



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



Ways to Save at the Co-op

Some love it. Some absolutely hate it. We're talking about grocery shopping. It's challenging enough to fit it in, what with kids and jobs and the many other activities that we humans have found to fill our lives, but getting hit with sticker shock when your cashier rings up your food adds a whole different level of stress. It can make anyone's head spin. What's a shopper to do?

Grocery spending is one of the most out-of-control categories in the average household budget. With all the convenience foods, packaged snacks, and everyone's limited time these days, it's all too easy to just pay whatever the price of convenience is and not think twice.

But shopping on a budget doesn't have to be difficult. Nor do you have to sacrifice healthy, delicious food. With a little advanced planning and creativity, you can enjoy great meals knowing that you haven't blown your resources out of the water.

Plan Ahead

As a first step, to get oriented, track how much you spend on food over a period of time, whether it's a couple of weeks or months.

Decide how often you want to shop.

Check your pantry. Know what you have on hand, in your pantry and the fridge.

Make a meal plan and stick to it.

Make a shopping list using your meal plan and what's on hand in your pantry.

Be an informed shopper. Check the Silver City Food Co-op website's Sales Page for Co+op Deals and Member Specials.

Collect and use coupons.

Save receipts to review your spending habits..



At the Store

Keep your budget from inflating by sticking to your grocery list.

Take some time to compare prices.

Time your shopping right when you're not tired or hungry.

Use the coupons that you'll find on shelves throughout the store.

Buy in Bulk. Figure out the basics and what you eat most of in your household. These items are best to buy in bulk and always have on hand. There are some foods that you don't eat everyday, but are still cheaper to buy in bulk. You can always freeze some of it or split it with someone else.

Don't wander aimlessly about the Co-op splurging on un-planned items.

Save with seasonal produce. Buy fresh fruits and vegetables in season. You'll save dollars and enjoy the most wholesome food currently available. To support our community, buy local when possible.

Buy perishable foods in quantities you'll use. Spoiled food that's tossed into the garbage is no bargain. Try to buy what you will eat within a week.

A new study finds that you're more likely to spend money on unplanned splurges as your shopping trip progresses, even if you're really just intending to buy the stuff you came for in the first place. Buying one thing you weren't planning on getting makes you remember all of the other things you might have wanted, but didn't put on your list, so that first impulse item you pick up opens the floodgates. An unplanned selection increases the probability that the next selection will also be unplanned, and this effect grows stronger over the course of the trip.

Eat it all up! Use your imagination with leftovers. The possibilities are almost endless! Create soups, casseroles and new dishes with leftovers to avoid throwing out unused ingredients.



Did you know that Co-op members receive 10% off on special orders? Are there products you'd like to order in bulk or by the case? Is there something we don't carry in the store that you'd like us to get for you? We're happy to place special orders on your behalf. If it's available from our distributors and they have it in stock, then we can order it for you. The Co-op buys from several different distributors, so order turn-around time will vary. Most items can be here within a week from when we place your order.

But that's not all! When you shop the Co-op during Member Appreciation Days (MAD), members receive a 10% discount on everything in the store, seven times a year. You can also place special orders to be paid for with the rest of your MAD groceries to receive an extra 10%. This September, shop on one trip of your choice and save! There's a 25% maximum discount for the entire trip. This excludes marked-down items.

Look for MAD posters in our store. You'll also find that information in the Garbanzo Gazette and on our website, www.silvercityfoodcoop.coop.



Each month 100s of items are offered on sale through the Co+op Deals program.

These sales usually last two weeks and have the green Co+op Deals tags.

Another way to save your food dollars at the Co-op!



Look for and use the coupons available throughout the Co-op.



The Co+op Deals flyer is available at the front of the store.



It's easy to take advantage of Double Up Food Bucks! All local produce is 1/2 off when you use your EBT card!

Your Co-op is the best place to invest your food dollars. It's where you will find the most healthful food; foods in bulk that will save you money, and local seasonal fare. In addition to the **Co+op Deals**, make the most of your Co-op shopping experience by shopping **Co+op Basics** (items on the program are marked throughout the store).



Looking to stretch your grocery budget? So are we! That's why we're pleased to offer our **Co+op Basics** program.

Co+op Basics offers everyday low prices on popular grocery and household items. All **Co+op Basics** products are specially priced at an **Everyday Low Price**.



The Co-op offers this program to help our community afford our organic, non-GMO, local and sustainable products.

The program features the **Field Day** brand of organics and other pantry staples.

Supporting Sustainability! and a 5¢ Refund When You Bring Your Own Bags

We are asking shoppers to bring your own reusable bags and other shopping containers when you shop at the Silver City Food Co-op. It's easy to stash a few in your car or purse. **You'll receive 5¢ for every bag and/or container you bring in.** We can all take this simple step to commit to a more sustainable lifestyle choice that is good for our community and our world.

Become a Co-op Member and save \$

If you're not already a member, join the Co-op. This will enable you to take the best advantage of prices, specials and information. Join at the register!

by Carolyn Smith



In doing research for my August article “Bonning Up On Nutrition, I discovered that eggs are not only a source of animal protein, they are truly a nutritional powerhouse. Of course this makes sense because each egg contains all the nutrients required to grow a baby chicken.

Bird eggs have been part of the human diet since prehistory. Initially wild bird eggs were gathered by hunting societies, but most scientists believe that as early as 7500 BCE, the chicken was domesticated for its meat and eggs from jungle fowl native to tropical and subtropical Southeast Asia. Records show that domesticated chickens were in Mesopotamia around 1500 BCE and in Greece around 800 BCE.

Wild Asian fowl lay about a dozen eggs each year during the breeding season while modern domesticated hens can lay 300 eggs per annum. In 2019, chickens produced 1.64 trillion eggs for the world economy. China accounts for over 50% of the world’s egg production, 9 times more than the United States, the second largest producer. The total U.S. egg production for just one month, November 2021, was over 9 billion eggs!

One medium large egg provides six grams of protein, is rich in the minerals phosphorus, calcium, and potassium and contains all of the essential trace elements including copper, iron, magnesium, manganese, selenium, and zinc, with the egg yolk providing most of the iron and zinc. The egg yolk also contains high amounts of vitamin A, D, E, K, B1, B2, B5, B6, B9, and B12. The egg white supplies high amounts of vitamins B2, B3, and B5 with significant amounts of vitamins B1, B6, B8, B9, and B12

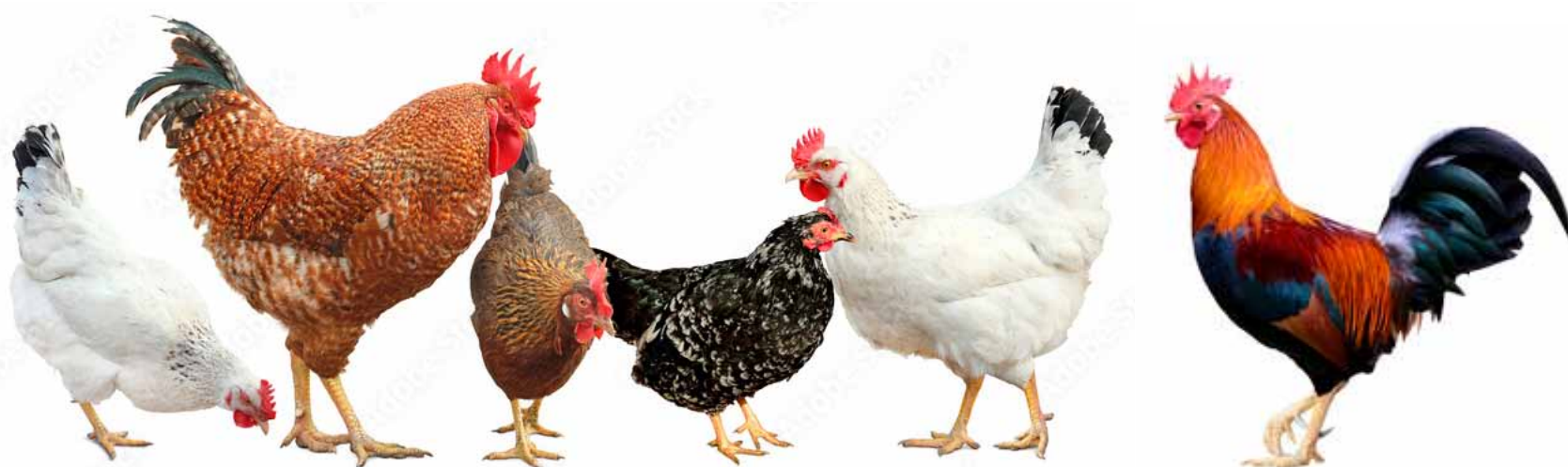
as well. Depending on the diet of the hen, eating two eggs a day, furnishes 10% to 30% of a person’s daily vitamin requirements.

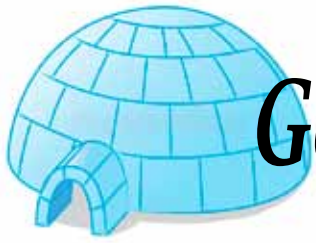
Hard-boiled eggs are the second major food source of choline after beef liver. Humans produce some choline in our own livers but not enough for our body’s needs. We need to obtain the rest through our diet. Choline is important for memory, mood, muscle control, and other brain and nervous system functions, including fetal brain development. It is also necessary for metabolism, cellular maintenance, and liver functions.

Eggs are especially rich in the two antioxidants, lutein and zeaxanthin, which can lower one’s risk of age-related eye disorders such as macular degeneration and cataracts. Antimicrobials are found in the egg white and vitelline membrane and may contribute to intestinal health. Look for the Co-op Deli’s freshly made egg salad in the Grab 'n' Go cooler near the front of the store and if you want to make your own, the Silver City Food Co-op offers locally produced eggs in the cooler to the left of the produce fruit case and more egg choices in the dairy cooler at the back of the store.

Egg Salad

- | | |
|------------------------------|--|
| 2 dozen boiled eggs, chopped | • Put vegetables and curry powder in a large bowl and mix in Veganaise. |
| 1/2 bunch of celery, diced | |
| 2 red bell peppers, diced | |
| 1/4 red onion diced | |
| 1/2 -1 TBSP curry powder | • Gently stir in chopped eggs and season with salt and lemon juice to taste. |
| Lemon juice to taste | |
| Salt to taste | |
| 1/4 - 1/2 cup of Veganaise | |





Get Your Freeze On

by **Liz McMann**
National Cooperative Grocers

There's a special kind of hoarding reserved for lovers of local produce. We know who we are. We plant waaayyyy more tomatoes than anyone should try to fit into one garden bed. We sign up for CSA shares and still stop by the co-op and the farmers' market, "just to pick up a few things." A flat of strawberries later, we're making smoothies for our friends and family to use all this produce before it's past its prime.

This is where freezers save the day. Sure, freezing foods isn't as sexy as canning or as hip as fermenting. But often it's the most practical way to deal with a bumper crop of kale, a glut of blueberries, or even leftovers from a big meal.

The only catch? You'll still have to follow some important steps to be sure you end up with high quality foods once their day of defrosting comes. The key to high quality frozen foods is in stopping any enzymes from ripening your produce, sealing out any air, and preventing large ice crystals.

Stop! in the name of (frozen) love

All those enzymes that bring carrots to the peak of sweetness can make things go south if they aren't stopped before freezing. Sure, freezing does slow down the ripening process. But it won't stop altogether unless you go on the offensive. This isn't much of a concern with most fruits, meats and prepared meals. But when it comes to freezing fresh veggies, blanching before freezing is the way to go. Blanching involves dipping fresh vegetables in boiling water for a short period of time to deactivate ripening enzymes and then dunking them in ice water to stop any cooking. It goes really quickly and pays off in top quality vegetables.

Burn me once, shame on you. Burn me twice, shame on me

It's happened to me. It's happened to most of us. But freezer burn is avoidable, as long as you keep a few things in mind. Freezer burn is usually caused by not using an air-tight container and allowing moisture to leak out of a food into that dry freezer air.

This is why I buy plastic freezer bags and glass jars specifically for freezing my food. Wax paper is great for wrapping meats and cheeses, too. But the wax paper is just the first layer—these items still need to be sealed in an airtight container for safekeeping.

And I've learned my lesson the hard way. Glass jars can be excellent for storing liquids, sauces and crushed fruits, but be sure to leave plenty of space in the top of the jar to allow room for the food to expand as it freezes—about 1.5 inches for quart jars. Otherwise, say sayonara to that Mason jar.

My favorite way to freeze most anything is in individual pieces (think: peas, strawberries, beans, and banana chunks). I lay them out on wax paper on a baking sheet and pop them in the freezer overnight. The next morning, I dump them into a freezer bag, compost the wax paper, and seal my food away for the long, hard winter.

Ice, ice baby

I love big, crunchy ice crystals in a summer sno-cone, but these are devastating to home-frozen foods. When ice crystals form, they can burst the cell walls inside your fruits and veggies, making them mushy. To prevent this, make sure your freezer is set to 0° Fahrenheit or lower before even thinking about freezing those berries. Then, let your foods hang out in the refrigerator for a spell, so that they're nice and cold before putting them in the deep freeze.

Next, make sure not to overload your freezer with a massive amount of food to freeze. Usually about 2-3 lbs. of food is a manageable amount to add for each cubic feet of storage space in your freezer. Any more and it could take over 24 hours for the food to freeze, leading to bigger ice crystals and a mushy texture.

File it away now

The back of my freezer used to be uncharted territory—a place foods went to die. As soon as I put something in the back of the freezer, all memory of that food was erased from my mind. Now I've caught on to my tendencies and use a little reminder sheet on the door of my fridge, so the whole household knows what's in store for them just beyond the freezer door.

I also started labeling my frozen foods. Just a moment with a Sharpie can eliminate any future confusion. I include the date, the product, and any special notes, like when the berries come from my own garden!

Labeling things also helps with using those frozen foods. Freezing is an amazing thing, but it won't keep foods in top shape forever. If a freezer is consistently below 0°F, then most foods will keep for a year at top quality, with fatty meats and fish being the first to decline. But if a freezer fluctuates between 0° and 10°, like many 2-door refrigerator/freezer combos, foods are best eaten within several months. Keep in mind that they won't ever become unsafe to eat, but their quality will begin declining after this period.

These days I'm still planting too many tomatoes and lusting after every new fruit that's in season. I still have my sanity questioned when I bring home more green beans. But when I open my freezer door and see those stacks of bright, local foods in the middle of February, it's all worth it!





A Warm Welcome to Our Co-op Team!

Meet Bella!

We thought that you might enjoy reading a bit about another of our new cashiers, Bella, in her own words.



"I enjoy the simple pleasures in life, so at the moment, hiking with my family (four people and two dogs, the cat is not a hiker, even if he'd like to be), or something more chill, like reading or scribbling something visual or linguistic. I can hardly believe the hikes around here! We are all still getting used to all the hills around here. As a creative person, the landscape is also great for inspiration!

"I have always been Unschooler. Unschooling is an approach to learning that, unlike homeschooling, lets the kids take the lead and decide what and how they want to learn. So, while my parents taught me to read and write, they left the choice of subjects up to me and my siblings. I have been an avid reader for a long time, which was a great way to find out what I was interested in. Some of the best parts, though, were our adventures, like the days stomping around in the tiny local Midwestern prairie, where we would spend hours making up stories and often getting soaked in marsh water. While I have been attending college part time for several years now, Unschooling will always be a part of how I live, because it's just as much a way of life as a learning style.

"At the moment, I am really enjoying the Co-op's vegan cheese selection, particularly Daiya's cheese-style blocks. I've been a want-to-be vegan for a while now, and I'm finding out it's much easier than I thought, especially since you don't need a substitute for every animal product. I like Daiya "cheese" on sandwiches, both to bring to work and at home. The Smoked Gouda Style is nice and dependable, and the Jalapeno Havarti is both smooth and spicy. All and all, I don't miss regular cheese!"



railroad

*a poem and a drawing
by Richard Stansberger*

I'll stand
on the tracks
and close my eyes

as the souls
of the trains
rise up
and push through me.

Our Actions Can Make a Difference

Thoughts from a member-owner

by Susan Van Auken

In December of 2019 we published the following article from longtime SCFC Board Member and President Susan Van Auken. Four months prior, the town had discontinued pick up of commercial and residential recyclables. The global pandemic was about four months from beginning its tenure. For many, making choices which considered our obligations to bettering the planet became secondary to just...continuing...on.

Thinking of the Co-op's responsibility to set a good example for creating a culture of sustainability, we will endeavor again to work towards greater reduction in our waste stream. Our efforts to redirect behavior has experienced some good success. As you may know, we give a nickel back to customers when they bring in their own reusable containers for shopping. This amounted to 4,557 nickels last month alone, and that's awesome. For a bit of perspective, that's out of 10,595 transactions over the same time period. But it's not enough, and doesn't seem to have the impact on changing behavior that we had hoped. So, beginning in October we will start small by charging a quarter each for paper bags at the register. Boxes, will remain free, and for now, so will bags and plastic containers in the Produce and Bulk departments. The goal is to significantly increase the number of customers who bring in their own reusable shopping bags and containers. It's a small step in the right direction. Many of the suggestions below are good food for thought and some are being considered in our plans for the new store. As always, feedback is welcome, and thanks for all you do to support the Co-op.

Mike Madigan, Operations Manager / Editor Garbanzo Gazette



Using 1/3 cup of nuts/seeds/grains and 1 quart of water, the author makes yummy plant-based milk at home with a Soyabella Milk Maker.

In last month's Garbanzo Gazette, I asked questions about whether our food choices contribute to climate change. Since then, on November 5th, a dire report in the journal BioScience, signed by 11,258 scientists from 153 countries, warned "clearly and unequivocally that planet Earth is facing a climate emergency." At this critical point in history, what actions might we as member-owners and our food co-op take to do our part to combat this crisis?

We all lead personally complex lives in the midst of this very challenging time, and changing the routine of shopping and providing meals for our family might be something that most of us would rather not do. However, we really must consider the environmental costs of how we eat. Although it isn't easy for me to speak up and share my thoughts on this topic, I take my inspiration from youth activist Greta Thunberg, to offer up food for thought regarding possible changes to our co-op's food operations that could make a difference.

Throughout history people knew the demands of hunting, gathering, growing, and cooking their food. When large-scale food production began, less than a century ago, in addition to food, convenience was also provided, and we have all gotten used to this convenience. Much of the food for sale on the shelves of our store is not only prepared for us, but it is packaged for often-lengthy storage, ready for an easy meal at any time.

The challenge, then, is: are we willing to consider changing our habits of convenience to reduce our environmental impact?

Please take a moment to consider the following ideas for our co-op to address the crisis and resist that urge to jump immediately to why they can't work . . . :-)

Environmental costs of packaging and shipping

- Offer more products in bulk, including dry breakfast cereals, tofu, crackers, and supplements. We might need to repackage, but the packaging could then be made simpler.
- Eliminate free plastic bags for bulk food, produce, and spices, and encourage customers to bring their own reusable bags by charging for each plastic bag used.
- Collect the abundant resource of clean yogurt containers for customer use with bulk goods.
- Use waxed paper and paper boats instead of plastic containers and clamshells in our Grab 'n' Go Deli.
- Explore making plant-based milks, buying juice concentrate in bulk to mix with water, and providing filtered water instead of bottled. In most bottles of juice and cartons of "milks," water is a main ingredient, and transporting this water demands excess packaging and high shipping costs.
- Convince large corporations, which create wasteful packaging that is often not recyclable, to change!

Education

- Create a community outreach program with classes, discussion groups, forums, blogs, and articles to help us change our food habits and understand the environmental importance of doing so.
- Discuss why we need to use less packaging and buy locally made products, how to adapt to buying food that is perishable instead of shelf stable, how to incorporate the use of returnable containers into a busy life, and the emotional aspects of changing our routines.
- Offer classes on the use of bulk foods: what foods are stocked, how to purchase and store them, ways to cook them and turn them into tasty meals, as well as how to prepare home-cooked "convenient fast food."

Support local business change

Already supporting many local organizations, our co-op could build on that, to encourage, support, and provide seed money for small business development to provide the systems or products to eliminate excess packaging and shipping, for example:

- Local individuals and groups might make energy bars, cookies, crackers, jams, bread, granola, frozen soups, plant-based milk, and other food the co-op currently carries, or our co-op could operate its own food production facility.
- A local business could be established to sterilize/wash reusable glass and metal containers to meet regulations.
- The co-op might support the return of local dairies to the community.
- We might also ask local beef growers to use old-fashioned white freezer paper for packaging.
- Additionally, it seems there must be a way to increase the amount of fresh local produce.
- A carry-out lunch or dinner program, where people order and pay online, then bring their own containers to carry their simple and nutritious food home is appealing!
- Forming an alliance with the Commons, the Farmer's Market, current local growers and producers to make these ideas happen seems quite doable, too.

Change restrictive regulations

Some of these suggestions might run into restrictive food-handling, packaging, and container-washing regulations, created during times of plenty, and we might have to work to change these regulations for the sake of the planet. Another thought is that by becoming a private club, we could work around some regulations.

Join with others

By joining with other businesses in our area and other co-ops across the country, it seems quite possible to create these needed changes.

Choices

I have spun some grand ideas and dreams here. Putting them into action obviously requires many steps and much cooperation. Can we make the choice to do it?



Backyard Beekeeping

article courtesy of Planet Bee Foundation

First Things First - What You'll Need

The beekeeper has a few vital items in their arsenal - here's the basic list.

- **Hive tool** - A metal object, shaped similarly to a crowbar, used to pry apart propolis-sealed boxes and box lids.
- **Smoker** - Normally used to subdue the bees when opening a hive -- this kind of smoking is bee-friendly and does not hurt bees in any way.
- **Bee Suit and Gloves** - The beginning beekeeper should wear a full suit, to be safe. Suits are made of heavy-duty material to prevent stings.
- **Veil** - Protect your face! The veil is vital, and its specially designed mesh allows you to see what you're doing. This helps protect you and your new winged companions.
- **A Hive** - Your bees will need a home, and there are many types to choose from. We recommend a Langstroth Hive. Made of wood, this timeless design is a favorite in North America.
- **Bees** - Pre-order them around January for spring delivery. We recommend Carniolan Bees. They're known for their great gathering zeal. Carniolan Bees overwinter well so they take advantage of early nectar flow, producing honey early in the season. Carniolans are exceptionally gentle and easier to work with than other, more aggressive breeds. This is important because you may wish to raise your honeybees in close vicinity to neighbors.

You're Fully Equipped. Now What?

The beekeeper's year is very seasonal.

We've listed some of the basic duties required of the beekeeper by season.

Spring

- **Populate your hive now!** You can catch a swarm, purchase a 3 lb package of bees, or split an existing hive.
- **Inspect your bees for health** -- Is the queen present and laying eggs? Are there parasites or disease present?
- **Keep an eye on your bees over the season** to ensure they have an adequate pollen collection and are thriving.
- **We recommend using natural treatments to control mites and diseases.** You can use products like Hopguard II -- a natural mite repellent derived from hop oil -- if you are noticing any signs of mites.
- **Split your hive if it gets overpopulated!** It will swarm if you don't catch it in time. (Splitting a hive means taking half of the bees and putting them in a new hive. They will also need a new queen).

Summer

- Depending on the productivity of your hive, you may need to add extra honey frames (supers) to the top of your hive.
- You may be able to harvest honey, dependent on your hive's productivity*.
- If the temperature of your hive grows too warm, you will need to add an extra brood box to prevent overheating.
- Remember to split your hive if it gets too crowded!

Fall

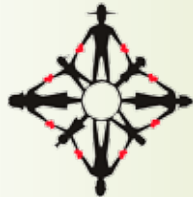
- Check your queen to ensure that she is healthy and laying eggs.
- Check your bees to ensure there are no diseases or parasites within the hive.
- Check your hive's honey stores: if they have a surplus, you can harvest!* If not, or if the honey stores look low, you will need to supplement their food supply with sugar water and pollen patties.

Winter

- If you are in an area that experiences harsh winters, consider covering your hive with something to keep the chill off -- bees do not leave the hive if the temperature outside is less than 50 degrees Fahrenheit, so you don't need to worry about trapping them inside the cover. Just ensure it's breathable, and that they have an adequate food supply all winter long.
- Wait it out! Bees will only forage when the weather is nice, so winter is the beekeeper's vacation time.

**Bee patient, a new hive might not produce enough honey to harvest the first year.*





From Your Board . . .

Recommendations to the Silver City Food Co-op Membership Amendments to Bylaws pursuant to Article XI. Interpretation and Amendment of Bylaws

Submitted by BME Ad Hoc Bylaws Committee, approved by Board at July 27, 2022 meeting.

Submitted for publication to GG September 2022 edition on August 3, 2022.

Notice of Meeting- Regularly Scheduled Board Meeting on September 28, 2022.

The Co-op Board is recommending the adoption of certain amendments to the Bylaws to be included as a voting ballot measure during the elections scheduled for October 2022.

Bylaws Amendments Recommended:

I. Article IV Board of Directors, Section 4.7 Vacancies.

Current Text: *The board of directors may fill vacant board positions by appointment to a term that expires at the conclusion of the board year.*

Proposed Amended Text: *The board of directors may fill vacant board positions by appointment to a term that expires at the conclusion of the vacating board member's term.*

Rational: *This change is required to allow for consistency of staggered board terms and to ensure that the learning curve and knowledge base required for effective board service is passed on effectively without interruption.*

II. Article V Officers of the Co-op, Section 5.2 Election, Term and Removal of Officers.

Current Text: *The officers of the Co-op shall be elected by the board of directors at its first meeting following the election of board members.*

Proposed Amended Text: *The officers of Co-op shall be elected by the board of directors upon the first seating of the newly elected board members.*

Rational: *Change is required to reflect that the election of officers is not at the first meeting following the new board elections because of the earlier timing and finalization of the new board elections. Newly elected board members are now required to attend two board meetings following the election and will now be seated at the first meeting of the new year, which is not the first meeting following the new members election to the board.*

- To formally amend the Bylaws requires a majority vote of members voting. *See Article XI Interpretation and Amendment Bylaws, Section 11.3 Amendment.*
- Majority Vote of members voting - 5% of active member-owners or 100 voting active member-owners, whichever is less. *See Article III Membership Meetings, Section 3.4 Quorum.*



Shanti Ceane
President



Julianna Flynn
Member



David Burr
Treasurer



Tuan Tran
Secretary



Paul Slattery
Member



Sandy Lang
Member



Gwen Lacy
Vice President



Leo Andrade
Member

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/President
Board Term: 2018-2024

Tuan Tran/Secretary
Board Term: 2020-2023

David Burr/Treasurer
Board Term: 2021-2023

Julianna Flynn/Member
Board Term: 2018-2022

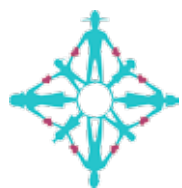
Sandy Lang/Member
Board Term: 2022-2024

Leo Andrade/Member
Board Term: 2022-2023

Gwen Lacy/Vice Pres.
Board Term: 2019-2022

Paul Slattery/Member
Board Term: 2022-2024

Our email address:
board.scfc@gmail.com



September

Members Only Specials August 31 - September 27

20% OFF! listed prices



Laz Ewe 2 Bar Farm
SW Chipotle Chevre
5 oz
reg \$5.39



Briannas
French Vinaigrette
Dressing
10 oz
reg \$5.49



Eat the Change
Mushroom Jerky
2 oz
reg \$5.79



Cascadian Farm
Frozen Cranberry Juice
12 oz
reg \$5.69



Chandrika
Ayurvedic Soap
75 gm
reg \$1.29



Natural Factors
D3, 5000 IU
120 ct
reg \$14.99



Tierra Farm
Organic Salted & Unsalted
Mixed Nuts
reg \$16.99#



Cascadian Farm
Frozen Orange Juice
12 oz
reg \$5.69



Amy & Brian
Coconut Water
33.8 oz
reg \$4.99



Chandrika
Sandal Soap
75 gm
reg \$1.59



Herbs Etc.
Allergy Releaf System
30 ct
reg \$29.99

Continuing
20% Members Only
OFF! 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

